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INVESTING IN YOUTH | SECURING OUR FUTURE





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WORKSHOP ON THE STATE OF MENTAL, EMOTIONAL, AND BEHAVIORAL HEALTH OF CHILDREN AND YOUTH IN THE UNITED STATES

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NATIONAL PROGRAM LEADER, VULNERABLE POPULATIONS

DIVISION OF YOUTH AND 4-H

OCTOBER 10, 2019

*The National
Academies of*

SCIENCES
ENGINEERING
MEDICINE



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Overview

- Share information concerning the Children, Youth and Families at-Risk Program (CYFAR) and the 4-H Programs, providing some programmatic connections with the mental, emotional, and behavioral health of children and youth



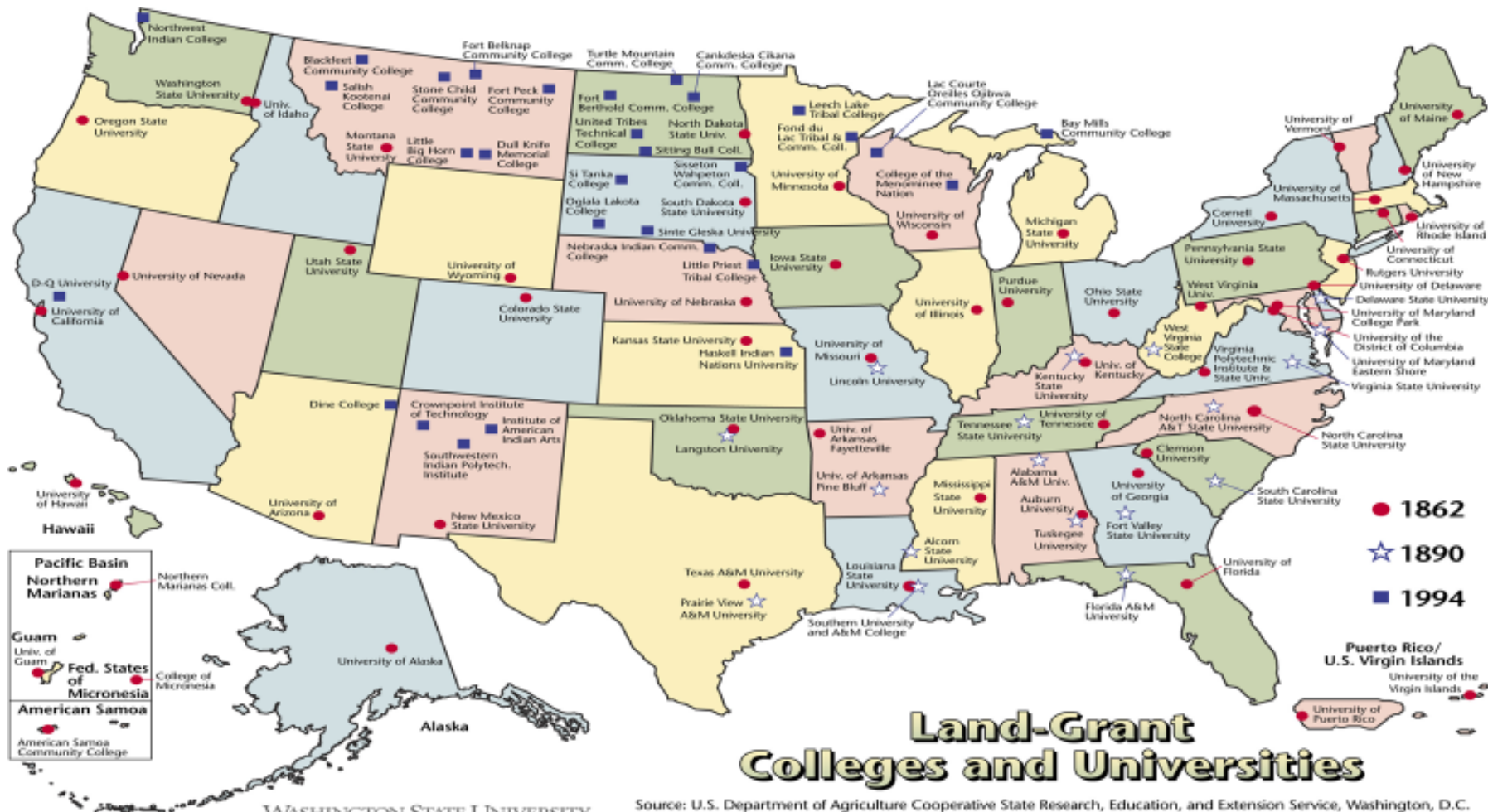
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Land-Grant Colleges/Universities



Land-Grant Colleges and Universities

Source: U.S. Department of Agriculture Cooperative State Research, Education, and Extension Service, Washington, D.C.
 Based on U.S. Department of Agriculture map: m2783, June 2003
 Prepared by Information Department, College of Agriculture and Home Economics in partnership with Extended University Services
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CYFAR Grant Program

CYFAR



- 16 state led programs that address mental, emotional, and behavioral health through Positive Youth Development (PYD) and Parent/Grandparent Programming.
- (PYD) is an approach to working with youth that emphasizes building on youths' strengths and providing supports and opportunities that will help them achieve goals and transition to adulthood in a productive, healthy manner.



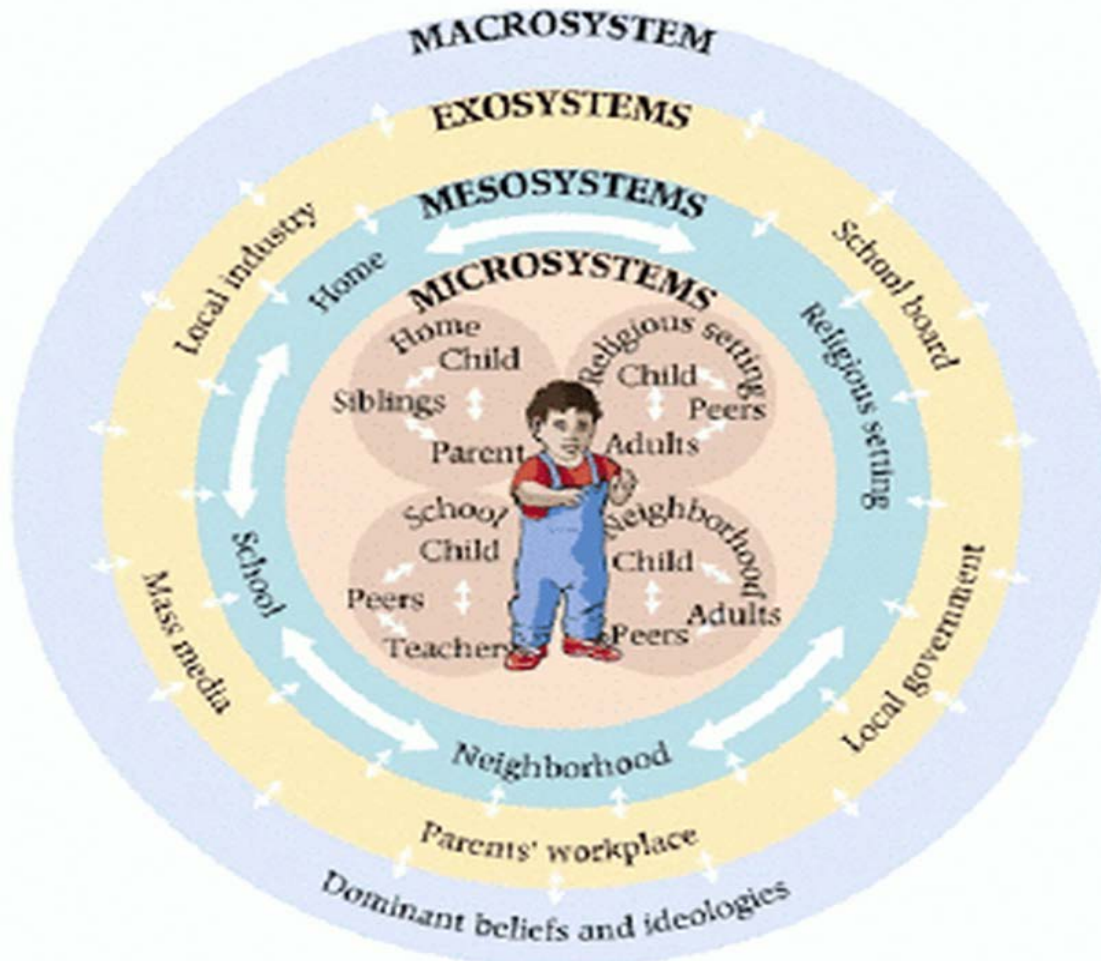
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Bronfenbrenner Ecological Model



CYFAR Mission



- Provision of resources to Land-Grant University System and Cooperative Extension Systems
- Collaboration with other organizations
- Develop and deliver educational programs that equip at-risk youth with the skills they need to lead positive, productive, contributing lives.



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CYFAR Programs

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Programmatic Examples



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University of Nevada-Reno



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Nevada Heart & Shield

- A program designed to end family violence
- Isolation, whether at the hands of an abuser or self-imposed due to the feelings of shame inherent as a result of domestic violence, is a strong deterrent to victims associating with family and friends.
- This isolation tendency inhibits a victim's ability to receive needed counseling, guidance, and resources. Strong community connections help facilitate protective environments.



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Nevada Heart & Shield

- Environment created for child and adult survivors of intimate partner violence (IPV) to obtain skills and resources necessary to break the cycle of IPV.
- Participants were divided into age groups: parents, children ages birth to 8, youth 9 to 13, and teens 14 to 18.

Heart & Shield
Rural Domestic Violence Program



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Nevada Heart & Shield

- Topics for parents focused on communication, emotion identification and regulation, problem-solving, child development and development affected by family violence, parenting styles.

Nevada Heart & Shield

- Children, youth, and teen topics included communication, emotion identification and regulation, problem-solving, friendship skills, healthy relationships, social/emotional skills, and strengthening families.



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Michigan State University



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Building Early Emotional Skills (BEES)

- The BEES program is designed to provide parent education to parents of children ages 0-3 years through traditional face-to-face group classes and online classes.



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Building Early Emotional Skills (BEES)

- Data collection suggests positive changes, in particular, parents' acceptance and support of their children's negative emotions increased from pre to post assessment.





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Building Early Emotional Skills (BEES)

- In addition, parents' rejection of children's negative emotions and their unsupportive responses to children's expressions of anger, fear, and sadness decreased from pre to post assessment.
- Knowledge of early social-emotional development increased as well. Parenting distress decreased from pre to post assessment.

Building Early Emotional Skills (BEES)

- Results suggest positive links between BEES and parental functioning, knowledge about early childhood social-emotional development, and the quality of parenting, including emotionally supportive parenting.





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University of Kentucky



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Kentucky YES (Youth Engagement and Support)

Provides life skills programs for homeless and unstably housed youth in _____ County.

66 youth have found employment

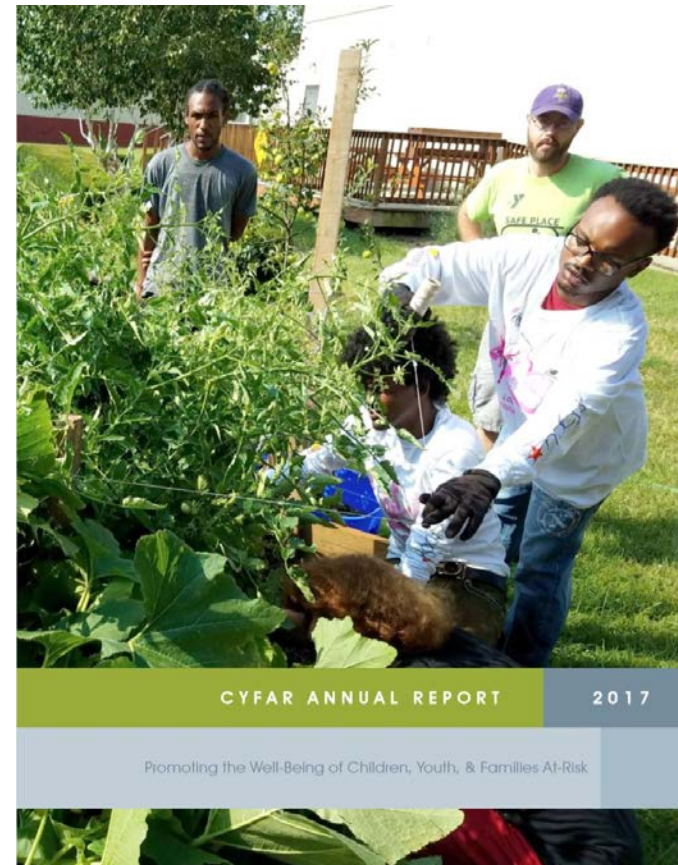
13 have found housing

11 have worked toward completion of their GED

7 enrolled in higher education

8 have received mental health assistance

3 were helped out of trafficking





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4-H UPDATE

PROGRAMS ADDRESSING MENTAL,
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HEALTH



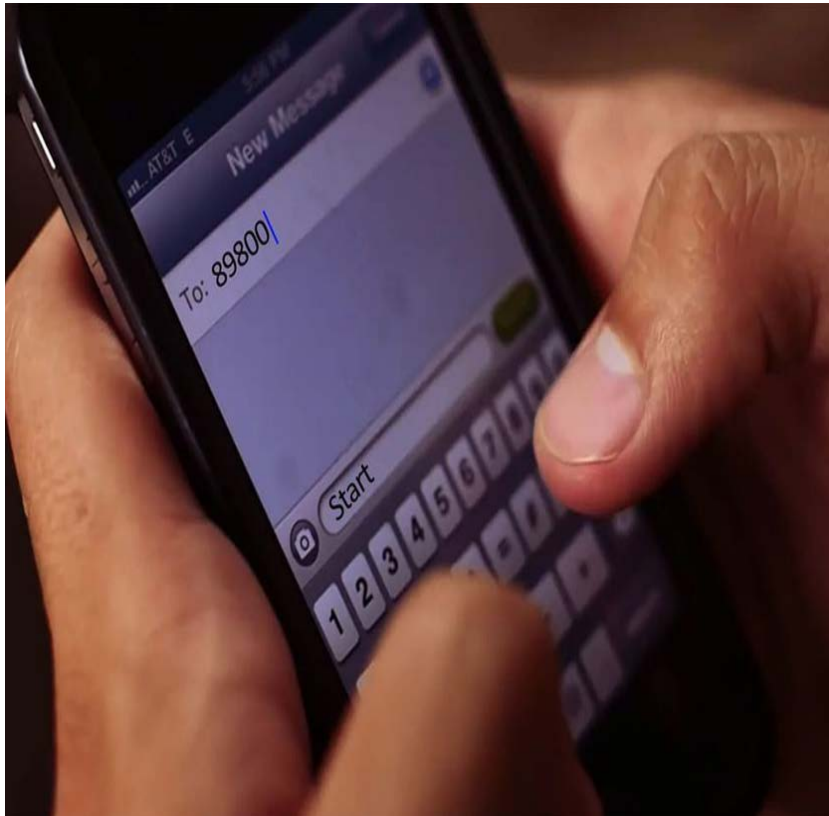
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Mental Health Awareness Preparation



- Piloted TTA involving youth in dialogues with SAMSHA
- Interactive/educational youth activity, pilot
- 2,000 participants participated in TTA
- Designed to bring groups of teens together to talk about mental health with their peers and among their community.



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Substance Abuse and Mental Health Services Administration (SAMHSA)



- Mental Health First Aid is a skills-based training course that teaches participants about mental health and substance-use issues.
- 4-H engages volunteers for training opportunities and implementation
- Volunteers have been trained in 5 states*
- NAE4H Training

University of Idaho

- Trained 96 Youth Mental Health First Aid Volunteers
- Review of the data shows that participants are comfortable in understanding a youth “point of view,” providing positive adult and peer relationships, and listening to youth.



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Utah State University

- 1538 volunteers trained to recognize signs and symptoms of a mental health problem or crisis in youth and how to help.
- Over 1500 referrals of youth to mental health professionals, self-help, and other support strategies have been made.



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State 4-H Mental Health Programs

HEALTHY LIVING EXPO
Mental Wellness Summit

Promoting Empathy and
Emotional Wellness

*My Day Was Crazy, How Was
Yours?*

*Youth Aware of Mental
Health (YAM) Program*

Youth Aware of Mental
Health Curriculum

Youth & Family Resiliency

Your Thoughts Matter:
Navigating Mental Health





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Access, Equity and Belonging Committee

<https://access-equity-belonging.extension.org>



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THANK YOU