Kentuckians Encouraging Youth to Succeed (KEYS)

Applicant: DMHMRS; Administered by: NorthKey Regional MHMR Board (Community Mental Health Center)

**Vision:** Development of a model promoting resiliency & addressing current challenges in the development of our system of care for youth with serious emotional disabilities & their families, including those with co-occurring substance use disorders.

**Mission:** Facilitate implementation of a continuum of positive behavior interventions and supports through the delivery of evidence-based services, care management, and individual service plans in targeted schools in North Central Kentucky to address mental health & substance use issues of youth emphasizing evidence-based strategies to identify and treat youth with co-occurring substance use issues.

**Target Population:**
Children and their families
Kentucky resident-8 county area
Age 5-21: years SED (primary) / Birth-5 year (secondary)
Youth with SED & co-occurring substance use disorders
>1 year with limitations in 2+ areas: self-care; family life; interpersonal relations; self-direction; and education and:
  • Receiving out-of-state treatment for SED, or
  • Child removed from his/her home and has been unable to maintain the child in a stable setting, or
  • >18, meets other criteria & received services for SED prior to age 18

**Challenges:**
- Widespread accessibility of drugs/alcohol
- Youth with SED more susceptible to SU/SA
- Funding losses for children’s mental health services
- No State Medicaid services for substance use issues
- Large rural areas / Transportation issues
- “Resolving door cases” / Service transition gaps
- Hurdles to collaborative service provision
- Access barriers
- Criminalization of persons with mental health and substance use issues

**Needs:**
- Expand school-based mental health services
- Local long-term & residential treatment services
- Group treatment teaching independent living skills and vocational training
- Community awareness of mental health issues and resources
- Psychiatrists trained to serve youth with SED
- Local substance use/abuse prevention and treatment for youth (inpatient & outpatient options)
- Convenient aftercare for substance use/abuse
- Parent education/support for substance use/abuse
- Financial assistance for medications
- Organized advocacy for regional funding
- Evaluation data for decision-making and advocacy

**Goals:**
1) Service Expansion
   • Develop Program Implementation Team
   • Develop strategic plan
   • Increased identification of students w/co-occurring substance use
   • Reduction in service costs
2) Engage Families & Youth at all levels
   • Develop family & youth support networks
   • Individualized care planning
   • Opportunities for family & youth leadership
   • Opportunities for family & youth led advocacy & policy-making
   • Families & youth involved with evaluation
3) Implementation of school-based positive behavior interventions & supports model
   • Infrastructure development for school-based activities
   • Expanded capacity for implementation of intervention strategies
4) Develop Utilization-Focused Evaluation System
   • Establish evaluation advisory committee
   • Implement national and local evaluations
   • Provide ongoing data-based decision-making
5) Provide Training & Support for implementing Evidence-Based Practices (EBP)
   • Educational/training/technical assistance opportunities
   • Continuum of positive behavioral intervention & support services

**Individual Outcomes**
- Reduce psychiatric hospitalizations
- Improvements in behavioral functioning
- Improvements in family supports
- Improve school-related outcomes
- Reduce suspension and expulsion rates
- Decrease rates of substance use
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### Values:
- Community-based
- Culturally Competent
- Child Centered
- Family Focused

### Guiding Principles:
- **Strength-based/solution-focused**
- **Least restrictive, appropriate setting**
- **Family and youth involved as full partners**
- **System and service level coordination**
- **Comprehensive Services emphasizing early identification & intervention**

### Collaborative Structure
- **Statewide Youth Council**
- **Statewide Intercouncil for Services (SIAC)**
- **Regional Youth Council**
- **Regional Intercouncil for Services (RIAC)**
- **Local Intercouncil for Services (LIAC)**
- **NorthKey Community Care: Local Resource Coordinator**
- **Student Care Team**
  - Care Coordinator
  - Family Liaison
  - Youth & Family Interventionist

### Administration and Clinical Services
- **Department of Mental Health and Mental Retardation Services**
- **NorthKey Student Care Team**
- **NorthKey Care Coordinator**
- **RIAC/LIAC Quality Review**
- **Ongoing implementation of wraparound services**

### Wraparound Process
- **Problem Solving Teams**
- **Children and Families**
- **NorthKey Case Coordinator**
- **Design or Refine Individual Service Plan**
- **Monitor progress of child and family**

### Workforce Development / Training / Technical Assistance

### Proposed Service Expansion Areas:
- Early childhood
- Crisis stabilization
- Day treatment
- Substance abuse
- Intensive home-based services
- Respite
- Court liaisons

### Continuous Improvement Evaluation Model:
- Data management, quality monitoring, clinical support, resource allocation, policy development
- Ongoing data-based decision-making
- Support Sustainability
- Dissemination/Replication

### Bridges Project:
- Establish school-based mental health model

### Infrastructure:
- Increase capacity of Kentucky IMPACT Program: systems integration initiative to increase the capacity and diversity of network of care

**Evaluation Advisory Committee**