

FAIRFAX COUNTY SUCCESSFUL CHILDREN AND YOUTH POLICY TEAM

September 28, 2022, 10 a.m. – 12:30 p.m.

<https://us06web.zoom.us/j/87538970251>

Password: SCYPT-0928

Agenda

1. Welcome and Introductions
2. Discussion Item: Youth Behavioral Health
3. Discussion Item: Career Readiness/Opportunity Youth
4. Discussion Item: Fairfax County Youth Survey – 2021-22 Survey Results
5. Recap of New Action Steps or Assignments
6. Items and Announcements Presented by SCYPT Members
7. Public Comment
8. Adjourn

Next Meeting:

Wednesday, December 7, 2022

10 a.m. – 12:30 p.m.

Location TBA

Children's Behavioral Health Plan Development

Update to the SCYPT

September 28, 2022

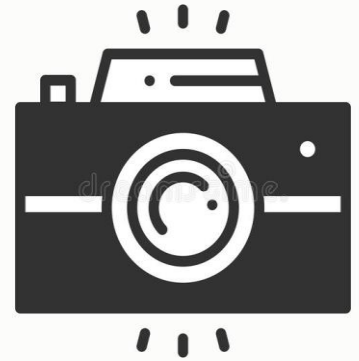


Key Issue Area: Behavioral Health

- **Milestone Deliverable:** Children's Behavioral Health Blueprint (strategic plan for the children's behavioral health system of care)
- **SCYPT Role:** Endorse the blueprint (original 2016, new one coming this fall), champion initiatives and efforts, direct resources to support blueprint implementation, advocate for policies and funding to support blueprint implementation

Community Input: A Snapshot

- Heard from over 700 individuals
- Spoke to young people from each region of the county
- Held 10 formal focus groups
- One community Street Stall
- Surveyed young people/adults, caregivers, and community partners
- Online survey during Children's Mental Health Acceptance Week
- HMF staff attended community meetings
- Roundtable on Youth Mental Health and Substance Use



Themes Emerged: 4 Buckets



Bucket: Prevention/Education

- Mental Health First Aid for Peers (Youth and Adults)
- Stigma reduction
- More peer led initiatives
- More education on working with specific cultures and LGBTQ+ young people

Bucket: Access to Services

- Quicker access to affordable services
- Services need to be closer to where the people live
- More specialized services (e.g., eating disorders)
- More non-traditional services to reduce labeling
- More peer led services are needed

Bucket: Service Navigation*

- The RIGHT Door vs ANY Door
- Need an easier way to navigate services
- Need to know where to go in non-crisis situations
- One place to go for triage and connection to services

Bucket: System Level

- Visual roadmap of services
- Social determinants of health impact mental health
- Mental health parity
- Increase our partners

Developing a Service Navigation Service

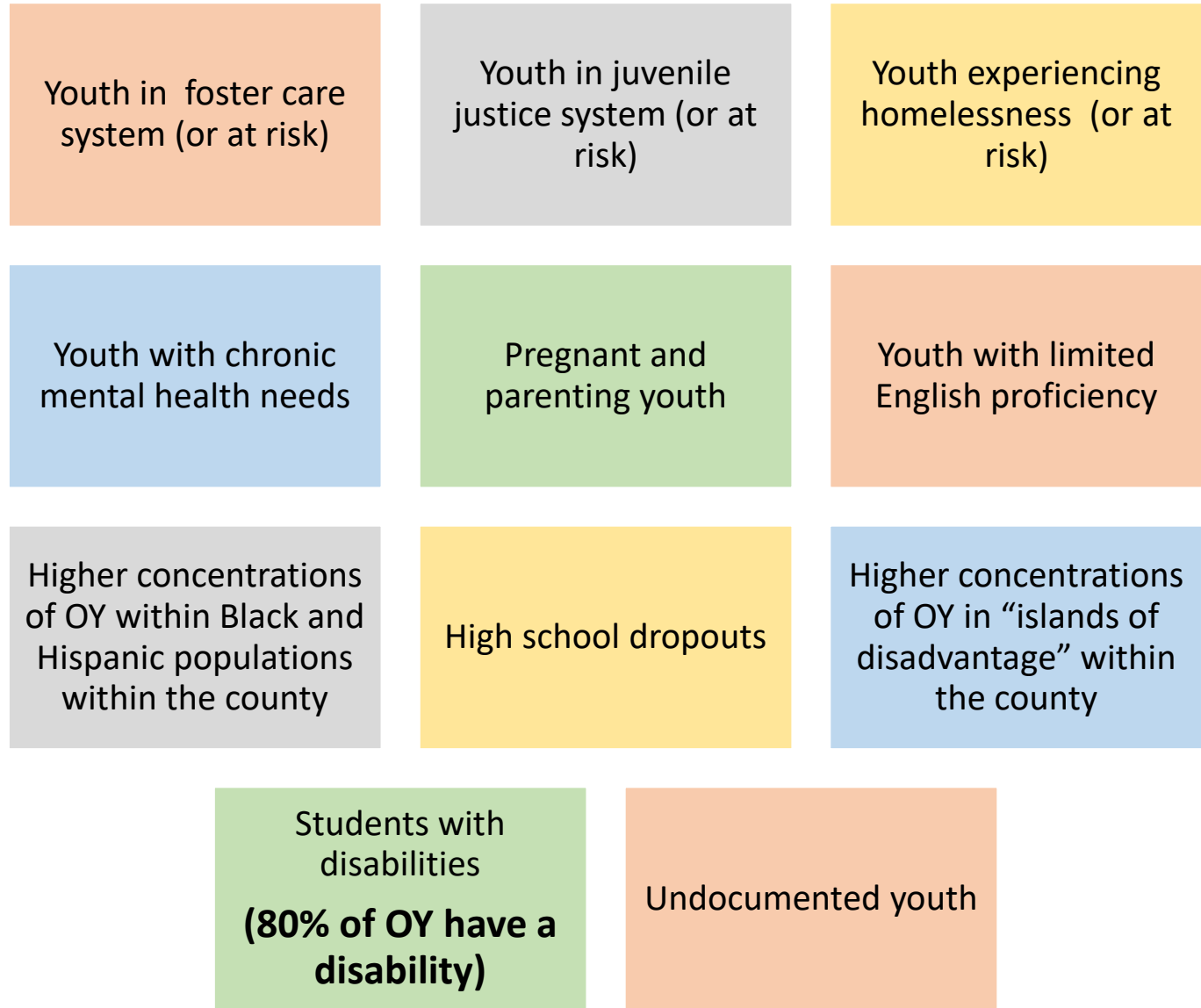
- Budget ASK for FY24 and FY25 will include funds for:
 - Mapping out children’s behavioral health services and development of Level of Care Tool
 - Behavioral Health Service Navigation:
 - Telephone and In-person Case Management
 - Community Behavioral Health Resource Developer
 - Development of website with local behavioral health resources

FAIRFAX COUNTY OPPORTUNITY YOUTH (OY) EMPLOYMENT INITIATIVE

Update to the SCYPT

September 28, 2022

Charge: Develop an Action Plan based on the recommendations of the Chairman's Task Force on Equity and Opportunity to: *Engage educators, business, government, and nonprofits, and involve youth and young adults to align their resources and initiatives to **create an education-to-career system that better connects Fairfax's youth ages 16-24 who are not in school or working (Opportunity Youth) to in-demand careers.***



Source: Fairfax County Opportunity Youth Landscape Analysis,
Children's Funding Project, 2021

Goal-Driven Framework for Developing Action Plan

- Goal #1: Strengthen Youth-Focused Outreach and Connectedness with Opportunity Youth
- Goal #2: Document and Share Best Practices, Gaps, and Promising Solutions
- Goal #3: Develop and Strengthen the Region's Ecosystem of Information, Resources, and Leadership Networks
- Goal #4: Strengthen Youth-focused Employment and Career Education programs and Develop New Countywide Initiatives and Programs.

Mapping the Ecosystem of Opportunity Youth Service Providers

Goal: More comprehensive map of the regional ecosystem to identify system capacity, strengths, gaps, and opportunities for greater collective impact.

- ✓ Added DARS and Fairfax Court Juvenile Court System representatives to our core team
- ✓ Conducted partner outreach to strengthen connectedness and identify programs, services, and gaps:
 - Identified more than 50 organizations/programs that touch opportunity youth
 - Conducted interviews with providers including NOVA, Second Story and Edu-Futuro

Youth Engagement/Voice in Designing Services

Goal: Conduct and document focus groups covering many youth segments and use their voices to shape plans for outreach, engagement and support of opportunity youth.

Facilitated focus groups with youth ages 14-24 with diverse backgrounds:

Initial Takeaways:

- Overwhelmingly, participants voiced a **feeling of being alone**
- **Absence of reliable guidance** to make realistic choices
- Nearly half of participants highlighted a top **challenge of drug misuse**
- Need for an ongoing trusting relationship with an ***employment coach***
- Many expressed interest in a potential future role as a “**youth ambassador**”

Examples of Existing Fairfax County Assets to Build Upon in Our Plans

Summer Youth Employment Program - Partnership with DFS, DARS, and NCS

- 76 total 2022 participants, including 27 in newly re-established work experience placements

Educating Youth through Employment & Affirmation Program (EYE-AM) – Partnership with JDRDC and NCS

- Job readiness pilot with 13 youth on probation who owe restitution; 100% completion and \$1,000 stipends each, allocated to restitution

Cornerstones One-Week Youth Employment Bootcamp – Partnership with Google

- Pilot with 20 youth, mostly recruited from FCPS high schools, with highly engaging design

Accelerated Workforce Education (AWE) - FCPS ACE program

- Pilot with 9 students in trade skills boot camp in June 2022 with 9 students with holistic supports, with plans to expand into 3 career pathways in 2023

Next Steps and Discussion

Next Steps

- September/Early October: Gather more youth focus group input, conduct additional partner interviews, expand research on national models, and review fresh employer demand data
- October: Consolidate what we've learned and translate into recommendations
- November: Draft report with recommendations, review with SCYPT sponsors and sharpen the report and recommendations for SCYPT presentation
- December: Present and discuss report and recommendations with SCYPT committee

Note: December SCYPT report will include a summary of planning activities, strategies and action plans, progress indicators and metrics, implementation timelines, and resources needed

Questions? Suggestions? Concerns?



Mike Axler, Acting Director of Intervention and Prevention Services, FCPS

Chloe Lee, Principal Data Scientist, Department of Management and Budget, Fairfax County



2021-2022 FAIRFAX COUNTY YOUTH SURVEY

FAIRFAX COUNTY YOUTH SURVEY

- **COMPREHENSIVE**
- **ANONYMOUS**
- **VOLUNTARY**



BEHAVIORS



EXPERIENCES

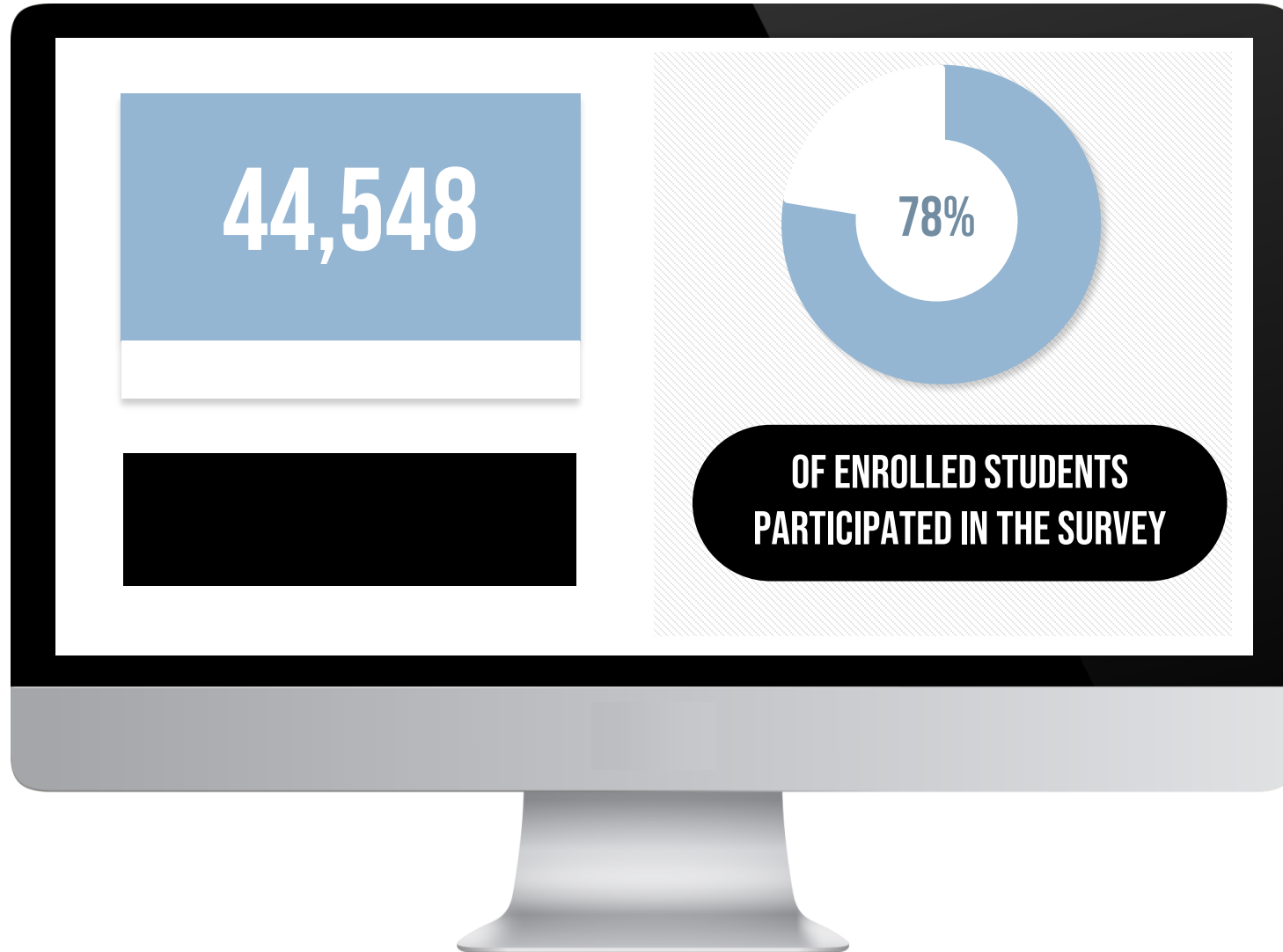


**RISK AND
PROTECTIVE
FACTORS**



Questions are based on the **Monitoring the Future Survey** (NIH) and **Youth Risk Behavior Surveillance Survey** (CDC)

2021 FAIRFAX COUNTY YOUTH SURVEY PARTICIPATION



Youth Survey was administered electronically this year



Youth Survey was available in the 8 official languages of Fairfax County Public Schools (FCPS) for the first time this year





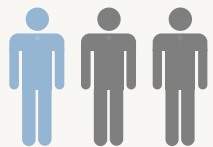
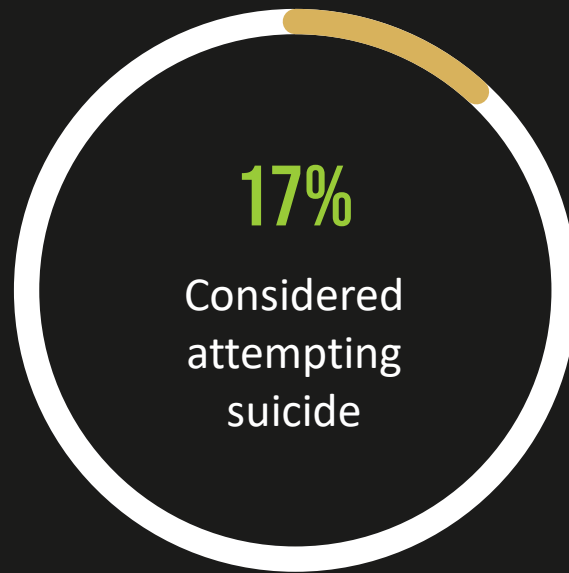
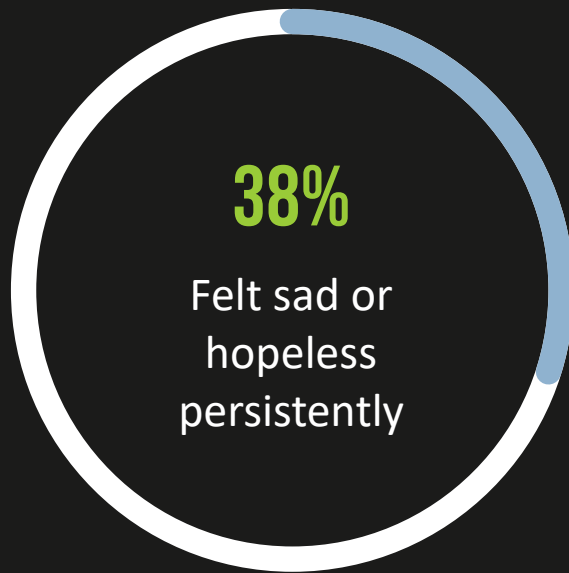
HOW ARE YOUTH SURVEY DATA USED?

- County, school, and community organizations rely on the results to assess youth **needs and strengths**, **develop programs**, **monitor trends**, **measure countywide outcomes**, and **guide countywide planning of prevention efforts**.
- The survey is also an important tool for measuring **student achievement goals related to essential life skills and responsibility** to the community.
- Schools are encouraged to **review pyramid level data** with staff, families, and students to **discuss trends and encourage strategies** for promoting resiliency.



MENTAL HEALTH CONCERNS ARISE FOR YOUTH

Percent reporting past year mental health challenges by students in 8th, 10th, and 12th grades

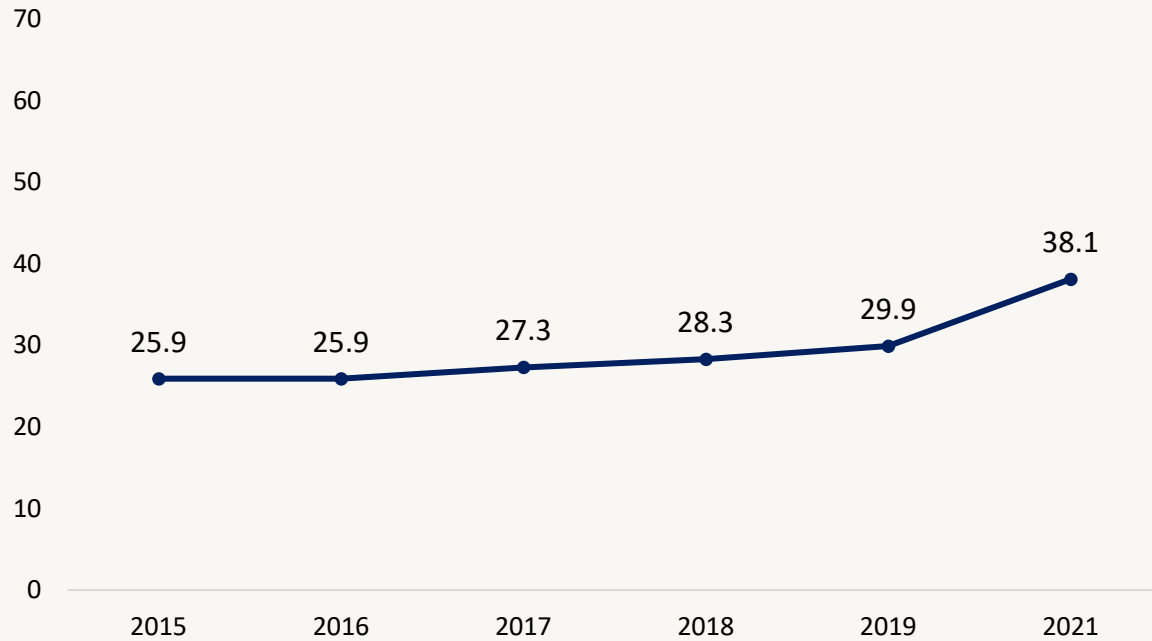


One in three (33%) 6th grade students reported feeling so sad or hopeless that they stopped engaging in regular activity for two or more weeks in the past year.

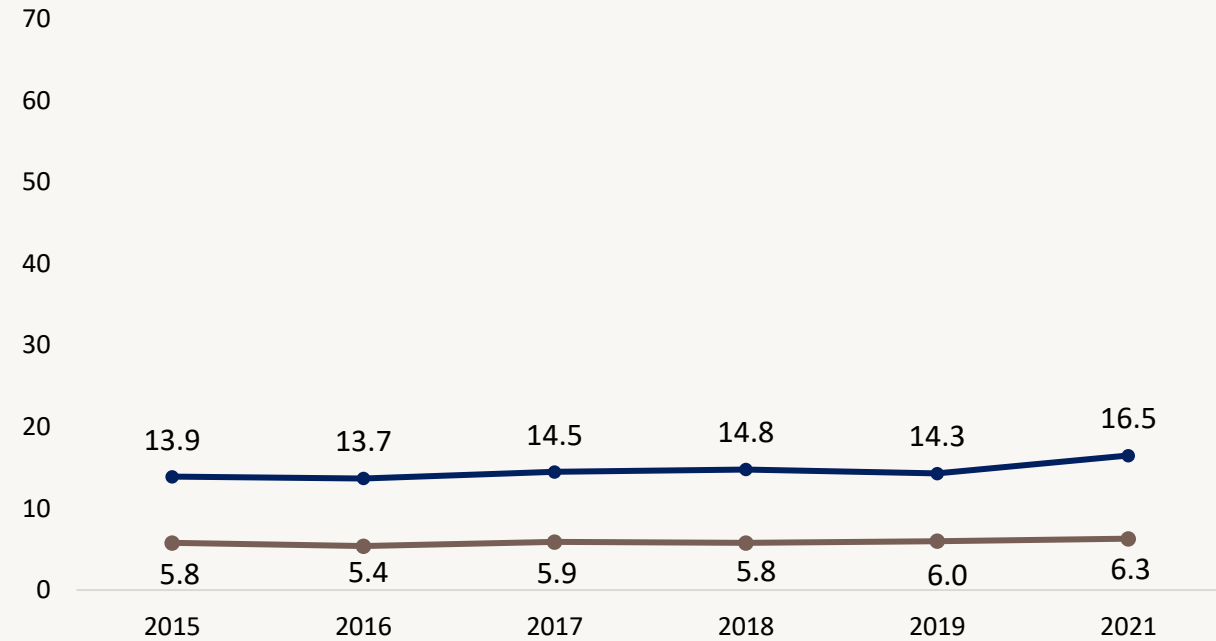


MENTAL HEALTH DATA TRENDS: 2015-2021

PERCENT OVERALL 8TH, 10TH & 12TH GRADE PERSISTENT SADNESS OR HOPELESSNESS PAST YEAR, FAIRFAX 2015-2021



PERCENT OVERALL 8TH, 10TH & 12TH GRADE SUICIDAL BEHAVIOR PAST YEAR, FAIRFAX 2015-2021



Despite the increase this year, **Fairfax County youth** had **consistently lower rates** of persistent sadness/hopelessness, considered attempting suicide, and attempted suicide **compared to their national peers** (based on the CDC's Adolescent Behaviors and Experience Survey)

WHO ARE AT MORE AT RISK? SOCIODEMOGRAPHIC FACTORS THAT DISPROPORTIONATELY AFFECT YOUTH MENTAL HEALTH

Female students are at a greater risk

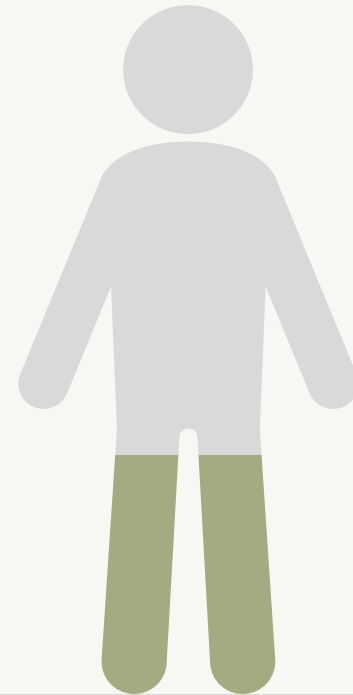
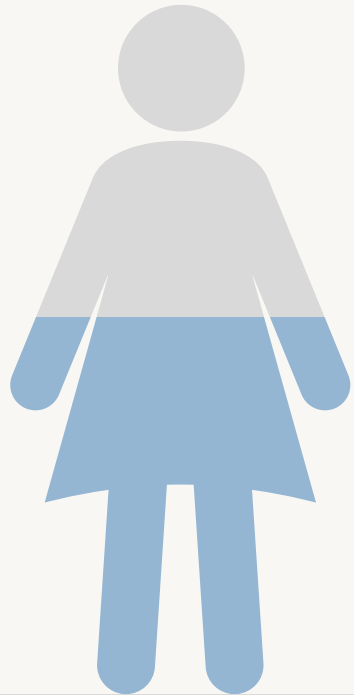
48%

FEMALE

Reported persistently feeling sad or hopeless

21% reported suicidal thoughts

8% reported suicide attempts



27%

MALE

Reported persistently feeling sad or hopeless

11% reported suicidal thoughts

4% reported suicide attempts



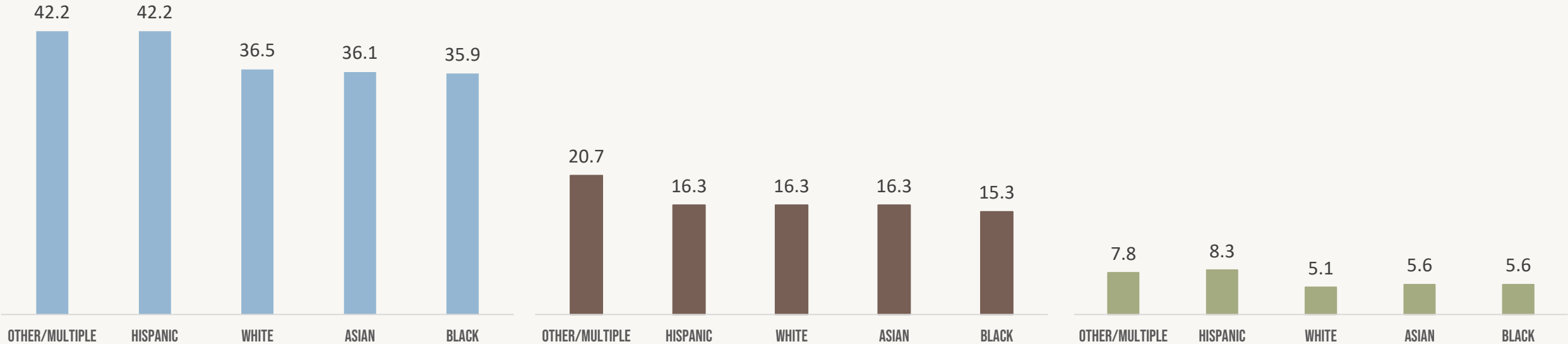
RACE & ETHNICITY MATTERS

Percent reporting mental health challenges by race/ethnicity

PERSISTENT SADNESS/HOPELESSNESS

CONSIDERED SUICIDE

ATTEMPTED SUICIDE



TRANSGENDER STUDENTS ARE AT A GREATER RISK

75%

Of transgender students reported **feeling persistent sadness/hopelessness** compared to **36%** of non-transgender students

61%

Of transgender students **considered attempting suicide** compared to **14%** of non-transgender students

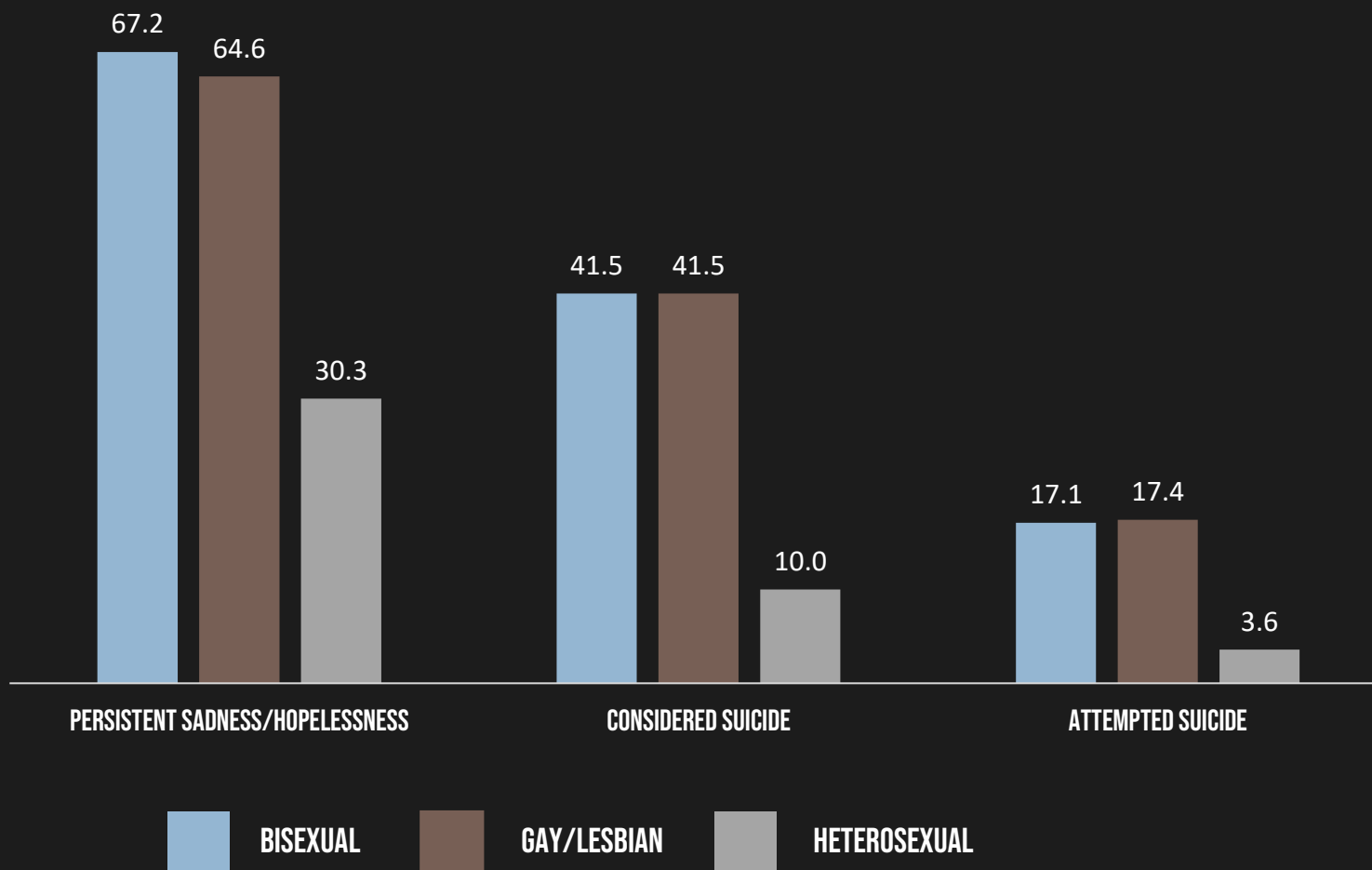
24%

Of transgender students **attempted suicide** compared to **5%** of non-transgender students

STUDENTS WHO IDENTIFY AS GAY, LESBIAN AND BISEXUAL ARE AT A HIGHER RISK

Students who identify as **gay, lesbian or bisexual** reported **higher rates of feelings of persistent sadness/hopelessness, suicidal ideations and suicide attempts** than heterosexual students.

PERCENT MENTAL HEALTH CHALLENGES PAST YEAR BY SEXUAL ORIENTATION

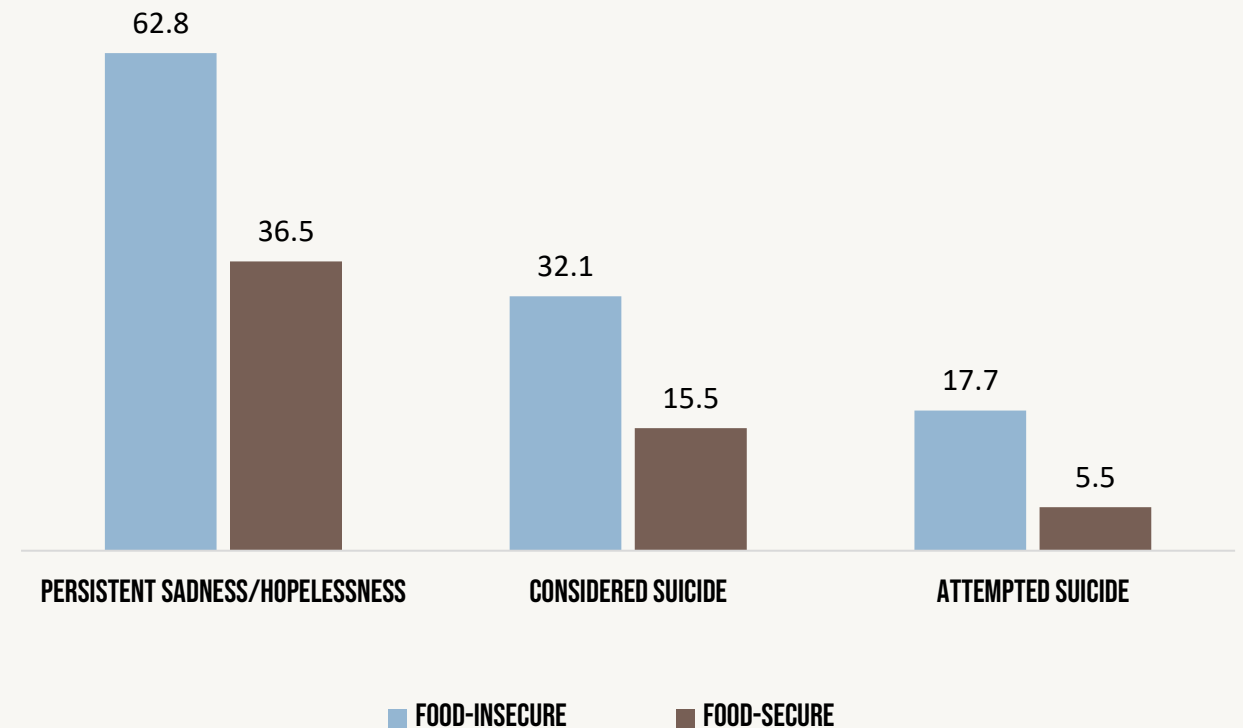


STUDENTS FROM FOOD-INSECURE HOMES MAY BE AT A GREATER RISK

Students who reported **going hungry due to a lack of food** in their home were more likely to report **feeling persistently sad or hopeless, and suicidal thoughts and actions** than students from food secure homes.

NEARLY SEVEN PERCENT OF THE 8TH, 10TH, AND 12TH GRADE STUDENTS REPORTED GOING HUNGRY IN THE PAST MONTH DUE TO A LACK OF FOOD IN THE HOME. INCIDENCE OF HUNGER DUE TO A LACK OF FOOD IN THE HOME VARIED BY RACE/ETHNICITY, RANGING FROM 3% OF WHITE STUDENTS TO 12% OF HISPANIC STUDENTS.

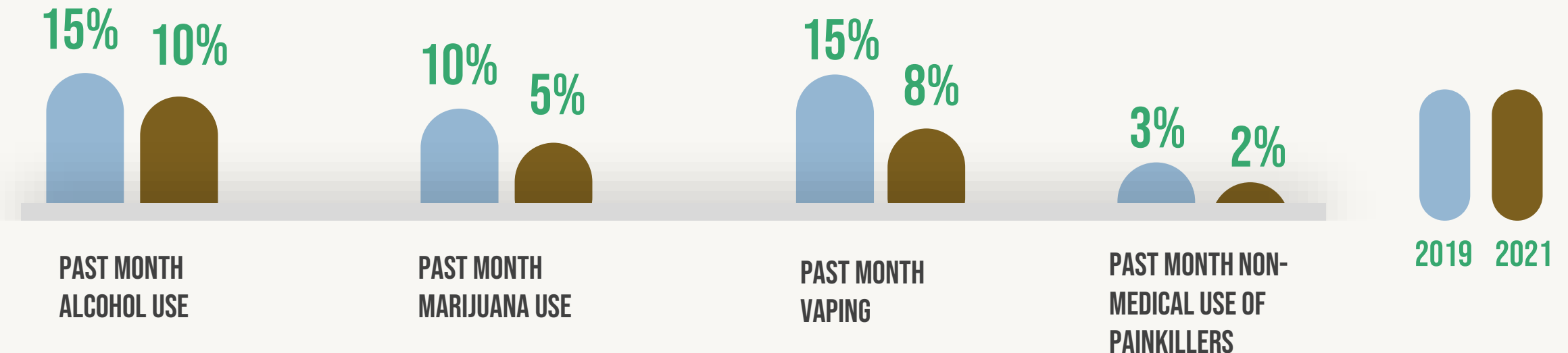
PERCENT MENTAL HEALTH CHALLENGES BY FOOD INSECURITY





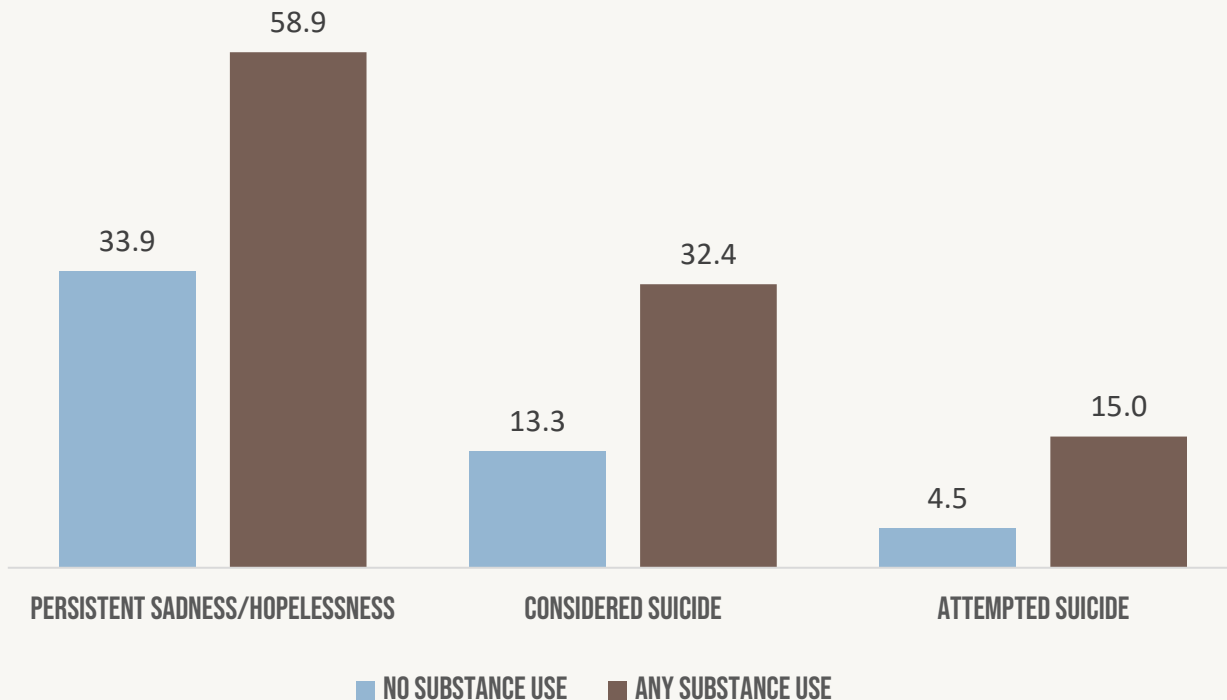
DECREASE IN SUBSTANCE USE: 2019 VS. 2021

In 2021, overall, Fairfax County youth reported **lower rates of substance use**, compared to 2019, including past month use of alcohol, marijuana, vaping any substance, and prescription painkillers.



MENTAL HEALTH CHALLENGES BY SUBSTANCE USE

PERCENT OVERALL MENTAL HEALTH CHALLENGES
PAST YEAR BY SUBSTANCE USE PAST MONTH



Despite lower rates of risk behaviors, the data reveals that **risk behaviors are highly associated with mental health issues**. Students who used **any substance** in the past showed **significantly higher rates of feeling persistently sad or hopeless, considered attempting suicide, and attempting suicide** than the students who did not report substance use.

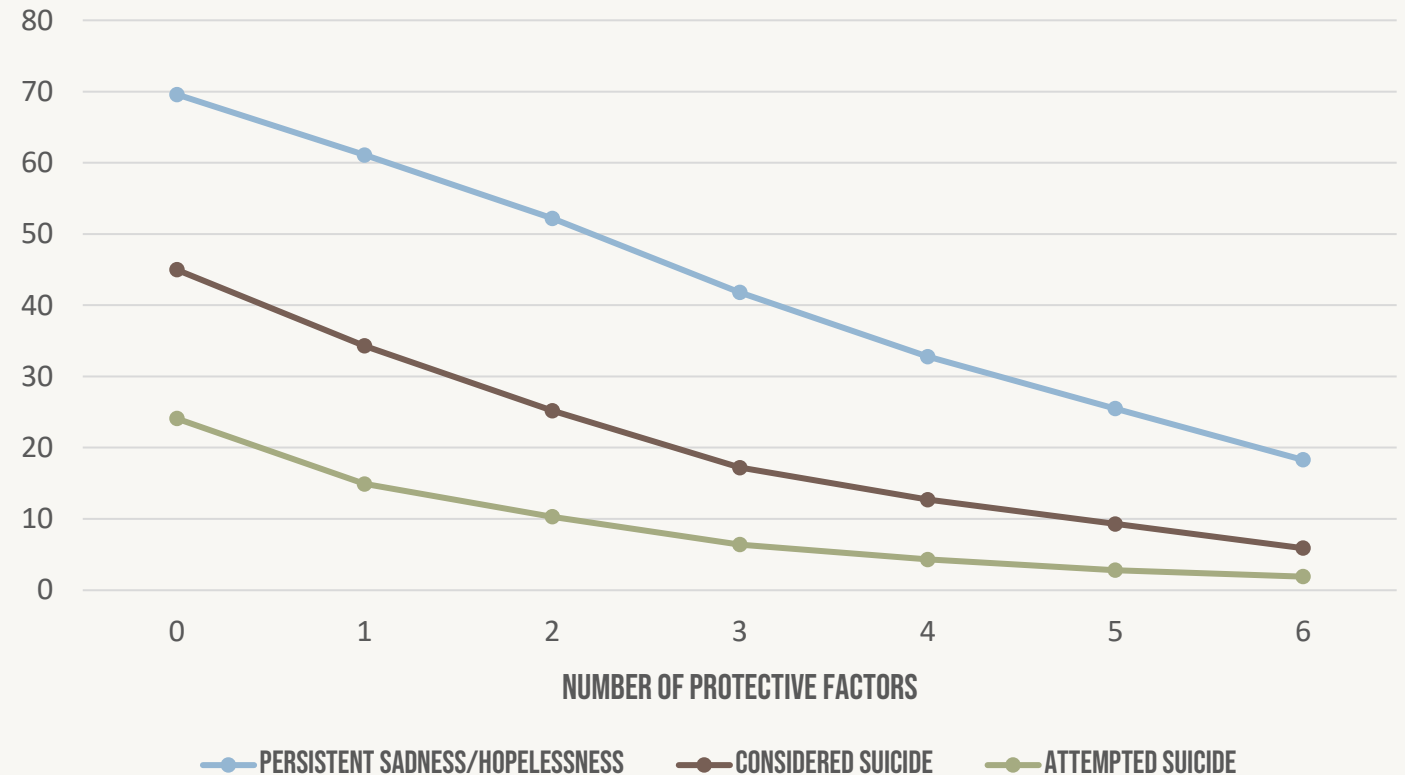
PROTECTIVE FACTORS & MENTAL HEALTH ISSUES

The Youth Survey assesses the protective factors that promote well-being and positive development in youth. Overall, **the more protective factors youth have, the less likely they report mental health-related issues.**

Protective Factors

- Accepting responsibility for one's actions
- Having teachers recognize good work
- Participating in extracurricular activities
- Performing community service
- Having community adults to talk to
- Having parents available for help

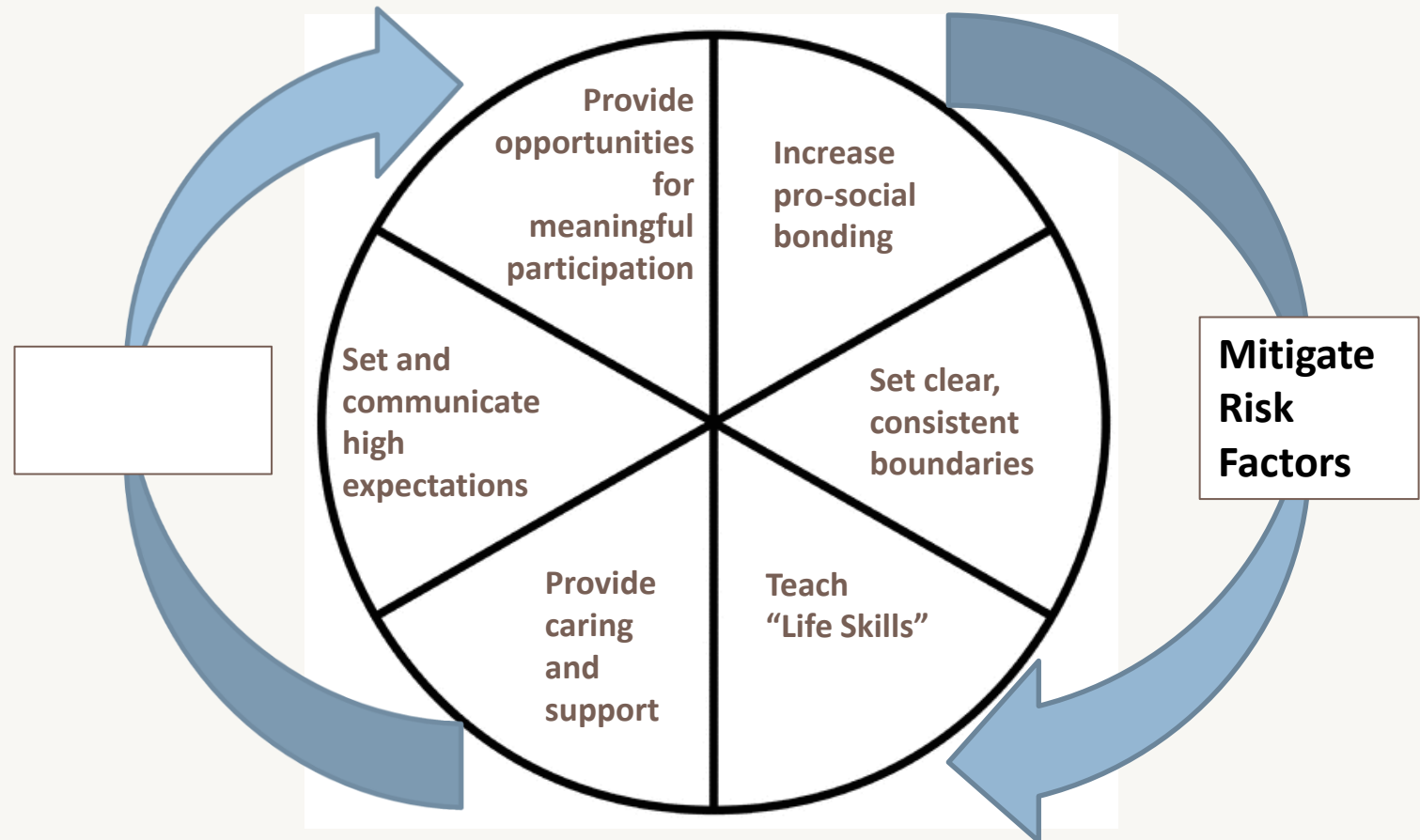
PERCENT MENTAL HEALTH CHALLENGES PAST YEAR BY NUMBER OF PROTECTIVE FACTORS





BUILDING RESILIENCY IN YOUTH THROUGH ASSETS

THE RESILIENCY WHEEL



THE THREE TO SUCCEED



The Fairfax County Youth Survey shows that children and teens with **three or more** protective factors are more likely to:

Manage stress

Make better choices

Develop healthy habits

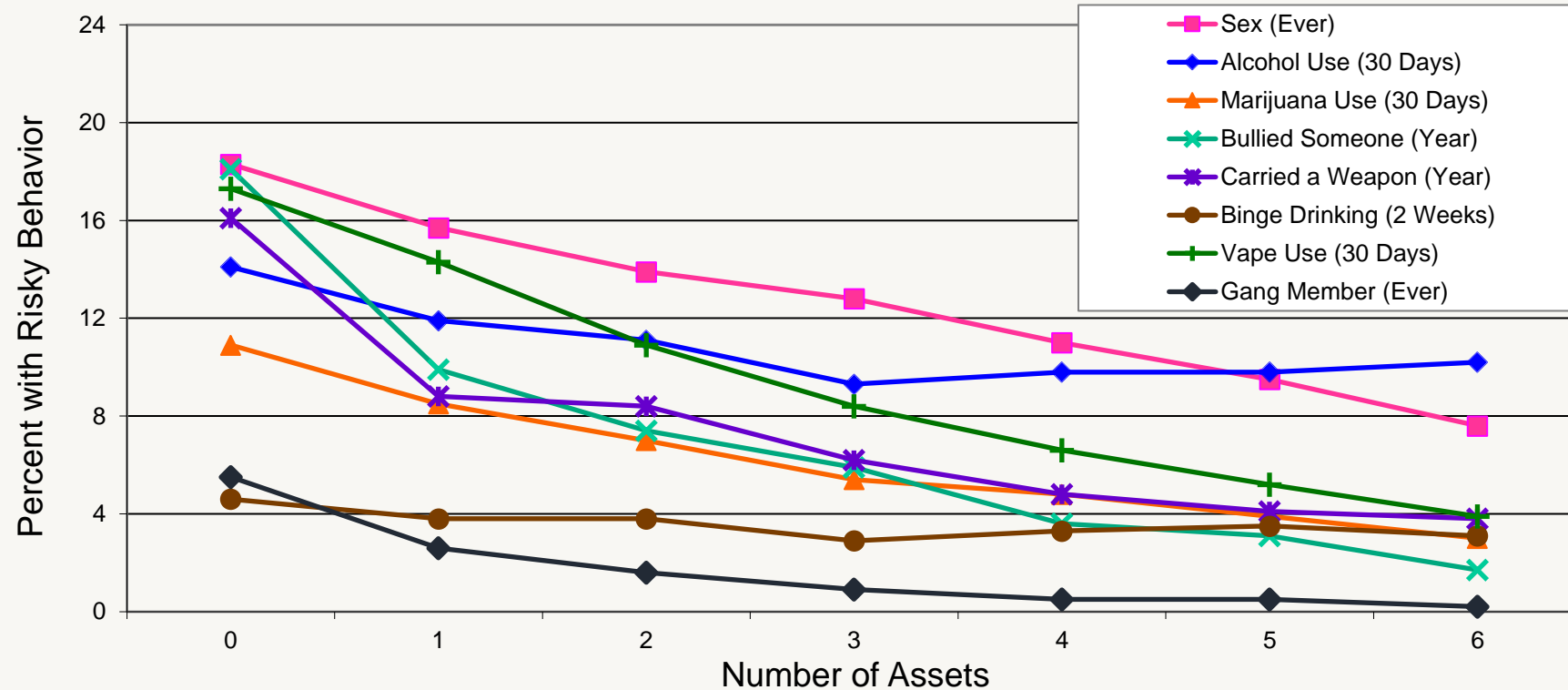
The many factors that help children and teens succeed include:

-  **Having parents or guardians who are available to help**
-  **Participating in after-school activities**
-  **Having adults in the community to talk to**
-  **Accepting responsibility for their actions**
-  **Having teachers who recognize and praise good effort**

Learn *all* of the factors that matter at fairfaxcounty.gov/youthsurvey.



THREE TO SUCCEED: EXAMPLE ASSET GRAPH (GRADE 8, 10, 12)



- Accepting Responsibility for One's Actions
- Performing Community Service
- Having Teachers Recognize Good Work
- Having Community Adults to Talk to
- Participating in Extracurricular Activities
- Having Parents Available for Help

Three to succeed: Youth who have three assets are less likely to engage in risky behavior than youth who have none

Parents and Caregivers

Do you know the factors that matter?



These simple actions can help your children **develop healthy habits, make better choices,** and **manage stress:**

Be available to help.

Know their whereabouts.

Involve them in family decision-making.

Show all family members respect.

Communicate clear disapproval of drug and alcohol use.

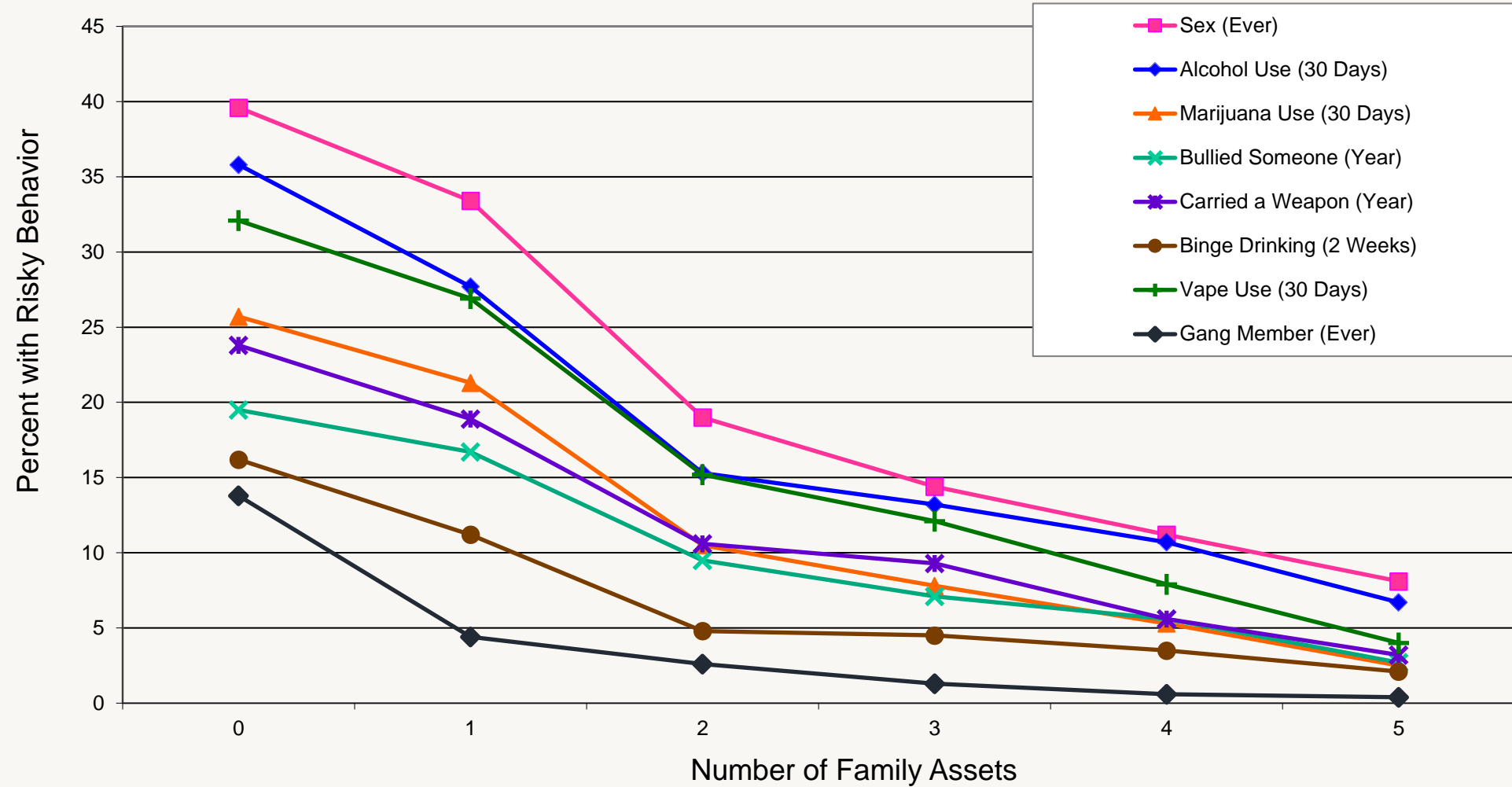
It takes three to succeed.

Learn all of the factors that matter at [fairfaxcounty.gov/youthsurvey](https://www.fairfaxcounty.gov/youthsurvey).





THREE TO SUCCEED: FAMILY-BASED (GRADE 8, 10, 12)



School Employees

Do you know the factors that matter?



These simple actions can help your students **develop healthy habits, make better choices,** and **manage stress:**

Recognize and
praise good
effort.

Present
opportunities to
talk one-on-one.

Discourage
bullying and
cultivate a feeling
of safety.

Foster open
communication with
parents, even when
students are doing well.

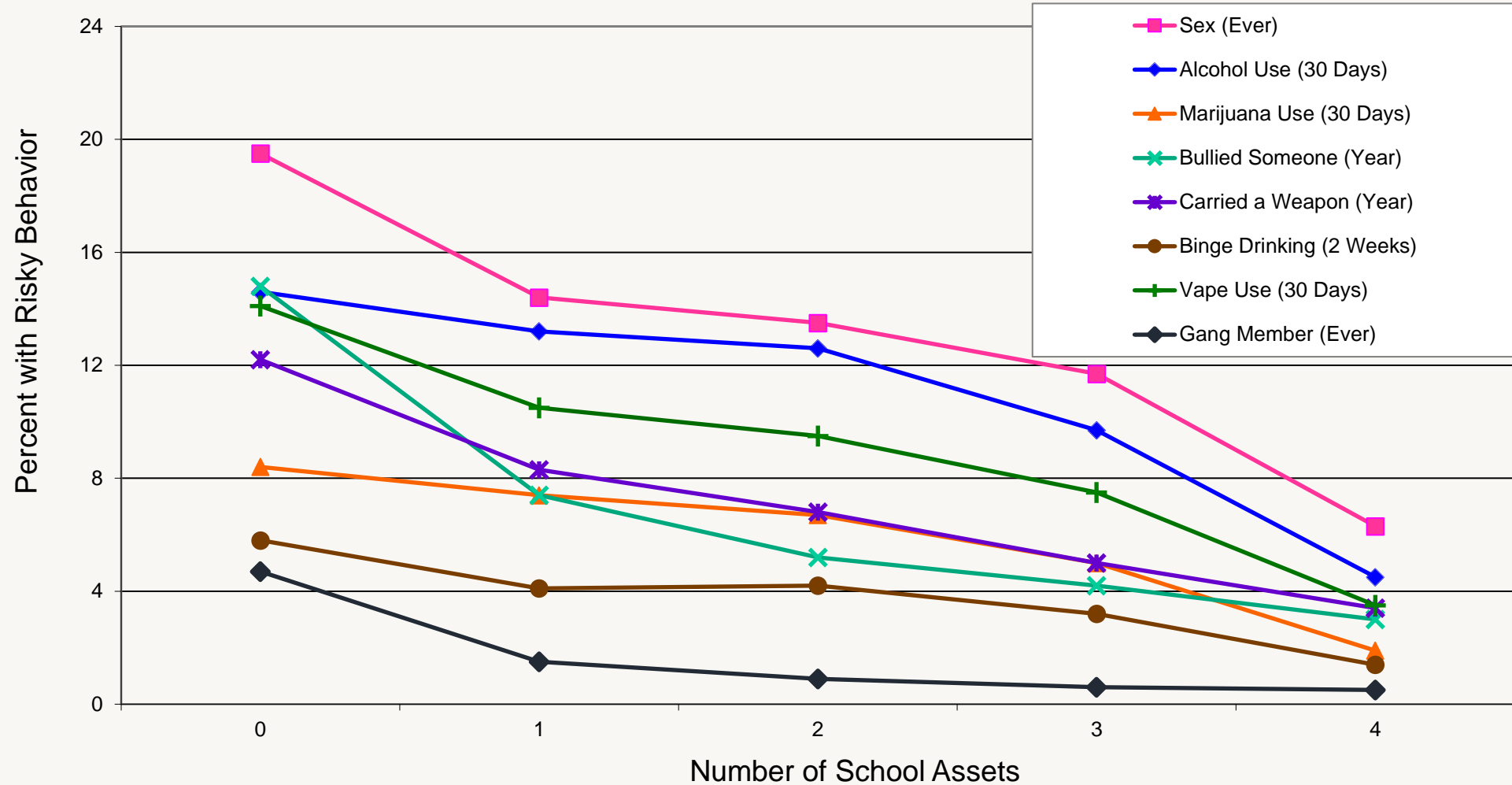
A little extra attention can go a long way.

Learn more about the factors that matter at [fairfaxcounty.gov/youthsurvey](https://www.fairfaxcounty.gov/youthsurvey).





THREE TO SUCCEED: SCHOOL-BASED (GRADE 8, 10, 12)





Neighbors

Do you know the factors that matter?



These simple actions can help children and teens in your community **develop healthy habits, make better choices,** and **manage stress:**

Be a caring community member who's available to talk.

Communicate clear disapproval of drug and alcohol use.

Encourage participation in after-school activities.

Give positive feedback and recognize good effort.

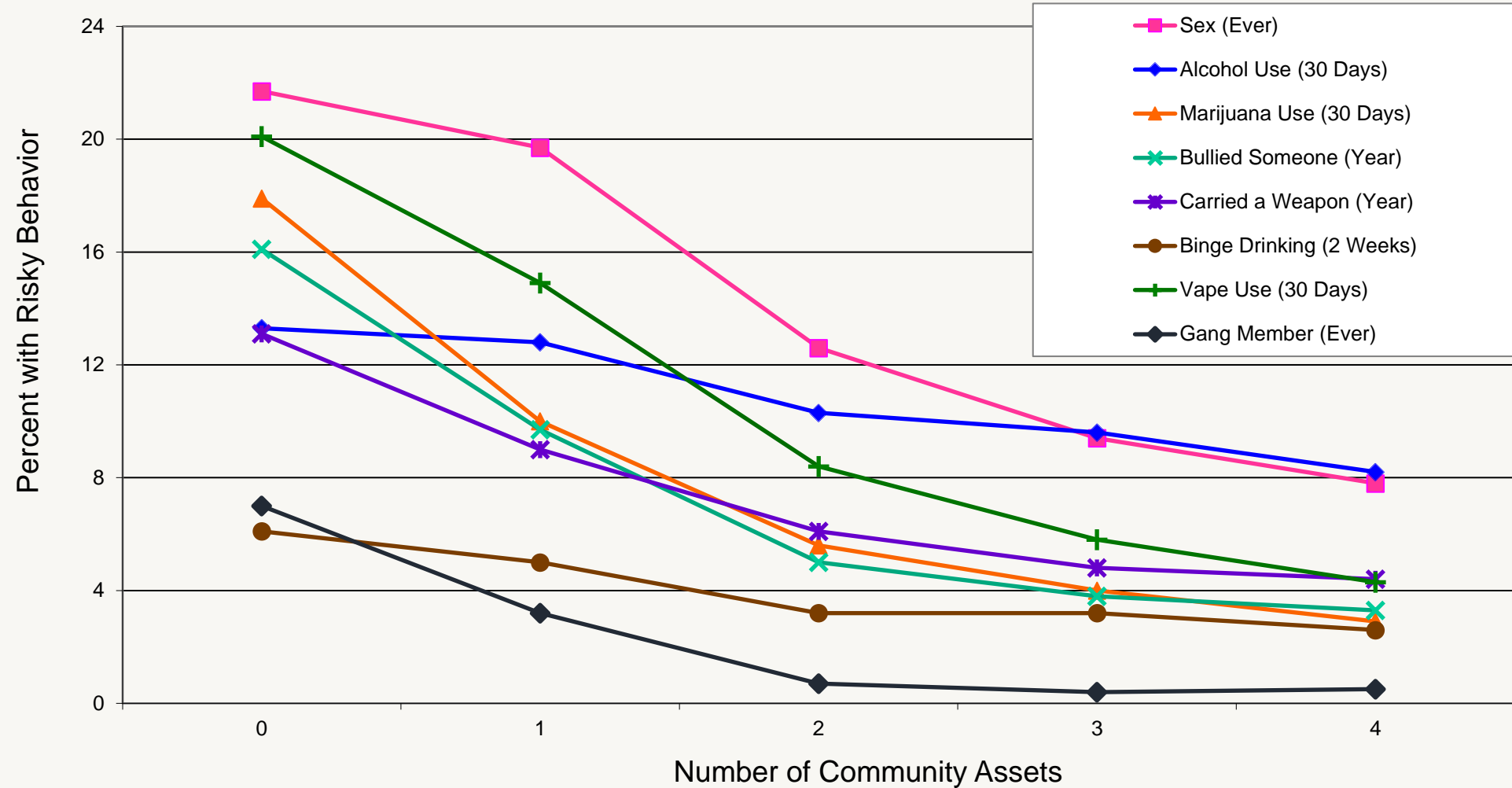
It takes three to succeed.

Learn all of the factors that matter at [fairfaxcounty.gov/youthsurvey](https://www.fairfaxcounty.gov/youthsurvey).



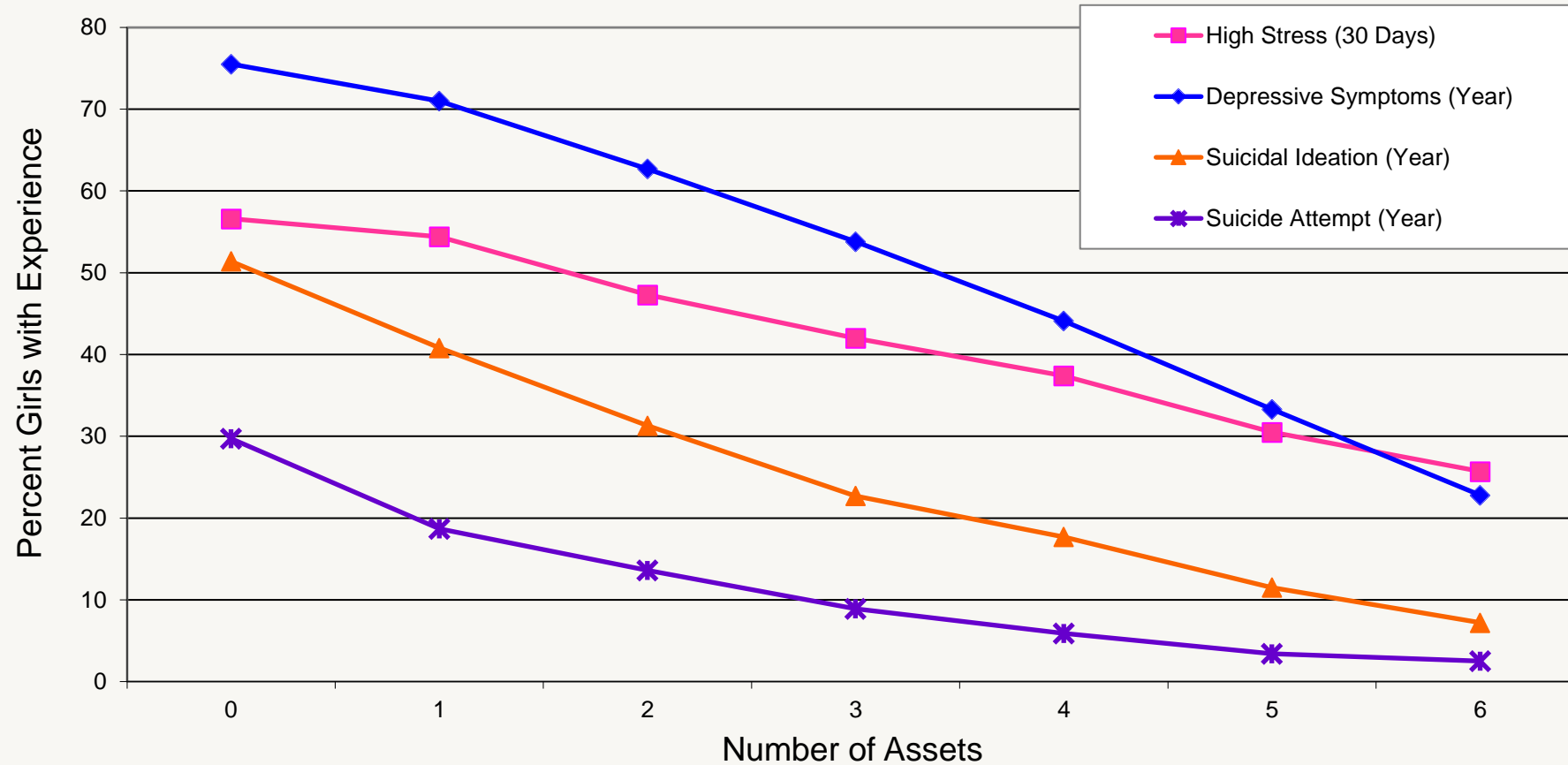


THREE TO SUCCEED: CARING ADULTS (GRADE 8, 10, 12)





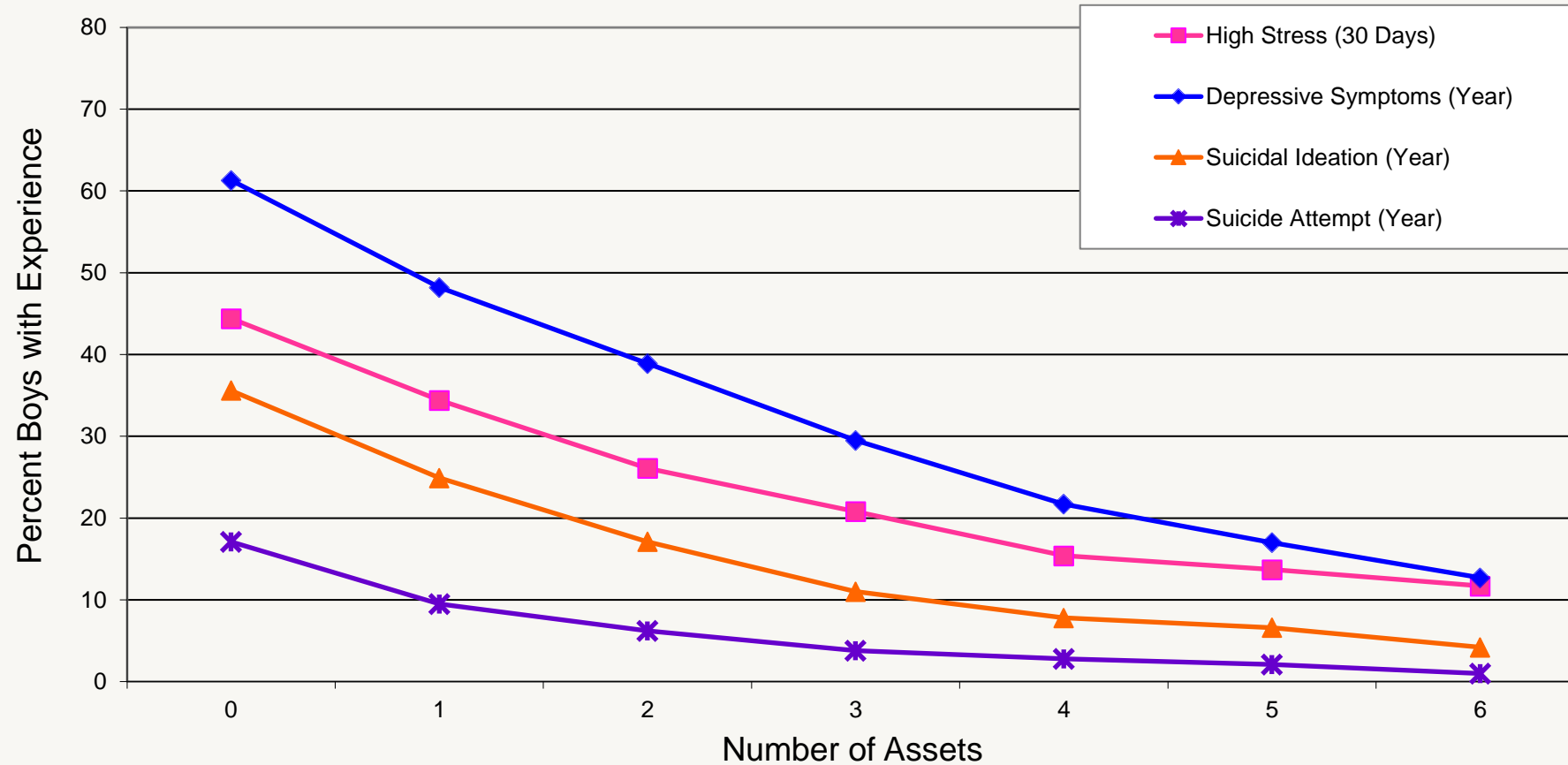
ASSETS AND EXPERIENCES RELATED TO MENTAL HEALTH: GIRLS



- Accepting Responsibility for One's Actions
- Performing Community Service
- Having Teachers Recognize Good Work
- Having Community Adults to Talk to
- Participating in Extracurricular Activities
- Having Parents Available for Help



ASSETS AND EXPERIENCES RELATED TO MENTAL HEALTH: BOYS



- Accepting Responsibility for One's Actions
- Performing Community Service
- Having Teachers Recognize Good Work
- Having Community Adults to Talk to
- Participating in Extracurricular Activities
- Having Parents Available for Help

VISIT THE YOUTH SURVEY WEBSITE FOR MORE INFORMATION!

www.fairfaxcounty.gov/youthsurvey

Questions? Contact 

Mike Axler

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Chloe Lee

Countywide Data Analytics, Department of
Management and Budget, Fairfax County
Kyung.Lee@fairfaxcounty.gov



SCYPT Key Issue Updates
September 28, 2022

My Brother's Keeper

The SCYPT is sponsoring an effort for Fairfax County to become a My Brother's Keeper community and develop and implement strategies to improve outcomes for boys and young men of color.

The initiative co-chair organizations (Edu-Futuro and Capital Youth Empowerment Program) have convened a steering committee comprised of community leaders and community-based organizations. The committee is reviewing available data and working to prioritize key issues of focus for the initiative. These key issues will be shared with the SCYPT at an upcoming meeting for feedback. Once the key issues are finalized, the County will move to formally become a My Brother's Keeper community. A community summit will be scheduled for early 2023 to more fully engage stakeholders and begin a root cause analysis to identify specific areas for action.

Contact: Telaekah Brooks

Community Schools

The SCYPT is leading an effort to establish a community schools initiative in Fairfax County, bringing a coordinated and standardized community schools model to schools throughout the county.

Staff are completing a comprehensive report of a multi-tiered evaluation of the three current community school sites (Whitman and Glasgow Middle Schools and Mount Vernon Woods Elementary School). Results of the evaluation will inform proposed changes or additions to the SCYPT-endorsed community schools framework and additional recommendations for improvements, all to be shared with the School Board at an upcoming work session.

Contacts: Saray Smalls and Jesse Ellis

School Readiness/Early Childhood

The SCYPT is championing implementation of the Equitable School Readiness Strategic Plan (ESRSP) and School Readiness Resource Panel recommendations, to improve access to and quality of early childhood opportunities for young children.

The ESRSP Implementation Planning Team, working with George Mason University, is developing an early childhood family partnership framework to support the authentic engagement of families in the early childhood system and guide future planning and system development. The County is piloting a program to provide weekly pre-K experiences for four-year-olds who are not enrolled in an early childhood program. Ten pre-K groups will be offered at locations throughout the County. Staff continue to evaluate family and geographic need and capital improvement opportunities to support efforts to increase capacity. These efforts will be presented to the SCYPT at an upcoming meeting.

Contact: Anne-Marie Twohie and Lisa Pilson