

Healthy Kids and Healthy Families

Utah Technical Assistance Center for Children's Services

A Newsletter for Kids, Families, and Providers of Children and Adolescent Behavioral Health Care Services

Supporting What Works for Intersecting Youth

UPCOMING EVENTS

8/3 – 8/6

School Health Interdisciplinary Program (SHIP) Conference

8/6 - 8/9

American Psychological Association 117th Annual Convention

8/12 - 8/13

Indigenous Peoples Prevention Convention

8/19 – 8/22

Fall Substance Abuse Conference combined with NAADAC Annual Conference

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[EVENT CALENDAR](#)

On July 27th a State Policy Summit was held to support effective programs for intersecting youth in Utah. The Summit was sponsored by the Annie E. Casey Family Foundation and co-hosted by the Utah State Departments of Human Services & Health and the Utah Juvenile Court. Participants included high-level policymakers - top state department and division executive directors, directors and associate directors. Summit discussions were preceded by a light lunch, and presentations on evidence-based practices, programs, and implementation strategies.

Intersecting youth are defined as high-end (costs/services), multiple-system involved youth who are being served by two or more state agencies such as DSAMH (community mental health/substance abuse treatment centers), DCFS, JJS, Juvenile Court, and/or the Departments of Health and Education. As Utah's high-risk high-cost youth and their families face so many challenges, and typically do not get the very best treatment or outcomes, the summit was extremely important. Intersecting kids typically go from system to system, each system being independent and insulated in its approach to care, treatment, and provision of services.

The goal of the State Policy Summit was to bring all state agencies together to work collaboratively in order to improve treatment and outcomes for intersecting kids. The Summit objectives were to: 1) align high-level policymakers, funding partners, and program managers to endorse policy supporting evidence-based programs (EBPs) for intersecting kids, 2) clearly identify the characteristics of this population, and 3) identify evidence-based practices that will improve outcomes and provide home and community-based treatment and programs for these youth and their families.

The Summit ended with a charge to draft a charter for a fast-moving Task Force which will 1) draft broad policy/legislation to support EBPs for intersecting kids, 2) assist in identifying appropriate EBPs for this population, 3) complete a national scan for comparative data – population numbers and characteristics, costs to serve, etc., and 4) seek funding and “exemptions” for creating a new set of services for this population. The Policy Summit and Task Force work will be followed by a capstone event September 23rd and 24th – a *What Works Convention* to present the results of the work of the Task Force and to provide education on EBPs and implementation technologies for policymakers, administrators, providers, youth and families. Synergistic strategies for collaboratively supporting effective programs for intersecting youth will result in better care and services, improved outcomes, and has the potential to provide significant cost savings to taxpayers.



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WHAT WORKS!

IMPROVING OUTCOMES THROUGH RESEARCH

- **Cognitive-Behavioral Therapy for Anxiety-Disordered Youth: Secondary Outcomes From a Randomized Clinical Trial Evaluating Child and Family Modalities**
Suveg, C., Hudson, J.L., Brewer, G., Flannery-Schroeder, E. Gosch, E., and Kendall, P.C. (2009). *Journal of Anxiety Disorders*, 23, 341-349.
[Click for: ARTICLE](#)
- **A Randomized Wait-List Controlled Effectiveness Trial Assessing School-Wide Positive Behavior Support in Elementary Schools**
Horner, R.H., Sugai, G., Smolkowski, K., Eber, L., Nakasato, J., Todd, A.W, et al. (2009). *Journal of Positive Behavior Interventions*, 11(3), 133-144.
[Click for: ABSTRACT](#)
- **A Cluster Randomized Controlled Trial of Child-Focused Psychiatric Consultation and a School Systems-Focused Intervention to Reduce Aggression**
Fonagy, P., Twemlow, S.W., Vernberg, E.M., Nelson, J.M., Dill, E.J., Little, T.D., et al. (2009). *Journal of Child Psychology and Psychiatry*, 50(5), 607-616.
[Click for: ARTICLE](#)
- **What Works: Targeted Truancy and Drop Out Programs in Middle and High School**
Kilma, T., Miller, M., and Nunlist, C. (2009). *Olympia: Washington State Institute for Public Policy, Document No. 09-06-2201*.
[Click for: ARTICLE](#)
- **Prevention of Depression in At-Risk Adolescents: A Randomized Controlled Trial.**
Garber, J., Clarke, G., Weersing, V., Beardslee, W, Brent, D., Gladstone, T., et al. (2009). *Journal of the American Medical Association*, 301(21), 2215-2224.
[Click for: ARTICLE](#)

Save the Date! NAMIWalks

Join the Utah chapter of NAMI (National Alliance on Mental Illness) to help stamp out the stigma of mental illness by participating in or supporting NAMIWalks on Saturday, September 26.

NAMI is a non-profit organization that provides local and national support, education, advocacy, and research to individuals with mental illness and their loved ones.

For more information on NAMIWalks [CLICK HERE](#)

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POLICY and NEWS

- **Evidence Based Public Policy Options to Reduce Crime and Criminal Justice Costs: Implications in Washington State**
Drake, E.K., Aos, S., and Miller, M. (2009). *Victims and Offenders*, 4, 170-196.
[Click for: ARTICLE](#)
- **Evidence Based Intervention and Services for High Risk Youth: A North American Perspective on the Challenges of Integration for Policy, Practice, and Research.**
Whittaker, J.K., (2009). *Child and Family Social Work*, 14, 166-177.
[Click for: ARTICLE](#)
- **Evidence Review of Programs for Infants and Toddlers with Developmental Disabilities: A Preliminary Report.**
Lee, S., and Miller, M. (2009). *Olympia: Washington State Institute for Public Policy*, Doc No. 09-01-3901
[Click for: ARTICLE](#)

SITE NEWS

INFORMATION ABOUT COMMON CHILDHOOD DIAGNOSES!

The UTACCS website now includes reviews of current screening, assessment, and treatment for the most common youth diagnoses in Utah: anxiety disorders, depressive disorders, attention deficit disorders, and adjustment disorders. Review the research yourself! – [Click to: Access youth diagnoses reviews](#)

HEALTHY KIDS AND HEALTHY FAMILIES MONTHLY NEWSLETTER is now available on our website! Check out our current and past monthly newsletters.

- Access newsletters from our scrolling header, under “Community / News”, or by [Clicking Here](#)

UTILIZING THE CENTER AND OUR WEBSITE! We are here to serve you! Contact us to:

- Promote your upcoming trainings, display power points/ presentations/ webinars, & post pertinent current or on-going research
- Share your success in improving outcomes or using evidence-based practices

Contact us at (801)-581-4515 or [click: to send feedback.](#)

Community Resources

Our community is fortunate to have organizations that provide education, resources, and support for kids and families struggling with behavioral health challenges.

Click on the links below to access your community resources!

- [NAMI UTAH: National Alliance on Mental Illness](#)
- [UTACCS](#)
- [Allies with Families](#)
- [New Frontiers for Families](#)

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