

In September 2009, the Clermont County Mental Health & Recovery Board was awarded a six year Cooperative Agreement from the Center for Mental Health Services (CMHS) of the Substance Abuse and Mental Health Services Administration (SAMHSA) to enhance Clermont County's System of Care, named FAST TRAC. It has been reported that TIP youth experience significantly more challenges than same-aged peers participating in national studies including the Centers for Disease Control and Prevention's Youth Risk Behavior Surveillance System. For example, TIP youth experience about twice the rate of Attention Deficit/Hyperactivity Disorder, learning disabilities, and major depression; they are also up to seven times more likely to be victims of violence. Specialized and enhanced services such as Clermont County's TIP program are greatly needed to help offset these challenges for community youth. Eighty-six youth have participated in FAST TRAC's TIP services. Of those currently in the program, 47.7% are male and 52.3% are female. The average age of TIP youth is 17.8 years, with 22.5% in eighth to ninth grade, 61.25% in tenth to eleventh grade, and 16.25% in twelfth grade.

**“TIP is extremely helpful as a part of our team approach to care. They are there and available to help when we can't be. The TIP program has helped many youth to stay in our community by helping them locate housing, connecting them to locate resources, providing ongoing mental health services, and keeping them focused on their goal to finish school. TIP advocates for the youth and helps them obtain the services they need. There is no other service in our area that can do what they do for our youth.”**

*Children Protective Services Case Worker*

## TIP YOUTH IMPROVE DESPITE CHALLENGES

### MATT'S STORY

Matt is 18 years old and has been a part of the TIP program for a little over a year. He has a history of struggling with schizoaffective disorder. This has contributed to conflict with his family, fighting in school and with others and some criminal behavior, exacerbating feelings of depression, anger and low self-esteem.

Since joining TIP, Matt has participated in case management services, counseling, youth social activities, and psychiatry. He now is regularly taking medication to better manage his symptoms.

He has been involved with the Easter Seals vocational program and graduated from Live Oaks with certifications in carpentry and construction. His mood and communication with others has improved, contributing to reduced instances of conflict.

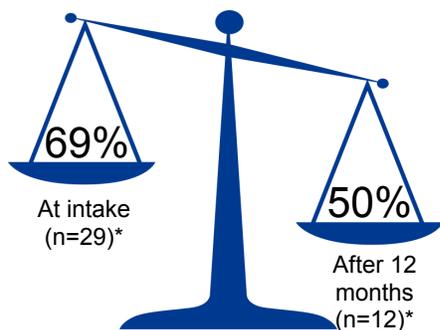
With help from TIP, Matt has recently moved into his own apartment. TIP continues to assist him with locating and accessing community resources. Despite transportation issues, Matt is now actively seeking employment in his field.

**“Working with different people who understand my disability gave me the chance to live on my own and help finding where to go.”**

*TIP Youth Participant*

Overall, TIP youth continue to **improve their daily living activity skills**. From the time of enrollment in TIP to 12 months in TIP, 16 of 20 indicators (e.g. productivity, alcohol and drug use, behavioral norms, coping skills and time management) **have moved in a positive direction**. **Increases in normative behaviors and coping skills** may contribute to **stronger independent living skills** and less involvement with criminal behaviors and the justice system.

### TIP YOUTH INVOLVED WITH THE COURT



\*n=number of participants

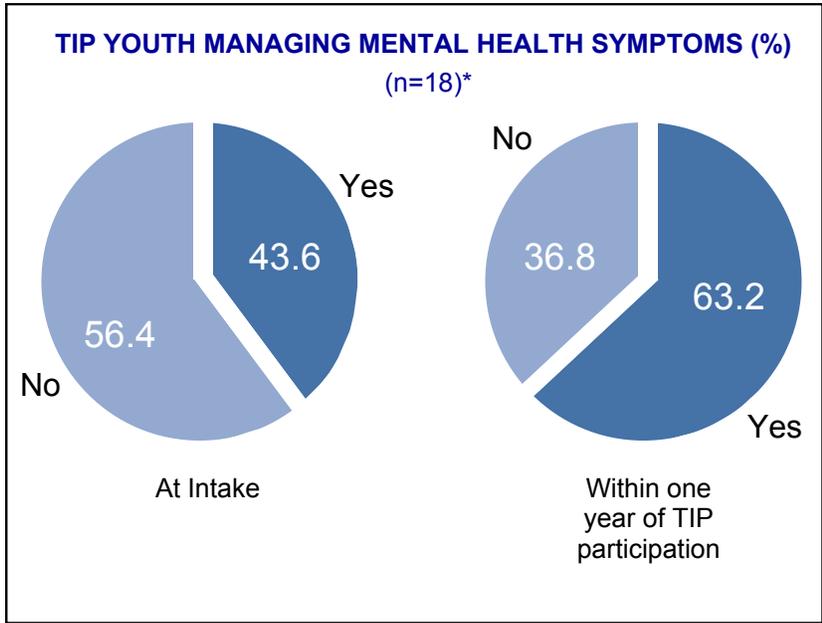
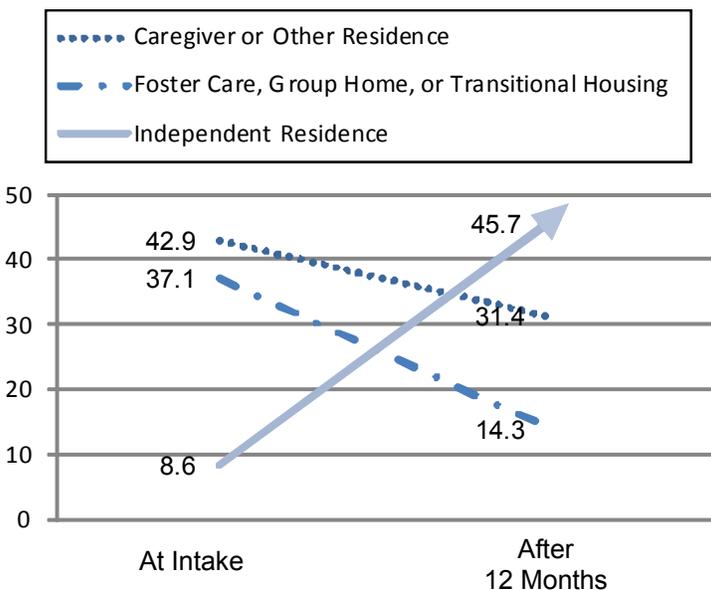
TIP is an evidence-supported practice that has been proven to be effective in helping youth and young adults with severe emotional and behavioral difficulties. TIP helps youth learn how to use their strengths and teaches them new skills to solve problems and plan for the future in the areas of physical and mental wellness, housing, employment, education, community involvement, and relationships.

**THROUGH THE ASSISTANCE OF TIP STAFF, YOUTH ARE MAKING DECISIONS TOWARD IMPROVED SELF-CARE AND HEALTH OUTCOMES WHILE BUILDING LIFE SKILLS THAT HELP THEM ACHIEVE INDEPENDENT LIVING.**

**YOUTH BECOME MORE INDEPENDENT WITHIN ONE YEAR OF TIP PARTICIPATION**

**HOUSING FOR TIP YOUTH AFTER 12 MONTHS (%)**

(n=35)\*



**83.3%**

**Of youth report having a Primary Care Physician (PCP) within one year of TIP participation.**

PCPs can treat acute and temporary illnesses. PCPs can also help prevent and identify health issues before they become serious, referring to other specialists if needed.

Maintaining health with a regular PCP mitigates the financial strain for the individual and the community that accompanies Emergency Room visits as a primary source for care. Within a year of receiving TIP services, 0% of youth used the ER for health issues.

(n=18)\*

**TIP YOUTH WHO HAVE CONNECTED WITH GREATER CINCINNATI BEHAVIORAL HEALTH SERVICES**  
(n=18)\*

At Intake: 11.1%

After 12 Months: 61.1%

Having a single mental health services provider may assist in coordination within a system of care, improving access and connection to community resources.

\*n=number of participants