

# Grundy County Health Department Project Help4U Annual Report

Grundy County Health Department

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# Grundy County Health Department Project Help4U

## Executive Summary

### Summary of Project AWARE

The goal of the Grundy County Health Department Project Help4U are directly aligned with the "Now is the Time" initiative goals to build and expand the capacity of agencies to increase awareness of mental health and substance abuse issues among school-age youth.

Over the life of Project Help4U, about 400 teachers, school support staff members, counselors, faith-based leaders, coaches, school administrators and others will be trained to provide youth mental health first aid (YMHFA) with the hope of positively affecting the lives of 8,000 Grundy County youth ages 12 to 18. Specifically, the project is focused on combatting the county's comparably higher rates of bullying, alcohol use and marijuana use among teenagers - needs that emerged from the 2014 Illinois Youth Survey.

Increased knowledge, combined with community resources and referral sources, result in Grundy youth being directed to needed services at earlier ages, thereby reducing more serious behavioral health issues later in life.

### Status of Project AWARE Implementation

Over the course of the first year, Project Help4U accomplished several milestones, including community outreach, first aider training, partnership development, and mini-grants to local high schools to support student groups engaging in activities related to mental health awareness and substance abuse prevention. After YMHFA training was made available to project instructors, project activities were completed on time and in full according to proposed timelines.

### Role of the Annual Evaluation Report for the Project AWARE Evaluation

This evaluation contributes to the overall AWARE-C evaluation with GPRA indicators as well as the results of using real-time data collection through smartphone surveys and QR codes on printed materials.

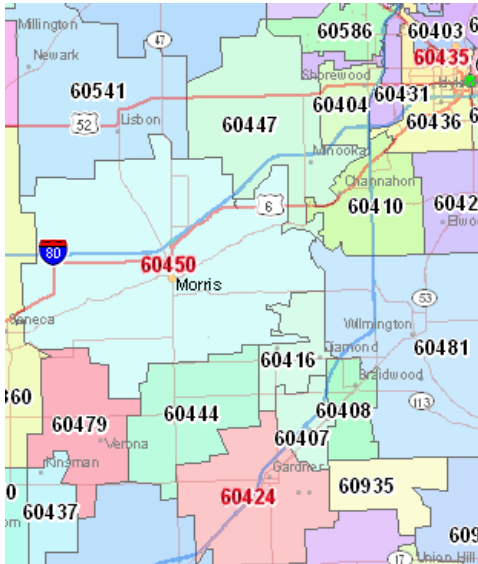
### Summary of the Major Findings

Project Help4U activities resulted in several positive outcomes in the first year, including:

- Community Outreach - Project Help4U events that reached more than 2,000 community members
- Partnerships - formalized partnerships between ten organizations with fully executed MOUs
- Training - for 65 participants, exceeding the revised annual target, across several sectors, including education, service providers, community organizations, and juvenile justice



- Referrals - for 14 youth referred for services by five trained first aiders
- Dissemination - through newsletters, website, blog and presentation at the 2016 annual meeting of the American Evaluation Association in Atlanta, GA.



Since June 2016, Project Help4U convened seven training events. Through these training activities, 65 adults were certified as first aiders. Trainings were focused across three areas of Illinois, with events and participants distributed as:

- |          |     |
|----------|-----|
| • 60450: | 52% |
| • 60424: | 31% |
| • 60435: | 17% |

Two of the seven trainings were implemented in a school setting. All followed the YMHFA Fidelity Model, were face-to-face, and last for eight hours. The school-based trainings were four hour sessions completed across two days with the balance completed in one day sessions.

### Lessons Learned

After completion of the first year of the grant, several lessons will inform activities for the second year, specifically:

- New partners require repeated outreach to educate stakeholder on the benefits of participating in the project.
- Partners need to be consistently engaged to provide value beyond cooperating with training to leverage the full benefits of the collaboration.
- Connecting specific project activities with Illinois Youth Survey data requires access beyond the county report card.

### Recommendations

Based on the results and challenges from the first year of the grant, there are some points to consider for the second year of the grant, including:

- Engaging partners to leverage influence to increase outreach, training, and referrals
- Pursuing access to school level IYS data to improve quality of analyses and connect more directly with project activities
- Connecting outreach events to specific project targets for IYS participating schools, including mental-health and increasing access to adults (other than a parent) to whom youth can talk about important things in their lives.

## Implementation of the Approved Evaluation Plan

### Verification

The results in the Grundy County Project Help4U culminated from the implementation of the Evaluation Plan approved by SAMHSA with some modification.

### Modifications to the Approved Evaluation Plan

Changes in the design and methods used to conduct the process outcomes

Optional Outcome: Data related to changes in level of collaboration among partners involved in the AWARE-C program

Project Help4U will use archived calendars and conduct a stakeholder interview where participants reflect on prior collaboration across four dimensions: partnership composition, organizational structure, action plan & operational guidelines, and quality of partnerships. At this time, the project has not implemented focus groups with project partners.

Changes in how data is collected, analyzed and reported for the required performance measures

Required Outcome Performance Measure focused on a community- or population-level outcome. The approved evaluation plan incorporated the tool created by Bruno Anthony as the pre/post-test survey measure to identify a baseline and change in knowledge and attitudes. This tool was not available to the project in the first year of the grant. The Youth Mental Health First Aid opinions quiz has been used to measure change in the interim.

### Modifications to the Alignment of the Evaluation Plan

There have been no other modifications related to alignment of the evaluation plan.

## Findings and Results

### Description of the program

The goal of the Grundy County Health Department Project Help4U are directly aligned with the "Now is the Time" initiative goals to build and expand the capacity of agencies to increase awareness of mental health and substance abuse issues among school-age youth.

Over the life of Project Help4U, about 400 teachers, school support staff members, counselors, faith-based leaders, coaches, school administrators and others will be trained to provide youth mental health first aid (YMHFA) with the hope of positively affecting the lives of 8,000 Grundy County youth ages 12 to 18. Specifically, the project is focused on combatting the county's comparably higher rates of bullying, alcohol use and marijuana use among teenagers - needs that emerged from the 2014 Illinois Youth Survey.

Increased knowledge, combined with community resources and referral sources, will result in Grundy youth being directed to needed services at earlier ages, thereby reducing more serious behavioral health issues later in life, according to the release.

### Trending

Required GPRA Measure 1: The number of individuals who were trained as YMHFA First Aiders during each quarter of the grant.

*Baseline:* 1 trained      *Objectives:* By September 30, 2018: Increase the number of adults who have received YMHFA training from baseline (Yr. 1 = +60; Yr. 2 = +150; Yr. 3 = +150).

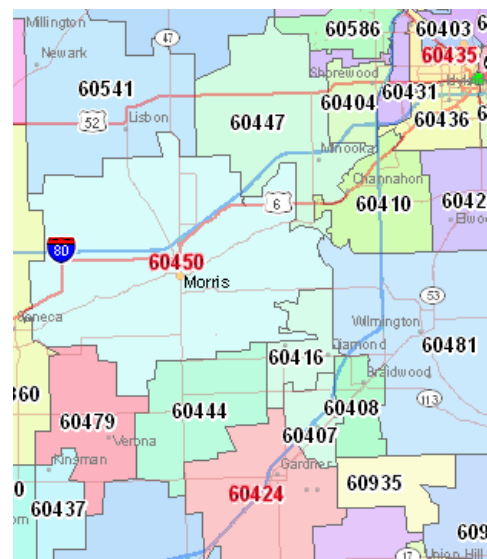
### Status

Since June 2016, Project Help4U convened seven training events. Through these training activities, 65 adults were certified as first aiders. Trainings were focused across three areas of Illinois (see Figure 1), with events and participants distributed as:

- 60450: 52%
- 60424: 31%
- 60435: 17%

Two of the seven trainings were implemented in a school setting. All followed the YMHFA Fidelity Model, were face-to-face, and last for eight hours. The school-based trainings were four hour sessions completed across two days with the balance completed in one day sessions.

Figure 1. Training Areas



Required GPRA Measure 2: The number of individuals who were both trained and certified to be YMHFA Instructors during each quarter of the grant.

**Baseline:** 1 trained      **Objectives:** By September 30, 2018: Increase the number of adults trained/certified to be a YMHFA instructor to 5 from baseline.

*Status*

In total, 65 individuals were trained and certified to be YMHFA instructors (see Figure 2) for the year (Q3=20; Q4=45).

Figure 2. Trained Participants



Required GPRA Measure 3: The number of adolescents and transition age youth referred to an Instructor or First Aider to mental health or related services, resources, or supports.

**Baseline:** 0 Referred      **Objectives:** By September 30, 2018: Increase by 5% each year the number of all trained First Aiders reporting they referred at least one adolescent to a mental health or related service, resource, or support. (First Aiders making referrals Yr. 1 = 20; Yr. 2 = 33; Yr. 3 = 53).

*Status*

First responders reported referrals in real-time. A referral survey using Google Forms was available as a mobile shortcut for smart phones as well as via QR code on print materials. In total, 16 youth were referred to mental health or related services and resources during the first year of the project by five different trained first aiders.



Required Outcome Performance Measure focused on adolescents or transition-aged youth.

*Baseline:* I. 33%

*Objectives:* I. Reduce to 32% the percentage of 10th graders who report mental-health related symptoms, specifically that in the past 12 months, they have felt so sad or hopeless almost every day for two weeks in a row that they stopped doing some usual activities

II. 18%

II. Increase to 19% the number of 10th graders who report that there is an adult (other than a parent) to whom they could talk about important things in the young person's life.

*Status*

Both goals have been achieved in first year of the project. According to the 2016 Grundy County Report for the Illinois Youth Survey (IYS):

I. Of all responding 10<sup>th</sup> graders, 29% (N=192) reported that in the past 12 months, they have felt so sad or hopeless almost every day for two weeks in a row that they stopped doing some usual activities

II. Of all responding 10<sup>th</sup> graders, 19% reported that there is at least one adult (other than a parent), and 68% reported there was more than one adult to whom they could talk about important things.

Required Outcome Performance Measure focused on a community- or population-level outcome.

*Baseline:* 0 trained

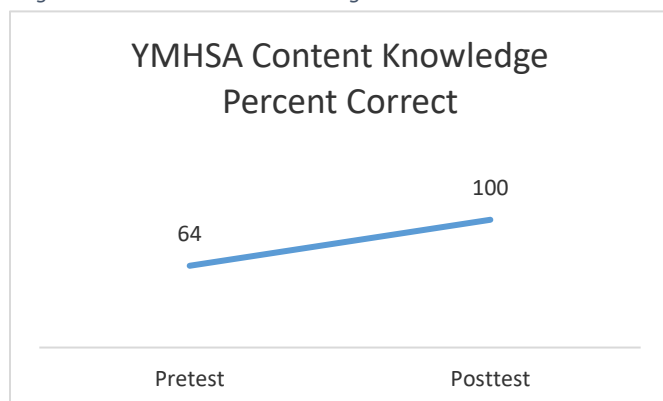
*Objectives:* By September 30, 2018: Improve mental health literacy of community members in local geographical catchment area to 80% from baseline 0 (unknown) as measured by pre- and post-YMHFA mental health literacy assessments.

*Status*

Dependent t-test analyses showed significant gains from pretest to posttest for 62 out of 63 trainees ( $p=.00001$ ). One trainee achieved a perfect score on the pretest. Data for one trainee was missing.

Overall, the scores at the pretest ranged from a low of 4 points to a high of 15 points (the average pretest score was 9 out of 15 correct). All trainees achieved a perfect score at the posttest (see **Error! Reference source not found.**).

Figure 3. YMHA Trainee Knowledge Test Scores



Required Outcome Performance Measure focused on the provision of behavioral health care services in the selected geographic catchment area.

<i>Baseline:</i>	I. 0 Memorandums of Understanding (MOUs)	<i>Objectives:</i>	By September 30, 2018: I. Increase to 11 (eleven) the number of partner agencies to whom facilitated referrals are made for behavioral health care services as measured by written MOUs established with mental/behavioral health care providers.
	II. 50 adolescents		II. Increase the number of adolescents to 65 (sixty-five) served by Grundy County Health Department for mental health-related needs.

#### *Status*

In the first year of the project, Project Help4U has executed nine MOUs with local agencies, in addition to the Grundy County Health Department Division of Mental Health / Substance Abuse.

- Breaking Free
- Chestnut Health Systems
- Crisis Line
- Crossroads Counseling
- Linden Oaks
- Lighthouse Counseling
- ROE (\*Primary partner)
- Rosecrance
- Will-Grundy Center for Independent Living

During this reporting period, a total of 66 referrals were received by Grundy County Health Department Division of Mental Health and Substance Abuse for youth ages 12-18 in need of mental health care. At the end of the reporting period, 44 were still active in treatment.

Quantitative or qualitative data related to changes in level of collaboration among partners involved in the AWARE-C program

We used archived calendars and the reflections of the project director to characterize the nature of the partnerships across four dimensions: partnership composition, organizational structure, action plan & operational guidelines, and quality of partnerships.

*Partnership Composition* – Project Help4U has recruited partners from a variety of stakeholder groups, including service providers (mental health and substance abuse), local education agencies, government agencies, municipalities, and faith-based organizations. To date, the 10 partners in addition to Grundy County Health Department Division of Mental Health / Substance Abuse reflect.

*Organizational Structure* – Currently, the partnership structure is centered around the activities of Project Help4U and the Grundy County Health Department. Partners have limited collaboration with each other and their primary connection is directly with the project director, Martha Jarmuz. In the second year of the grant, the partnership focus will shift from cooperation and training to move toward a deeper level of commitment and collaboration.

*Action Plan and Operational Guidelines* – In order to make the expectations clear across organizations, MOUs have been signed by all partners (see Appendix).

*Quality of the Partnerships* – At the end of the first year of the project, the nature of the partnerships is at an emerging level. Communication is primarily one-direction and the partners are still becoming familiar with the project goals and their organizations' role in the larger initiative.

Optional Data: Data on what partnerships or other infrastructure impacted the outcomes of the YMHFA trainings

Due to the delayed start of the program, partnership interviews are planned for the first quarter of the second year of the project.

### Implementation Fidelity of the Project

#### *a) Extent to which implementation of the NITT-AWARE-C program match the YMHFA Training Plan*

Grundy County Health Department applied for funding with the intent to maximize community partnerships and referral systems to intervene with youth (ages 12-18) who demonstrate early warning signs and symptoms of mental instability. By increasing behavioral health knowledge and skills of adults who interact with youth in Grundy County, and supporting them with resources and referral sources, youth are more connected with needed services at earlier ages, thereby reducing more serious mental health and substance abuse issues later on in life. Knowing that half of all lifetime cases of mental illness begin by age 14, it stands to reason that more than 1,000 local youth could be living with a diagnosable mental disorder.

The project aims to impact the lives of youth by training 400 adults in YMHFA. There are over 700 educators working in Grundy County serving young people, and they are often "first responders" for young people in crisis, which indicates that school settings are target areas for providing support to youth-serving adults. Additional target populations include faith-based organizations, community and extracurricular mentors, and business owners.

By training adults in Youth Mental Health First Aid, there should be a reduction in social distance, an increase in help-seeking and helping behaviors, and an increase in the provision of strategies to assist youth in crisis, thereby reducing more serious mental health issues later on in life.

#### *b) Types of changes that were made to the original training plan and reason for these changes*

The original timeline for the training plan was delayed for six months as our trainers awaited availability of YMHFA Workshops in Illinois. The Help4U instructors attended the first available training in June and then implemented marketing and recruiting for workshops immediately. The Help4U initial goal for Year 1 was to train 100 adults in YMHFA. However, given delays, that number was adjusted to 60. A total of 76 individuals were registered for YMHFA classes during the first year of the grant. Of the 76 registered, eight were "no-shows" and three did not attend the full training, thus not completing the course requirements to earn certification. A total of 65 participants were trained as Youth Mental Health First Aiders during the first year of this grant.

We anticipate training 170 adults during years two and three, an increase from 150 in each year, in order to maintain our overall target goal of 400 adults trained by the end of the third year.

### *c) Factors that facilitated or hindered implementation of the training plan*

The original timeline for the YMHA instructor training was delayed by six months as the training was not available until June 2016 in Illinois.

### Analysis/Barriers and Limitations

One limitation with the design currently is access to school level data for the IYS. While we track the areas of our referrals, our trainees' organizations, we do not yet have access to the level of data to disaggregate results by the areas most likely impacted by our project training.

There were also challenges in establishing partners for the project. Three originally identified partners elected not to participate as planned, resulting in fewer MOUs during the first year. Outreach has been conducted to obtain additional partners.

As previously noted, delays in obtaining instructor training resulted in rollout of YMHFA classes being postponed until June 2016. The initial goal for the first year was to train 100 adults in YMHFA. However, given delays, that number was adjusted to 60. With three instructors now trained, the intention is to increase number of adults trained during second and third years of the grant.

The primary target for training includes the Grundy County school system. In the first year, administrators and school personnel were reluctant to commit to YMHFA training, citing questions about the "need" for such training in the local community, as well as the time investment for training and data collection procedures. Correspondence, advertising, and personal visits were utilized to engage administrators and discuss the previous year's IYS results and highlighting alarming concerns regarding mental health symptoms and substance use among youth in Grundy County. Two principals of local high schools agreed to training during Teacher Institute Days and reported being surprised and encouraged by the information presented in training. Staff and administrators now openly discuss the benefits of the training and are models for surrounding schools in encouraging them to get on board. Additional outreach was conducted with partner agencies, resulting in additional training of First Aiders.

### Summary of Findings and Results

Project Help4U activities resulted in several positive outcomes in the first year, including:

- Community Outreach - Project Help4U events that reached more than 2,000 community members
- Partnerships - formalized partnerships between ten organizations with fully executed MOUs
- Training - for 65 participants, exceeding the revised annual target, across several sectors, including education, service providers, community organizations, and juvenile justice
- Referrals - for 16 youth referred for services by five trained first aiders
- Dissemination - through newsletters, website, blog and presentation at the 2016 annual meeting of the American Evaluation Association in Atlanta, GA.

The referral data collection is building momentum with the trained first aiders. As the project engages partner organizations and the number of trained first aiders increases, the referrals will continue to be monitored to ensure that data collection continues.

Ultimately, if school level IYS data are accessed, the training, referrals, and changes in students' mental health outcomes can be connected together.

## Conclusion

### Recommendations

Based on the results and challenges from the first year of the grant, there are some points to consider for the second year of the grant, including:

- Engaging partners to leverage influence to increase outreach, training, and referrals
- Pursuing access to school level IYS data to improve quality of analyses and connect more directly with project activities
- Connecting outreach events to specific project targets for IYS participating schools, including mental-health and increasing access to adults (other than a parent) to whom youth can talk about important things in their lives.

### Major Accomplishments

In conclusion, the Help4U staff completed all project activities within their control in a timely and efficient manner. All GPRA targets were met or exceeded for the first year.

Appendix  
**Memorandum of Understanding**  
**Between**  
**GRUNDY COUNTY HEALTH DEPARTMENT**  
**and**  
**AGENCY NAME**

**THIS AGREEMENT** (“Agreement”) is made and entered into by and between **GRUNDY COUNTY HEALTH DEPARTMENT**, hereinafter referred to “GCHD”, and **AGENCY NAME**. This Agreement sets forth the terms and understanding between GCHD and AGENCY NAME.

<b>DETAILS</b>	
<b>Background</b>	The participating agencies partnering under this Agreement recognize challenges that youth face in locating and accessing resources for mental health and substance abuse treatment. As local providers/adults who serve and are involved with adolescents in Grundy County, we also understand the importance of maximizing community partnerships and referral systems so as to intervene with youth who demonstrate early warnings signs and symptoms of mental health and substance abuse conditions.
<b>Purpose</b>	<p>Through a grant (NITT-AWARE-C: 1H79SM062817-01) awarded by the Substance Abuse and Mental Health Services Administration (SAMHSA), the Grundy County Health Department will provide Youth Mental Health First Aid (YMHFA) training to 400 youth-serving adults in Grundy County, thereby touching the lives of 8,000 adolescents.</p> <p>It is the intention that Grundy County youth ages 12-18, identified as being potentially in need of mental health or substance abuse screening/treatment, will be referred by and to partnering agencies as needed for services. With earlier screening and assessment resulting in needed services being accessed at earlier ages, it is anticipated that there will be a reduction of more serious behavioral health issues later on in life.</p>
<b>Reporting</b>	Partner agencies agree to participate in data collection and reporting activities, and project evaluation (i.e. submitting data on referrals given and/or received as a result of YMHFA training). Data generated from this project, including data collected as a result of referrals, will be recorded and used for reporting purposes. Data will be formally evaluated annually by the Project Director, External Evaluator, GIS Analyst, and Behavioral Health Alliance. Project goals will be measured and activities will be adjusted accordingly. Data will be made available to partnering agencies through an annual written report, which will also be available on the GCHD website and shared as public comment in open meetings.

<b>Funding</b>	This Agreement is for the purposes of managing referrals for adolescents ages 12-18 who are identified as in need of mental health screening, assessment, and therapy services. This Agreement does not constitute a commitment of funds to agencies giving or receiving referrals as a result of this project.
<b>Duration</b>	This Agreement is at-will and may be modified by mutual consent of authorized officials from GCHD and AGENCY NAME. This Agreement shall become effective upon signature by the authorized officials from GCHD and AGENCY NAME and will remain in effect until modified or terminated with 45 days written notice by any one of the partners by mutual consent, or until September 29, 2018, at which time this Agreement shall end.

\_\_\_\_\_  
Signature

Date: \_\_\_\_\_

Martha Jarmuz, LCPC, CCTP  
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mjarmuz@grundyhealth.com

\_\_\_\_\_  
Signature of Agency Representative

Date: \_\_\_\_\_

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Title

\_\_\_\_\_  
Organization Name/Address

\_\_\_\_\_  
Contact Information (phone, fax, e-mail)