

University Blues: Mental Health Needs of Foster Youth in Higher Education

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Agenda

Opening: 10:00am – 10:10am

- Introduction and Warm-up

Part I: 10:10am – 10:40am

- FFY – Identity / Culture
- Digital Story

Part II: 10:40am – 12:00pm

- Mental Health Issues
- Symptoms / Diagnoses
- Grief and Loss Exercise

Lunch: 12:00pm – 1:00pm

Part III: 1:00pm – 2:15pm

- CYC – FFY Empowerment
- Intervention Strategies

Break: 2:15 – 2:30pm

Part IV: 2:30pm – 3:45pm

- Interventions Strategies - Continued
- Community Collaboration
- Funding MHS for FFY

Part V: 3:45pm – 4:00pm

- Question and Answer Period
- Training Evaluation Forms

Learning Objectives

- Complex mental health issues for FFY in higher education settings.
- Connection between cognitive, emotional and behavioral symptoms
- Relevant research, DSM IV-TR diagnostic criteria and theoretical principles.
- Youth Empowerment - CYC
- Professional and paraprofessional interventions
- Practical application for your work with FFY

Introduction and Warm-up

- Review of Handouts
- They Are Survivors - Poem
- Warm-up Exercise

Who is the FFY?

- FFY and the General Student Population
- Permanency & Loss
- Culturally sensitive help

Digital Story

- Johnny's Story
- 2 Excellent resources:
 - Y.O.U.T.H. Training Project
 - www.youthtrainingproject.org
 - CPYP
 - www.cpy.org/digitalstories.html

Mental Health Issues

- Mental Health Outcomes - FFY
- Transitioning out of Foster Care
- Permanency
- Resiliency
- Trauma history
- Personal vs. Professional Boundaries
- History with Mental Health Services (MHS)

Emotional Symptoms

- Anxiety / Shock
- Anger / Rage
- Depression
- Emotional Tantrums
- Hypersensitive / Over-Reactive

Cognitive Symptoms

- Developmental Trauma
- Disbelief / Confusion
- Hopelessness / Helplessness
- Lack of concentration
- Loss of touch with reality / Psychosis
- Suicidal / Homicidal ideation

Behavioral Symptoms

- Behavioral Tantrums
- Defiance / Aggression
- Eating Disturbance
- Lying, Cheating and Stealing
- Physical Symptoms
- Sleep Cycle Disturbance
- Social Withdrawal
- Substance use / abuse

DSM IV-TR Diagnostic Categories

- Anxiety Disorders
- Behavioral Disorders
- Bipolar Disorder
- Depressive Disorders
- Personality Disorders
- Psychotic Disorders
- Substance Use / Abuse

Your Experience of Loss

- Take the 10 pieces of paper and list 1 important thing in your life on each piece of paper
- Pair up with a partner for this exercise
- Be sure to take care of yourself

CYC – FFY Empowerment

Hemal Sharifzada

- California Youth Connection
- Conference & Trainings Coordinator
- 717 K Street 9th Floor
- Sacramento, CA. 95814
- Desk: 916-444-2560 ex. 21
- Fax: 916-444-3060
- Cell: 530-945-9578
- Website: www.calyouthconn.org

Interventions

- Approaching the Student
- Permanency / Social Support
- Student Health Services
- Student Psychological Services
- Academic Programs
- Groups / Para-Professionals
- Holistic / Alternative Medicine

It is ALL about Collaboration

- Outreach to the FFY
- Local CWS / ILP Providers
- TAY Focused Groups / Agencies
- Community Mentorship Programs
- Local / County Mental Health Agencies
- Local / County Education Agencies
- Local Graduate Schools
- Community / Cultural Organizations
- Service Organizations
- Community Housing Programs

Funding Mental Health Services

- Former Foster Youth Medi-Cal until Age 21
- University Health Insurance
- State Insurance after Age 21
- County Funded Mental Health Services
- Private / Employer based health insurance

Review of Training

- Complex mental health issues for FFY in higher education settings.
- Connection between cognitive, emotional and behavioral symptoms
- Relevant research, DSM IV-TR diagnostic criteria and theoretical principles.
- Youth Empowerment - CYC
- Professional and paraprofessional interventions
- Takeaways = Application into your work with FFY

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