



# Meeting the Mental Health Needs of Our Adolescents





The Brook Hospital, KMI  
***Adults & Adolescents***  
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(502)426-6380



The Brook Hospital, DuPont-  
**Adults & Pediatrics**  
1405 Browns Lane  
(502)896-0495



# The Brook Hospitals

- We are committed to providing high quality and safe, efficient care for our patients.



# Data Tells the Story

For adolescents: depression, substance use, and suicide are important concerns.....and the data reflects a NEED for action.

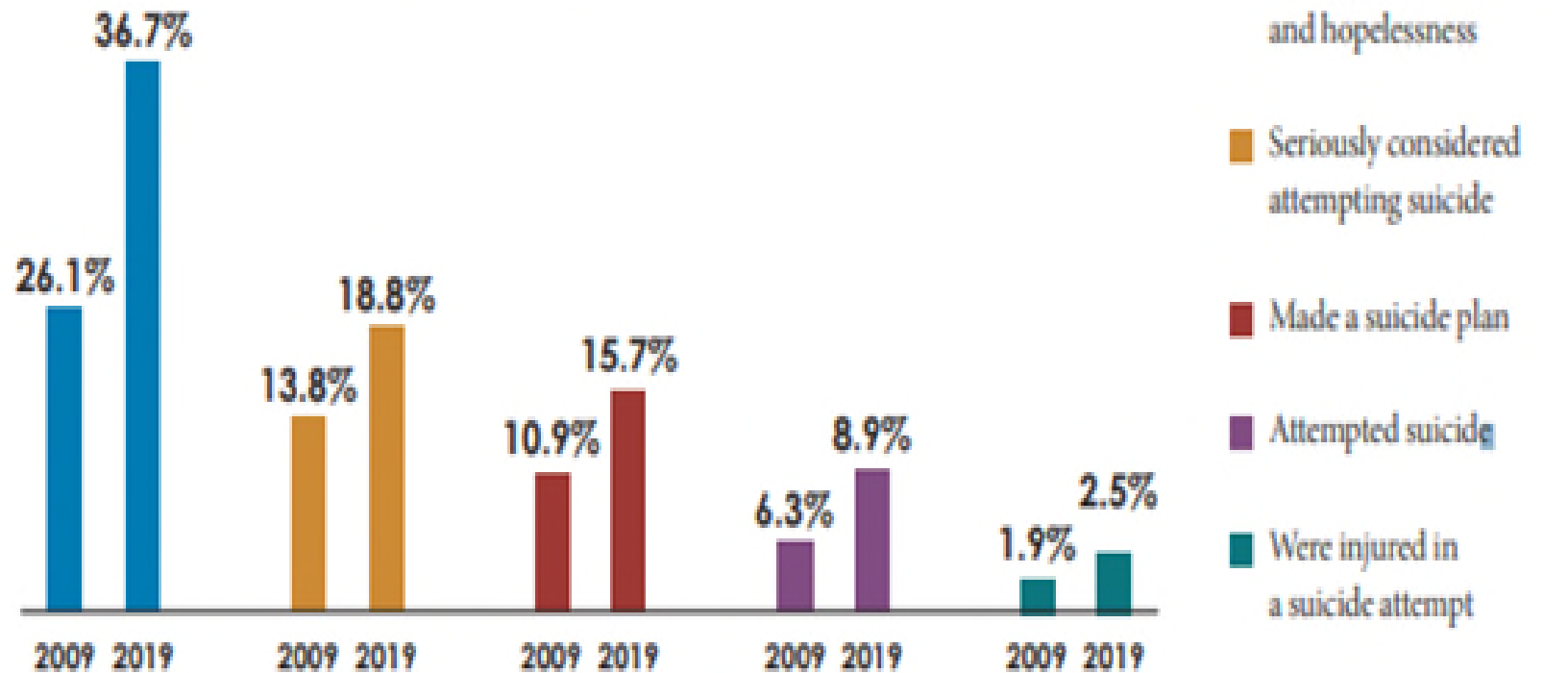


# POOR MENTAL HEALTH AND SUICIDE BEHAVIORS AMONG U.S. HIGH SCHOOL STUDENTS ARE INCREASING

Persistent feelings of sadness or hopelessness

**INCREASED**  
**40%**

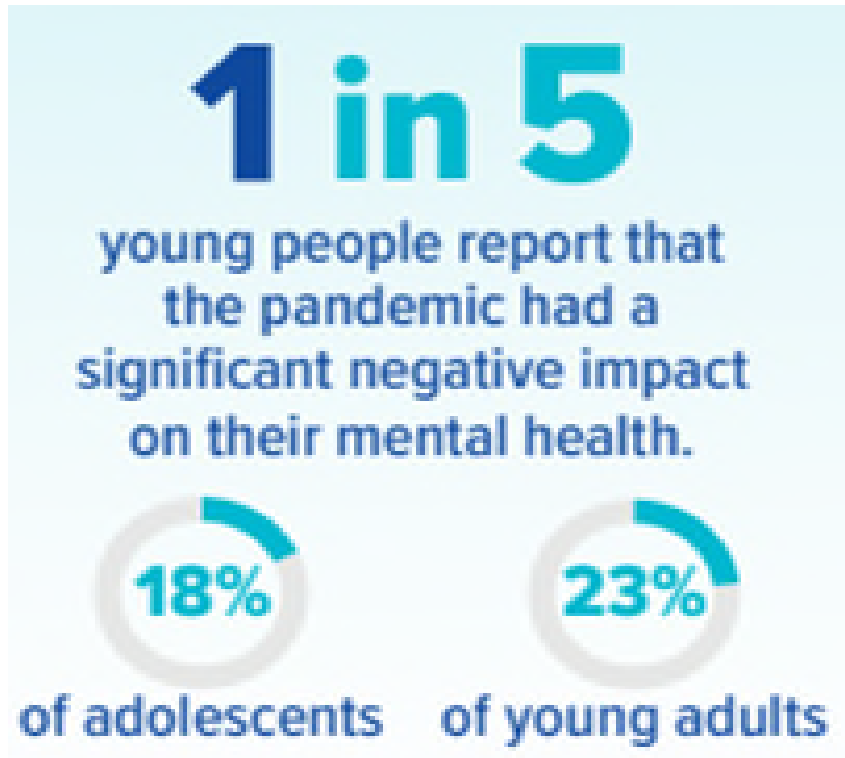
between 2009-2019  
for U.S. high school  
students



Source: [CDC YRBS Data Summary & Trends Report: 2009 - 2019](#)

For complete 2009-2019 data on disparities in mental health and suicide-related behaviors among U.S. high school students, [click here](#)

# Impact of COVID-19 Pandemic



In 2021, more than a third (37%) of high school students reported they experienced poor mental health during the COVID-19 pandemic, and 44% reported they persistently felt sad or hopeless during the past year.

# The Data Speaks for Itself

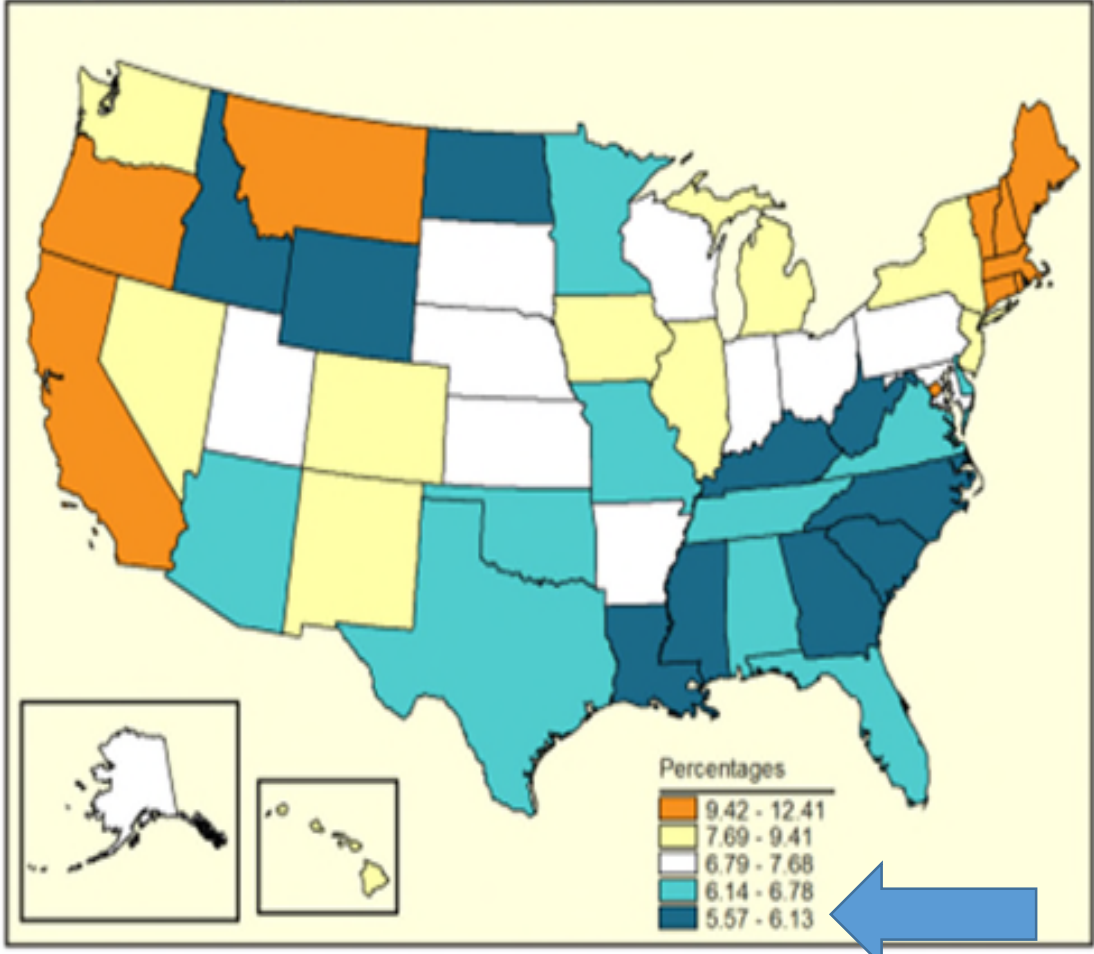
- The following data from the 2019-2020 National Survey on Drug Use and Health (NSDUH) is a clear depiction of the magnitude of the volume of adolescent's drug and alcohol use across our Commonwealth.



**ATTENTION**

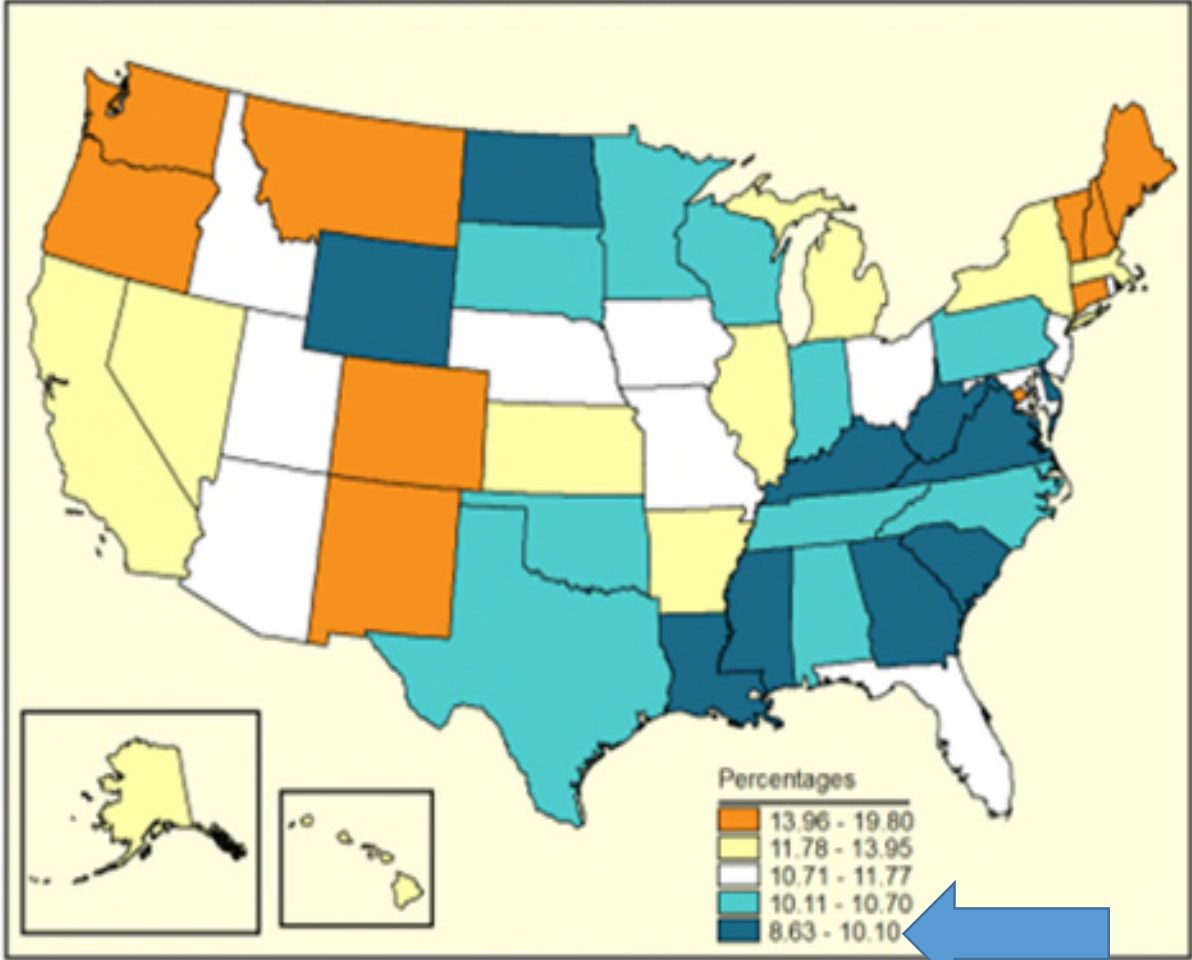


**Figure 1b** *Illicit Drug Use in the Past Month: Among People Aged 12 to 17; by State, Average Percentages, 2019 and 2020*



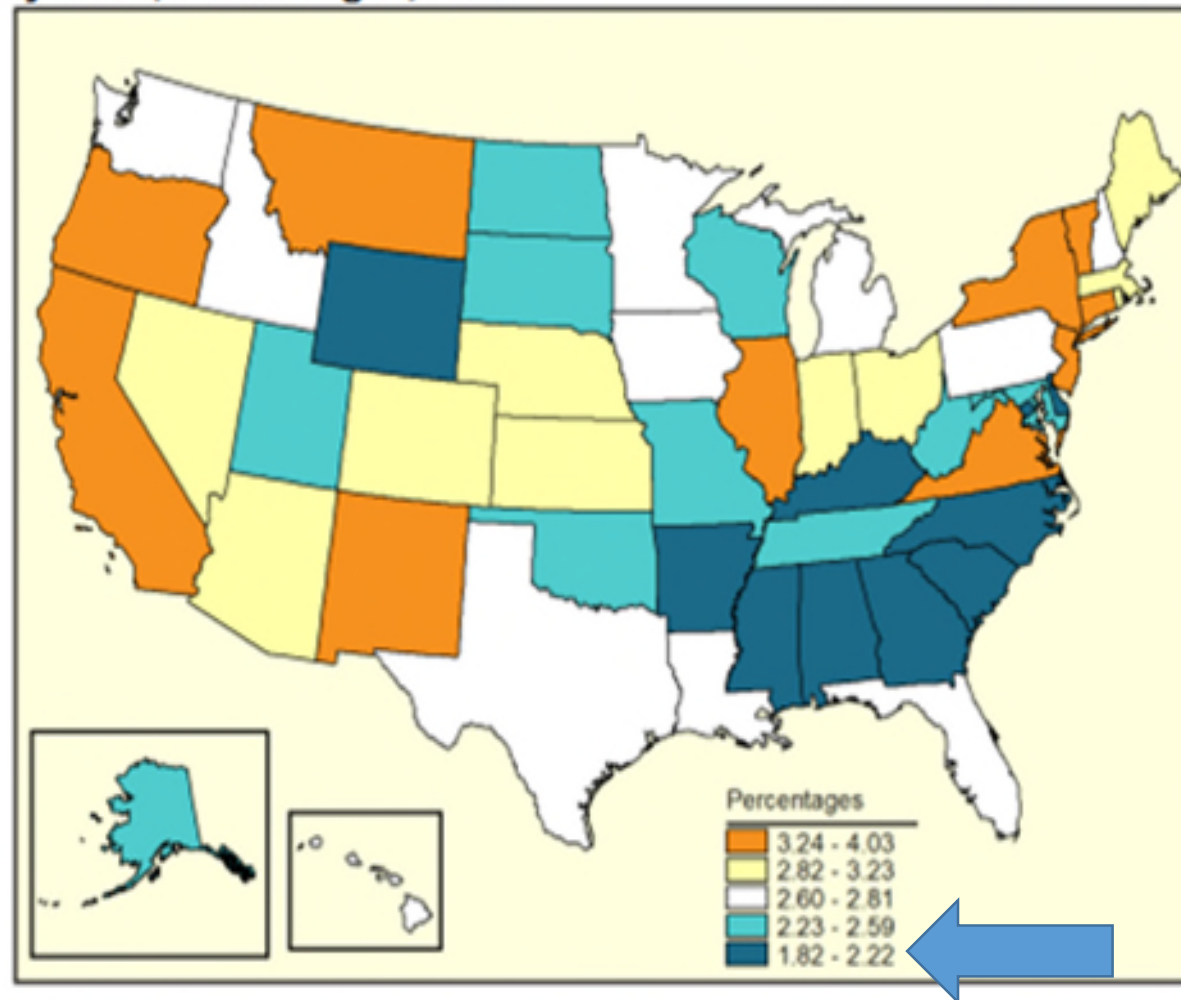
Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2019 and Quarters 1 and 4, 2020.

**Figure 2b** *Marijuana Use in the Past Year: Among People Aged 12 to 17; by State, Average Percentages, 2019 and 2020*



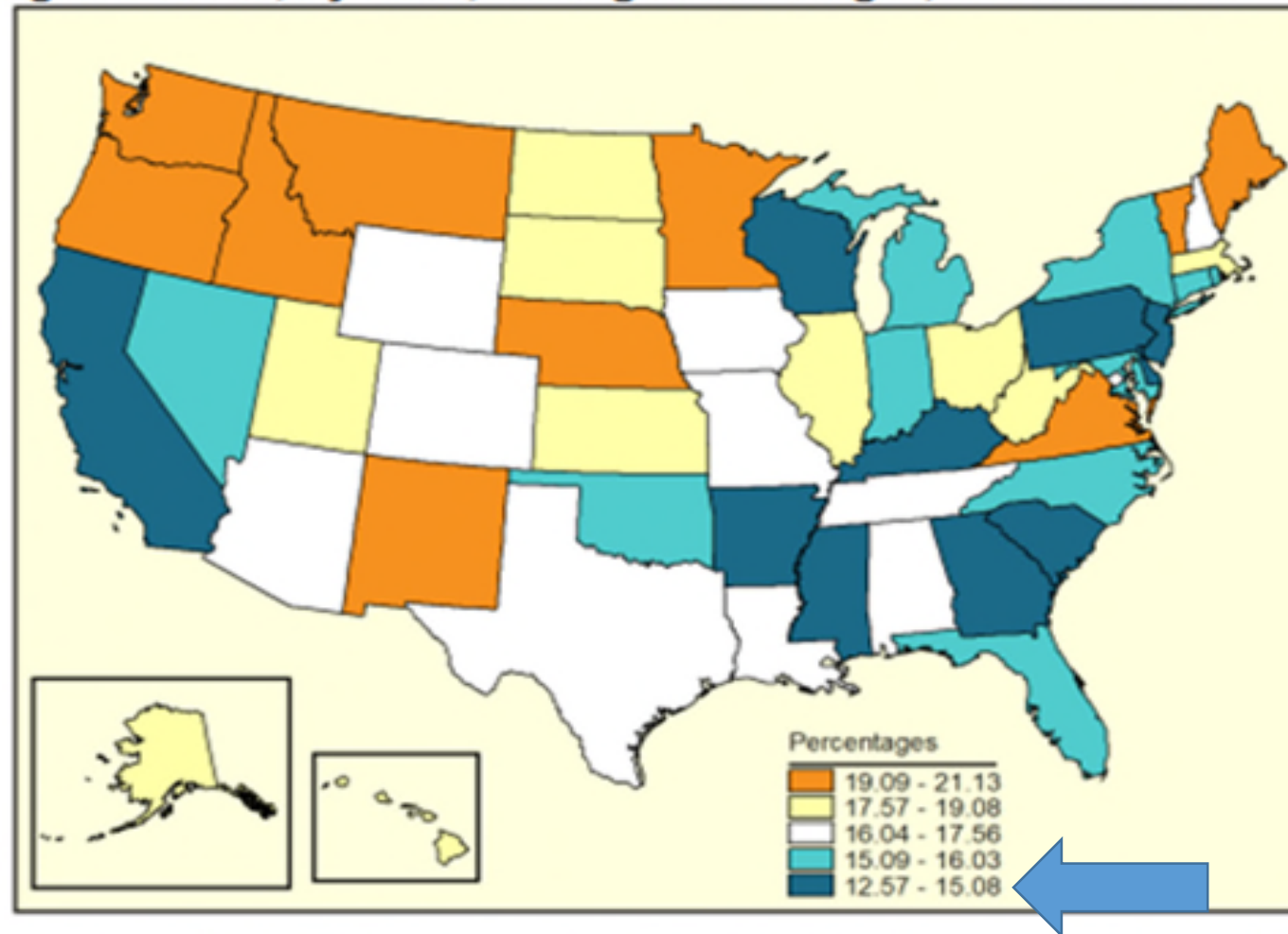
Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2019 and Quarters 1 and 4, 2020.

**Figure 22b Alcohol Use Disorder in the Past Year: Among People Aged 12 to 17; by State, Percentages, 2020**



Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, Quarters 1 and 4, 2020.

**Figure 30b Major Depressive Episode in the Past Year: Among People Aged 12 to 17; by State, Average Percentages, 2019 and 2020**



Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2019 and Quarters 1 and 4, 2020.

The average delay between onset of mental illness symptoms and treatment is 11 years!



# Help is Available

- We *all* have a role to play to help youth recover!
- Teens may struggle with complex issues along with substance use and need treatment tailored to their unique needs.
- The professionals at the Brook Hospital help patients evaluate their lives, consider desired changes, and succeed in long-term recovery.



**All Youth Deserve A Safe and Supportive Place  
for Healing**



THE BROOK | Hospitals  
MAKING A DIFFERENCE IN MIND, BODY, SPIRIT

# STAR Program

- The Substance Treatment and Recovery (STAR) program is a quality and innovative treatment model utilized at the Brook Hospital-KMI.
- This substance use treatment model utilizes the Seven Challenges model for treating adolescents ages 13 to 17.
- A multidisciplinary team provides each adolescent with an individualized treatment plan to focus on problem-solving, measurable objectives, and meeting criteria for discharge.



# Not All Treatment Models Are The Same

- We have found that many teens may struggle with complex issues along with substance use and need treatment tailored to their unique needs.
- We set quality goals of treatment programs that allow our patients to think about and understand their emotions and to learn to share their feelings openly and honestly, without violence and disorder.
- Our team helps patients evaluate their lives, consider desired changes, and succeed in long-term recovery.



# Seven Challenges

- The Seven Challenges® Program is designed specifically for adolescents with drug problems, to motivate a decision and commitment to change and to support success in implementing the desired changes.
- The shift from “forcing” a person to commit to sobriety and instead work with the patient to address mental health issues that lead to substance use has been monumental in a patient’s overall success.



1:

We decided to open up and talk honestly about ourselves and about alcohol and other drugs.

2:

We looked at what we liked about alcohol and other drugs, and why we were using them.

3:

We looked at our use of alcohol and other drugs to see if it has caused harm or could cause harm.

4:

We looked at our responsibility and the responsibility of others for our problems.



5:

We thought about where we seemed to be headed, where we wanted to go, and what we wanted to accomplish.

6:

We made thoughtful decisions about our lives and about our use of alcohol and other drugs.

7:

We followed through on our decisions about our lives and drug use. If we saw problems, we went back to earlier challenges and mastered them.

# Building Therapeutic Trust

- To succeed in working with youth, The Seven Challenges Program places a special emphasis on creating a climate of mutual respect within which individuals can talk openly and honestly about themselves.



- Working through The Seven Challenges<sup>®</sup> helps patients understand what need they are meeting by using drugs, what harm they are causing, what risks they are taking, and what it entails to make changes.

# Supportive Journaling

- The patient completes journal entries; staff review and journal back to the patient.



- Each challenge has at least 1 journal.

- This allows for the patient and staff member to form a unique therapeutic relationship by:

- Processing thoughts and feelings they may not be quite ready to share with the group.
- Serving as an additional service/layer of support.

# Dedicated & Committed Team

- Group offerings with a focus on:
  - mental health
  - substance use
  - art/expressive therapy
  - AA meetings



- Our team's commitment and dedication embraces the opportunity to meet our patients where they are in treatment and provide tools to aid in their treatment and recovery success!

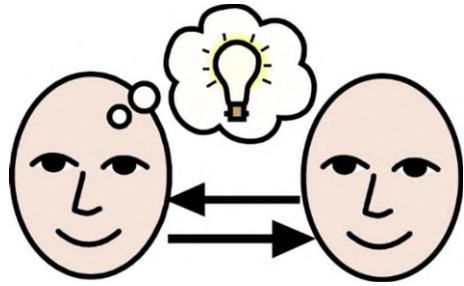
# Therapist's Insight

- One therapist reports the key to the STAR program is “being able to provide a safe space for patients to open up and think about their choices.”
- She continued, “This allows the patients to envision who they can be versus what they have been told they should be.”





# Goal



- Working through The Seven Challenges<sup>®</sup> helps patients understand what need they are meeting by using drugs, what harm they are causing, what risks they are taking, and what it entails to make changes.
- Raise consciousness, inspire hope, and motivate informed, internally driven, sincere decisions to change.
- Patients learn that substance use is a symptom of their diagnosis not simply “a problem.”

# Recovery is Possible

- The typical length of this specialized program is 56 days which allows for comprehensive treatment focusing seven weeks on the Seven Challenges® Program and one week for discharge planning.



- The goal for each patient is to create a healthy balance between the mental, physical, and spiritual aspects of their lives.

# Meeting Our Community's Need



- Our STAR program answers our community's needs and has provided a unique treatment option for this patient population.
- Therapists using The Seven Challenges<sup>®</sup> Program, teach youth to identify and work on the issues most relevant to them.
- In sessions, as youth discuss the issues that matter most, counselors seamlessly integrate the challenges as part of the conversation.

# The Brook Hospital Resources

## THE BROOK HOSPITALS ANSWERING THE CALL FOR HELP

Virtual Telehealth treatment is available for many of the programs offered at The Brook Hospitals.

**CALL FOR HELP - 24 HOURS A DAY, 7 DAYS A WEEK.**

We offer onsite assessments at both locations and Teleassessments.

**CHILDREN** Ages 5 - 12  
The Brook – Dupont  
502.896.0495  
866.373.6085

**TEENS** Ages 13 & older  
The Brook – KMI  
502.426.6380  
800.866.8876

# Questions

