Kids' Minds Matter®

Advocates for Mental Health

2019 IMPACT REPORT

WHAT IS KIDS' MINDS MATTER?

Kids' Minds Matter originated to raise awareness about the need for pediatric mental and behavioral healthcare services as well as to raise the funds required to make these services available in the region through Golisano Children's Hospital of Southwest Florida and Lee Health.

Kids' Minds Matter continually creates awareness, provides advocacy and inspires philanthropy. As advocates, we are dedicated to fostering partnerships that support existing services, identifying and filling gaps in the continuum of care, and innovating new treatments.

A NATIONAL CRISIS THAT IMPACTS US ALL

NATIONALLY A lack of understanding about children's mental health is still prevalent, and there is a critical shortage of available pediatric mental and behavioral health providers in the United States. Additionally, most families struggle to pay for the services that are available.

63% OF YOUTH WITH **MAJOR DEPRESSION** ARE NOT RECEIVING MENTAL HEALTH TREATMENT IN THE U.S.[1]

SUICIDE IS THE **2ND** LEADING CAUSE OF DEATH FOR **10-24** YEAR OLDS[5]

ON AVERAGE CHILDREN WAIT **8 to 10** YEARS FROM THE ONSET OF SYMPTOMS BEFORE RECEIVING TREATMENT[1]

IN SOUTHWEST FLORIDA...

An estimated 46,000 or more children will be impacted by a mental or behavioral health disorder.[3] These young people need services quickly, but the wait time is 3-4 months to see a provider. Furthermore, 80% of the pediatric population in our region is governmentally insured and falls within the low income bracket[4], and Golisano Children's Hospital is one of the few providers who can treat patients regardless of their ability to pay. This is only possible through private philanthropy.

KEEPING UP WITH AN EPIDEMIC

Our community is beginning to recognize that we have a children's mental health epidemic in our country, and especially in our region. Florida has less than 50% of the providers and double the preventable inpatient days relative to top performing states in the U.S. As a state, we are ranked 36th[6] in the country for per-capita spending for pediatric mental health services. As a result, we are seeing an increase in bullying, school violence, drug use and self-harm.

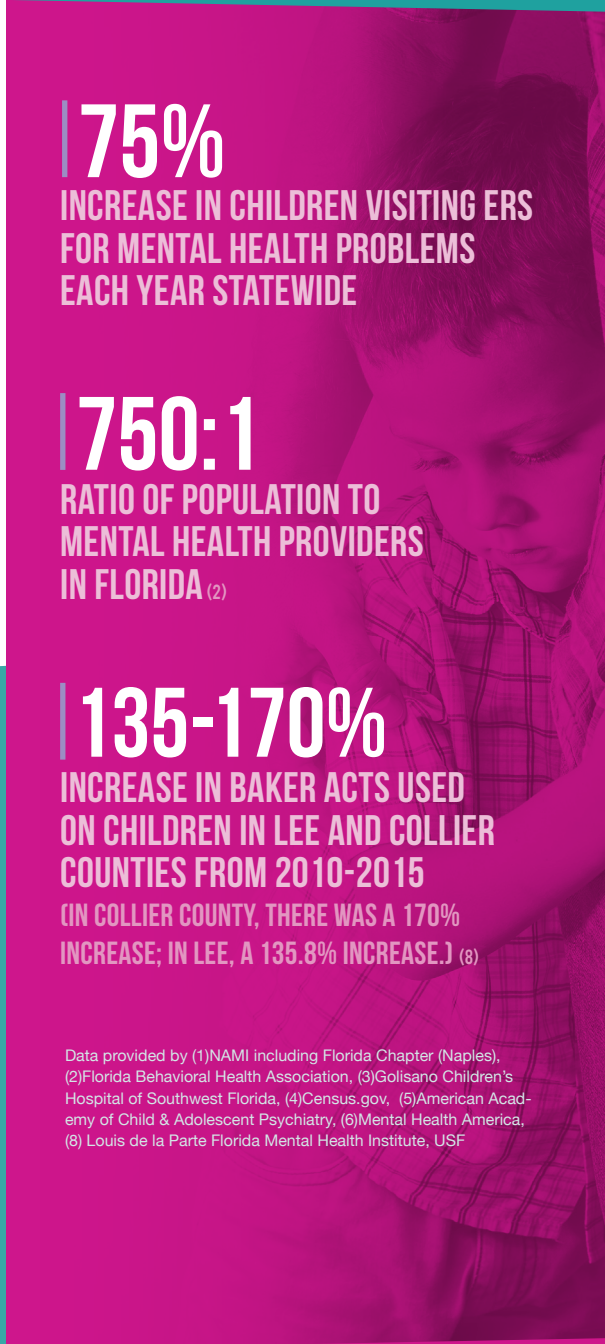
WHEN LEFT UNTREATED, THESE CONDITIONS IMPACT OUR YOUTH WELL INTO THEIR ADULT YEARS:

- **50% of students with mental health symptoms ages 14 and over drop out of school** [1]
- **70% of youth in the state and local juvenile justice system have a mental health condition** [1]

Thanks to increasing community support, Golisano Children's Hospital is treating more children than ever, but we know they can't reach all those who need services. As the need grows, it's imperative that we expand services to reduce wait times and make care readily accessible to all children in need.

GOLISANO CHILDREN'S HOSPITAL OUTPATIENT BEHAVIORAL HEALTH PROVIDERS HAVE SEEN:

- **6,980 total visits in Fiscal Year 2017**
- **10,143 total visits in Fiscal Year 2018**
- **14,570 total visits in Fiscal Year 2019**
- **22,037 total visits projected in Fiscal Year 2020**



75%
INCREASE IN CHILDREN VISITING ERS FOR MENTAL HEALTH PROBLEMS EACH YEAR STATEWIDE

750:1
RATIO OF POPULATION TO MENTAL HEALTH PROVIDERS IN FLORIDA [2]

135-170%
INCREASE IN BAKER ACTS USED ON CHILDREN IN LEE AND COLLIER COUNTIES FROM 2010-2015
(IN COLLIER COUNTY, THERE WAS A 170% INCREASE; IN LEE, A 135.8% INCREASE.) [8]

Data provided by (1)NAMI including Florida Chapter (Naples), (2)Florida Behavioral Health Association, (3)Golisano Children's Hospital of Southwest Florida, (4)Census.gov, (5)American Academy of Child & Adolescent Psychiatry, (6)Mental Health America, (8) Louis de la Parte Florida Mental Health Institute, USF

OUR IMPACT TO DATE

As part of the region's strategic solution to the children's mental and behavioral health epidemic in Southwest Florida, we are bringing improved access to care for families and providing a framework to connect community partners. Over the last three years, Kids' Minds Matter has contributed to the following outcomes.

1,000% INCREASE IN OUTPATIENT VISITS FROM 2017 TO 2019 THROUGH IMPROVED STAFFING AND AN EXPANDED FACILITY AT GOLISANO CHILDREN'S HOSPITAL

25 PROVIDERS ADDED TO DATE

Thanks to funds raised by Kids' Minds Matter, Lee Health has expanded its team of providers. While this is a significant step forward, there is still a shortage of providers in the region and a waiting list to receive services through Lee Health and its partners. More providers are needed to meet the need for new and existing children's mental health services in Southwest Florida.

- 2 PEDIATRIC PSYCHIATRISTS
- 4 PSYCHOLOGISTS
- 1 FAMILY THERAPIST
- 5 DEVELOPMENTAL PEDIATRICIANS
- 2 MENTAL HEALTH COUNSELORS
- 2 SOCIAL WORKERS
- 3 CHILD ADVOCATES
- 3 AUTISM SERVICE NAVIGATORS
- 3 MENTAL HEALTH NAVIGATORS IN LOCAL SCHOOLS

500 FSW STUDENTS RECEIVE SUICIDE PREVENTION EDUCATION

Additionally, Mental Health First Aid education is available to the community and emergency medical staff, and is frequently offered at Lee Health campuses and at schools within the region.

63 PEDIATRICIANS TRAINED THROUGH THE REACH PROGRAM IN THE LAST 3 YEARS

BREAKTHROUGH PROGRAMS AND PARTNERSHIPS

Kids' Minds Matter is dedicated to fostering partnerships that support existing services and is credited as a driver of the first regional "syntegration" exercise in 2018. Syntegration involves gathering top clinical and administrative leaders in health care, education, law enforcement, judicial and nonprofit sectors to address ways to improve access to care in Southwest Florida. Many robust programs have grown out of this collaborative approach to meeting the community's needs including:

REGIONAL MENTAL HEALTH FAIR - In collaboration with Lee Health and Golisano Children's Hospital, the inaugural event held on May 23, 2019 featured 24 vendors sharing community services with 130 attendees.

NORMAL IS OVERRATED - Supported by Kids' Minds Matter, Healthy Lee and Fort Myers Progress Panel, the program is led by high school students to reduce stigma and create awareness regarding mental and behavioral health issues impacting adolescents. The inaugural event was held on Sept. 7, 2019.

KIDS IN CRISIS - In partnership with Hazelden Betty Ford, the Sept. 12, 2019 event featured keynote speaker Jerry Moe, who discussed the impact of substance abuse on children and families.

MENTAL HEALTH NAVIGATORS - During the 2019/2020 school year, we hired three in-school navigators dedicated to Lee and Collier County school systems. The navigators provide peer mentoring and support for families whose students face mental health challenges. The program will be used as a pilot project to acquire a SAMHSA grant co-sponsored by Lee Health and the Lee and Collier County public schools. It will also be showcased during the 2020 Regional Mental Health Fair.

EVERY BRILLIANT THING - The play "Every Brilliant Thing" (performed by Florida Repertory Theatre) was performed for 12,000 students in theatres and at one school location. Talk-back sessions with local behavioral health professionals followed each show. The plot is about a young boy learning to cope with his mother's suicide attempts and eventual death by suicide.

MENTAL HEALTH MONDAYS - In April 2020, Kids' Minds Matter began hosting weekly Facebook Live experiences with mental and behavioral experts in the region. Attracting viewers from across the nation, the speakers share their expertise on a topic and field questions from the audience live.

WHAT'S NEXT... EXPANDING SERVICES FOR CHILDREN

In addition to introducing breakthrough programs with its partners, Kids' Minds Matter is working with existing partners and forging new connections to advocate for expanded services for children in our region.

IMPROVING OUTPATIENT ACCESS - Recruitment efforts are underway to hire more providers at Lee Health, including a Florida State University (FSU) Post Doctorate Fellow who would establish an integrated mental health primary care model for pediatric services. Plans also include extended evening hours and weekends for outpatient services as new providers come on board at Lee Behavioral Health.

FGCU SCHOLARSHIP PROGRAM - For Florida Gulf Coast University master's degree students, the proposed scholarship would provide a stipend to support a 6- to 12-month internship program at Lee Behavioral Health. Internships will enable the program to proactively cultivate future providers for its team.

AUTISM TESTING CENTER - Plans are underway and a partnership with the FSU Autism Institute is being established to bring a much-need autism testing center to Southwest Florida. Lobbying efforts have begun to tap into federal funding for the center.

DEVELOPMENT OF ADOLESCENT INTENSIVE TREATMENT PROGRAM (I.O.P.) Developing plans to provide intensive outpatient behavioral health treatment for adolescents, for which adequate services do not currently exist in the region.

MENTAL HEALTH AWARENESS - Developing a larger online presence with a microsite that Kids' Minds Matter can leverage to promote awareness and host valuable content for community wide access.

OUR GOAL 50% DECREASE IN VOLUNTARY AND INVOLUNTARY PEDIATRIC PSYCHIATRIC HOSPITALIZATIONS

KIDS' MINDS MATTER

IS WORKING TO REACH THIS GOAL BY FOCUSING ON THREE CRITICAL AREAS:

1. **Improving access to care**
2. **Expanding community engagement and education to reduce prejudice and promote early detection**
3. **Building capacity in the region through collaboration and partnerships: to identify gaps in behavioral health care, enhance existing services and develop programs to better meet the needs of our community**

IMPROVING ACCESS TO CARE

EARLY INTERVENTION is absolutely critical to ensuring better outcomes for children with mental health challenges. Building a multi-faceted system will improve access to care, so we can reduce Baker Acts by 35-40%.

- Expand the pediatric behavioral care clinic at Golisano Children's Hospital
- Add retail locations throughout the region to make services more accessible
- Create an adolescent Intensive Outpatient Program (IOP) for high-risk youth
- Provide partial hospitalization
- Develop an autism testing center to expedite diagnosis and early interventions
- Create a care management system
- Roll out pediatric digital cognitive behavioral treatment, leveraging technology to better serve digital natives

BUILDING CAPACITY IN THE REGION

RECRUITING OF PROVIDERS is often difficult as a result of a small pool of applicants, competitive salaries, and cost of living in Southwest Florida. To address the issue, we're pursuing multiple solutions...

- Partner with colleges and universities, providing scholarships and fellowships
- Improve training opportunities
- Recruiting and retaining providers
- Partner with primary care doctors, FSU fellows

COMMUNITY ENGAGEMENT AND PARTNERSHIP

KIDS' MINDS MATTER is credited as driver of the regional "syntegration" exercise in 2018, which gathered top clinical and administrative leaders in the fields of health care, education, law enforcement, judicial and nonprofit organizations addressing ways to improve access and care in Southwest Florida in the next three years. The organization is also credited with initiating and supporting the Mental Health Fair on May 23, 2019, which brought together mental health providers in Region 8 with a focus on how to partner and coordinate care. This work has to...

- Collaborate with K-12 schools to expand the Kids' Minds Matter mental health navigators program
- Continue hosting events to convene community partners
- Invest in collaboration by sponsoring events
- Develop and engage in events, lectures, symposiums and speaking opportunities
- Advocate for government support with integrated lobbying efforts

PAUL SIMEONE, PH. D

VP/ MEDICAL DIRECTOR OF BEHAVIORAL HEALTH AT LEE HEALTH

Dr. Simeone was recruited to develop and lead the strategic vision for mental and behavioral healthcare in Southwest Florida.

"We have a duty to step up and lead the way in creating better mental and behavioral healthcare solutions for our children. If we can do that here in Southwest Florida, we can serve as a model for the rest of the country."

Learn more at KidsMindsMatter.com

WITH YOUR SUPPORT, WE CAN REACH THE 46,000+ SWFL CHILDREN WHO SUFFER FROM MENTAL HEALTH ISSUE

MAKE a personal or corporate pledge

ATTEND the annual Secret Garden Gala held every March

HOST or attend a community education course

Kids' Minds Matter®
Advocates for Mental Health

BECOME AN ADVOCATE

KIDSMINDSMATTER.COM
239.214.0921
INFO@KIDSMINDSMATTER.COM