

Stanford Center for Youth Mental Health and Wellbeing

Spring 2017

Update



Improving the Mental Health and Wellbeing of Adolescents and Young Adults

In this update...

- Our Center is expanding! Meet our new team members.
- Bringing the **headspace** model to the Bay Area
- Progress updates in Santa Clara County, San Mateo County, and beyond
- Our first Stanford Mental Health Innovation Challenge and our second Adolescent Mental Wellness Conference



Stanford
MEDICINE

Center for Youth
Mental Health & Wellbeing
Department of Psychiatry
& Behavioral Sciences



Lucile Packard
Children's Hospital
Stanford

MESSAGE FROM THE CENTER DIRECTOR

Dear Friends,

The growing team at the Stanford Center for Youth Mental Health and Wellbeing is pleased to share our Spring Update with you. We hope you enjoy reading about the progress we've made so far in 2017, and we invite you to **email, call or visit** to find out more. We're eager to partner with you to bring youth-friendly, accessible mental health care, outreach and support to young people of the Bay Area and beyond. Thank you for all the ways you are helping the Center develop innovative and stigma-free ways to meet the needs of our communities' youth and families.

With gratitude and best wishes,

Steve Adelsheim, MD

OUR Vision...

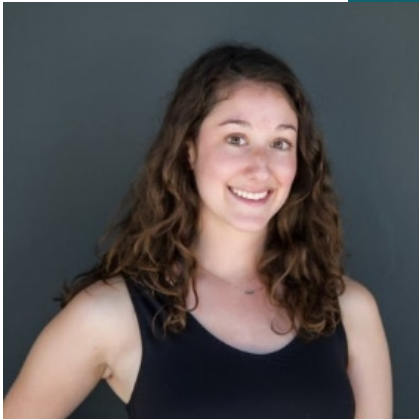
- We envision a trusted, stigma-free continuum of youth-friendly mental health care and support that spans health promotion, prevention, early intervention, and treatment which improves outcomes for adolescents and young adults with mild, moderate and serious mental health conditions, and their families.
- We collaborate with youth, families, community partners, schools, and foundations to expand access, introduce new technology and improve policy—building a culture of mental health and wellness.

Expanding the Center's Capacity

In February and March 2017, three new staff members were added to the Center's team, greatly expanding our capacity to implement the headspace pilot and related initiatives. Meet our new team members!



Erika Roach, MA, is our new Program Coordinator for the Center, a position jointly funded by Stanford's Department of Psychiatry and Behavioral Sciences and Lucile Packard Children's Hospital. Erika holds a Master's in Affective Psychology and previously worked at the Lucile Packard Foundation for Children's Health. She will utilize her fundraising, event planning and mental health research background to provide fundamental programmatic support for the Center's continued growth and key activities, including multiple workgroups.



Pam Lozoff, MSW, is our new Youth Outreach Specialist, a position funded through our partnership with Santa Clara County. She is skilled in mindfulness-based and trauma-based interventions with young people and experienced in case management, counseling, curriculum development and group facilitation. Pam has served in a variety of community-based settings: after-school centers, public housing, juvenile hall and therapeutic day schools. She will lead the youth advisory boards and group activities, bringing the youth voice to all aspects of our headspace pilot.



Roshelle Ogundele, MSW, is our new Supported Employment and Education Specialist, a position funded through our partnership with Santa Clara County. Her previous work experience spans mental health, education and employment counseling, with a focus on advocacy and equitable opportunities for at-risk populations. She will work directly with the 12-25 year olds who will be served in the Bay Area headspace centers, offering career and education-related support and resources.

Upcoming Events

June 24-25, 2017

This June we'll host our first **Stanford Mental Health Innovation Challenge** for high school students, bringing a diverse group of 100 local students together to work with mentors and experts as teams to develop new ideas for approaching the real life problems of access, stigma and awareness. <https://www.smhic.com>

April 27-28, 2018

We'll be offering our second **Adolescent Mental Wellness Conference** at the Santa Clara Convention Center next April. Our theme will be *Overcoming Cultural Barriers to Access*. Please save the date!

Find information from last year's conference focused on "Breaking Down Stigma, Building Support for Youth Mental Health" here: <https://stanfordmentalhealth.com>

Movers and Shakers!

Our very own Steven Adelsheim, M.D. and Sherri Sager (LPCH Chief Government and Community Relations Officer) were recently honored as Movers and Shakers at Santa Clara County's Behavioral Health Board's 6th Annual Community Heroes Recognition Ceremony. The Mover and Shaker award honors individuals who have recognized critical behavioral needs in the greater community and have acted by creating and promoting collaborative, innovative, and creative initiatives that serve those in need. Congratulations, Steve and Sherri!



Dr. Steven Adelsheim and Sherri Sager at Santa Clara County's Behavioral Health Board's Community Heroes Recognition Ceremony

Bringing the headspace model to the Bay Area

We're preparing to open two or more pilot sites in the Bay Area in 2018, providing free or low-cost care in an innovative youth-centered model similar to the successful Australian headspace model.

- We continue to receive support from the Robert Wood Johnson Foundation and to partner with headspace Australia (The National Youth Mental Health Foundation) to develop a US headspace pilot based on the successful Australian model. This will lay the foundation for a national prototype that could profoundly improve mental health support for US young people ages 12-25.
- **1-stop shops** will serve young people age 12-25 experiencing mild-moderate mental health issues, while also offering primary care, substance abuse early intervention and support for education and employment.
- **Youth leaders** will set the tone and inform the plans for the sites' look, new name (still to be determined), marketing, outreach and services.



Some of our youth partners and staff celebrated NAMI Santa Clara County's 40th anniversary in April.

The problem we're addressing

- Of all medical conditions affecting youth, mental disorders are the most prevalent, yet 79% of young people affected do not access care. Barriers include stigma, limited number of providers, financial costs, long waiting lists, and lack of youth-friendly and mild-moderate mental health services.
- 50% of cases of mental illness start by age 14, and 75% start by age 24. The incidence of mental disorders in adolescence is far greater than at any other life stage.

Progress Updates

Santa Clara County

Headspace Site Development:

- In June 2016, Santa Clara County's Board of Supervisors unanimously approved a \$600,000 grant to fund a youth outreach specialist and a supported employment/education specialist for three years.
- We're working with the County to identify locations for the two sites and refine the financial modeling to ensure access and sustainability via a public-private partnership.
- Planning is also underway with the County to apply for *California Mental Health Services Act Innovation* funding to support the sites' core services during a 3-year pilot.

San Mateo County

- Support and community partnerships are growing, through conversations with county supervisors, health care districts, school districts, faith-based communities and mental health service providers.
- A similar initiative, called SafeSpace, was recently formed and launched in Menlo Park. As we know from the recent Epi-Aid report, there is a significant need for additional mental health support for adolescents in our area, and we are hopeful that multiple efforts toward that end will ultimately help our community fill this gap. This program is separate from and unaffiliated with Stanford.
- ***SMUHSD Teen Mental Health Project:***
Our Center is pleased to be part of a three-year collaborative with the San Mateo Union High School District and Peninsula Health Care District to implement a restructured school mental health system that will improve early intervention and coordination between school, providers, and families. The project serves seven high schools and 8,500 students.

A Collaborative Approach

Our Center will be the convener and facilitator of headspace pilot development, but the headspace sites themselves will be powered by a community consortium of agencies (both public and private), as well as individuals, volunteers and especially young people who are passionate about bringing this innovative new model of support to their community. We are grateful that over seven community mental health agencies have already signed on to be partners in development of our pilot in Santa Clara County. To learn more about how you or your organization can be part of our efforts, please contact Vicki Harrison at 650-725-3772 or vickih@stanford.edu.

Ways you can help

- Direct financial support for program infrastructure, youth visits, development of a new name and marketing collateral, program evaluation, youth involvement, etc.
- Support for a welcoming, youth-friendly physical space, easily accessible via public transit.
- Introductions to other potential supporters (advocates and/or donors)
- Community ambassadors to promote the services offered to youth and families in your local community

If you are interested in philanthropic support, please contact Andrew Cope at 650-724-5005 or andrew.cope@lpfch.org

Stanford Center for Youth Mental Health and Wellbeing

Steven Adelsheim, MD

Director, Stanford Center for Youth Mental Health and Wellbeing
Clinical Professor
Associate Chair for Community Engagement
650-725-3757 sadelsheim@stanford.edu

Vicki Harrison, MSW

Manager, Center for Youth Mental Health and Wellbeing
Manager of Community Partnerships
650-725-3772 vickih@stanford.edu
[@stanfordyouthmh](https://www.instagram.com/stanfordyouthmh)



Stanford
MEDICINE

Center for Youth
Mental Health & Wellbeing
Department of Psychiatry
& Behavioral Sciences



Lucile Packard
Children's Hospital
Stanford