



### From the IIMHL and IIDL Update List

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Welcome to this bi-monthly edition of Update for 30 April 2017.

IIMHL and IIDL aim to improve client outcomes through leadership development in the mental health, addiction and disability sectors.

Update allows the rapid transfer of new knowledge through sharing information about upcoming Leadership Exchanges, as well as key national documents, training and webinars.

Please feel free to share this e-bulletin with others and we would be delighted if you would join us on Facebook.

In this issue:

### **IIMHL / IIDL Leadership Exchange 2018**

Please join us for the next Leadership Exchange in Stockholm Sweden, May 28 – June 1, 2018. Details to come in the near future!

- **IIMHL Feature Article - USA**
  - [The Effects of Social Media and Social Networking Site Usage on the Mental Health and Wellbeing of Adolescents](#)
  
- **Other IIMHL Articles of Interest - USA**
  - [The National Tribal Behavioral Health Agenda](#)
  - [The Psychology of Poverty: How scarce resources affect our behaviors and decisions, and what we can do about it](#)
  - [Guidelines for Successful Transition of People with Mental or Substance Use Disorders from Jail and Prison: Implementation Guide](#)
  - [Mortality and Morbidity in the 21st Century](#)
  - [The NASMHPD \*Early Intervention in Psychosis\* \(EIP\) Virtual Resource Center](#)
  - [Peer Specialists in Crisis Intervention Services](#)
  - [Medication Assisted Treatment Pocket Guide](#)
  - [Making Health Care Better Addressing Mental Health: Progress in research, prevention, coverage, recovery and quality health care in America: Making progress for people with mental health conditions](#)

- [Investing in the Early Years: The Costs and Benefits of Investing in Early Childhood in New Hampshire](#)
- **IIDL Feature Articles - USA & Canada**
  - [The State of Transportation for People With Intellectual and Developmental Disabilities in Medicaid Home and Community-Based Services 1915\(c\) Waivers](#)
  - [Episodic Disabilities and Post-secondary Education in Canada: Literature Review](#)

## **IIMHL Feature - USA**

### **The Effects of Social Media and Social Networking Site Usage on the Mental Health and Wellbeing of Adolescents**

Linnea S. Havener

**A THESIS** Presented to the Department of Psychology and the Robert D. Clark Honors College in partial fulfillment of the requirements for the degree of Bachelor of Arts, 2016.

Adolescents growing up in the 21st century spend a large portion of their time accessing the Internet through a variety of technological devices. Research by Lenhart (2015) reported 92% of American teenagers say they go online every day and 24% reported that they are online “almost constantly.” Almost three-quarters of adolescents in the U.S. have access to a smartphone allowing an increasing accessibility to the Internet (Lenhart, 2015).

In response to the high number of Internet users, researchers have examined how general Internet use may be affecting adolescents’ mental health and wellbeing. For example, Belanger, Akre, Berchtold, & Michaud (2011) found both heavy Internet users and non-internet users to be at an increased risk for poorer mental health and increased somatic health problems. In comparison, there is not much knowledge of potential risks for adolescents’ use of the Internet specifically to access social media and networking sites.

[https://gallery.mailchimp.com/c4f6b2fca0e12e49c424dea9f/files/The\\_effects\\_of\\_social\\_media\\_Thesis\\_2016.pdf](https://gallery.mailchimp.com/c4f6b2fca0e12e49c424dea9f/files/The_effects_of_social_media_Thesis_2016.pdf)

## **Other IIMHL Articles of Interest: USA**

### **The National Tribal Behavioral Health Agenda**

SAMHSA, 2016

A first-of-its-kind collaborative tribal-federal blueprint for improving the behavioral health of American Indians and Alaska Natives. This was developed in response to calls from tribal leaders for improved collaboration with federal agencies to address the behavioral health of their communities.

**Part One** of the document provides background on the historical and current contexts

of tribal communities, data on targeted behavioral health issues faced by American Indians and Alaska Natives, and health care service system issues and considerations. The TBHA is a collaborative tool – it can be used by any entity that has the ability to contribute positively to tribal communities. As such, the information aims to achieve common understanding of the issues requiring collaboration.

**Part Two** of the document includes the foundational elements, priorities, and strategies of the TBHA that were derived through tribal input. The components of the TBHA are not all-inclusive but rather, collectively they reflect areas of agreement across many conversations that have been elevated for collaboration. Part Two also includes examples of current federal programs that are synergistic with the foundational elements, priorities, and strategies. The federal examples underscore that critical programs exist and can be effectively leveraged to improve behavioral health.

<http://store.samhsa.gov/shin/content//PEP16-NTBH-AGENDA/PEP16-NTBH-AGENDA.pdf>

### **The Psychology of Poverty: How scarce resources affect our behaviors and decisions, and what we can do about it**

American Psychological Association

By [Ramani Durvasula, PhD](#), [Eldar Shafir, PhD](#), [David Yokum, PhD](#), and [Chye-Ching Huang](#)

On Dec. 2, 2016, APA hosted a congressional briefing in conjunction with U.S. Rep. Barbara Lee, D-Calif., on "The psychology of poverty: How scarce resources affect our behaviors and decisions, and what we can do about it." The session was chaired by Ramani Durvasula, PhD, and speakers included Eldar Shafir, PhD, David Yokum, PhD, and Chye-Ching Huang, LLM. Shafir explained how day-to-day stresses of scarce finances can have harmful cognitive effects, Yokum described how governmental programs can help low-income people overcome the effects of scarcity and Huang rounded out the session by placing the research findings in the broader context of political threats to the federal safety net. The briefing attracted a full room of congressional staffers and other attendees. The [transcript of the congressional briefing](#) (PDF, 308KB) is available online:

<http://www.apa.org/pi/ses/resources/indicator/2017/01/poverty-briefing-transcript.pdf>

For more information on how limited resources affect our decisions and behaviors, please access the [scarcity factsheet](#) (PDF, 506KB):

<http://www.apa.org/about/gr/issues/socioeconomic/scarcity-fact-sheet.pdf>

### **Guidelines for Successful Transition of People with Mental or Substance Use Disorders from Jail and Prison: Implementation Guide**

SAMHSA, 2017

The purpose of Guidelines for Successful Transition of People with Mental and Substance Use Disorders from Jail and Prison: Implementation Guide is to provide behavioral health, correctional, and community stakeholders with examples of the implementation of successful strategies for transitioning people with mental or substance use disorders from institutional correctional settings into the community.

<http://store.samhsa.gov/shin/content//SMA16-4998/SMA16-4998.pdf>

### **Mortality and Morbidity in the 21st Century**

Princeton Professors Anne Case and Angus Deaton

March 2017

In a follow-up to their groundbreaking study that revealed an increase in middle-aged mortality among white, non- Americans, Princeton University Professors Anne Case and Sir Angus Deaton's new report, *Mortality and Morbidity in the 21st Century*, provides an explanation of why this phenomenon is occurring.

In the paper, published as part of the Spring 2017 edition of the [Brookings Papers on Economic Activity](#), the co-authors identified several contributing factors and patterns leading to the dramatic rise to the midlife mortality rates among white, non-Hispanic Americans. The researchers found that the rate of "deaths of despair" from drug overdose, alcohol and suicide in middle aged white Americans rose in nearly every parts of the nation from 2000 to 2014.

<https://www.brookings.edu/bpea-articles/mortality-and-morbidity-in-the-21st-century/>

### **The NASMHPD *Early Intervention in Psychosis (EIP) Virtual Resource Center*** NASMHPD, 2016

The EIP virtual resource center is designed to provide reliable information for practitioners, policymakers, individuals, families, and communities in order to foster more widespread adoption and utilization of early intervention programming for persons at risk for (or experiencing a first episode of) psychosis. The site includes information from a national RWJF-funded demonstration to identify and prevent the onset of psychotic illness – the Early Detection and Intervention for the Prevention of Psychosis Program (EDIPPP) – as well as other early intervention initiatives. This initiative was made possible through the generous support of the Robert Wood Johnson Foundation (RWJF).

<http://www.nasmhpd.org/content/early-intervention-psychosis-eip>

### **Peer Specialists in Crisis Intervention Services**

SAMHSA, PaPSC, NASMHPD, 2016

This brief YouTube video shows peer specialists currently involved in the delivery of crisis intervention services talking about their jobs - their specific responsibilities, the satisfactions and challenges associated with this crisis response work, their relationships with non-peer colleagues, and the ways in which they make use of their personal stories to help individuals better manage their emotional crises and then move forward with their lives.

This video was a joint project of the Pennsylvania Peer Support Coalition (PaPSC), the Temple University Collaborative on Community Inclusion and the Pennsylvania Office of Mental Health and Substance Abuse Services, supported under the Substance Abuse and Mental Health Services Administration's (SAMHSA) 2015 Transformation Transfer Initiative with the National Association of State Mental Health Program Directors.

<https://www.youtube.com/watch?v=3eGKFjQ20ZY&feature=youtu.be>

### **Medication Assisted Treatment Pocket Guide**

SAMHSA, 2016

SAMHSA's pocket guide offers guidelines for medication assisted treatment (MAT) for patients with opioid use disorder and discusses the various types of approved

medications, screening and assessment tools, and best practices for patient care. MAT is an effective response to opioid use disorder. It is the use of medications, in combination with behavioral therapies, to provide a whole-patient approach to the treatment of substance use disorders. Individuals receiving MAT often demonstrate dramatic improvement in addiction-related behaviors and psychosocial functioning. <http://store.samhsa.gov/shin/content//SMA16-4892PG/SMA16-4892PG.pdf>

**Making Health Care Better Addressing Mental Health: Progress in research, prevention, coverage, recovery and quality health care in America: Making progress for people with mental health conditions**

The White House, 2016

This report highlights how the Affordable Care Act and other policy actions over the past eight years have expanded the resources and protections for people that are affected by mental disorders. While people with mental illnesses may also have substance use disorders and there is overlap in some of the systems and programs that serve them, this paper is focused on mental illnesses, also termed mental disorders. As a companion piece, the Department of Veterans Affairs has released a summary of the Administration's work to marshal efforts across government and partner with communities to ensure Service members, Veterans, and their families get the mental health care they need and have earned.

[http://actionallianceforsuicideprevention.org/sites/actionallianceforsuicideprevention.org/files/mental\\_health\\_and\\_suicide\\_prevention\\_report\\_9-28-16%281%29.pdf](http://actionallianceforsuicideprevention.org/sites/actionallianceforsuicideprevention.org/files/mental_health_and_suicide_prevention_report_9-28-16%281%29.pdf)

**Investing in the Early Years: The Costs and Benefits of Investing in Early Childhood in New Hampshire**

RAND Corporation

[Lynn A. Karoly](#), 2017

Recognizing the importance of the first five years of life, states have been expanding their investments in an array of early childhood interventions designed to address early life stressors and other factors that can compose healthy child development. Drawing on an extensive body of program evaluation and economic evaluation research, this report documents the ongoing need for early childhood investments in the state of New Hampshire, particularly for at-risk children; the evidence base for three strategies for promoting child development from birth to kindergarten entry — early home visiting, high-quality child care, and high-quality preschool; and the estimated economic returns in New Hampshire under various scenarios for expanding investments in such programs.

[http://www.rand.org/pubs/research\\_reports/RR1890.html?adbsc=social\\_20170221\\_1329371&adbid=833931775541776384&adbpl=tw&adbpr=22545453](http://www.rand.org/pubs/research_reports/RR1890.html?adbsc=social_20170221_1329371&adbid=833931775541776384&adbpl=tw&adbpr=22545453)

## **IIDL Features - USA & Canada**

**The State of Transportation for People With Intellectual and Developmental Disabilities in Medicaid Home and Community-Based Services 1915(c) Waivers**

1. **Carli Friedman**, PhD, University of Illinois at Chicago, USA
2. **Mary C. Rizzolo**, PhD, The Council on Quality and Leadership, USA

Transportation is a critical need for people with disabilities, especially those with intellectual and developmental disabilities (IDD). Despite this need, Medicaid does not require states provide transportation for people with IDD. In 2003, the Bureau of Transportation Statistics (2003) reported 6 million people with disabilities had transportation problems.

From our findings, it appears transportation services for people with IDD in waivers need to be expanded to support community access and integration.

<http://dps.sagepub.com/content/27/3/168>

### **Episodic Disabilities and Post-secondary Education in Canada: Literature Review**

Elisabeth Harrison, MA, PhD Student, Critical Disability Studies, York University

The review is to synthesize the most relevant academic and grey literature on the topic of episodic disabilities and post-secondary education in Canada. The value of promoting meaningful education for all Canadian students, including disabled students, has been increasingly recognized from the 1980s onward (Kohen et al., 2006; Mullins & Preyde, 2013). As this review will discuss, legislation mandating access to education for students with disabilities has typically focused on access to the primary and secondary levels of education, and does not directly address access to post-secondary education (Multiple Sclerosis Society of Canada, 2014; National Educational Association of Disabled Students, 2012). Further, laws and policies promoting access to education for students with disabilities have tended to be designed to address the needs of students with permanent disabilities, which has excluded many students with episodic disabilities (Baur, Parker & Dufflet, 2014). For these reasons, students with conditions now recognized as associated with episodic disability have faced many barriers to accessing post-secondary education and to remaining in their program of study and ultimately graduating, which has serious implications for their opportunities to find adequate employment.

[http://realizecanada.org/wp-content/uploads/FINAL\\_Lit\\_Review.pdf](http://realizecanada.org/wp-content/uploads/FINAL_Lit_Review.pdf)

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