

# Supporting Youth and Young Adults with Substance Use Disorders



# We'll Talk About...

1. Creating Connections NH and Pilot Sites
2. The Seven Challenges<sup>®</sup> Intervention
3. Groups and Individual Treatment
4. Youth Peer Support
5. How to refer youth to the pilot sites
  - Eligibility criteria – including geographic eligibility
  - Virtual treatment
  - Referral process – contacts
6. Questions and answers

# Creating Connections NH

- 4-year grant (2017-2021) awarded to the NH Bureau of Children's Behavioral Health funded by the Substance Abuse and Mental Health Services Administration.
- Goal: to develop and implement a continuum of care for youth and transitional age young adults (12-25) with substance use disorders (SUD), or SUD with co-occurring mental health disorders (COD).
- Support at least 200 youth, including a focus on young people from underserved populations (such as youth of color or youth who identify as LGBTQ+).
- Implement evidence-based treatment and recovery services, The Seven Challenges, and NH's Wraparound model.

## 2 Pilot Sites Were Selected in May 2019

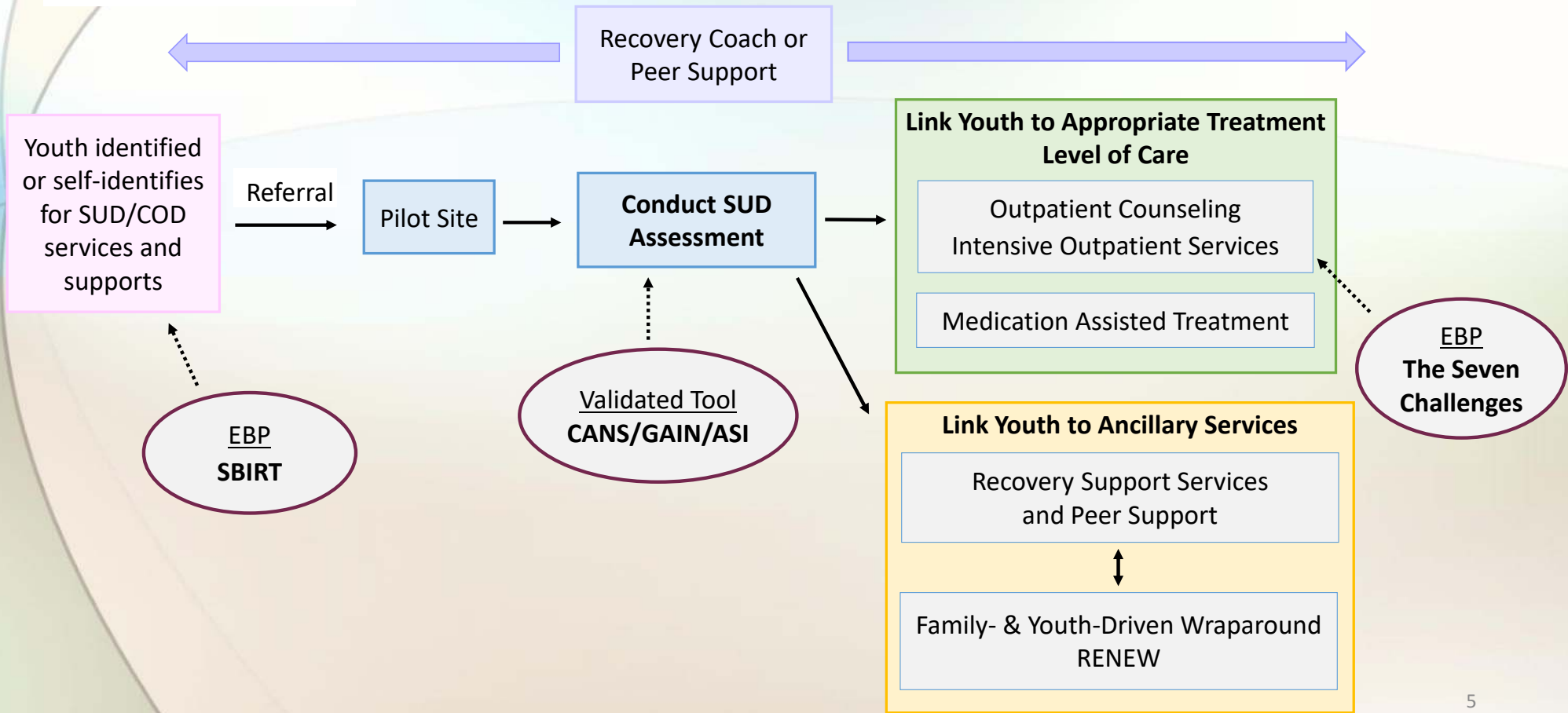
- Greater Nashua Mental Health
- Granite Pathways Manchester

### Project Partners:

- Institute on Disability at UNH
  - Youth MOVE NH
- NH Training Institute on Addictive Disorders
  - Community Health Institute, JSI
  - Human Services Research Institute

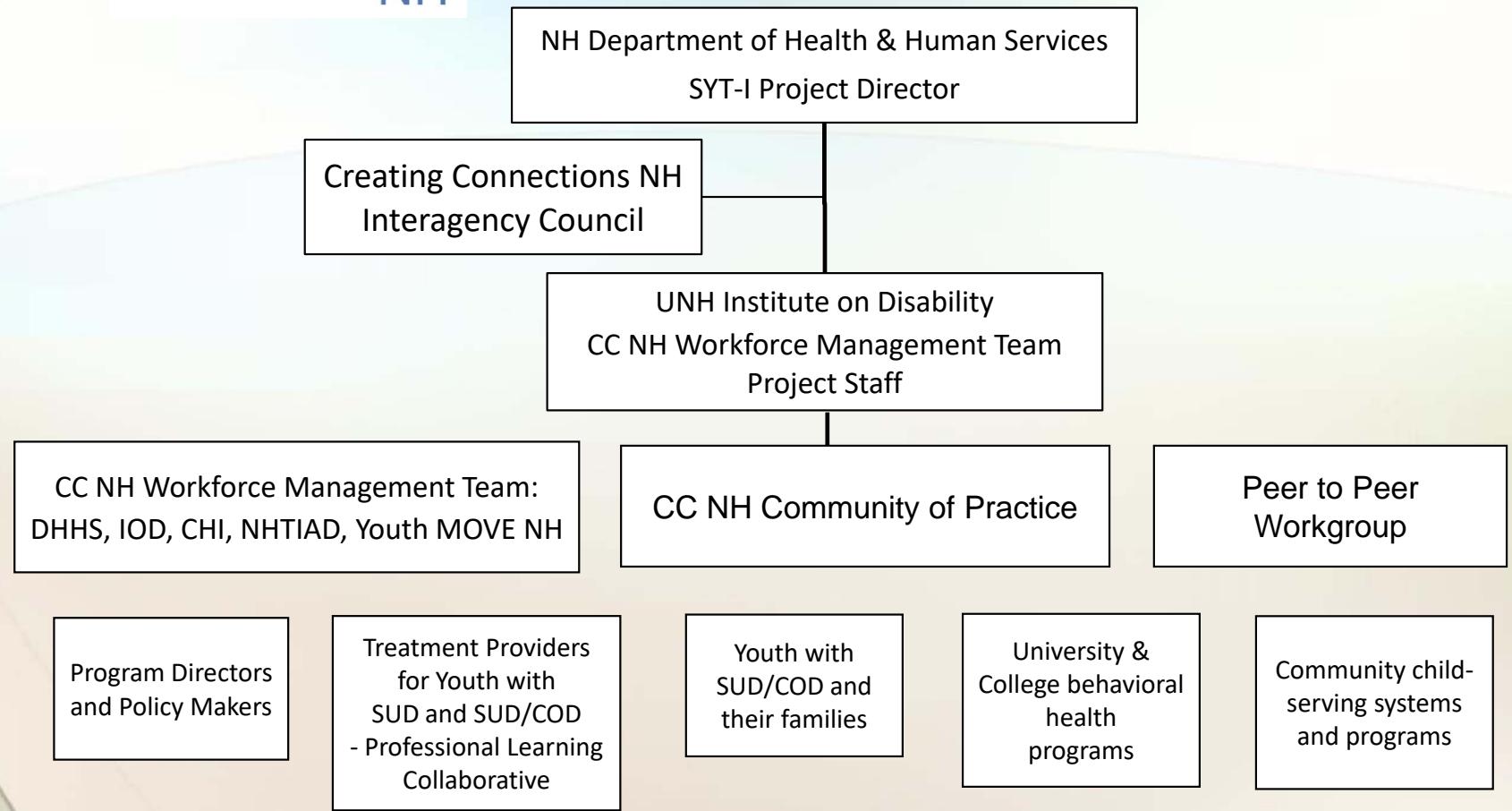
*\*note: as of July 2020, Granite Pathways is no longer a project pilot sites*

# Treatment and Recovery System of Care





# Organizational Chart



# Pilot Sites

Two providers were selected to implement The Seven Challenges<sup>®</sup>, the evidence-based intervention for youth and young adults with substance use disorder that the Creating Connections NH project uses:

- Greater Nashua Mental Health



- Granite Pathways (Manchester)\*

*\*note: as of July 2020, Granite Pathways is unable to take referrals for this program*



**Youth peer support (YPS)** is a service for young people ages 13–26 meant to break down the power dynamic barrier that generally exists between professional practitioners and youth and young adults being supported by providing an authentic opportunity for the young people receiving peer support to feel validation and experience a healthy peer relationship based on similar lived experiences with mental health and or substance misuse challenges.



# What is Unique about YMNH's Model?

- A service provided by a young person (18+) who is trained to strategically use their own lived experiences **to inspire other young people to take action towards creating better outcomes for their future**
- Created to specifically address the psychological and developmental needs of **transition-aged youth and young adults (13-25)**
- Youth Peer Support Specialists (YPSS) are trained to **inspire hope** for other young people by sharing their lived experiences to highlight healthy lifestyle changes & resources for coping with their struggles
- YPSS **help young people to develop and hone their own voices and advocacy skills** in order to open channels of communication between family members, natural supports, and other providers who are involved in futures planning.
- YPS is just one service option along a continuum of options & not every young person will desire and/or benefit from Youth MOVE New Hampshire's model of youth peer support