



GEORGETOWN UNIVERSITY HEALTHY TRANSITIONS INITIATIVE

Grant Community Policy Meeting March 21 - 23, 2012 * Annapolis, MD

EVALUATION SHORT REPORT



The Healthy Transitions Initiative (HTI) is a cross-agency initiative aimed at addressing issues that youth and young adults with behavioral health concerns encounter as they transition to adulthood. HTI is working to create developmentally appropriate and effective youth-guided local systems of care to improve outcomes in the areas of education, employment, housing, mental health and co-occurring disorders, and decrease contacts with the juvenile and criminal justice systems. These local systems will be linked and integrated at the State and tribal level in order to effect policy change and replication Statewide.



Seven states were awarded five year cooperative agreements beginning in fiscal year 2009. These HTI states are Georgia, Maine, Maryland, Missouri, Oklahoma, Utah, and Wisconsin.



On March 21-23, 2012, the seven state teams participated in the 3rd Annual HTI Grant Community Policy Meeting in Annapolis, MD.

The meeting goals were to:

- Further collaboration between the adult/child mental health systems
- Increase awareness of the value added of collaborative partnerships among all stakeholders
- Agree upon continuous quality improvement (CQI) activities for the next year based on this collaboration
- Support peer-to-peer networking
- Create opportunities for mutual learning in topical areas

The meeting objectives were to:

- Review the original Memorandum of Understanding (MOU) submitted with the grant application
- Determine the current relevance of and update the MOU to policy and practice changes
- Establish understanding of the stage of collaboration between the adult/child systems
- Identify collaboration barriers
- Identify CQI activities related to adult/child collaboration
- Review policy and practice changes
- Assure that policy and practice changes involve all stakeholders
- Establish cross state peer supports and learning

The Georgetown University National Technical Assistance Center for Children's Mental Health is funded by the Substance Abuse and Mental Health Services Administration (SAMHSA), Center for Mental Health Services (CMHS), to support the work of the HTI grant communities to improve practices, systems, and outcomes for youth and young adults of transition age

Executive Summary



Evaluation Tools:

Data collection instruments were developed by the Research and Evaluation Team at the Georgetown University National Technical Assistance Center for Children's Mental Health to determine the utility, quality, impact, and effectiveness of the HTI grant community policy meeting

This evaluation short report includes data from:

- Pre-Post Surveys
- Overall Evaluation Form

Participants:

A total of 105 attendees participated in the HTI grant community policy meeting:

- 80 State Team Members including Youth and Young Adults
- 12 Facilitators/Staff
- 6 SAMSHA Staff including Grant Project Officers
- 5 Cross-Site Evaluation Team Members
- 2 Guests

Response Rates:

- Pre-Survey: 54 of the 80 State Team Members or 68% response rate
- Post-Survey: 54 of the 80 State Team Members or 68% response rate
- Overall Evaluation: 52 of the 80 State Team Members or 65% response rate

Highlights from the Pre-Post Survey:

A Paired Samples T Test revealed a ***significant difference*** between pre- and post-survey ratings on five of the six questions, indicating notable changes from the beginning to the end of the meeting

One question regarding having a positive working relationship between the adult/child mental health systems approached significance, which may reflect the complexity of building and maintaining these collaborative relationships and that more work will be done once participants return to their states to further strengthen these partnerships

The largest difference between pre- and post-survey responses was seen in the attendees' exchange of ideas with peers in other states involved in HTI

Highlights from the Overall Evaluation:

- The primary area of work for the majority of respondents include:
 - Mental Health (28%)
 - Family/Youth Support (15%)
 - Advocacy (11%)
- The role selected by the majority of respondents include:
 - State level planner/administrator/policymaker (29%)
 - Community level planner/administrator/policymaker (16%)



"Thank you for listening and using my information to help youth and families in my community."

Executive Summary (cont'd)

Highlights from Overall Evaluation (cont'd):

Structure and Objectives. The overall rating for the meeting was high with a mean of 4.40. The facilitation of the state meeting time and quality of information and discussions was also highly rated (mean=4.50 and 4.26 respectively)

Respondents also thought the meeting was successful in:

- providing a supportive, safe environment for state work (mean=4.50)
- creating a welcoming environment for youth (mean=4.23) and family input (mean=4.27)



Meeting Components. The highest rated components of the meeting include...

- State meetings (mean=4.64, 4.54, 4.51, and 4.49)
- State reports (mean=4.46)
- Overview of the HTI cross-site evaluation (Project Directors only)=4.22
- Special interest groups (mean=4.19)
- Affinity group meetings (mean=4.16 and 4.10)

State Meetings. Highly rated activities during the state meeting times include...

- Customizing the state meetings to an individual state's needs (mean=4.63)
- Having the flexibility to meet each state's goals and objectives (mean=4.56)
- Providing the state teams with the necessary tools to help them move forward (mean=4.44)
- Setting aside enough time to develop ideas and/or strategies to help the state teams move forward (mean=4.37)

Impact. Respondents felt strongly that the meeting enabled them to...

- Successfully create a broader HTI community (mean=4.37)
- Successfully create cross-state peer supports (mean=4.21)
- Approach their work in new ways (mean=4.13)
- Acquire new skills, tools, and knowledge that they can apply to their state's work (mean=4.12)

Major themes from the open-ended responses:

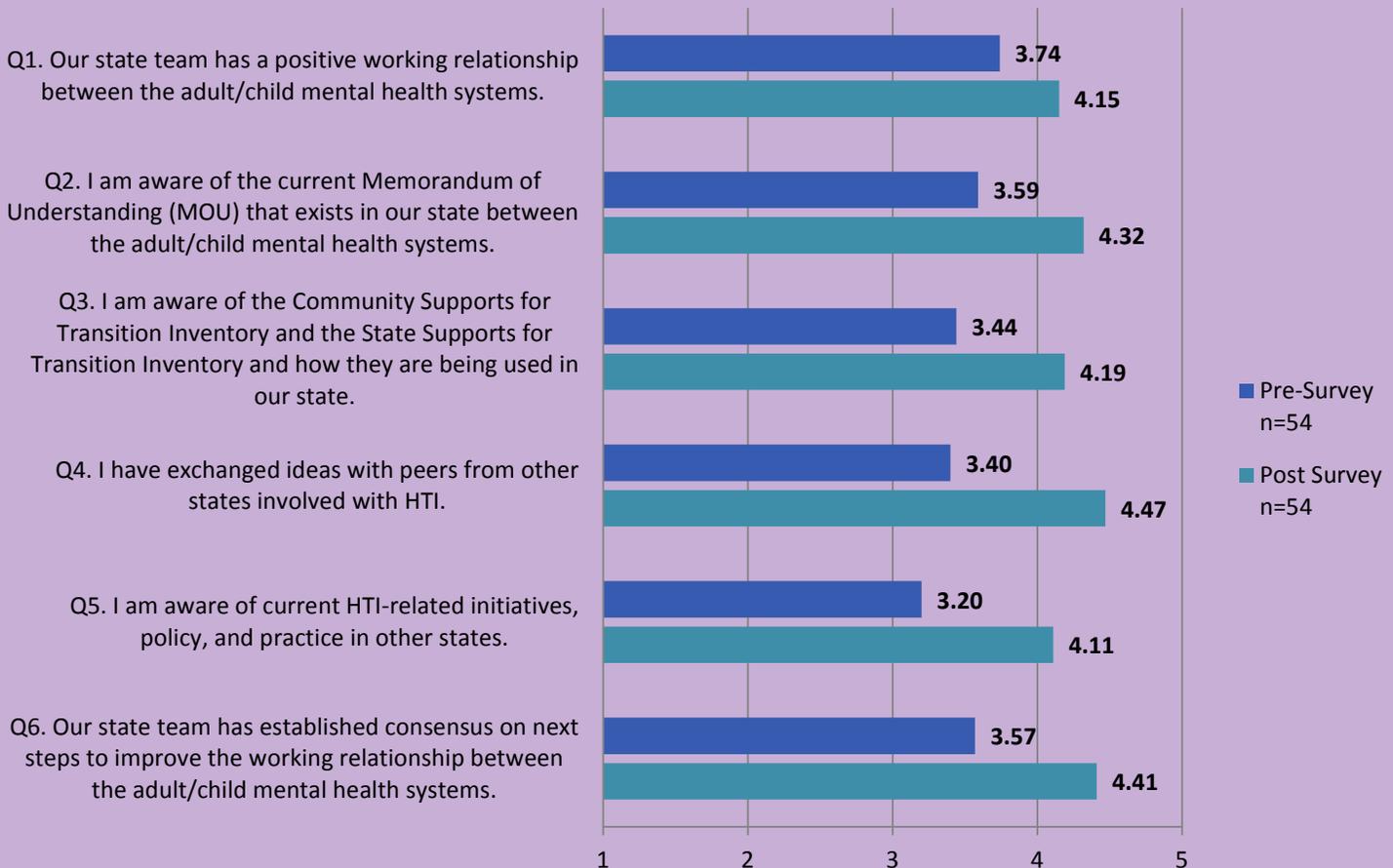
- The importance of youth voice and a strong young adult presence
- The value of peer sharing, support, and learning
- The importance of including all key stakeholders
- The importance of partnerships and collaborations across systems
- The importance of open and effective communication to move the work forward
- The value of dedicated time to working in state teams and affinity groups



Pre-Post Survey

Overview:

Fifty-four of the 80 state team members completed both the pre- and the post-survey. In analyzing the data, pre-post survey responses were linked by respondents to better determine the impact of the meeting. Respondents were asked to rate the following items on a scale of 1 (strongly disagree) to 5 (strongly agree):



Results:

A Paired Samples T Test revealed significance levels of less than .05 for five of the six items. This demonstrates a ***significant difference between pre- and post-survey ratings*** indicating notable changes in respondents from the beginning to the end of the meeting. One question regarding having a positive working relationship between the adult/child mental health systems approached significance, which may reflect the complexity of building and maintaining these collaborative relationships and that more work will be done once participants return to their states to further strengthen these partnerships

The largest difference between pre- and post-survey responses was seen in the respondents' ***exchange of ideas with peers in other states involved in HTI***. There was a +1.07 point increase in the mean response from 3.40 to 4.47.

Respondents also indicated an ***increased awareness of current HTI-related initiatives, policy, and practices in other states*** with a +0.91 point increase in the mean response from 3.20 to 4.11.

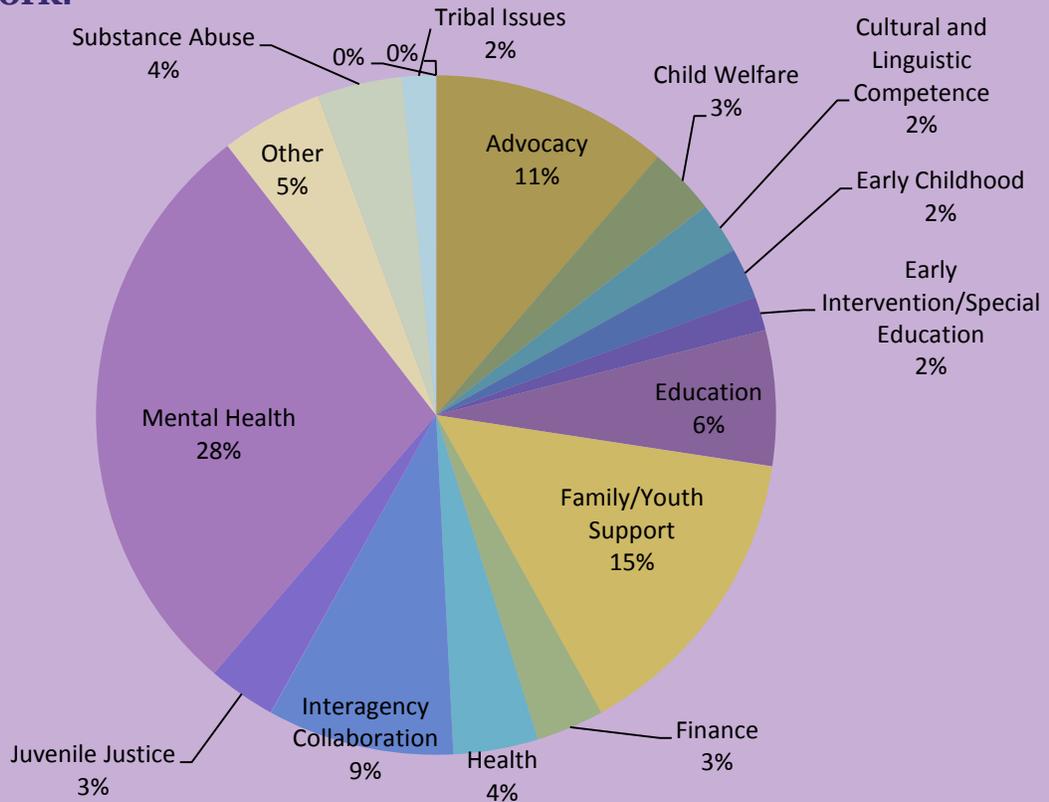
"Thanks for everything and inspiring me to keep my mentality healthy and being available for youth like me."



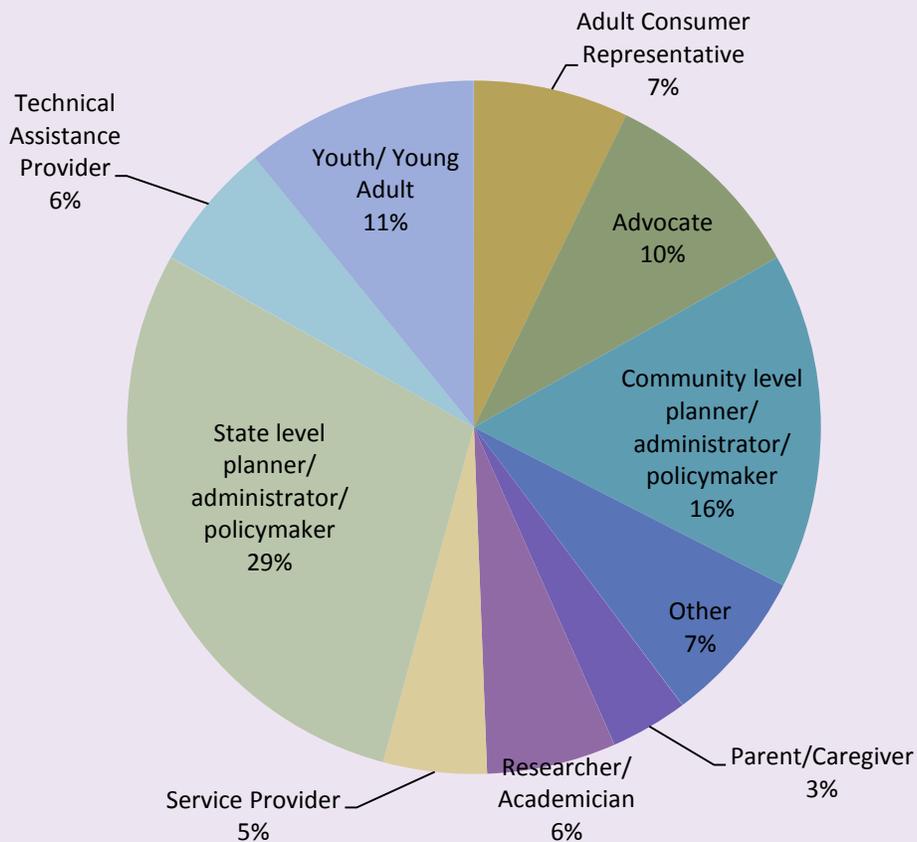
Overall Evaluation: Area and Role

Response Rate: A total of 52 respondents completed the overall evaluation

Primary Area of Work:



Role:

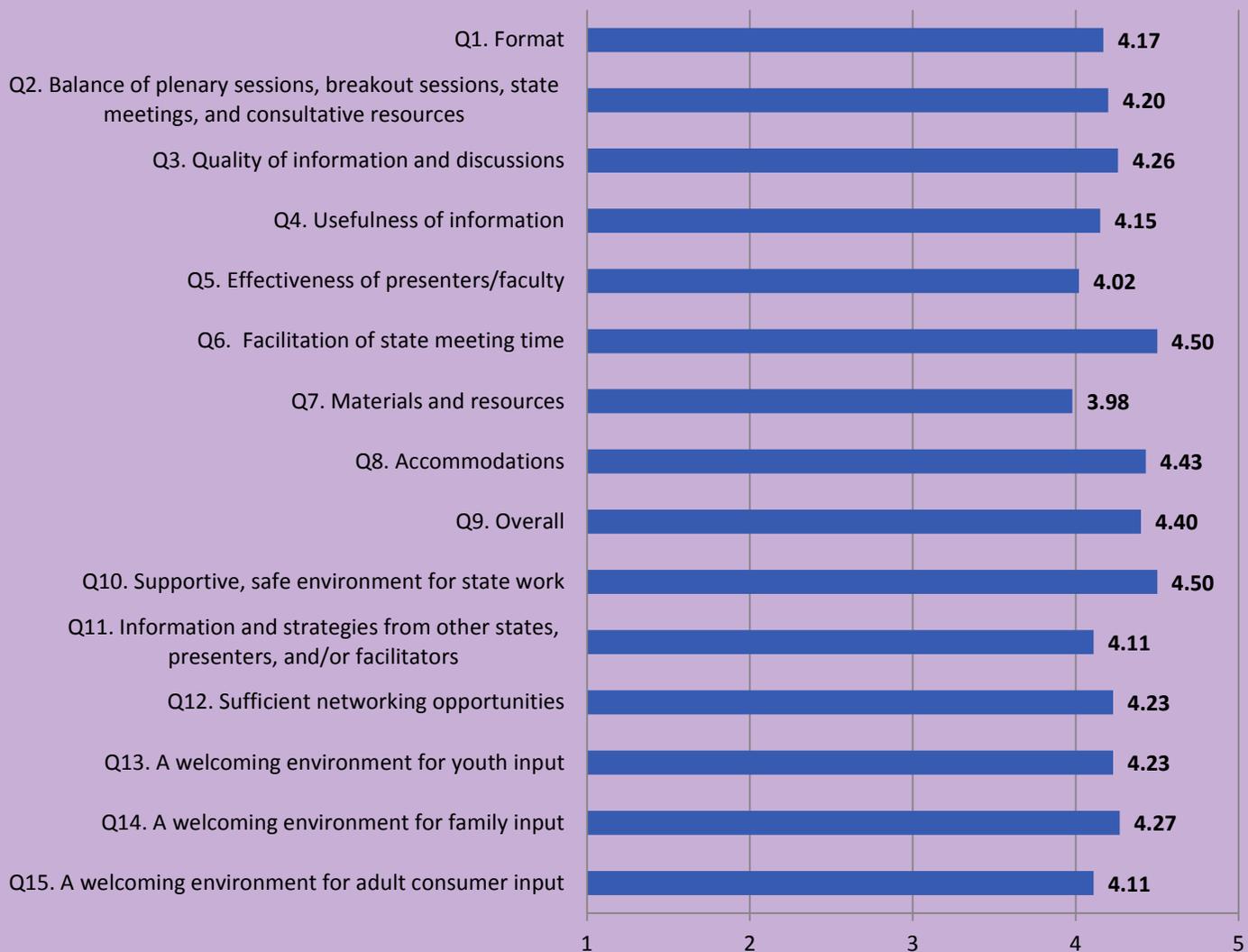


"The fun really helps connect us and form stronger bonds."

Overall Evaluation: Structure

Structure and Objectives: On a scale of 1 (poor) to 5 (excellent), respondents were asked to rate the structure of the meeting (n=52)

- The overall mean rating for the meeting was a 4.40
- Other highly rated items include:
 - Facilitation of state meeting time (mean=4.50)
 - Accommodations (mean=4.43)
 - Quality of information and discussions (mean=4.26)
- Some lower rated items include:
 - Effectiveness of presenters/faculty (mean=4.02)
 - Materials and resources (mean=3.98)
- Results indicate that the meeting was highly successful in providing a supportive, safe environment for the state work (mean=4.50)
- The meeting was also successful in creating a welcoming environment for youth input (mean=4.23) and family input (mean=4.27)



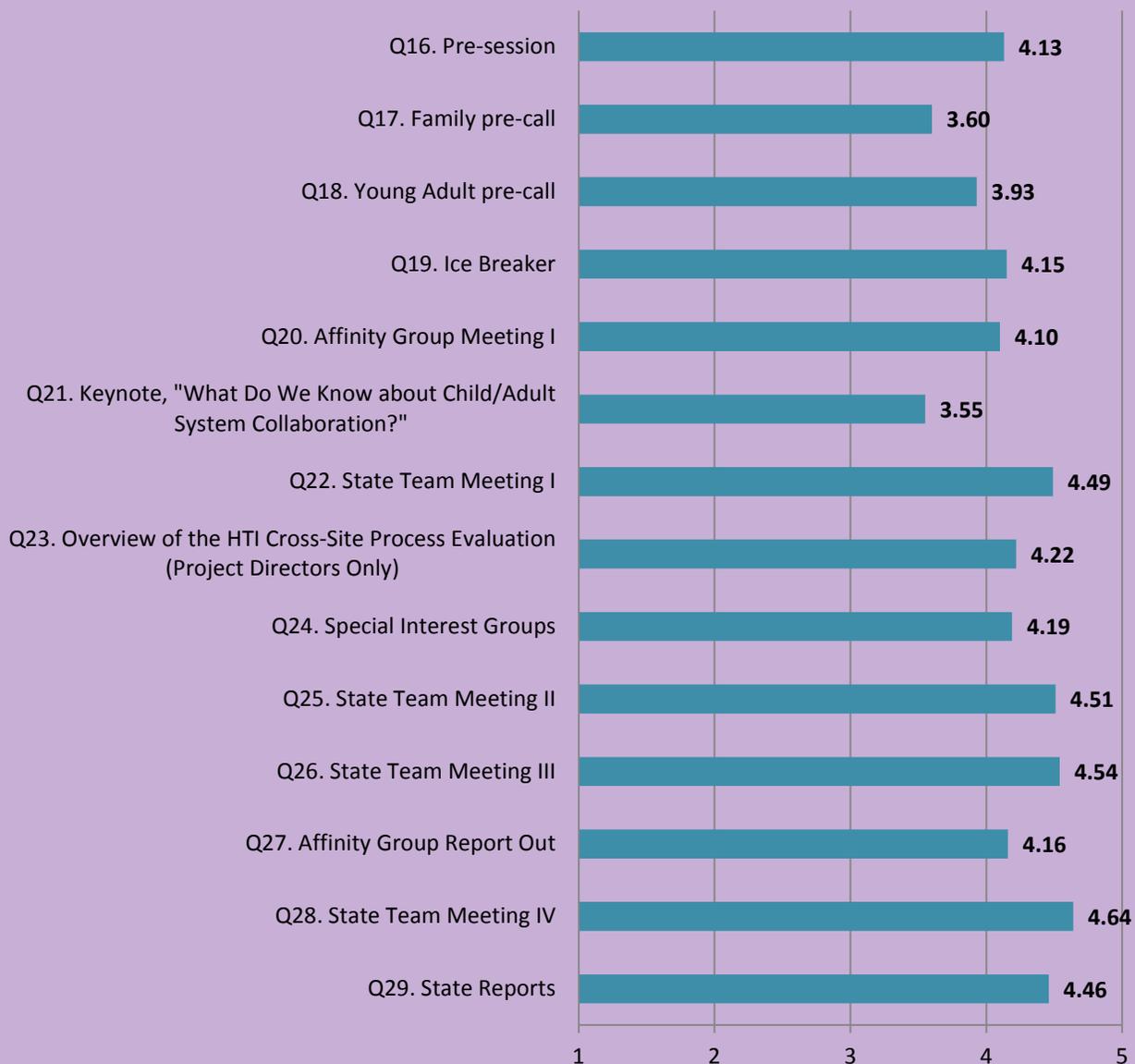
"I feel the opportunity to have cross state conversations with my peers was very productive."



Overall Evaluation: Components

Meeting Components: On a scale of 1 (strongly disagree) to 5 (strongly agree), respondents were asked to rate the helpfulness of the meeting components (n=52)

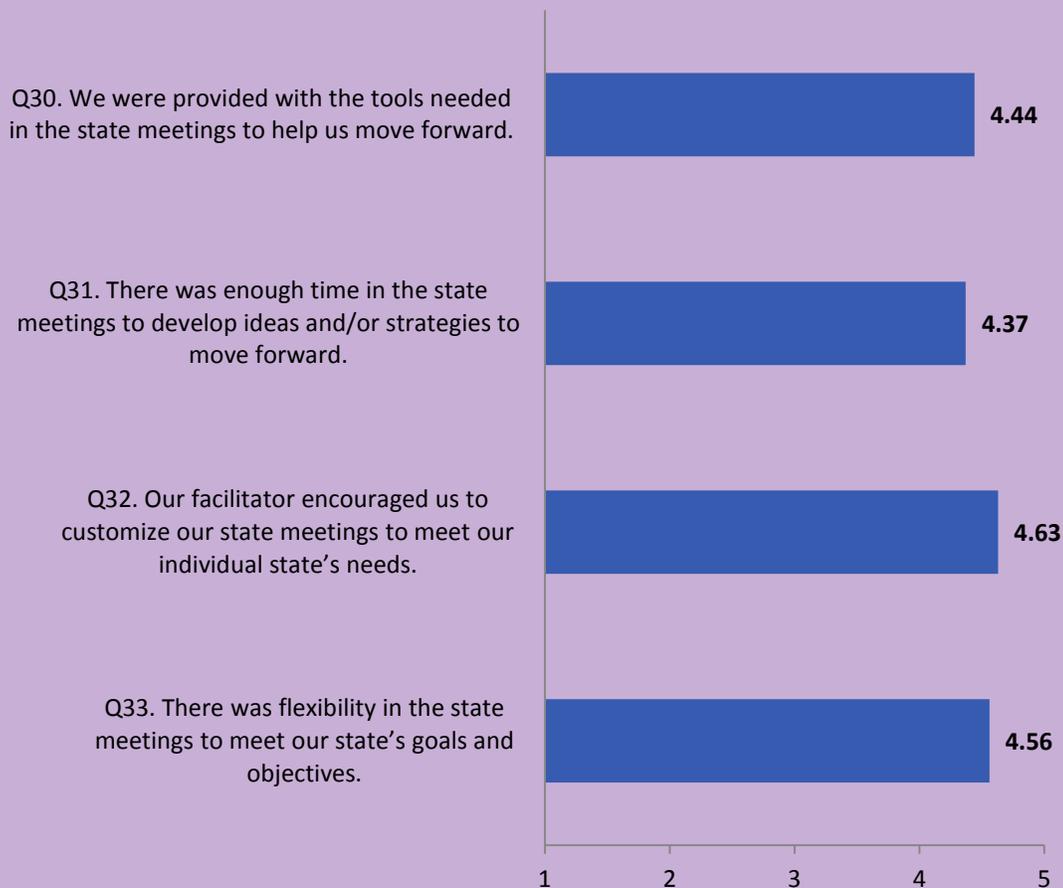
- The highest rated items include:
 - State meetings (mean=4.64, 4.54, 4.51, and 4.49)
 - State reports (mean=4.46)
 - Overview of the HTI cross-site evaluation (Project Directors only)=4.22
 - Special interest groups (mean=4.19)
 - Affinity group meetings (mean=4.16 and 4.10)
- Some lower rated items include:
 - Family pre-call (mean=3.60)
 - Keynote, "What Do We Know About Child/Adult System Collaboration?" (mean=3.55)



Overall Evaluation: State Meetings

State Meetings: On a scale of 1 (strongly disagree) to 5 (strongly agree), respondents were asked to indicate how much they agreed or disagreed with statements about the State Meetings (n=52)

- Each of the items in this section were highly rated
- Respondents strongly agreed that:
 - They were encouraged by their facilitator to customize the state meetings to their individual state's needs (mean=4.63)
 - There was flexibility in state meetings to meet each state's goals and objectives (mean=4.56)
 - They were provided with the necessary tools to help them move forward (mean=4.44)
 - There was enough time to develop ideas and/or strategies to help them move forward (mean=4.37)
- Approximately 90% of respondents selected a 4 or 5 for each of the items
- Based on these ratings, the state meeting times were one of the most successful components of the grant community meeting



"Fantastic job of allowing a balance of creative discussion and bringing it back to the development of action steps."



Overall Evaluation: Impact

Impact: On a scale of 1 (strongly disagree) to 5 (strongly agree), respondents were asked to indicate how successful the meeting was in accomplishing certain objectives (n=52)

- Respondents felt most strongly that:
 - The meeting was successful in creating a broader HTI community (mean=4.37)
 - The meeting was successful in creating cross-state peer supports (mean=4.21)
- Respondents also indicated that the meeting was successful in:
 - Giving participants a means to approach their work in new ways (mean=4.13)
 - Giving participants new skills, tools, and knowledge that they can apply to their state's work (mean=4.12)
- As such, the meeting content successfully increased knowledge, changed perceptions, bolstered skill sets, and changed behaviors
- Additionally, the meeting led to increased cross state support, peer learning, and networking



Overall Evaluation: Impact (cont'd)

Impact (cont'd): On a scale of 1 (strongly disagree) to 5 (strongly agree), respondents were asked to indicate how much they agreed with the following statements (n=51)

After attending the HTI grant community policy meeting...

- ...I have new skills/tools/knowledge that I can apply to our state's work (mean=4.12)
- ...I will approach my work in new ways (mean=4.13)



More specifically, respondents shared the following changes:

- Increased knowledge and understanding in critical areas
 - *"Knowledge about the system and how it works."*
 - *"The depth and breadth of what the initiative is doing in my state."*
 - *"Family engagement."*
 - *"That empowering youth is really needed."*
 - *"New knowledge about health homes."*
 - *"Better understanding of MOU's and what the needs are to move collaboration forward."*
 - *"A clarification of expectations regarding service delivery."*
 - *"Sustainability and taking the TIPS model statewide."*
 - *"Outcomes and how to track."*
- Gained new ideas and strategies to move the work forward
 - *"We have a way to conceptualize our state level work."*
 - *"We have a plan and steps to achieve the plan."*
 - *"How to integrate information into policy and develop working relationships within and beyond mental health."*
 - *"How to move forward with systems change and sustainability."*
 - *"Strategies for expanding transition services for young adults."*
 - *"I have new ideas that I can share with educators."*
 - *"How to reach out to youth and families in my community."*
 - *"Ideas around youth involvement and leadership."*
- Enhanced vision, direction, focus, motivation, clarity, and confidence
 - *"I have a stronger and more clear shared vision among my team which will encourage more decisive progress."*
 - *"I will continue to embrace young adult voice and choice and family and peer supports."*
 - *"Increased leadership skills."*
 - *"Speaking louder and approaching my work in a different way."*
 - *"I need to hit reset on my work."*
 - *"Leaving my comfort zone."*
- Increased partnerships, collaborations, and communication
 - *"Learn from each other as a team."*
 - *"Continue being a peer support and networking with other communities."*
 - *"Increasing contact with community organizations to determine what strengths and challenges they have and how we can collaborate to make changes."*
 - *"Helping to bridge the gap between child/adult mental health services."*
 - *"Connecting with other family/parent partners exploring and identifying appropriate, proactive ways to support families with young adults with mental health and co-occurring diagnoses transition into adulthood."*
 - *"I will include more pre-emptive communication."*

Overall Evaluation: Impact (cont'd)



What respondents liked or valued most about the meeting:

- Peer sharing and support, interaction with and learning from other HTI states, networking opportunities, and meeting new people
- Youth voice and young adult presence
- Adult consumer representative voice that cares about young adults of transition age
- Safe, fun environment
- State work and meeting times
- Strong, caring facilitators that kept the teams on track
- Affinity group meetings
- Special interest groups
- Project Director meetings
- Evaluation report out
- Focus on community providers and policy initiatives
- Gaining ideas on how to overcome barriers
- Communication between the adults and youth
- Individuals with the energy and focus to help us succeed
- Time away to focus
- Opportunity to speak with SAMHSA representatives
- Availability of helpful staff members
- Resources and information
- Facility and food

What respondents liked or valued least about the meeting:

- The keynote presentation
- The morning plenary session
- The TIP breakout session
- Overview of the cross-site survey
- Trivia question game
- Affinity groups
- More direction for the state meetings
- Ice breakers
- Report-outs
- Too many statistics and acronyms
- Lots of sitting and not enough movement
- Meeting length was too long
- Style and tone of some presenters and facilitators
- Insufficient representation of all groups
 - More family members and parents
 - Not enough adult consumers
 - Only one representative from the adult criminal justice system



“I valued the access to others who do similar work, sharing of resources, safe environment to converse, and chance to talk to SAMHSA representatives.”

Feedback & Next Steps

Follow-up activities and ideas to help support peer networking between grant sites:

- Continuing to meet with state teams to further the work (e.g., structured face-to-face meetings in-state, weekly calls, emails) and having check-ins with facilitators around action steps
- Utilizing technical assistance to continue the process of the state meetings
- Communicating with federal partners to improve projects
- Pairing states with similar strengths and opportunities
- Continuing to share information with peers
- Continuing peer discussions perhaps through ongoing peer to peer calls throughout the year
- Holding monthly affinity calls or having check-in updates
- Continuing with project director calls
- Starting calls for local project directors
- Encouraging the development of groups at the local level
- Visiting other HTI sites
- Using social networking including message boards, instant messaging, tweeting, Facebook, features type, newsletters, etc.
- Forming a National TIP Institute to develop a consistent set of skills, expectations and fidelity index
- Continuing to have grant community meetings
 - Increasing the focus on affinity groups
 - Building in more free time during the grant community meetings
 - Having more facilitation in the small group meetings
 - Planning events for adults
 - Providing a resources display area for social marketing materials
 - Presenting concrete examples and letting participants self select discussions
 - Resource development and sharing (e.g., finance and health, eligibilities, transportation)

Suggestions for the next HTI grant community meeting:

- Increasing communication around the meeting agenda and flow
- Increasing the young adult presence and having a stronger youth voice
- Including more keynotes
- Condensing the meeting time to fewer days
- Increasing the activity level by having more peer networking, interaction, and opportunities to move around
- Inviting policymakers and meeting with federal leaders to establish greater political will

“I liked the communication between the adults and youth about our state issues, youth and families, and figuring out how we can come together as a team and conquer barriers.”

For more information on the evaluation of the Healthy Transitions Initiative, please contact Bruno J. Anthony, Ph.D., at bj28@georgetown.edu or Lan T. Le, MPA, at ltl5@georgetown.edu

