

Hope Institute

Derek Lee PhD, CRC, LPCC-S, DBTC, CAMSC

the

What is the role of education?

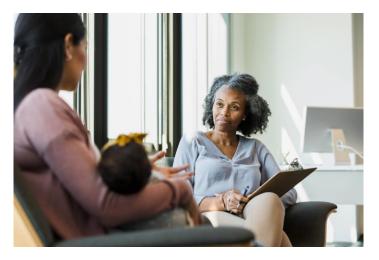














What is the role of education?



- Education Week, September 14, 2021, found that:
 - 63 percent of administrators reported that their district provided or subsidized internet services
 - 38 percent work in districts or schools that offered food pantries above and beyond their regular school meal programs
 - 37 percent said the district or school offered health services
 - A third provided laundry facilities



Mental health and suicide



- Mental health issues have nearly tripled in the past 15 years
 - In 2008 approximately 15% of students would struggle with MH during the year
 - Recent number show that 42% of students will struggle during the y
- The numbers for suicide are shocking
 - 22% of our high school students have contemplate suicide
 - 10% have made an attempt



Managing students struggling with thoughts of suicide



- Traditionally Sent to emergency departments or inpatient units
- Result
 - Loss or limits to natural supports
 - Family
 - Friends
 - Lack of access to natural coping
 - Loss of routine/schedule
 - Often results in being behind in school
 - Social stigma



Is this necessary?



- Routine 45% Crisis Call Specialist completes a Safety Plan, schedules a Next Day Appointment with The Hope Institute
- Urgent 45% a Crisis Team completes a Safety Plan and schedules a Next Day Appointment with The Hope Institute
- Emergent 10% Stabilize high risk cases while they wait for Certified Community Behavioral Health Center

Only for approximately 10%!

• We also know that individual are 1.5x more likely to attempt after discharge...



Bridging "The Lethal Gap"

"The gap between what we know, and what we do, is lethal." Kay Redfield Jamison

What if you could...

- Keep students at home and in school?
- Allow them to maintain most of their typical schedule, including class, extracurriculars, and social activities?
- Help them, in their natural environment, to utilize appropriate coping skills and strategies?
- Engage with peers and maintain healthy social contacts?
- Utilize *evidence-based* TREATMENTS instead of triage?
- Begin to destigmatize mental health so that kids can get help without labels and isolation?





The Hope Institute wants to help



- Referrals made easily through BH Works
- Appointments provided next day through telehealth
- Treatment with evidence-based models, rather than treatment as usual
- Outpatient levels of care, ranging from 1 to 4 appointments per week, including individual and group (in-person and online platforms available)
- Services provided by licensed clinicians with a minimum education of a masters degree



How isThe Hope Institute helping?



• <u>https://www.12news.com/video/news/local/valley/mental-health-resources-for-students-available-at-the-hope-institute/75-d92ab118-f968-41a8-bd50-a0167266b37e</u>





What is different?



- Most systems "do what they can," which is a great start
 - Respond in a timely manner
 - Assess
 - Safety plan
 - Wait, hope the suicidal episode passes naturally
- Where is the actual treatment? The Hope Institute
 - Treatment with evidence-based therapy, rather than treatment as usual
 - Outpatient care, ranging from 1 to 4 appointments per week, including individual and group (in-person and online platforms available)
 - Care until the episode is treated and there is no longer suicidal ideation true treatment



The Hope Institute



We Offer:

- Next Day Appointments (NDAs), outpatient & telehealth
- Evidence-Based Care
- Stabilization in 5 to 6 weeks
- Referrals to ongoing behavioral care or other services

Referral Volume Creates Self-Funding Centers

Referrals typically come from:

- ➤ Crisis Lines
- ➢ Building awareness with schools
- Emergency Departments
- ➤ Hospitals
- Correctional facilities
- ➢ First Responders
- > Churches
- ➤ CCBHCs



The Vision of The Hope Institute



- Next day appointments with evidence-based treatment
- Minimalize hospitalizations least restrictive environment
- Rapid stabilization and resolution of suicidal ideation
- Increasing access, equality, and equity to services (routine use of telehealth)
- Decriminalization and de-stigmatization of mental health and crisis services



the Hope Institute

The Hope Institute thehopeinstitute.net

Contact: Derek Lee <u>derek@thehopeinstitute.net</u>