

Project Quarterly Report 4/1/2022-7/1/2022

Project Title: Integrated Community Youth Outreach Unit

Project Purpose:

The Ingham county relief funds has been used for the creation of the Integrated Community Youth Outreach Unit (ICYOU), a program that focuses on identifying youth with Serious Emotional Disturbance (SED), linking these and other youth with behavioral health services, providing skills-based groups to help youth enhance resiliency and social skills, and linking youth and families with community resources.

It is believed that by offering the above-mentioned skill-based groups at partner sites where youth congregate, ICYOU staff will become familiar to youth at these sites and be adults who youth can trust and approach. Through this relationship ICYOU staff will be able to recognize signs of youth with SED who would benefit from behavioral health services. The majority of youth who attend these groups may not have SED, so an additional benefit of these groups is that all youth will have access to learning important life skills taught in the groups.

Project Benchmarks:

Onboarding, Training, and Program Development

As of July 1, 2022, funds have been used to hire four Bachelor's level staff for the team, as well as a portion of a management position to coordinate the team.

It is understood that ICYOU staff need strong understanding of youth related mental health issues. To that end, the ICYOU team has gone through multiple formal and informal initial youth-related mental health trainings with a heavy emphasis on understanding and identifying youth with Severe Emotional Disturbances. Trainings have included:

- Youth Mental Health First Aid,
- QPR (Question, Persuade, Refer),
- Introduction to Human Services,
- Intro to Prevention,
- Risk Assessment parts 1,2, &3.
- Common youth mental health issues,
- Crisis intervention,
- Substance use awareness,
- Trauma and the body,
- CAFAS, PECFAS,
- continued ongoing training on how to identify criteria for SED.
- Asthma training,
- “What we’re up against” (a training on understanding the impact of the COVID-19 pandemic on youth.
- Youth and Social Media

Additionally, these staff have

- Assisted our Children's Crisis Services therapists during Mobile Crisis sessions both at the center and in the community,
- participated in program staff meetings weekly for informal training and program development
- Provided on-site support group activities to youth at Children's Crisis Services for youth awaiting inpatient hospitalization.

Group creation

- The ICYOU team has created the curricula that it uses in the community. These curricula are divided into four different age groups: 3-6, 7-10, 11-14, and 15-17 year olds. Each age group has a 2-month program for stress management (resiliency) and a 2-month program for enhancing social skills. Some groups, such as groups offered at libraries or community centers are open groups and some groups are closed. As a team they have created over 35 different individual group templates to use for groups.
- The group templates we have created follow the format of:
 - Introductions/reminder of group rules
 - Icebreaker activity
 - Opening mindfulness Activity
 - Main activity
 - Discussion of how the main activity relates to the main theme of the group
 - Closing mindfulness activity
 - Take-home Challenge to work on with families

Community Resource Navigation

- ICYOU staff have compiled a list of community resources and have contacted these resource providers to determine the best avenue by which families can access their services and/or resources.

Community Partnerships

- The ICYOU Coordinator has presented at or individually spoken with multiple coalitions, agencies, and organizations regarding Integrated Community Youth Outreach Unit services. To date these include:
 - Lansing Mayor's Task Force on Mental Health
 - EVE Inc.
 - East Lansing Public School District
 - Holt Public Schools
 - Mid-Michigan Leadership Academy
 - Power of We Consortium
 - Lansing Parks and Recreation
 - Capital Area Care Alliance

- Spartan Child Development Center
- Capital Area District Library
- City Rescue Mission
- Tri County LifeSavers
- As of 6.31.22 we have 5 Memos of Understanding signed by community partners in Ingham County, including:
 - Lansing City Rescue Mission
 - Lansing Parks and Recreation
 - Capital Area District Library
 - Spartan Child Development Center
 - EVE Inc.

Groups provided

- The ICYOU team has provided the following groups in Ingham County:
 - **Lansing City Rescue Mission:** One weekly group for youth between ages of 5 and 11. We have been flexible in the age range of this group due to the needs of the Rescue Mission.
 - Number of unique attendees from program inception: 11
 - **Spartan Child Development Center:** The ICYOU team has begun providing weekly groups at the Spartan Child Development Center for 3-year-old and 4-year-old classrooms. They provide 4 groups weekly there.
 - Number of unique attendees from program inception: 53
 - **South Branch District Library:** The ICYOU team is now providing two groups at the south branch district library. One group is for children who are of pre-school/daycare age. The other is for youth in the 11-14-year-old age.
 - Number of unique attendees from program inception: 7
- **Lansing Parks and Recreation**
 - **Foster Community Center:** During the school year, the ICYOU team provided a weekly group at the Center as part of their after-school programming.
 - Number of unique attendees from program inception: 9
 - The team also assisted Foster Community Center with their Spring Break camp, providing Stress Busters group experiences for 33 youth during that time.
 - **Gier Park Community Center**
 - Number of unique attendees from program inception: 12
 - **Lansing Parks and Recreation 2022 Summer Camp**
 - Our partnership with Lansing Parks and Recreation has grown and we have provided our ICYOU Stress Busters groups for their 2022 Summer Camp programming. We have provided groups at both Schmidt Community Center as well as their Foster Community Center.
 - Schmidt Community Center

- #Number of unique Attendees from program inception 60
 - Foster Community Center
 - #Number of unique Attendees from program inception 59
- **2022 Play at the Capitol Day**
 - ICYYOU was invited to be a participant at Lansing Parks and Recreation’s 2022 Play at the Capitol Day. In this 4-hour event ICYYOU staff provided ICYYOU activities and information to all youth participants. Lansing Parks and Recreation estimated attendance to be at 1000 youth.
- **2022 CMHA-CEI Families Forward Summer Camp**
 - ICYYOU has provided 6 groups for the CMHA-CEI Families Forward Summer Camp, which is a camp for youth with Severe Emotional Disturbance who, due to symptoms of SED, would not otherwise be able to participate in other community summer camp activities.
 - Number of unique Attendees from program inception: 49
- **Total number of unique youth in groups since program inception: 260**
 - This is an increase of roughly 160 unique youth contacts over last quarter’s total of 99.
- **Estimated number of unique youth contacts: 1260**
 - For this number we are including the estimated attendance of the 2022 Play at the Capitol Day event, which was 1000. These extra 1000 youth participated in ICYYOU activities, but did not participate in full groups.

Community Navigation

- Part of the preventative role of ICYYOU staff is to help improve access to services. To this end, ICYYOU staff have had contact with roughly 37 parents or caregivers who have youth engaged in ICYYOU groups. These families now know how to access services at CMHA-CEI should they need to do so.
- Behavioral health referrals made: 6
- Community Resource referrals made this quarter: 20

Feedback

Feedback we have received from group participants has been very positive, particularly for those youth aged 12 and under.

- At Spartan Child Development Center, for instance, numerous youth aged 3-4 have reported using coping skills they learned in group the last time they attended an ICYYOU group. They have remembered the activities Stress Busters did the week before, and are able to accurately use the terms and strategies from the groups. Teachers have told staff that the youth use these skills during the week, and we have provided the school with a

“Stress Busters Bucket” which is a crate with supplies the youth used during groups. Youth have gone to this bucket to use the materials when they feel stress. The Spartan Child Development Center Administrator has told us that feedback they have received from both students and parents has been universally positive.

- At the Coping with Life group at Capital Area District Library’s South Branch there has only been one consistent attendee. This youth has attended the majority of the group sessions. He has told his group leaders that he has been practicing the skills and that they have been helping him really behave. One of the group leaders spoke with his school teacher and the teacher stated that the youth’s behaviors have dramatically improved since attending this group. The youth stated that he has been teaching his friends some of the skills that he has learned in group and is trying to get them to come to group with him.

In our group feedback forms that youth fill out after groups, there are three questions:

1. Did you have fun in group today?
2. What did you like about Stress Busters today?
3. What did you learn at Stress Busters today?

Responses to these questions have varied.

#1 Did you have fun in group today?

The vast majority of all the answers to question # 1 indicated that yes, the youth had fun in groups. A small portion responded that they liked part of the group, but that there was something else about the group they did not like, which they identified. There was only one reply that indicated they did not have fun.

#2 What did you like about Stress Busters today?

Answers to this question varied. Many answers simply stated that they liked the activity of the group that day. Other responses provided more information, such as:

- “I liked that the space felt safe and comfortable”
- “the creativity of the questions and when we talked of stressful situations.”
- “everything”
- “it was pretty interactive and cool.”
- “It was fun.”
- “I liked learning about what we did, because it can be hard.”
- “Trying to increase my patience.”
- “It was fun and cooperative.”
- “I was with friends.”

#3 What did you learn at Stress Busters today?

The responses to Question number 3 also varied. Some responses simply referenced the activity or game that was played during the group. Some responses were predictably silly, referencing amusing things that happened in group. Some were left blank. A few stated “nothing” or “I don’t know.” Others identified the activity as well as an additional lesson they learned or something they would take away from the group. Responses included statements such as:

- “teamwork and collaboration.”
- “cope with stress”
- “stress solutions”
- “Stress is okay”
- “Breathing” (groups usually do a breathing mindfulness activity at the open and close of group)
- “Staying calm is important”
- “to be kind”
- “Body language”
- “teamwork makes the dreamwork”
- “to work together”
- “communication is used every day”
- “Patience is really important”
- “collaboration”
- “that everyone needs a break to do something different.”

Next Quarter Goals

For the next quarter we will be focusing on growing the program in the following ways:

- Groups that support LGBTQIA youth. We had one partnership arranged with Rebelhaus fitness to run a fitness-based ICYOU group for LGBTQIA youth with their coach, but have been forced to delay this plan due to a change in their availability.
- Identifying other potential partner sites.
- Improving effectiveness of community navigator roles to increase behavioral health and community referrals.