PATH (Providing Access to Healing) for Students
Identifying the Need

Adolescent Mental Health

"During the past 30 days, how many days was your mental health not good? (Mental health includes stress, depression, and problems with emotions.)"

<table>
<thead>
<tr>
<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td>% of youth self reporting</td>
<td>64%</td>
<td>68%</td>
<td>65%</td>
<td>68%</td>
</tr>
</tbody>
</table>

Source: 2011/2012 Youth Risk Behavior Survey
2009/2010 Youth Risk Behavior Survey
Identifying the Need

Adolescent Mental Health

"During the past 12 months, did you ever feel so sad or hopeless almost everyday for two weeks or more in a row that you stopped doing some usual activities?"

<table>
<thead>
<tr>
<th>Year</th>
<th>Location</th>
<th>% of Youth Self Reporting</th>
</tr>
</thead>
<tbody>
<tr>
<td>2011/2012</td>
<td>YRBS Fox Cities</td>
<td>23.7%</td>
</tr>
<tr>
<td>2011/2012</td>
<td>YRBS WI</td>
<td>22.7%</td>
</tr>
<tr>
<td>2011/2012</td>
<td>YRBS U.S.</td>
<td>28.5%</td>
</tr>
<tr>
<td>2009/2010</td>
<td>YRBS Fox Cities</td>
<td>20.8%</td>
</tr>
<tr>
<td>2009/2010</td>
<td>YRBS WI</td>
<td>20.8%</td>
</tr>
<tr>
<td>2009/2010</td>
<td>YRBS U.S.</td>
<td>26.1%</td>
</tr>
</tbody>
</table>

Source: 2011/2012 Youth Risk Behavior Survey
2009/2010 Youth Risk Behavior Survey
Identifying the Need

Adolescent Mental Health

"During the past 12 months, did you ever seriously consider attempting suicide?"

Source: 2011/2012 Youth Risk Behavior Survey
2009/2010 Youth Risk Behavior Survey
Identifying the Need

Adolescent Mental Health

"During the past 12 months, how many times did you actually attempt suicide?"

Source: 2011/2012 Youth Risk Behavior Survey
2009/2010 Youth Risk Behavior Survey
United Way Fox Cities

- Mental Health one of 4 priority Issues
- Invests over $900,000 annually in mental health through partner agencies
- United Way’s 2-1-1:
  - Receives over 1,000 call per month
  - 8% are for mental health related services
- A founding organization of the NEW Mental Health Connection
  - Member of the Children’s Mental Health Initiative.
  - Grant to “No Wrong Door”
  - Fiscal Agent for Mental Health Integration (Primary Care Physician Training)
  - Grant to Catalpa Health
  - Grant to TeenScreen™
- Host Mental Health Continuum of Care web site
- United Way’s PATH for Students Program
United Way Fox Cities’ PATH for Students

PATH is an expanded school-based mental health program designed to improve access to mental health services for students experiencing barriers to care in the community.

Barriers to care include:

- Limited financial resources
- Lack of reliable transportation
- Parent work schedules
- Cultural attitudes
- Stigma
- Lack of parent engagement
United Way Fox Cities’ PATH for Students

- Evidence-based services are provided by licensed therapists from:
  - Catalpa Health,
  - Family Services of Northeast WI,
  - Lutheran Social Services of WI and Upper MI

- PATH is offered in selected elementary, middle and high schools in 10 school districts in the Fox Cities:
United Way Fox Cities’ PATH for Students

Why School-based?

• Parents do not need to take time off of work.
• Parents do not need to find reliable transportation.
• Services are delivered regardless of ability to pay.
• School is a safe and accepting environment so parents and students are more accepting of care.
• Collaboration among providers eliminates wait lists.
United Way Fox Cities’ PATH for Students

Other benefits...

• Onsite therapy reduces missed appointments and missed classroom time.
• Onsite therapy provides a greater opportunity for care coordination and case management.
• Onsite therapy encourages self-referrals or referrals by peers.
# United Way Fox Cities’ PATH for Students

## Program Timeline

<table>
<thead>
<tr>
<th>Year</th>
<th>Districts</th>
</tr>
</thead>
<tbody>
<tr>
<td>2008</td>
<td>Menasha Joint School District</td>
</tr>
<tr>
<td>2008</td>
<td>Appleton Area School District</td>
</tr>
<tr>
<td>2008</td>
<td>Kaukauna Area School District</td>
</tr>
<tr>
<td>2008</td>
<td>Kimberly Area School District</td>
</tr>
<tr>
<td>2008</td>
<td>Little Chute Area School District</td>
</tr>
<tr>
<td>2011</td>
<td></td>
</tr>
<tr>
<td>2011</td>
<td>Hortonville Area School District</td>
</tr>
<tr>
<td>2011</td>
<td>Neenah Joint School District</td>
</tr>
<tr>
<td>2011</td>
<td>Seymour Community School District</td>
</tr>
<tr>
<td>2012</td>
<td>Freedom Area School District</td>
</tr>
<tr>
<td>2012</td>
<td>School District of Shiocton</td>
</tr>
</tbody>
</table>
## Addressing the Need

### United Way Fox Cities’ PATH for Students

<table>
<thead>
<tr>
<th>School Districts</th>
<th>Active Students</th>
<th>Total Students</th>
</tr>
</thead>
<tbody>
<tr>
<td>Menasha Joint School District</td>
<td>51</td>
<td>185</td>
</tr>
<tr>
<td>Appleton Area School District</td>
<td>112</td>
<td>201</td>
</tr>
<tr>
<td>Kaukauna Area School District</td>
<td>27</td>
<td>65</td>
</tr>
<tr>
<td>Kimberly Area School District</td>
<td>13</td>
<td>30</td>
</tr>
<tr>
<td>Little Chute Area School District</td>
<td>5</td>
<td>11</td>
</tr>
<tr>
<td>Neenah Joint School District</td>
<td>19</td>
<td>44</td>
</tr>
<tr>
<td>Seymour Community School District</td>
<td>28</td>
<td>36</td>
</tr>
<tr>
<td>Hortonville Area School District</td>
<td>10</td>
<td>19</td>
</tr>
<tr>
<td>Freedom Area School District</td>
<td>1</td>
<td>3</td>
</tr>
<tr>
<td>School District of Shiocton</td>
<td>4</td>
<td>7</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>270</strong></td>
<td><strong>601</strong></td>
</tr>
</tbody>
</table>
Measuring Results

United Way Fox Cities’ PATH for Students

Outcome Measurements

- Improved Mental Health
- Improved Academic Performance
- Improved School Behaviors
United Way Fox Cities’ PATH for Students

Outcome Results:
66% experienced reduced symptoms and improved functioning
83% reported progress toward goals
78% reported feeling better about life
United Way Fox Cities’ PATH for Students

More Outcome Results:

64% showed improved academic performance
61% showed improved school behaviors
77% reported improved relationships with friends
72% reported improved relationships with family
Measuring Results

United Way Fox Cities’ PATH for Students

More Outcome Results:

- **96%** would return to therapy if needed
- **94%** would refer a friend if needed
- **100%** reported feeling respected by the therapist
Measuring Results

United Way Fox Cities’ PATH for Students

- Before I started counseling, if something was bad, I went to cutting. Now I have methods to use.
- Being there for me when no one else was.
- Knowledge on human behavior and mental illness.
- Just having a person to talk to who listens.
- Learning to understand feelings.
- Knowing how to take control of a situation.
- They told me what to do next time when I’m feeling depressed.
- Listening and not letting my problems go out the other ear.
- Help me see certain things in a different way.
- Stuff at home is a lot better - not fighting as much.
- Knowing that there will always be someone to talk to.
- I really think I want to live now.
Measuring Results: Cost/Benefit

United Way Fox Cities’ PATH for Students

Long-term Net Benefit per Student: $48,900

Cost Per Student: $1,700

= ROI: Approximately 30 to 1
Access to mental health services means a healthier community for all.
Mental Health in the Fox Cities

Achieving Better Results through Collaboration...

- Shared vision of becoming the mentally healthiest community
- Greater economic benefit to the community
- Shared accountability
- Building a system of care
  - Consumer driven
  - Evidence based/best practices
  - Better access and navigation
  - Better outcomes for a healthy community
- Increase mental health literacy and awareness
- Stigma busting
- Greater sustainability
  - Collaborative funding opportunities
  - Efficient use of resources
  - Eliminate unnecessary duplication of services
Contact

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