Youth-Oriented Substance Abuse and Trauma (YOSAT) Counseling Training Program: An Innovative Model for MSW Student Education

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Introduction

Purpose:
• Designed to prepare Masters of Social Work (MSW) students at UW-Milwaukee (UWM) to pursue behavioral health clinical work with at-risk children, adolescents and transitional age youth
  – Emphasizes training in Trauma-Informed Care (TIC) and Substance Abuse Counseling (SAC)
Rationale

• Intersection of substance misuse and trauma history:
  – Prevalence and intersection of substance misuse and trauma history
• Need for providers to be well-versed in provision of trauma-informed care
• Social service organizations serving vulnerable populations are lacking providers
Target Population/Service Area

- Milwaukee Metropolitan Statistical Area (MMSA) in southeastern Wisconsin
  - Milwaukee, Racine, Kenosha, Walworth, Washington, Dodge, Ozaukee, and Waukesha Counties
  - Concentration on Milwaukee County (city of Milwaukee) due to need
- Unmet needs of youth in Milwaukee
Program Design

• Three-level approach:
  – Student Capacity
  – Program Capacity
  – Community Capacity
Student Capacity

Goal 1: To Train Behavioral Health Concentrators (MSW students) in Substance Abuse and Trauma Counseling with a Primary Focus on Children, Adolescents, and Young Adult Client Populations
Student Capacity: Method

- **Objective:** *Development of YOSAT track*
  - First, development of joint TIC/SAC Program
  - Emphasizes work with children, adolescents, and young adults

- **Method:**
  - Recruited and enrolled students in joint TIC-SAC program with prescribed curriculum and field placements
    - Recruitment of existing students: orientations
    - Recruitment of potential MSW students: website, information sessions.
      - [http://uwm.edu/socialwelfare/academics/yosat/](http://uwm.edu/socialwelfare/academics/yosat/)
Student Capacity: Evaluation Methods

• **Joint TIC/SAC program creation:**
  – Shared database created for information sharing between program advisors and tracking of process measures

• **YOSAT Students:**
  – Number of recruitment sessions (potential and existing students) in shared database
  – Extensively vetted prior to program admission (competitive): data sources
  – Progress tracked by YOSAT advisors throughout program: shared database
Student Capacity: Results

• **N=89 trainees**
  – Graduates
  – Have completed TIC Certificate and SAC certification (WI)
  – All students have presented at one of the four biannual conferences held between 2015-2017
Student Capacity: Results (cont’d)

• Enhanced interest and enrollment in TIC and/or SAC programs, in addition to joint program interest
  – Regardless of receipt of stipend
  – Extra semester beyond MSW requirements for completion

• Enhanced applications to MSW program
Program Capacity

Goal 2: To Improve the Capacity of the MSW Program at UWM to Deliver Curriculum Centered on Substance Abuse and Trauma Counseling for Youth
Program Capacity: Method

• **Objective:** *Curriculum development/enhancement:*
  
  – Three practice courses were newly developed to bolster our offerings in substance misuse for TIC for youth:
    
    • Treatment of Adolescent Substance Misuse
    
    • Substance Misuse and Treatment of the Family
      – Adult
    
    • Substance Misuse and Treatment of the Family
      – Adolescent
Seven courses (practice and theory) were enhanced for material relevant to the integration of TIC and SAC for youth:

- **SAC courses (enhanced for TIC and youth):**
  - Alcohol and Other Drug Use
  - Interventions for Substance Misuse and SBIRT
  - Treatment of Co-Occurring Disorders

- **TIC courses (enhanced for SAC and youth):**
  - Trauma Counseling I: Theory and Research
  - Trauma Counseling II: Practice
  - Working with Violent and Traumatized Families

- **Other (enhanced for SAC and TIC):**
  - Child and Adolescent Psychopathology
Program Capacity: Method (page 3)

- **Objective:** *Increase number, locations and content of behavioral health field placements*
  - Collaborated with Field Department to:
    - **Work with existing field partners to:**
      - Add additional field placement slots
      - Strengthen placements to emphasize youth, adolescents, and/or transitional age youth
    - **Recruit new field partners to tailor new field placements for students wishing to develop skills in working with youth, adolescents, and/or transitional age youth*
Program Capacity: Evaluation Methods

• Course creation/enhancement/delivery: tracked by Council of Directors’ Chair and MSW Coordinator

• Student progress in field tracked through field instructors and field liaisons (field evaluations) in collaboration with Field Department

• Field placement numbers and content tracked in collaboration with Field Department
Program Capacity: Results

• **Curriculum:**
  – All coursework either developed or enhanced, and delivered within the first project year.

• **Field placements: (out of 89 agencies in our program)**
  – YOSAT students have been placed at a total of 31 agencies in six counties (24 in Milwaukee County)
    • New partnerships: 3
    • Expanded placements for youth: 11 agencies
Community Capacity

Goal 3: To Build Community Service Capacity among Local Behavioral Health Agencies Serving Youth
Community Capacity: Method

- **Objective:** *Student/Community Conferences*
  - Strategy/Rationale
  - Structure

- Continuing education for attendees in substance abuse counseling and trauma-informed care (CEUs)
- Student presentations
  - Round-robin format
Community Capacity: Method
Community Capacity: Method (cont’d)

• **Objective:** *Ongoing Advising to Support Student Employment*
  
  – Rationale
  
  – Structure
    
    • Job-seeking strategies, resume consultation
    
    • YOSAT advisor availability for up to one year post-graduation
Community Capacity: Evaluation Methods

• **Conferences:**
  – Tracked through process measures (sign-in sheets for attendance, CEUs provided) and post-conference evaluations

• **Advising/Employment:**
  – Tracked by YOSAT advisors and stored in shared document file
  – Post-graduation survey (6 months post)
Results: Community Capacity

• **Conferences**
  – Four biannual conferences held between 2015-2017
  
  • Attendees: 72 providers representing 48 agencies
  
  • Significant growth in attendance over the four conferences
    – First conference (October 2015): 20 attendees
    – Fourth conference (March 2017): 75 attendees
Results: Community Capacity (cont’d)

• **Employment results: (N=59)**
  – Time to employment for YOSAT graduates
    • 59% at graduation
    • 20% within 3 months of graduation
    • 16% within 3-6 months of graduation
    • 5% within 6-12 months of graduation
  – Employment settings:
    • MUA/P or HPSA: 44%
    • Behavioral health: 82%
    • Integrated care: 36%
    • Rural: 17%
Challenges

• Agencies “Talking the talk”, but not “Walking the walk”
• Curriculum is “fragile”: students require significant monitoring to make sure they succeed
• Continuing the program: with or without stipend
Conclusions

• The YOSAT Program has:
  – Increased incoming student interest in SAC and TIC, in addition to YOSAT
  – Our YOSAT students are recognized as leaders in their field placements
  – Future goals are:
    • To leverage relationships with field partners to enhance team-based training and interprofessional education in field sites
    • To use conferences as a mechanism to further discussion of the constellation of care and integrated care in Milwaukee, and how to enhance it
Contact Information

• Questions?

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