



Brief Summary

Ohio's Adolescent and Transitional Aged Youth Treatment Implementation (YT-I) SAMHSA Grant

Ohio has been awarded a four (4) year grant (FFY 2018-2021) from the Substance Abuse and Mental Health Services Administration for Adolescent and Transitional Age Youth Treatment Implementation (YT-I).

Expanding upon the work of Ohio's (2016-2017) State Youth Treatment Planning Grant, the population of focus for Ohio's YT-I is adolescents and transition-aged youth ages 12-25 with substance use disorders (SUD) or co-occurring SUD and mental health disorders.

The purpose of Ohio's YT-I project is to increase the availability and access of SUD and co-occurring SUD and mental health evidence-based assessments, treatment models and recovery services in Ohio with a focus on the disparities in rural and Appalachian counties for this population.

YT-I is a combination of infrastructure improvement and direct treatment service delivery. These grants are designed to bring together stakeholders across the systems serving the population of focus to strengthen an existing coordinated network that will enhance/expand treatment services, develop policies, expand workforce capacity, disseminate evidence-based practices (EBPs), and implement financial mechanisms and other reforms to improve the integration and efficiency of the SUD treatment and recovery support system. Ohio's youth treatment goals include:

- Goal 1:** *To create permanent and routine structures and processes that provide the means to assess and make policy recommendations to address issues related to the behavioral health of Ohio's youth and families.*
- Goal 2:** *To enhance and expand the workforce available to provide high quality services.*
- Goal 3:** *To increase access to services by overcoming the barrier represented by limited access to transportation.*
- Goal 4:** *To increase coordination across services providers to increase efficiency and effectiveness and provide access to evidence based services.*

In the first year, three (3) Alcohol, Drug Addiction and Mental Health Boards will lead system development work that will serve as a model to be replicated throughout the state. The model will include:

- **Care Coordination-** Coordination of services will be necessary in order to assist families with adolescents/young adults with SUDs whose service needs move among and between the continuum of services, treatment modalities and systems.
- **Integrated Co-occurring Treatment (ICT)** An integrated treatment approach that is structured by an Intensive Home-Based Treatment (IHBT) method of service delivery. ICT provides a set of core services to youth with co-occurring disorders of substance use and serious emotional disability, and to their families. It addresses the reciprocal interaction of how each disorder affects the other, in the context of the youth's: family and culture; peers; school; and, greater community.
- **Motivational Interviewing (MI)** A collaborative, person-centered method of guiding to elicit and strengthen motivation for change. It is a way of working with persons to assist them in accessing their intrinsic motivation to change behaviors that contradict their essential values and interfere with the achievement of their life goals.
- **Medication-assisted treatment (MAT)**, which is the use of FDA-approved opioid agonist medications for the maintenance treatment of opioid use disorder and to prevent relapse to opioid use. MAT is an evidence-based substance abuse treatment protocol and OhioMHAS and SAMHSA support the right of individuals to have access to appropriate MAT under the care and prescription of a physician.
- **Alternative Peer Groups (APGs).** APGs were created to address the emotional, psychological, spiritual, and social needs of teens struggling with SUDs. This unique model integrates the important peer connection with sound clinical practice through intervention, support, education, accountability, and family involvement.