

Introducing Charge-Up!

A team-based critical time
intervention for young adults

Sarah C. Narendorf, University of Houston

Prince Hayward, University of Houston

Michelle Munson, New York University

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Housing & Mental Health

High rates of mental health problems documented among YAEH across settings (Hogsdon, 2013; Whitbeck, 2004)

Low rates of mental health services use related to both access and attitudinal barriers (Cauce et al, 2000; Cauce et al, 2002; Narendorf et al, 2023)

Bi-directional relationship between Mental Health and Homelessness – need to intervene with both outcomes (Narendorf, 2017)

Point of transition into housing provides opportunity for intervention to support mental health AND housing

Young Adults often return to homelessness after supported housing (Kidd et al, 2021)

Rapid Rehousing?

- Lack of evidence for youth models like RRH (Morton et al, 2020)
- Consistent goal of supporting youth to develop self-sufficiency but no clear idea of amount of services and support needed to get there (Semborski et al, 2020)
- RRH less paternalistic and more flexible than other models (Semborski et al, 2020)
- RRH is expanding nationwide; and now TH/RRH provides even more options for supporting YAEH housing

Assessment

- **Qualitative Study**

- Interview with Young Adults in RRH (n=10)
- Interviews with Case managers in RRH (n=6)
- Semi-structured interviews conducted via zoom, open coding analysis by team of coders, young adults, then case managers

- **Key Findings**

- Housing is Mental Health Care
- Focus on Time
- Case managers approach their jobs in different ways
- Unmet need for mental health supports

Drafting a New Intervention

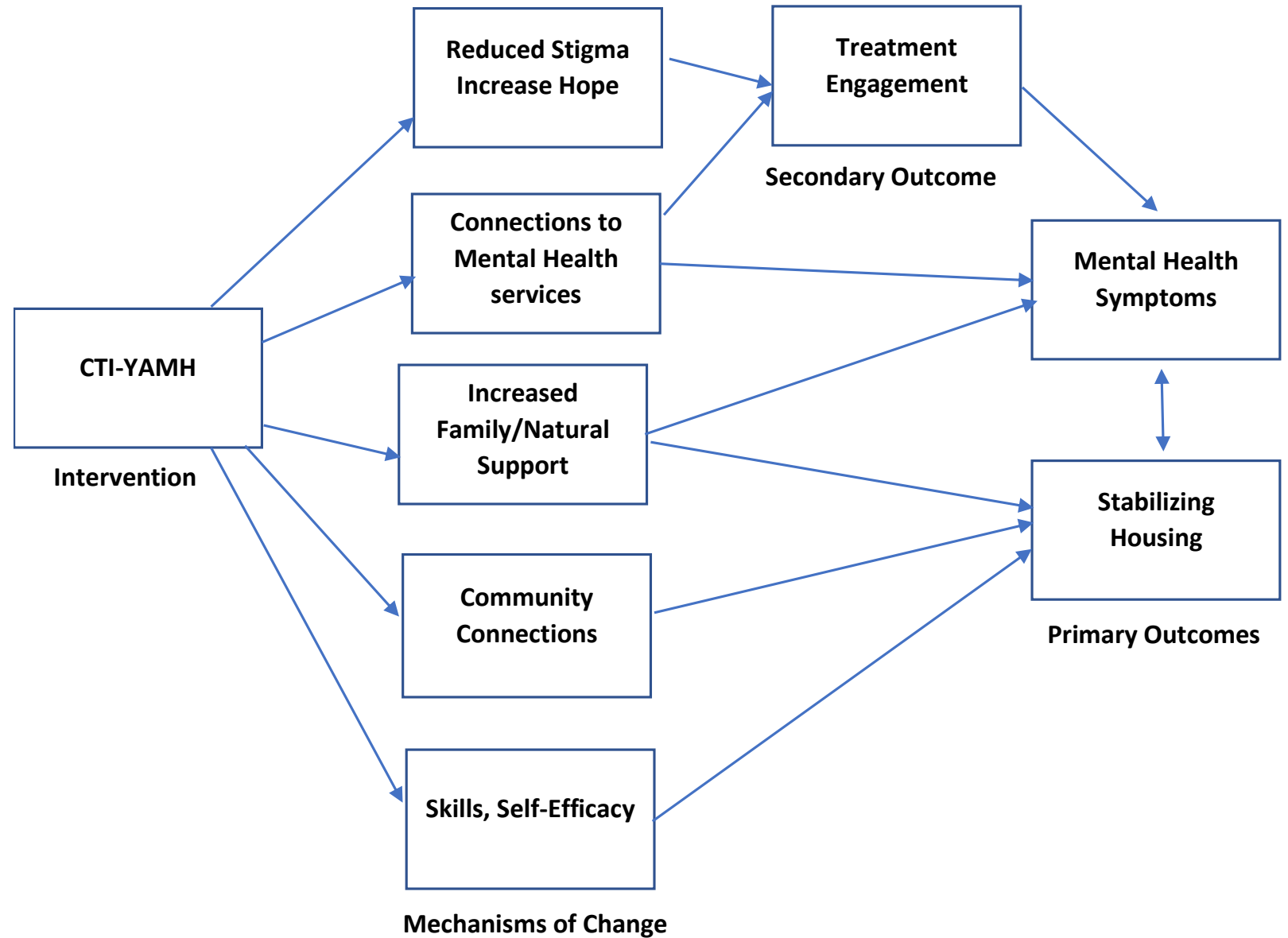
Critical Time Intervention



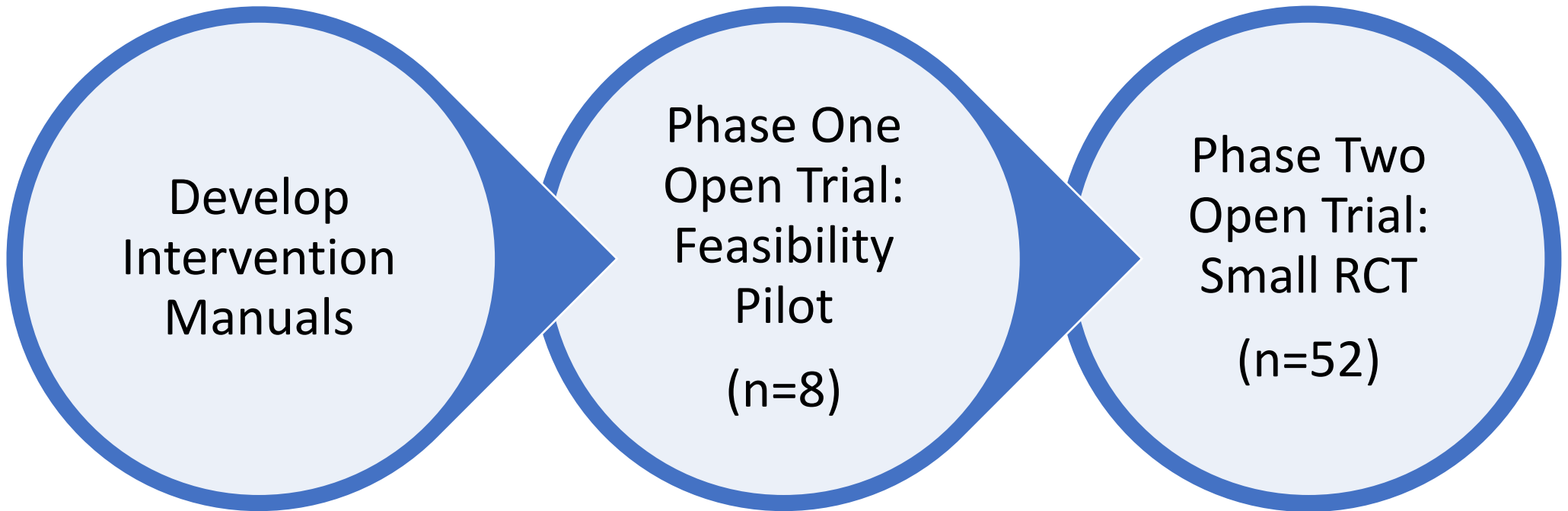
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graph TD; A[Critical Time Intervention] --> B[Cornerstone]; B --> C[CTI-YAMH]
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Cornerstone

CTI-YAMH




Study Design



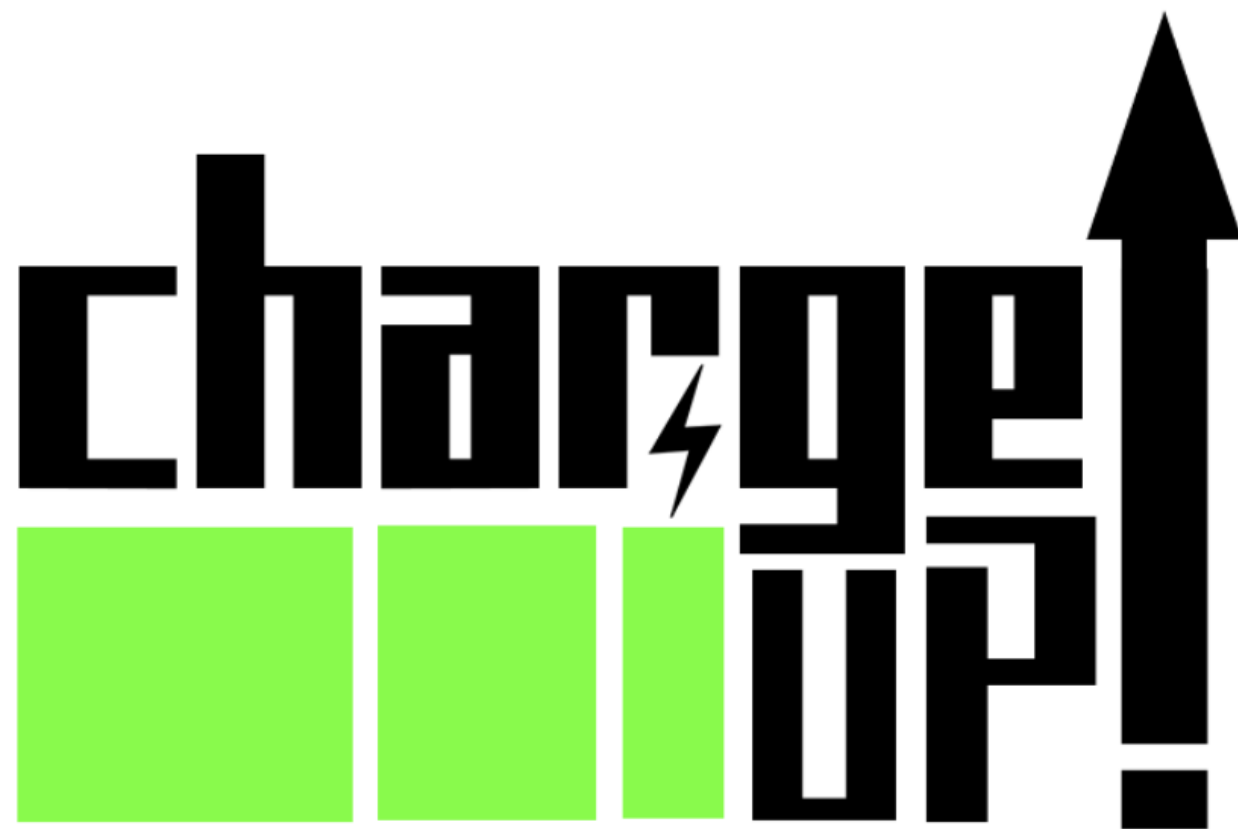
- All day trainings on CTI, Cornerstone
- Working Group
- Feedback Process

- Do the intervention with 8 young adults at Covenant House (6 enrolled so far)
- Refine manuals, make changes based on what we learn
- Fidelity measures

- Conduct the intervention with 26 YAs at Covenant House
- Compare those to 26 YAs in RRH at other programs
- Randomize from the central housing waitlist in the community



From CTI-YAMH
to Charge Up!:
Data Driven
Intervention Co-
Creation



charge
up!

Building Solutions and Evidence

Training & Feedback on CTI &
Cornerstone – Focus Groups



Young Adult Working Group



Manuals & Protocols for Feasibility Test

Theme: What Young People Need

- Relationships (Safety):
 - “Make them feel like, ‘Okay, I want to open up. **This is like a safe haven, a chill spot’ ”**
- Hope:
 - “I feel like **building their hope** ... giving them something to hold on to or helping them identify what it is they want to do.”
- Reassurance:
 - “Reassurance because you got a lot of young people out there ... they are really growing up being doubtful and unsure of what it is they want or how they’re going to get what they want ... So, **giving them that reassurance** of everything is going to be okay.
- Acceptance of Oneself and/or One’s Situation:
 - “...not everything is greener on the other side. **It’s green where you are**”

Holistic Needs Call for a Holistic Model

- Holistic Needs:
 - “Just the basics. These kids don’t know how to budget. They don’t know anything about housekeeping. They don’t know anything about how to hygiene ... We can’t just give them an apartment and be like, “Pay your rent, pay your utilities. Make sure you have some left for food or what not ... They’re going to go crazy ... **We’ve got to give them the basics. If they don’t have it, they probably won’t survive.**”
- Holistic Model:
 - “Because when we’re not available, they [peer] would be available to step in, and then also it helps build a relationship. **It just builds a team.**”
 - “**All of that stuff kind of works together. I mean, once you bring in the support, like a community support and once you bring in that house piece, they’re able to get stable.** I do believe in house first, which you get them housed first and then you bring in all those support around them.”
 -

Need for New Approach: Peer Specialist

- Different voice:
 - “We all agree that youth are **more likely to call their mentor [peer] if they have a crisis**”
- Importance of this role (Relationship building and life skills):
 - “I felt like the peer role would be very important ... **to build those relationships with the youth.**”
 - They [peer] should help with professional development skills ... We have to make sure that they’re ready for life and that’s working a full-time job. Knowing how to manage their finances because at school, they do not teach none of this stuff. How to file your taxes ... **It’s like everyday life skills of a young adult ... Just teaching them how to just manage life.**
- Concerns about this role
 - “...I would hope that that person [peer] would have some securities or some type of protections to where their involvement with the youth won’t backfire on them ... I believe that we would heavily rely on them. **Will they be trained on setting up those proper boundaries on how far they can go?**
 - “I think there’s a lot of expectation on that peer specialist – everything to that client, and that’s just not possible.”

Need to Re-think “Mental Health”

“Most of the young people we work with, they’re exiting foster care and most of them were in RTCs, and they were heavily medicated and abused, and they’re just like, “I’m done.” **So, for us, it’s about like how do we introduce some of this therapy stuff without calling it that...**

Then also so many young people – okay, everybody that we work with needs therapy - I think we can all agree on that - even if you don’t have a diagnosed mental illness. **So, I’m wondering if the mental health liaison would be there for - even if you don’t have a diagnosed mental illness ... ”**

How We Do It: Guiding Values

- Grace
- Power Sharing
- Culture of Care
- Authenticity
- Accountability
- Systems Change

Grace

- Second chances
- Non-judgmental
- meet people where they are
- unconditional support

Power Sharing

- Individualized
- Person Centered
- Multiple Voices
- Strength based
- Empowerment

Culture

- Rest
- Prioritization
- Safety
- Cultural
- Trauma
- Recovery

Authenticity

- Vulnerable
- Transparency
- Social
- Cultural
- Relationship

Our Response: Holistic, Flexible Model

Team-based
approach

Boundary
Spanning
Approach

Meet Basic
Needs – Build in
Flexible Funding

Guiding Value:
Culture of Care

How We Responded: Healing Partner (HP)

- Language: Mental Health Liaison to Healing Partner
- Breaking the Ice: Steps to building rapport
- Narrative approach: Re-authoring unhelpful narratives
- Nothing has to be “wrong” with you to talk to the Healing Partner
- Individualized person-centered approach to healing
- Guiding Values: Authenticity, Power Sharing & Accountability

How We Responded: Transition Support Specialist

Language: From Peer Specialist to Transition Support Specialist

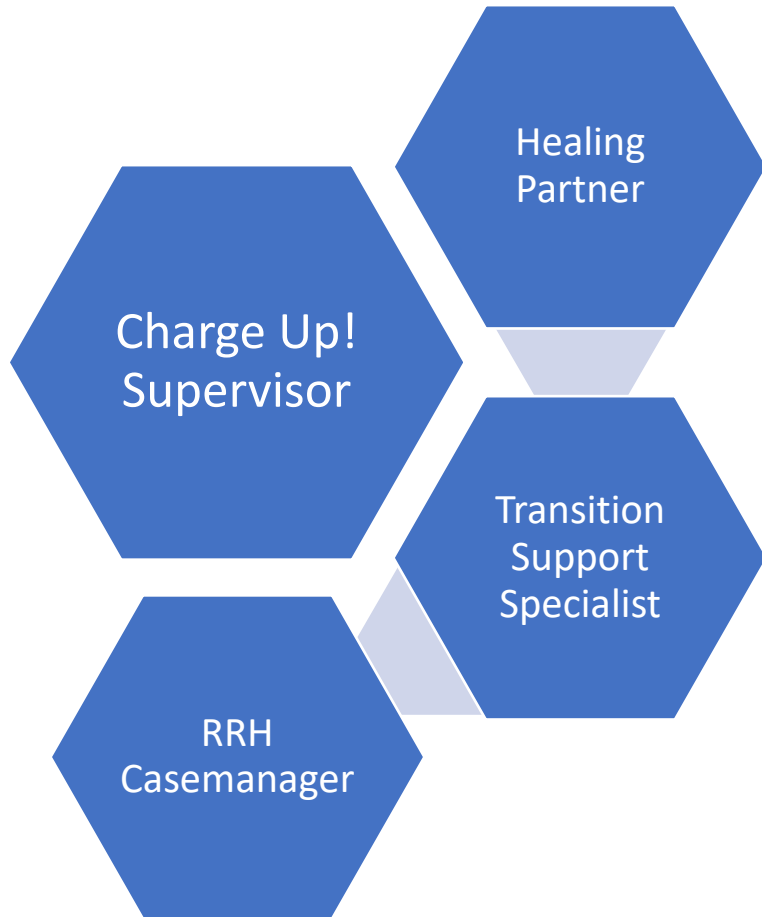
Task Overlap with Case manager, “Rocks out of the backpack”

Brings Credibility – “Been there done that”

Focus on Personal Development & Empowerment

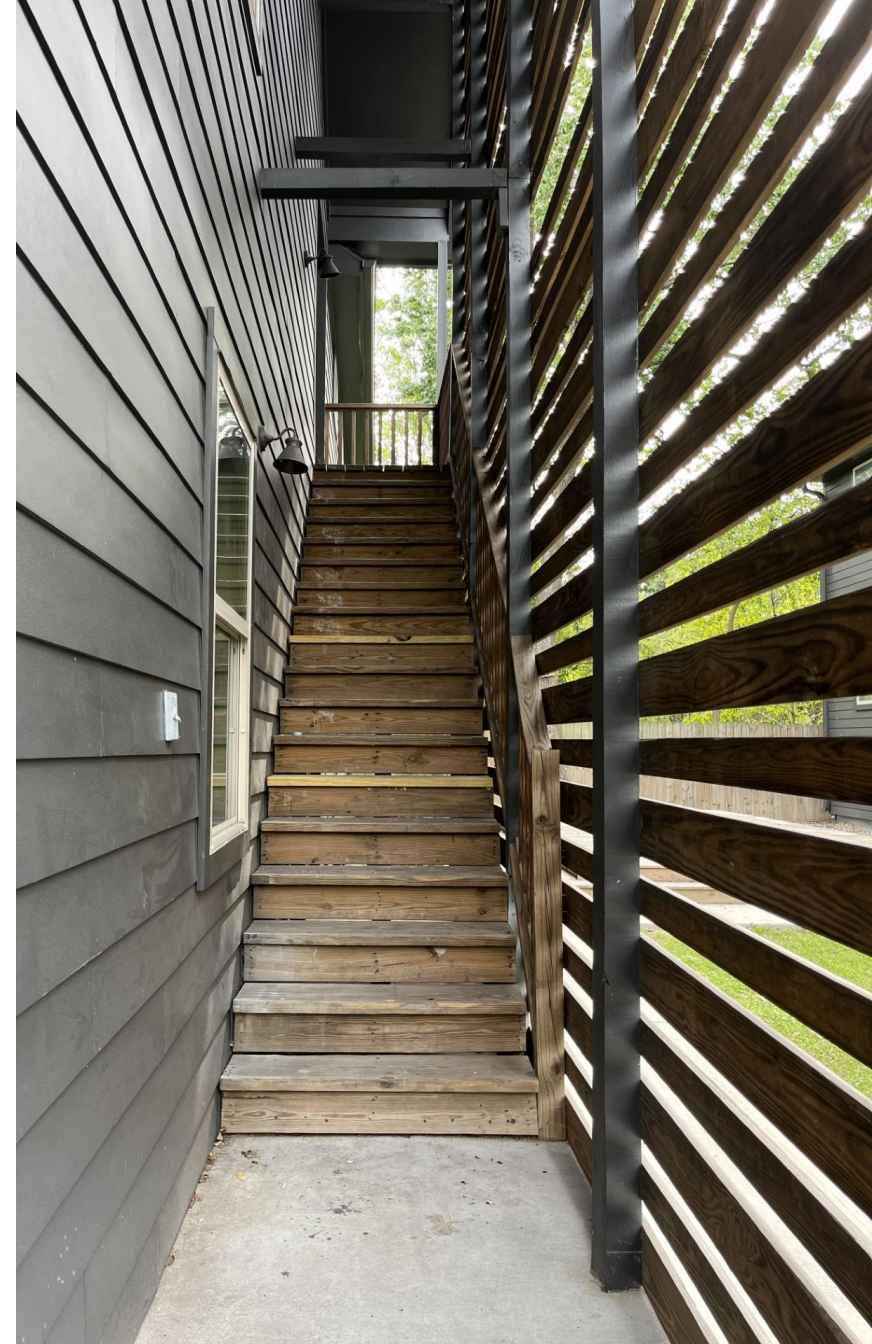
Guiding Values: Power Sharing & Culture of Care

The Charge Up! Team



Hitting the Targets

- **Reduce Stigma, Increase Hope**
 - Transition Support Specialist (TSS) shares story (“been there”)
 - Healing Partner (HP) helps youth re-author their narrative
- **Increase Natural/Family Support**
 - Team discusses ways to increase support
 - Support System Plan for graduation
 - HP does family sessions, works to support rebuilding relationships
- **Connections to Mental Health Services**
 - HP builds connection, connects to longer term services as needed
 - CM assists with referrals, connections
- **Community Connections**
 - CM connects to resources to support housing/income
 - TS connects to recreational opportunities
- **Skills/Self-Efficacy**
 - HP works on communication skills, anger management, coping
 - TS works on personal development
 - The team celebrates and recognizes growth and success



Learning so far...

- Range of Mental Health Needs
- Range of Acknowledgement and Desire for Mental Health Support
- Team Approach is both strength and challenge
- Individual Intervention + Systems Thinking

