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# AYA Behavioral Health CoIIN Technical Assistance

# State Team Request Forms

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**AYAH National Resource Center Overview**

The Adolescent and Young Adult Health National Resource Center (AYAH-NRC) aims to improve the health of adolescents and young adults (AYAs) by strengthening the capacity of State Title V MCH Programs and partners to address the needs of AYAs (ages 10-25). Our work focuses on increasing the receipt of quality preventive visits for AYAs. This is a focus of many state Title V programs, including those that selected National Performance Measure (NPM) #10: percent of adolescents (ages 12-17) with a past-year preventive visit ([Click here for more information about NPMs](https://nahic.ucsf.edu/resource_center/titlevtransformation/)).

We place special emphasis on two areas:

* Improving the delivery of preventive services related to behavioral health, including depression screening and follow-up
* Strengthening focus on the distinct needs of young adults in state-level initiatives.

**AYA Behavioral Health Collaborative Improvement & Innovation Network**

The AYAH-NRC has embarked on a new collaboration to increase and improve depression screening and follow-up for young people. The inaugural cohort of the AYA Behavioral Health Collaborative Improvement and Innovation Network (CoIIN) is composed of multidisciplinary teams that will operate through their public health systems (led by state Title V/maternal and child health programs) and primary care systems (led by clinical partners and practices).

Although depression is increasing among young people, screening rates and referrals to treatment remain low. Clinicians in busy practices often lack the skills to screen for depression, and even when they can find time to do the screening, many are faced with few options for further assessment and treatment for young people and their families. In 2017, 13.3 percent of adolescents aged 12 to 17 (or 3.2 million people) and 13.1 percent of 18- to 24-year-olds (or 4.4 million people) reported having a major depressive episode (MDE) in the past year. According to the Youth Risk Behavior Survey, 31.5 percent of students had experienced persistent feelings of sadness or hopelessness in the past year, while 17.2 percent of high school students had seriously considered attempting suicide – both of which are significant increases over the past 10 years.

To respond to this growing health crisis, the AYAH-NRC is mobilizing the collaboration to improve depression screening and follow-up for young people through systems-level behavioral health integration in primary care, and by increasing screening rates for MDEs in clinical settings using practice-based quality improvement tools and methods. The goal is to achieve an 80 percent screening rate for MDE in patients ages 12 to 25 using an age-appropriate standardized tool, with documentation of a follow-up plan when screen results are positive.

The teams will address key drivers of unmet behavioral health needs for adolescents and young adults. The CoIIN will foster reciprocal capacity-building in the public health and primary care sectors to improve population health outcomes in primary care settings through the collaboration of state team members and local quality improvement representatives.

**Technical Assistance Support**

Through AMCHP, the AYAH-NRC has set aside funds to provide each participating state team (Indiana, Minnesota, South Carolina, Vermont, and Wisconsin) in the AYA Behavioral Health CoIIN technical assistance (TA) support related to designing and/or implementing quality improvement activities. States are asked to demonstrate their need for the specific TA, how it relates to their action plan to meet their specific CoIIN objectives, as well as the greater aim of increasing depression screening and referral for treatment.

There is flexibility in how the state teams propose to utilize the funds available (up to $5,000 total per state). This includes, but is not limited to the following:

* Convening state, regional, and/or systems-level partners for a training session related to youth mental health issues, access to services, care coordination, integrated frameworks, workforce capacity, or evidence-based interventions
* Supporting consultative services offered by youth and young adult leaders
* Development and/or dissemination of educational materials and resources to be shared across the state or sectors of care

Please note: funds cannot be used to pay for salaried employees, permanent personnel or indirect expenses. Requests for expenses to support the work of internships, fellowships, or other seasonal employees directly related to the CoIIN activities are permissible.

**What can States expect from the AYAH-NRC?**

* Coordination support to connect the state to the source of technical assistance, if needed
* Ongoing assistance from staff to guide the technical assistance process
* Facilitated check in calls to plan/coordinate technical assistance and follow up
* Information and resources about best practices

**Approval Procedure**

* State team (grantee) is required to complete and submit all sections of the form (Appendix A).
* You will receive notification of receipt of your form within 1-2 business days following submission. Notification regarding approval of request will be sent within 5 business days of submission. If you have not received notification in that time frame, contact Iliana White at iwhite@amchp.org.

Requests will be considered on the following criteria:

**Readiness/Impact**

* Extent to which the state identifies how technical assistance is related to their CoIIN improvement activities and the greater aim of the collaborative.
* Extent to which state addresses the added value of receipt of technical assistance.
* Extent to which state identifies and offers effective ways to overcome barriers to receiving the technical assistance.
* Extent to which the team confirms the fiscal agent or entity to receive the technical assistance funds requested.

**Project Plan**

* Extent to which the state describes a feasible, flexible plan to receive the technical assistance and implement lessons learned as a result.
* Extent to which state includes an achievable timeline.

 **Budget**

* Extent to which the requested funding amount is reasonable, and the budget provides itemized costs and cost calculations.

 **Commitment**

* State team commits to carrying out the activities outlined in their request.

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# Technical Assistance Request Form

Please provide clear, concise responses to each section. Submit the completed form to Iliana White (iwhite@amchp.org).

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| --- |
| CoIIN Team Contact Information |
| State |  |
| Name |  |
| Organization |  |
| Address |  |
| City, State, ZIP |  |
| Phone: |  | E-Mail Address: |  |
| Technical Assistance |
| Goal | *[List main goal/objective of the practice/project the TA will support]* |
| Desired TA provider or source | *[Name of state, organization or individual you seek TA from]* |
|  |
| Proposed Plan/Activity |
| Briefly outline your proposed plan for the technical assistance visit and how it fits into the overall plan/timeline to implement the practice. Include who will be responsible for carrying out major roles and existing infrastructure to support this work. Please also address: 1) Topics/specific type of TA you hope to receive (including format – site visit, meeting, other); 2) What you plan to implement in your state overall; 3) How this TA specifically links to the goals/objectives or needs identified in this CoIIN; and 4) general timeline. [250 words maximum] |
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| Expected Benefits  |
| Summarize the impact this technical assistance will have for your work, meeting CoIIN objectives, and leading to increased depression and other mental health screenings and treatment referrals for adolescents and young adults. Include rationale for why you are requesting this particular technical assistance. [100-150 words] |
|  |
| Obstacles  |
| Identify challenges you might experience in carrying out the work, and how these obstacles will be mitigated. If applicable, state how the AYAH-NRC could help you address those barriers. [100-150 words] |
|  |
| Budget  |
| List the overall amount requested, included itemized expenses and how costs were calculated. (Use bulleted statements if preferred.)  |
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| Commitment |
| By submitting this request form, I affirm that I (and applicable key staff) am/are committed to providing any needed coordination/support to receive the technical assistance. I further affirm that I have secured any required approval to receive this technical assistance and move forward in outlined activities prior to submission of this form. |
| Name (printed) |  |
| Signature |  |
| Date |  |