

## YOUTH BEHAVIORAL HEALTH

# THE PROMISE OF MENTAL WELL-BEING FOR ST. JOHNS COUNTY STUDENTS

Flagler Hospital and Flagler Health+ Care Connect are working to bring more behavioral health services to our community's students.

Flagler Health+ Care Connect serves as the hub to connect all St. Johns County schools to the school district's Multi-Tiered System of Support, creating a one-stop shop for increased access to behavioral health services. At the center of this hub is text messaging.



Students in distress can reach out for help by text, so that access to care is literally at their fingertips. The text-to-care system will be backed up by Flagler's contract with American Well, the largest system for Telehealth technology, giving students and their families access to licensed behavioral health clinicians around the clock.

Flagler Health+ Care Connect is a subsidiary of Flagler Hospital and a community alliance established to address social determinants of health throughout St. Johns County. Because social needs are at the heart of 60% of our overall health and well-being, Flagler Health+ is doing more to meet these needs.

### **Our students hold the promise of the future, and the Crisis Text Line will bring them the promise of well-being.**

Young people use and trust text messages. A young person in emotional distress can text Care 4U to 741741, night or day, and be connected to a live, trained Crisis Counselor. Once the situation is deescalated, the Counselor will connect the "texter" to Flagler Health+ Care Connect. Once connected, a Care Navigator will guide that student to resources and community providers for the follow-up care he or she needs, working through barriers to services such as transportation or insurance coverage.

"More than anything, I want these children to know there is somewhere to turn; that it is OK to be vulnerable and fragile. There is a committed community of providers here to help. We want to give a voice to these children's fears and provide them with the help they so desperately need, and deserve."

**-JASON BARRETT, PRESIDENT AND CEO, FLAGLER HOSPITAL**



### Behavioral Health—A Major Health Challenge

The number of young people who need access to counseling and care is staggering. And the stigma around mental illness means adolescents may not seek help for themselves or help peers dealing with mental distress.

Here is the challenge:

- + **One in five children will have a serious mental illness.**
- + **Suicide is the third leading cause of death in youth ages 10-24.**
- + **St. Johns County negatively ranks 55<sup>th</sup> out of 67 counties in Florida in overall deaths by suicide among 18-24-year olds.**
- + **In Florida, 66.8% of youth suffering major depression do not receive any mental health treatment.**
- + **This means 6 out of 10 young people who are most at risk do not receive the supportive treatment they need.**

### You Can Bring the Promise of Behavioral Health Care to Our Youth

Florida ranks 43<sup>rd</sup> amongst U.S. states for availability of mental health professionals. That's only one provider for every 750 residents. Through Flagler Health+ Care Connect, you can help bring behavioral health care to the 40,000 students in St. Johns County schools. Your gift will extend access to care for each family's unique needs through:

- + **A skilled Program Manager.**
- + **Care Coordinators and Licensed Clinical Social Workers that will serve 12 schools by 2021.**
- + **Telehealth services in kiosks in 12 schools by 2021.**
- + **Telehealth access via home computer or smartphone.**
- + **The Crisis Text Line number placed on every student's badge.**
- + **Clinical oversight by Flagler Health+ to school based behavioral health providers, and ongoing continuing education to address the unique needs of these providers and their students.**

Help us to support the children of our community.