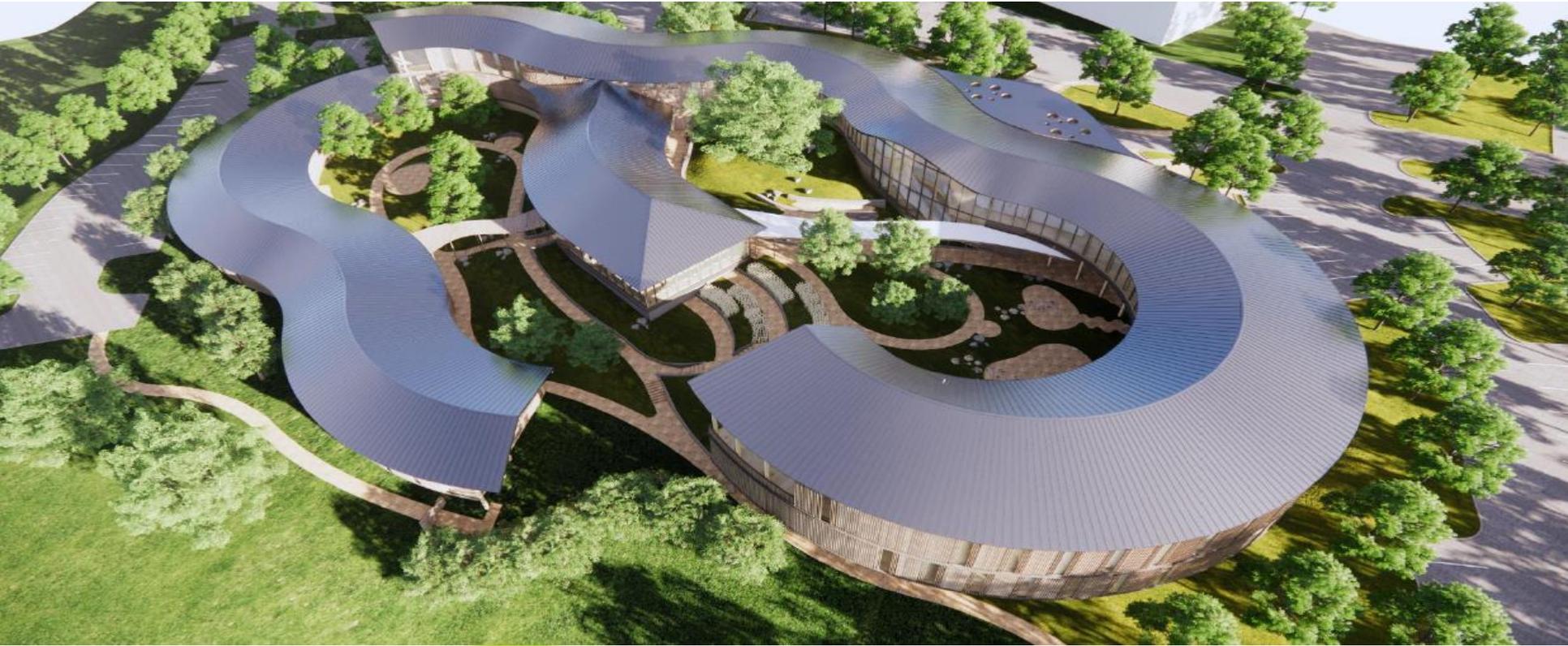


# Ohana: Building a Youth Mental Health Center... from the ground up



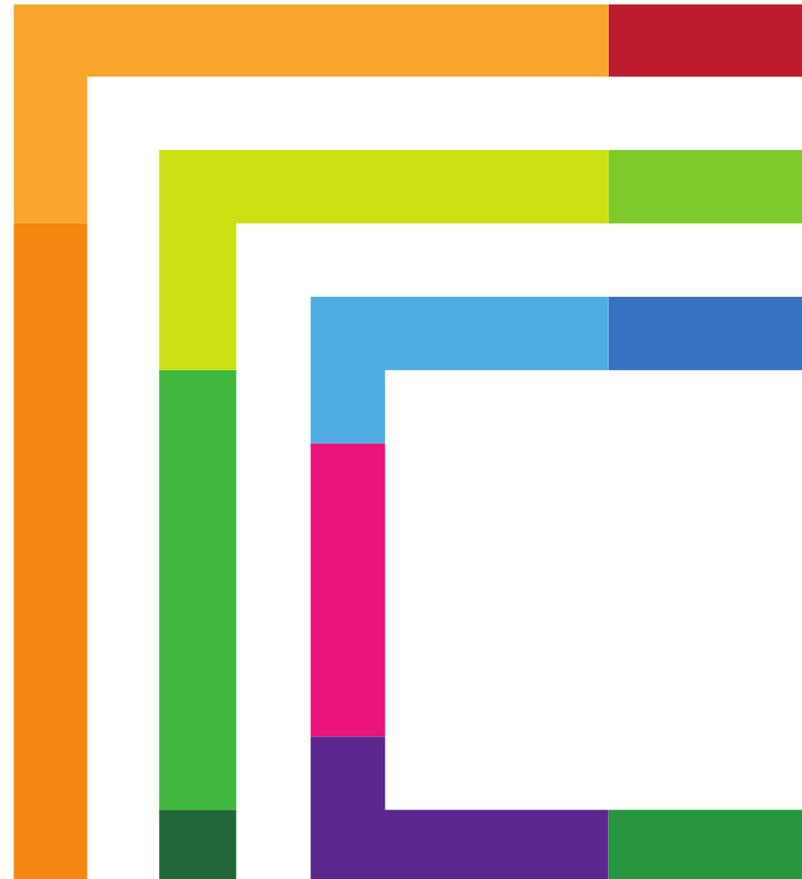
Susan Swick, MD  
Executive Director, Ohana  
The Leadership Institute, June 3, 2022



Ohana  
Montage Health

# Leadership Institute Agenda

- Overview of youth mental health
- Why does it matter to you?
- How we are going to make a difference with Ohana



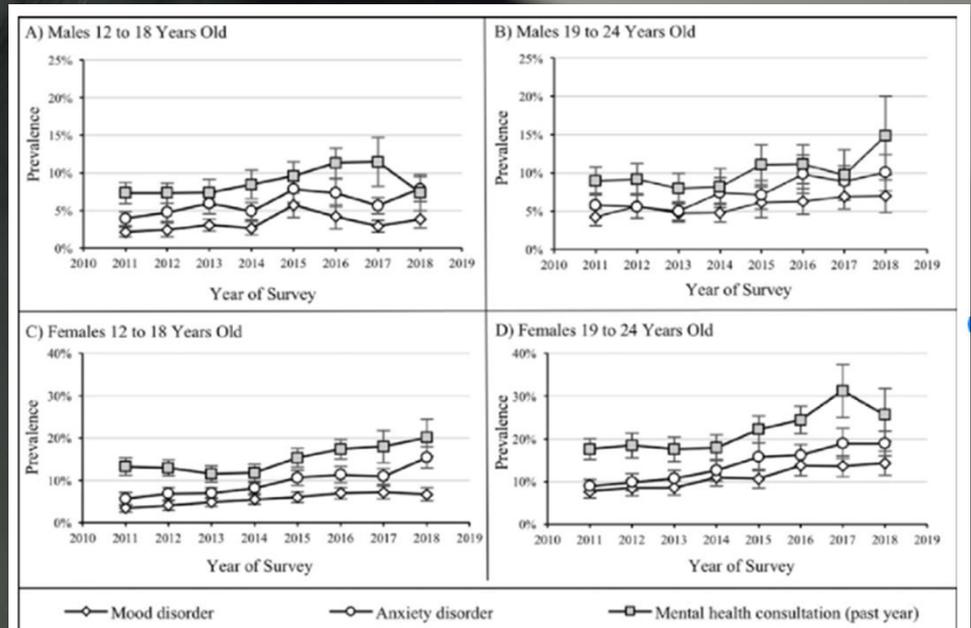
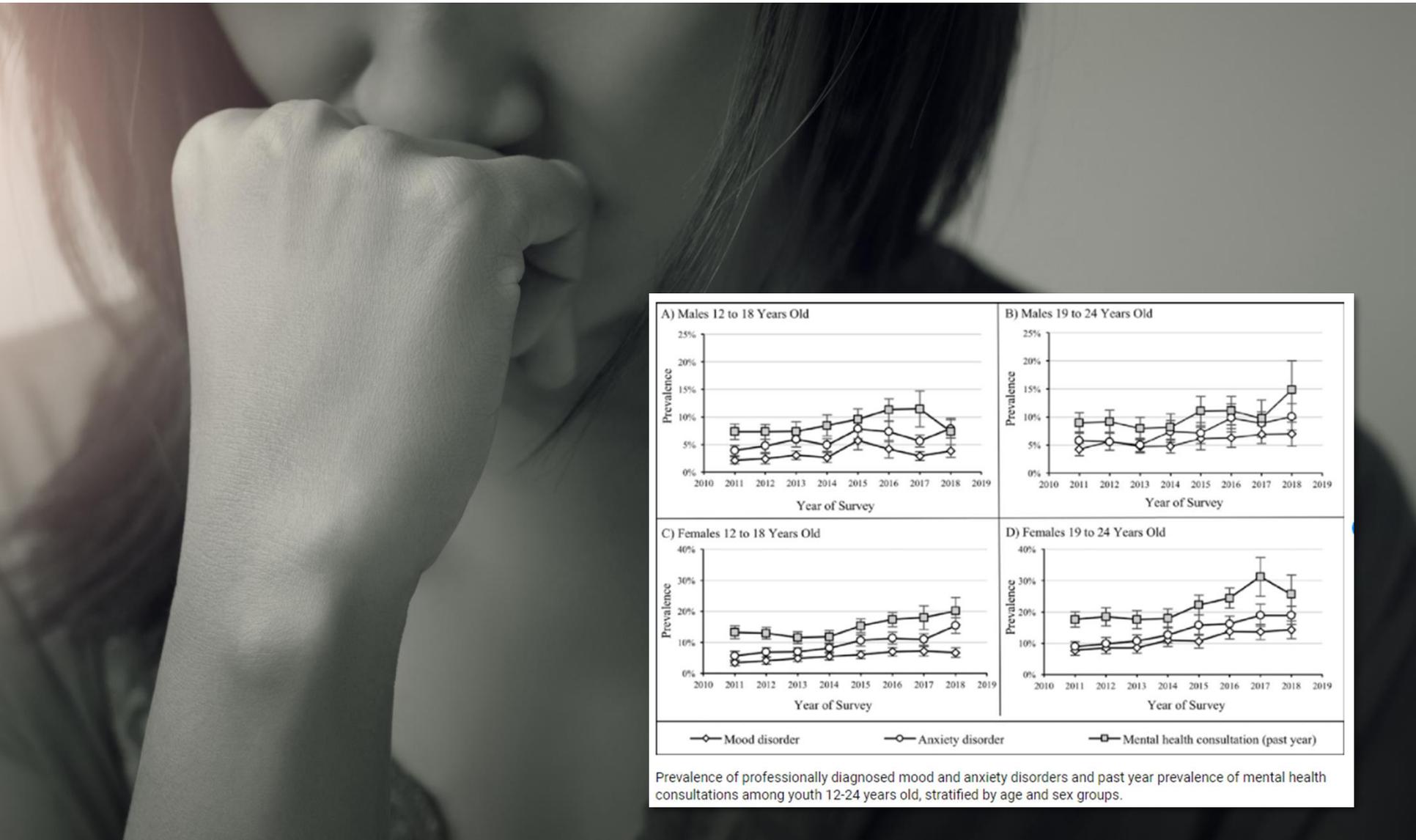
# Psychiatric illness in youth

- **Common**
- Treatable
- Curable
- Preventable

**...but there is limited access to treatment**



# Rates of anxiety and depression in youth are rising



Prevalence of professionally diagnosed mood and anxiety disorders and past year prevalence of mental health consultations among youth 12-24 years old, stratified by age and sex groups.

# Rates of depression in different age groups

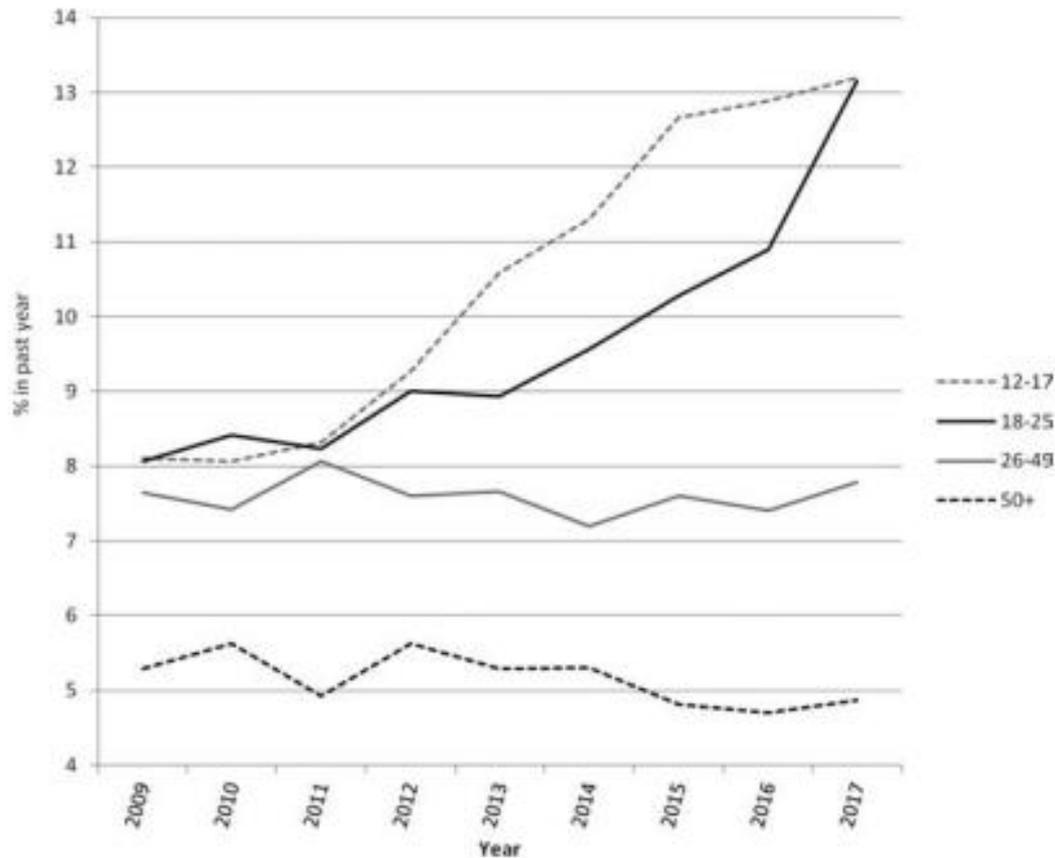


Figure 3. Percent with major depressive episode in the past 12 months, by age group, 2009–2017.



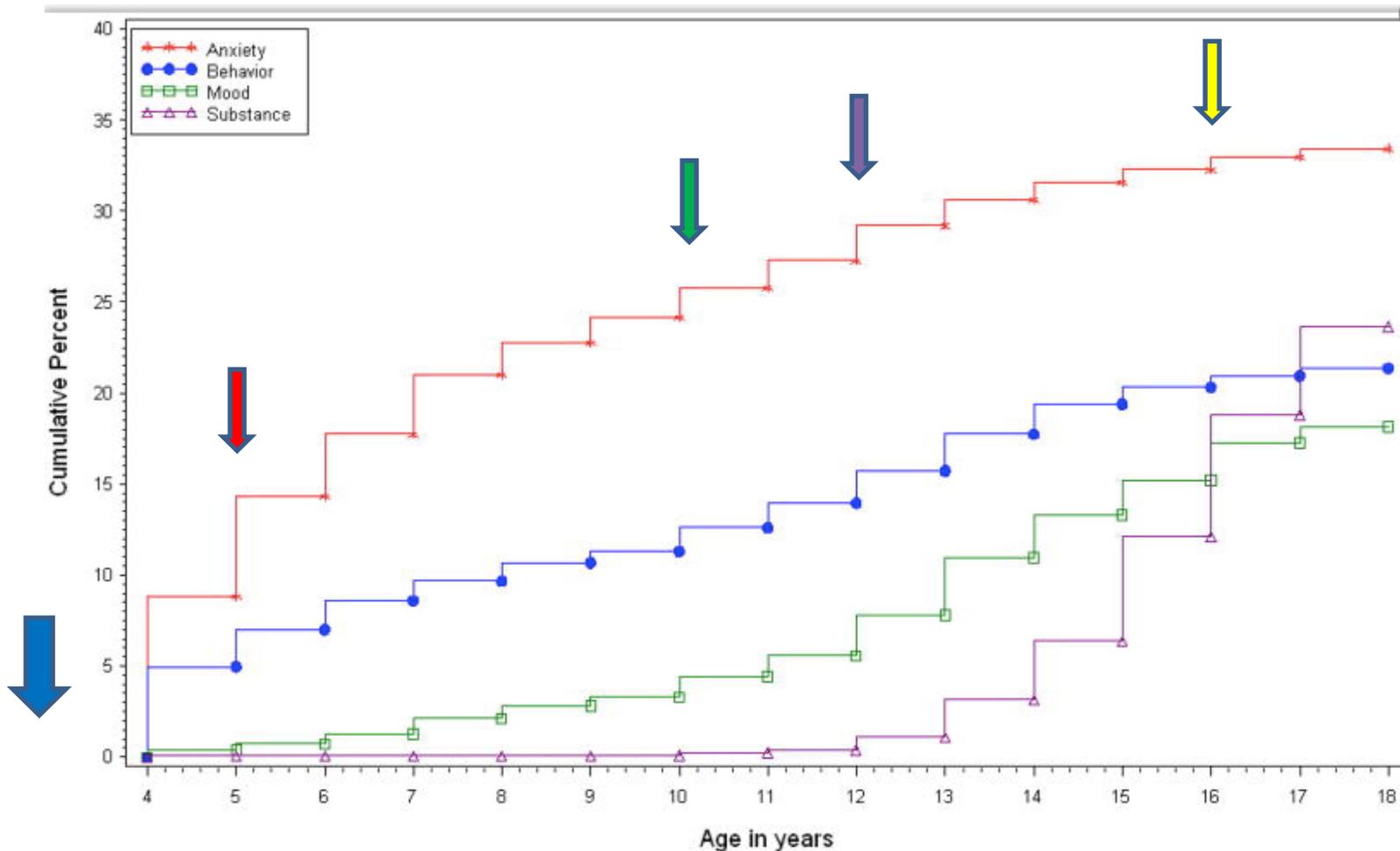
# Psychiatric illness in youth

- Common
- **Treatable**
- **Curable**
- **Preventable**

...but there is limited access to treatment



# Psychiatric Illnesses in Youth



Cumulative Lifetime Prevalence of Major Classes of DSM-IV Disorders  
Among Adolescents (N=10,123)



# Psychological health





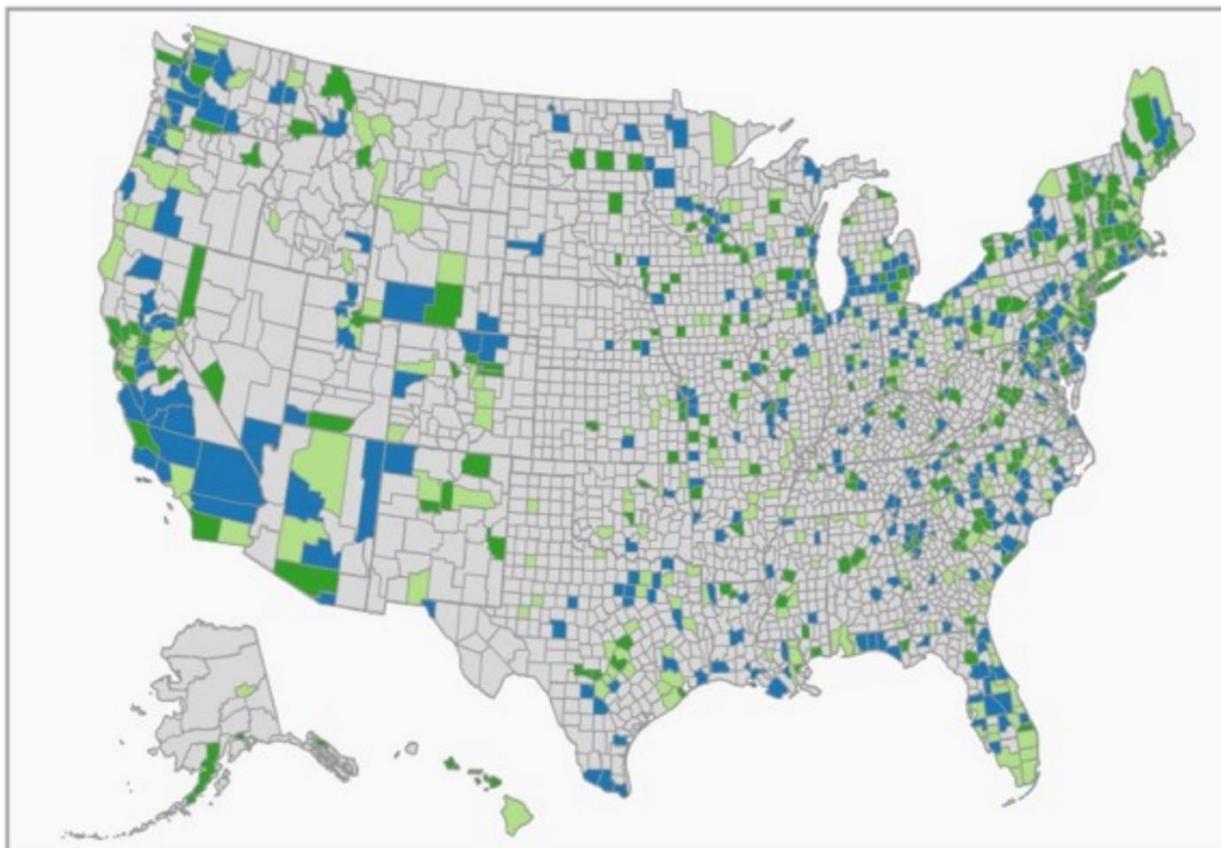
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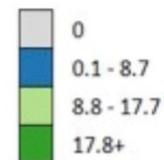
**...but there is limited access to effective treatment**



# Child Psychiatrists in US: 15 per 100,000 children



Child and Adolescent Psychiatrists per 100,000 County Population Aged 17 and Younger

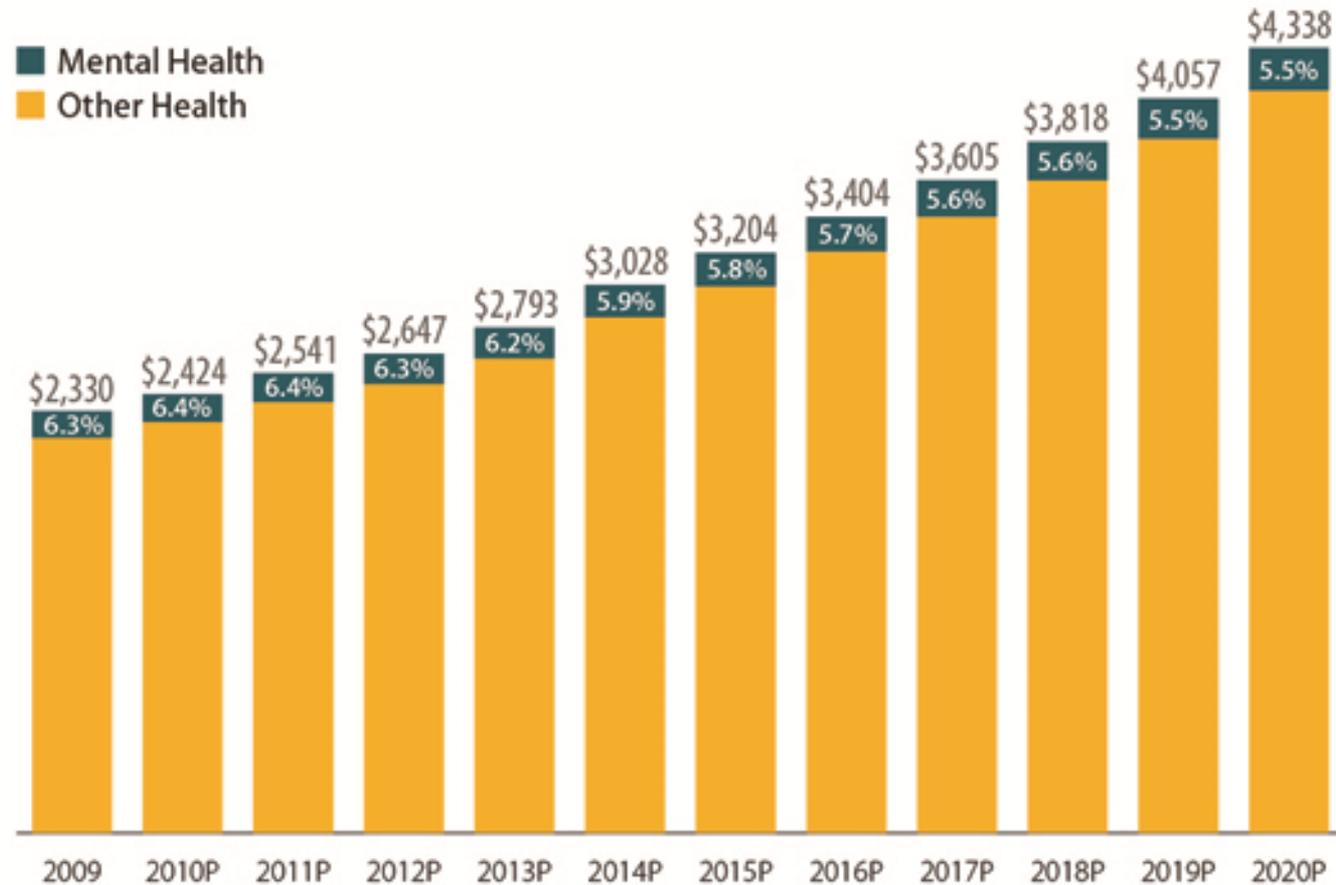




# All Health and Mental Health Expenditures

United States, 2009 to 2020

IN BILLIONS

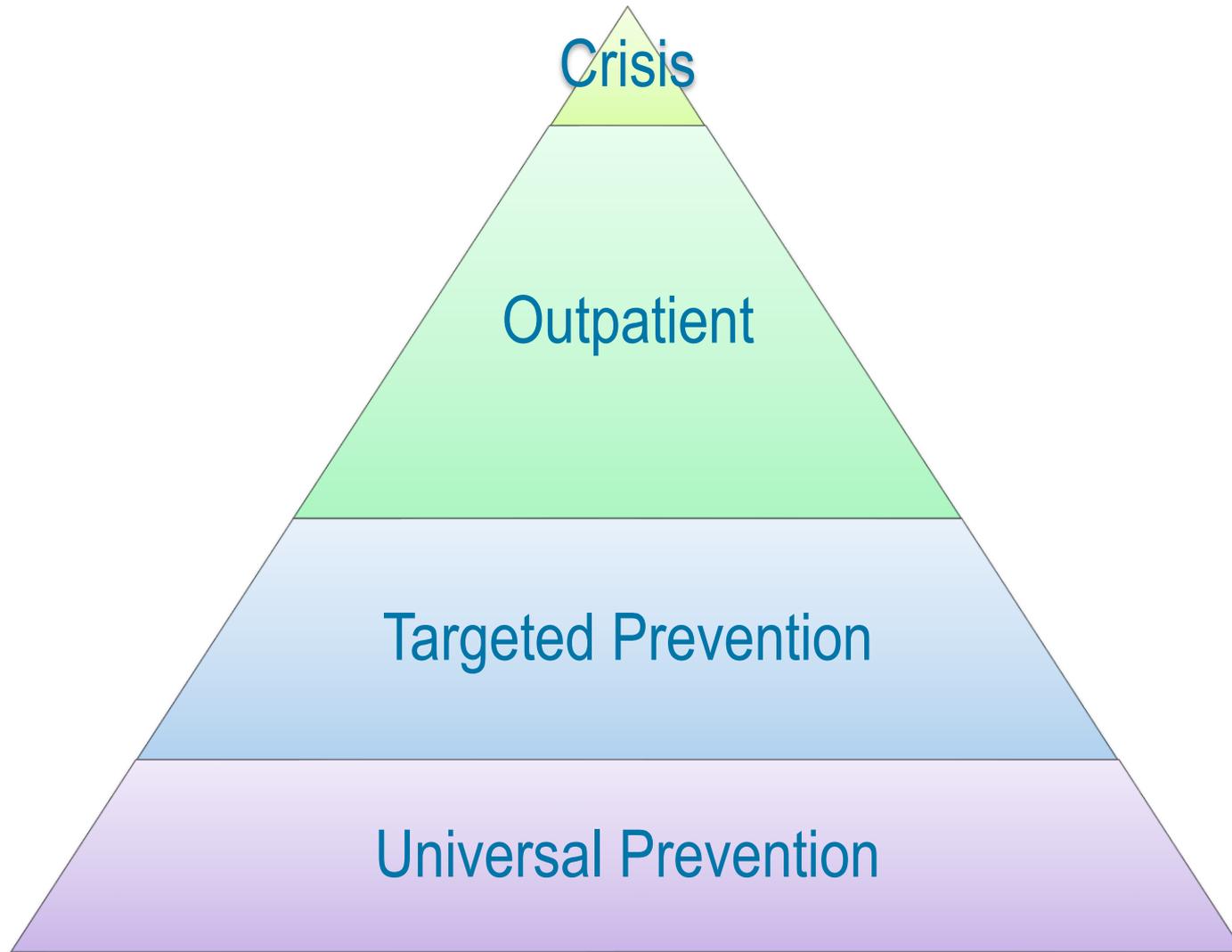


Notes: Projections (shown with P) of treatment expenditures for mental health compared to the Centers for Medicare & Medicaid Services National Health Expenditure Accounts (NHEA). Spending includes clinical treatment and rehabilitative services and medications and excludes both peer support services for which there is no cost and activities to prevent mental illness. Projections incorporate expansion of coverage through the Affordable Care Act, implementation of the provisions of mental health parity regulations, and expectations about the expiration of patents for certain psychotropic medications.

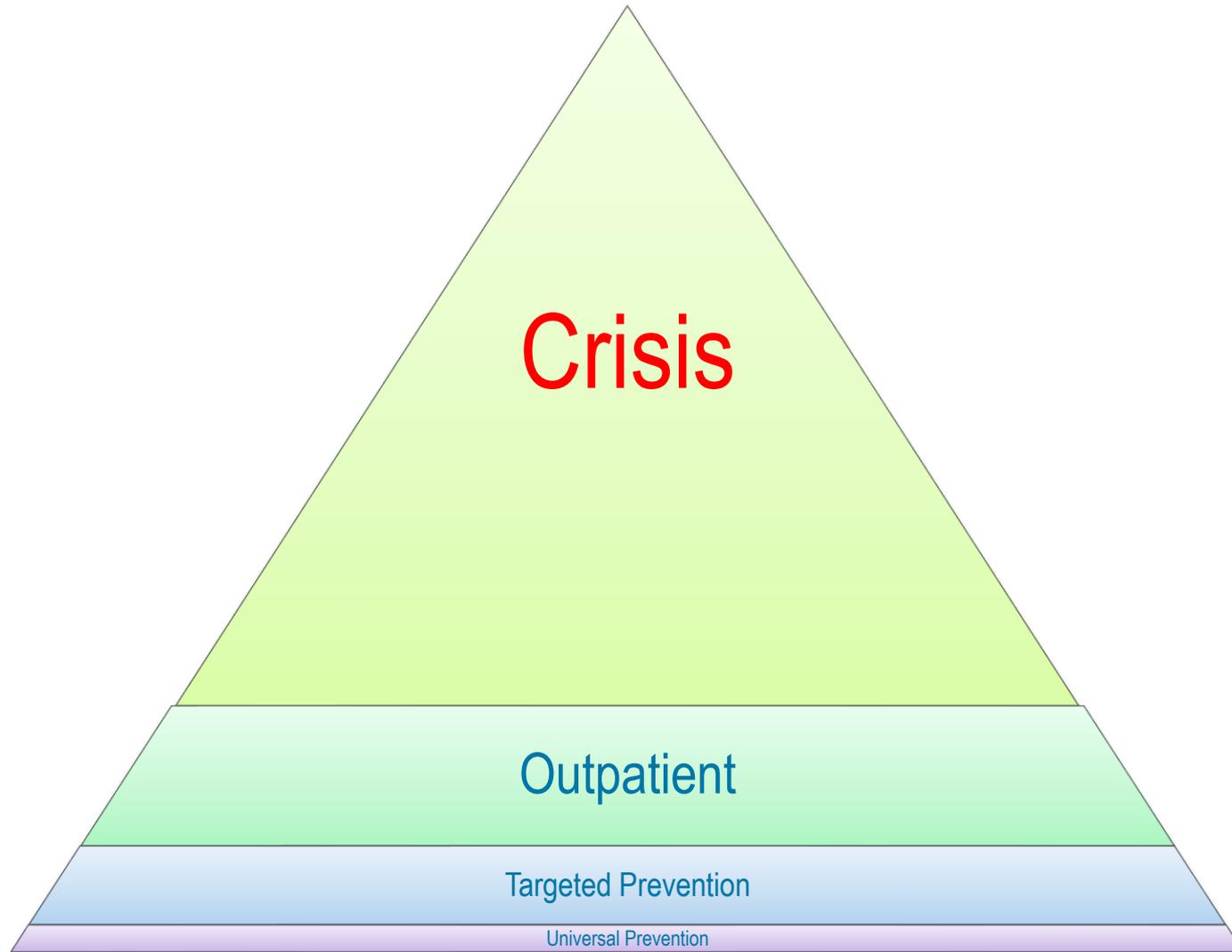
Source: "Table A.1," in *Projections of National Expenditures for Treatment of Mental and Substance Use Disorders, 2010–2020*, Substance Abuse and Mental Health Services Administration, 2014: A-2, [store.samhsa.gov](http://store.samhsa.gov).



# Mental Health Services



# Mental Health Services



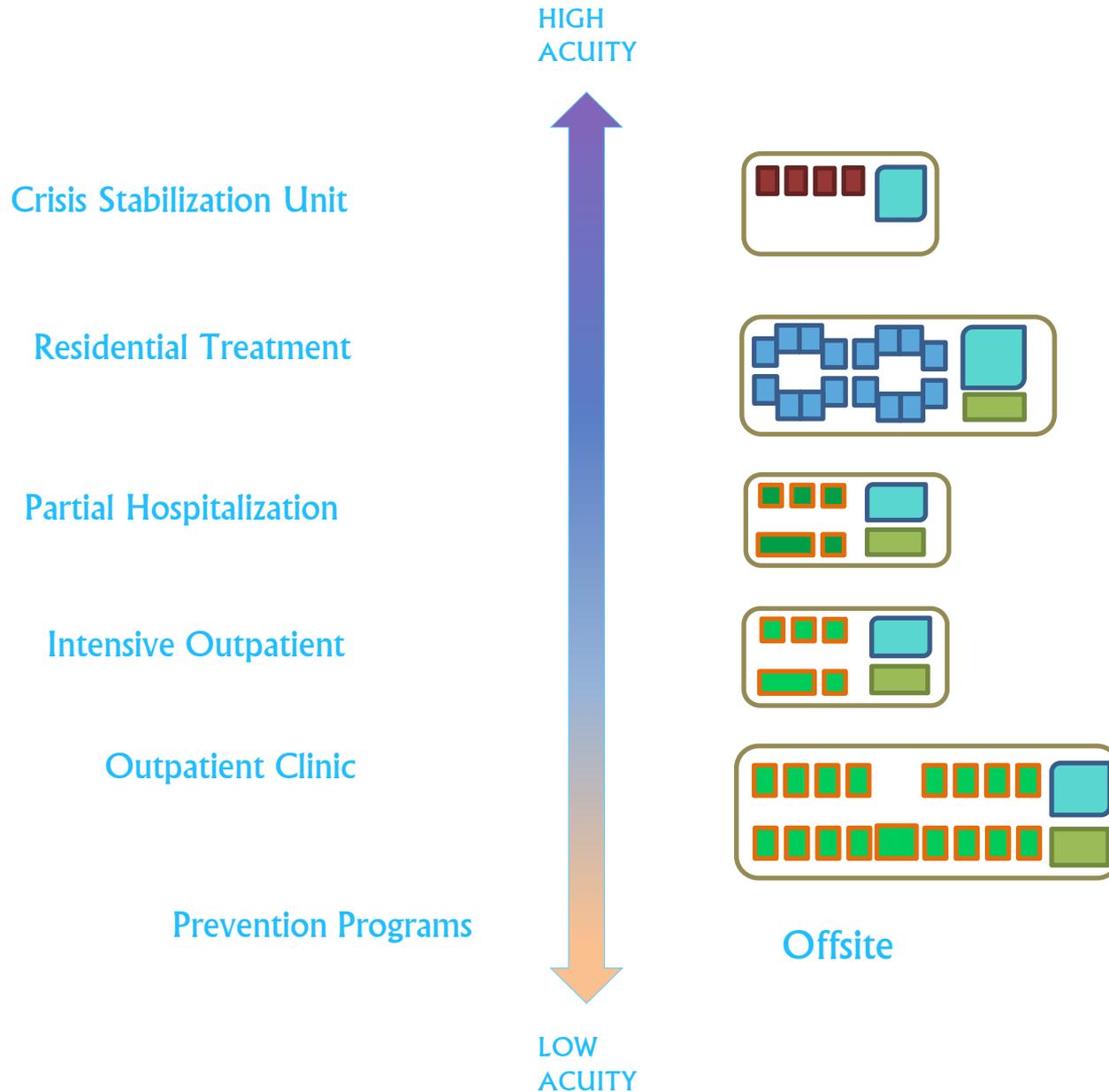


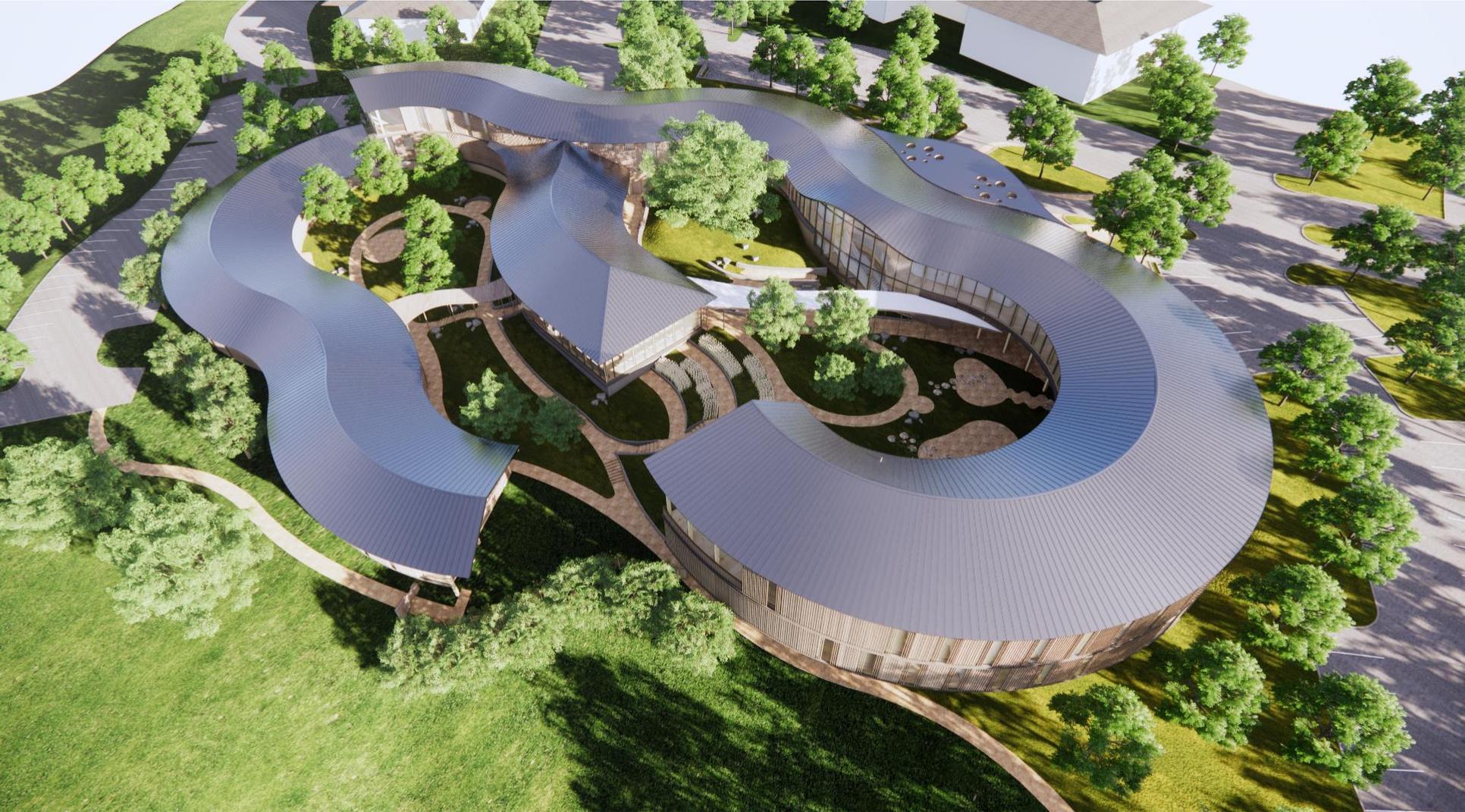
# Ohana means family...



Our **mission** is to be a trusted partner to families for building mental health, and for prevention and early intervention, and a trusted resource for evaluation and treatment when signs of psychiatric illness emerge, all with the family at the center of care.

# Ohana: Continuum of Care





# Challenges/Priorities

- Talent
- Quality
- Managing acuity
- Prevention
- Sustainability





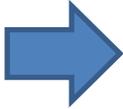
# Ohana Clinical Services

Year:	2019	2020	2021
Staff:	8	19	32
Weekly Referrals:	n/a	10/week	39/week
Evaluations:	170	330	536
Unique Patients:	281	553	1289
Total Visits:	1879	5276	12536

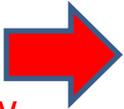


# Ohana Prevention Programs

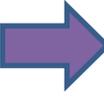
## Prenatal

- Behavior**  Family Foundations (Prenatal couple's skills)  
Early Detection and Treatment of Maternal Depression (Parents)  
Attachment Programs (Parent and Infant)  
Raising Resilient Children (Parents)

## 2m-5 years old

- Anxiety**  Anxiety Management Skills (Parents)  
Co-regulation Programs (Parents and Children)  
Raising Resilient Children (Parents)

## 6-12 years old

- Depression**  Mental Fitness Skills (Children)  
Mental Health First Aid (Children)  
Substance Abuse Prevention (Children)
- Drugs**  Raising Resilient Teenagers (Parents)

## 13-17 years old

- Life Skills**  Mental Fitness Skills (Teens)  
Mental Health First Aid (Teens)  
Transition to Adulthood (Parents)



