

YOUTH THRIVING THROUGH HEALING CENTERED SYSTEMS CHANGE

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Three Challenges to Youth Thriving



1. THERE IS A CRISIS IN YOUTH MENTAL HEALTH...

- In 2021, CDC found that nearly one-third (29%) of high school teens experienced poor mental health.
- A recent CDC study found that nearly half (44%) of teens feel persistently sad or hopeless.
- Approximately 50% to 75% of youth in the juvenile justice system meet the criteria for a mental health disorder.



THE PRICE IS HIGHER FOR BLACK & BROWN CHILDREN

Many receive the wrong services at the wrong time...in restrictive or punitive settings.

81% of children on medicaid are children of color.

2X Is the suicide rate for black children, ages 5-12, versus their white peers.

61.8% Youth ages 12-17 with depression did not receive any care in Illinois.

29th Illinois ranking in the country for mental health workforce availability

Kaiser Family Foundation Mental Health and Substance Use State Fact Sheets





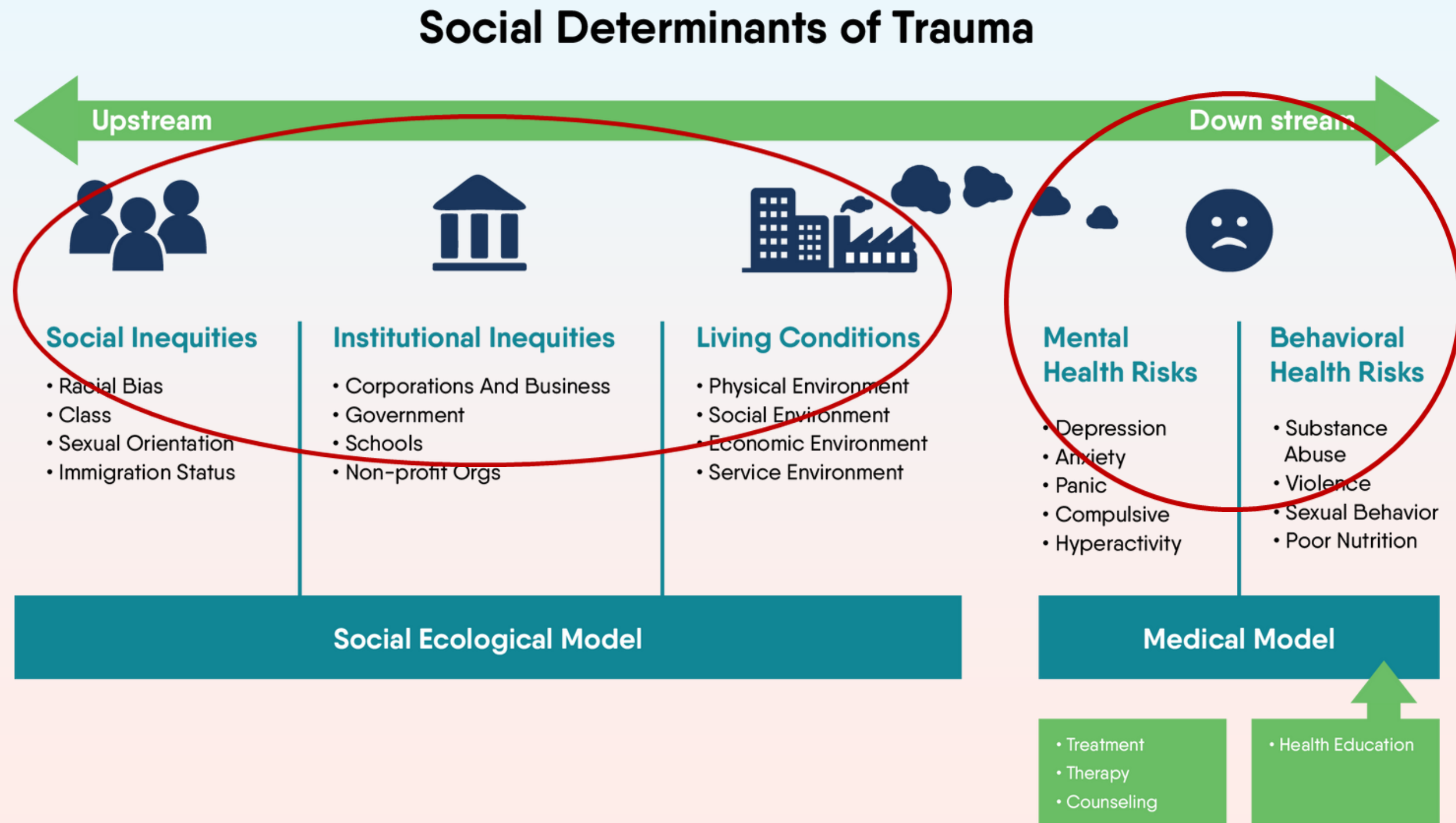
2. WE HAVE MISDIAGNOSTED THE SCOPE AND SCALE OF TRAUMA EXPOSURE AMONG YOUNG PEOPLE AND FAMILIES

| Incorrect medical model of trauma

| Focus on treating symptoms

| Overly focus on harm reduction little on restoration and healing.

HOW IS TRAUMA CURRENTLY UNDERSTOOD?



The social ecological model shows that trauma is also caused by underlying social, institutional, and living inequalities.



PERSISTENT TRAUMATIC STRESS ENVIRONMENT (PTSE)

SOCIAL TOXICITY

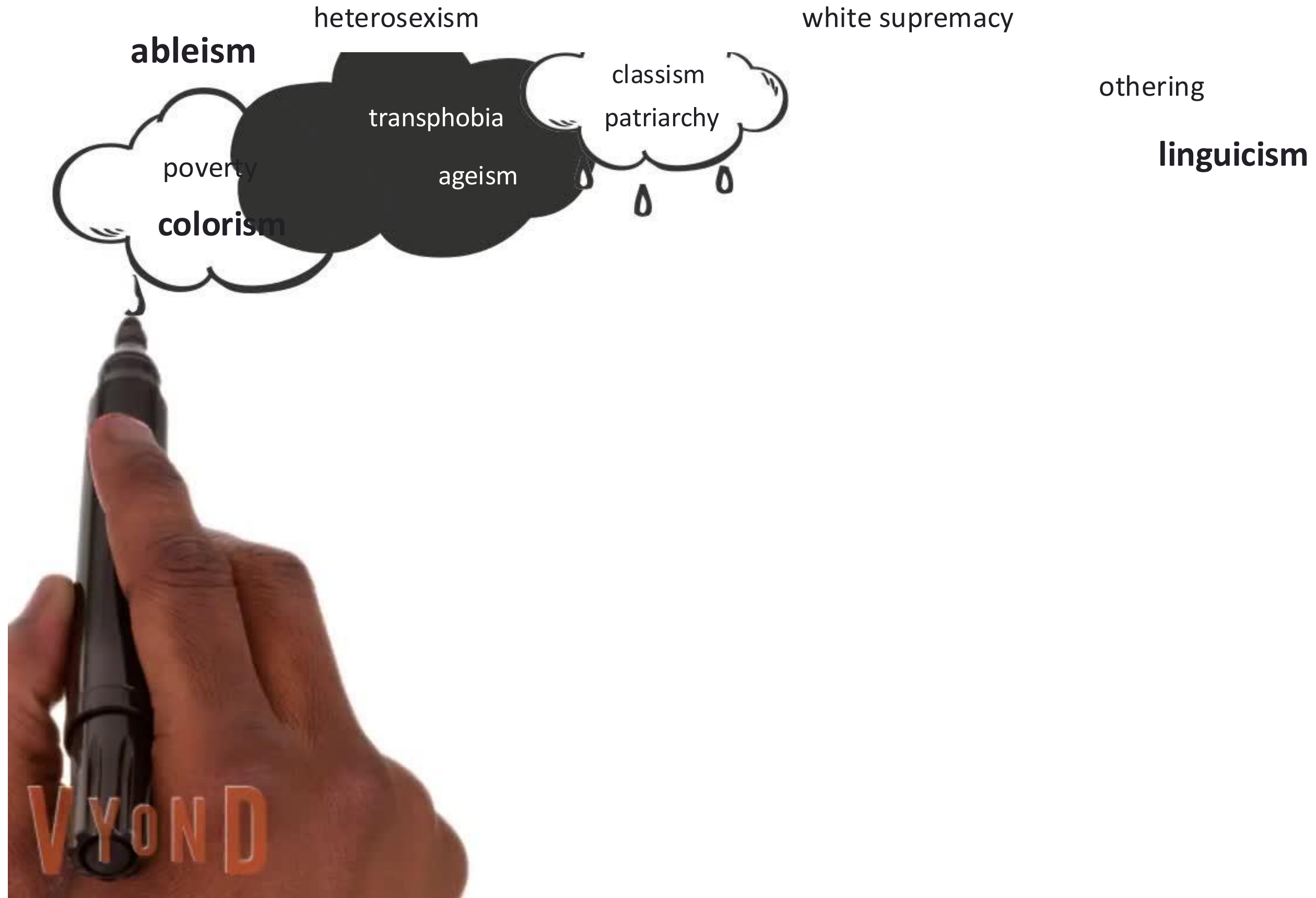


Garbarino, J. (1995). *Raising Children in a Socially Toxic Environment*. San Francisco, CA: Jossey-Bass.

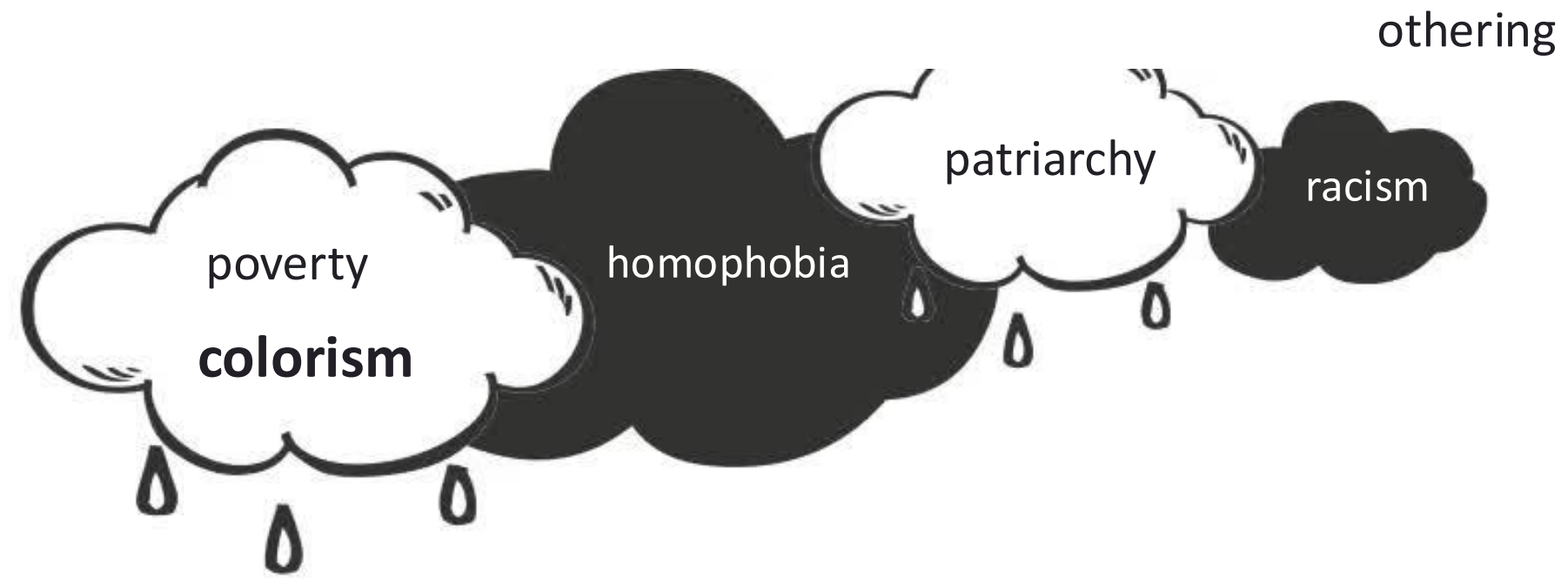
A MODEL TO UNDERSTAND SOCIAL TOXICITY







Assari, S., Moazen-Zadeh, E., Caldwell, C. H., & Zimmerman, M. A. (2017). "Racial Discrimination during Adolescence Predicts Mental Health Deterioration in Adulthood: Gender Differences among Blacks". *Frontiers in Public Health*, 5(104).



Individual





3. THERE IS A LACK OF ADEQUATE MENTAL HEALTH DELIVERY

Black and Latinx children were about 14% less likely than White youth to receive treatment for their depression.

Addressing the Youth Mental Health Crisis: The urgent need for more education, services, and supports. Mental Health America. (n.d.). Retrieved February 4, 2022, from [here](#).

Youth Thriving through...

**HEALING CENTERED
SYSTEM CHANGE**





WHAT IS A HEALING CENTERED SYSTEM?

Healing-centered systems are a holistic approach to trauma and trauma exposure that aligns, policies, practices and norms that emphasizes identity, community assets, and collective healing all aimed at building structural well-being.

Burns Institute define structural well-being as public policies, institutional and inclusive practices, cultural representations and other norms that establish a sense of belonging and work to strengthen families, communities and individual well-being for positive life outcomes

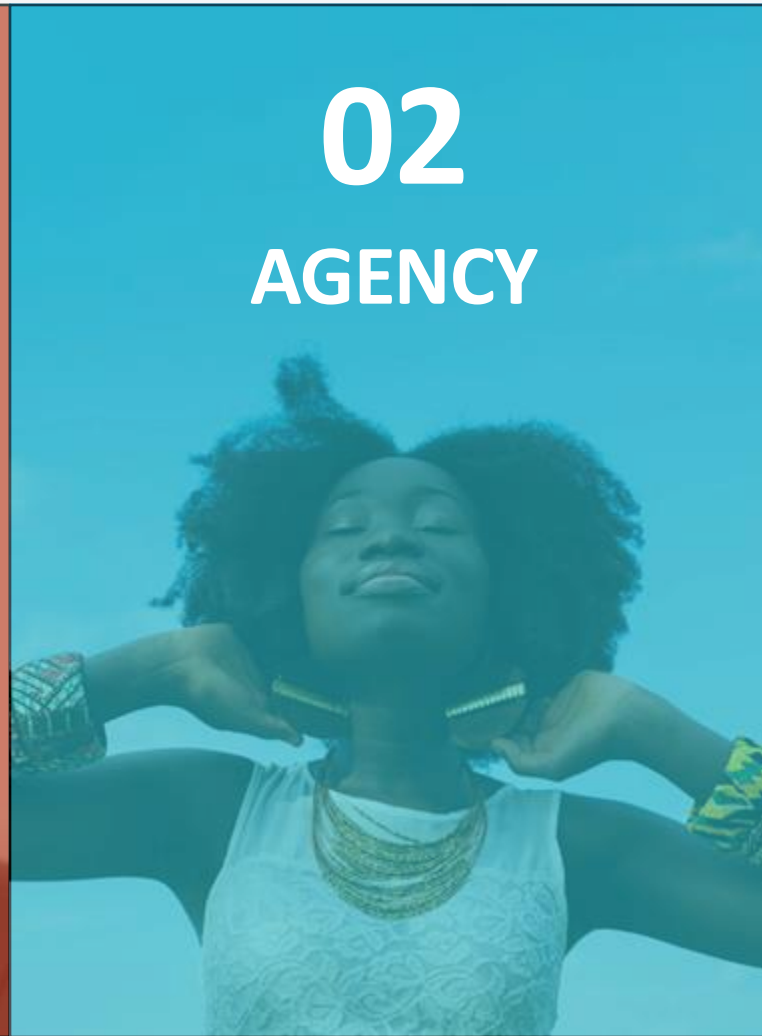
C A R M A

PRINCIPLES FOR A HEALING CENTERED APPROACH

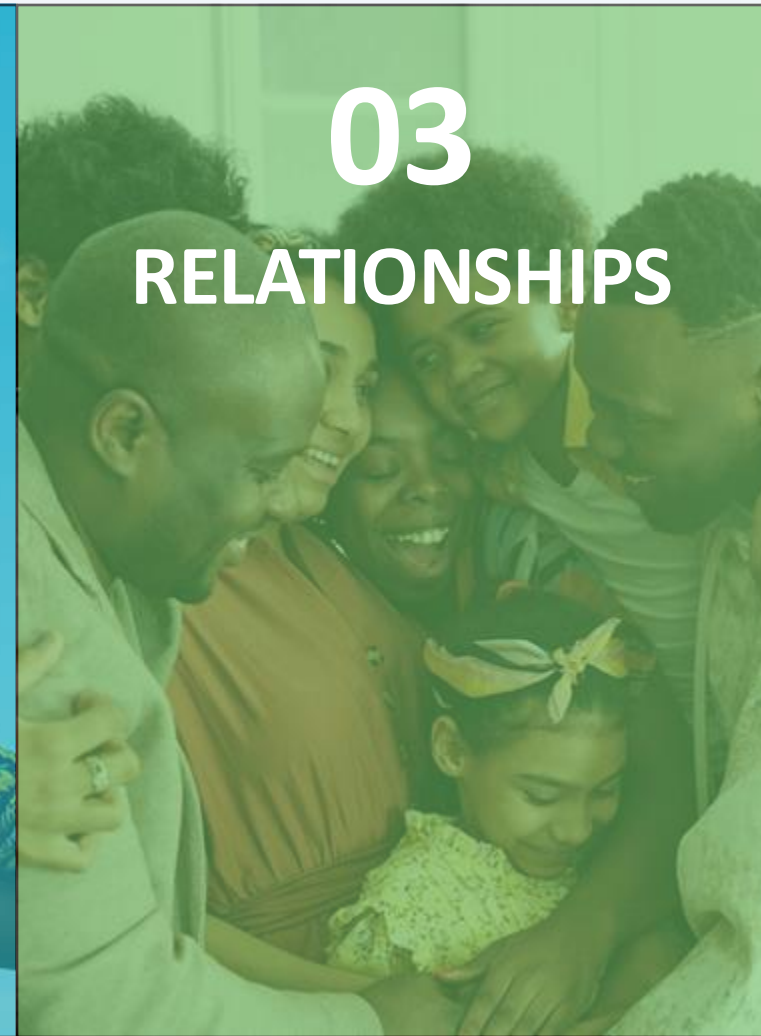
01
CULTURE



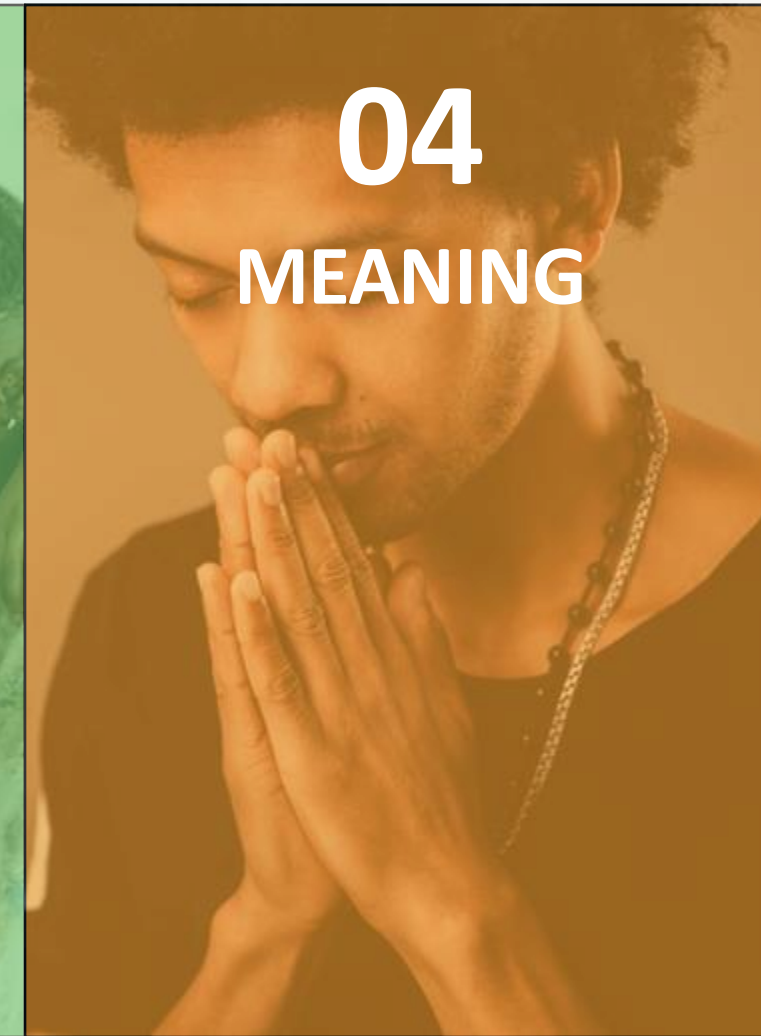
02
AGENCY



03
RELATIONSHIPS



04
MEANING



05
ASPIRATIONS



Youth Thriving and the Ecosystem of well-being ...

Individual

- Identifying the individual assets that contribute to well-being.
- Restoring identity and hope.
- Cultivating a sense of future goal orientation.
- Building a sense of agency.

Interpersonal

- Strengthening transformative relationships.
- Cultivating a sense of belonging and community.
- Building connections and networks of trust.
- Fostering a sense of collectivity.

Institutional (Structural)

- Aligning policy, and practices aimed at well-being rather than harm reduction.
- Creating youth thriving NorthStar.
- Establishing youth thriving outcomes.

PUBLIC HEALTH

By Katelyn N. G. Long, Xavier Symons, Tyler J. VanderWeele, Tracy A. Balboni, David H. Rosmarin, Christina Puchalski, Teresa Cutts, Gary R. Gunderson, Ellen Idler, Doug Oman, Michael J. Balboni, Laura S. Tuach, and Howard K. Koh

ANALYSIS

Spirituality As A Determinant Of Health: Emerging Policies, Practices, And Systems

