

"They Get Me": Connecticut School Based Health Centers Engage Adolescent African-American and Latino Males in Mental Health Services

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Project Background

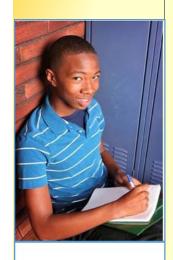
The project was launched with one simple question:

"How many African-American and Latino adolescent young men receive mental health services in CT SBHCs?"

The answer was -- We didn't know



Research Questions



The utilization of mental health services among adolescent males of color was of particular interest to the CT Health Foundation

- How many African-American and Latino adolescent males use SBHC mental health services?
- * How often do they use SBHC mental health services?
- Why do they use SBHC services more than community-based treatment services?
- What have been the health outcomes of these interventions?



What We Did

- Analysis of data collected by all School Based Health Centers (SBHCs)
- 2) Literature review of relevant publications
- 3) Focus groups with adolescent males that used mental health services in SBHCs



Focus Groups: 22 adolescent males ages 13-18 years

45% African American; 55% Latino

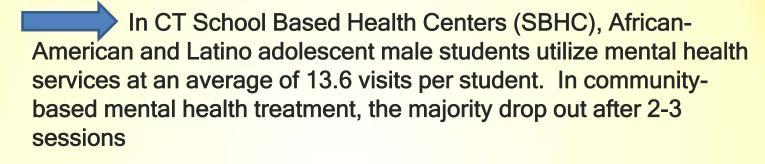
Setting. 4 geographic areas in Connecticut (4 high schools; 3 middle schools)

- All in urban, low socioeconomic areas
- Schools similar in racial and ethnic demographics



Health Research and Advocacy Project

Four significant study findings:



SBHCs remove or mitigate barriers to mental health treatment for African-American and Latino adolescents males

SBHCs provide an atmosphere of safety, confidentiality and trust; characteristics that are of paramount importance to adolescent males

Students perceived the School Based Health Centers staff as open and nonjudgmental - critical to student engagement in services







Partnerships made it happen

DPH had the aggregate SBHC

CASBHC contracted UConn School of Nursing to develop the Brief

ISSUE BRIEF CONNECTION ASSOCIATION OF SCHOol Based Health Centers

Connecticut School Based Health Centers Engage Adolescent
African-American and Latino Males in Mental Health Service:

African American and Latino makes are half as Bally to recolve mental health services compared to nonlinguanity. While you're hapted to provide present one entrolled and health-recipi configuration of the neutral in school and social hause. It is beginned to understand health for African American and Latino years; man parcelose contained provided and the contract of the African American American American and Latino years are present and contained (SBICA) and presently years excessible in additionable that community health and services. This have Both discorders the further note contribute to difficulties will suition of mental health services in Connectinity SBICA) and describes on African American and Latino metals students, and extensible health services in Connectinity SBICA and and Latino metals students, and extensible should be SBICA and CONTRIBUTED and CONTRIBUTED AND ARRIVES AND

Rarriers to Accessing Services

Nationwide, nearly 1 in 5 children and adolescents experience symptoms of mental health fooderer, and of those, only 15% to 20% necessive services. ¹⁰ of the children and adolescents who receive mental health services, ¹⁰ 05% and a children sensor of the children and adolescents who receive mental health services, ¹⁰ 05% and American seals are among the most underserved populations with respect to mental health services. ¹⁰ 46 pressimately 13% of African American youth have a diagnosted depressive editories. ¹⁰

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In Connecticut, in a 2011 survey conducted by Connecticut Assocition of School Based Health Cente (CASBHC), the vast majority of SBI mental health providers reported lack of transportation (90%), lack of insurance (63%) and stigma (60%) as major transfers for adolescent males of color who seek mental health services in

community-based settings.

An analysis of Connecticus+specific
demographic and visit data collisions
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years 2007-2008/2008-2009 invented
years 2007-2008/2008-2009 invented
as African-American or Hispanic that
as African-American or Hispanic that
coolved mental health services it is
significant that these 1.339 young
men received mental health treatmen
in \$1,508 visits in the two year period
an average of \$13.6 visits each.

in an effort to elicit the voices of the young men who receive mental healt services in SBHCs, 22 male students from four Connection SBHC communities were interviewed. Forty-five percent of the sample was African-American, which included youth who identified as African-American, Jamaican, or Haitian and SSW were tatino, of which 66% were Puerto Rican, and the others were Colombian, Donninican, Mesican, Honduran, and Brazilian. Participating youth were in grades 7 through 12 and ranged in age from 13 to 18 years of While the majority of the youth (77%) had lived in their achool district forms of the round of their lives. 14% had come from other countries within the past three years and an-



CASBHC formed a Data
Workgroup for the project

CASBHC contracted a design firm for the layout

CASBHC contracted Institute for Community Research: student interviews

CASBHC Workgroup wrote the content and guided the layout



Research to Advocacy

- Issue Brief was the centerpiece of a Legislative Advocacy Kickoff event in September 2012
- Participated in a legislative forum on "Improving Student Health to Close the Achievement Gap"



- Distributed 1500 copies of the Issue Brief to advocates, community agencies, legislators, SBHC sites, foundations, and at an NPR health disparities forum
- Used text and quotes from the Brief in legislative public hearings to discourage cuts to SBHCs
- Invited to provide testimony on SBHCs and children's mental health before legislative mental health task force after Newtown tragedy used parts of Issue Brief in remark
- Currently preparing research paper for publication



About the Connecticut Association of School Based Health Centers

- The CT Association of School Based Health Centers was incorporated in 1996 as the single formalized voice of School Based Health Centers (SBHC) in CT
- CASBHC represents 80 SBHCs sites in 20 communities, funded by the Department of Public Health
- CASBHC focus areas are: advocacy for school based health centers; technical assistance and training; and a centralized resource for information about SBHC services, staffing, funding, development, and sustainability

"Healthy Kids Make Better Learners"

Healthy Kids Make Better Learners

For more information, contact:

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