

Stanford Center for Youth Mental Health and Wellbeing

Update

Fall 2017



Improving the Mental Health and Wellbeing of Adolescents and Young Adults

In this update...

- Exciting news for headspace from the MHSOAC
 - Now accepting Youth Advisory Board applications
 - Looking back at our first Stanford Mental Health Innovation Challenge (SMHIC)
 - Highlights from the Teen Wellness Conference and the International Youth Mental Health Conference
- ...And more!



Stanford
MEDICINE

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



Lucile Packard
Children's Hospital
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MESSAGE FROM THE CENTER DIRECTOR

Dear Friends,

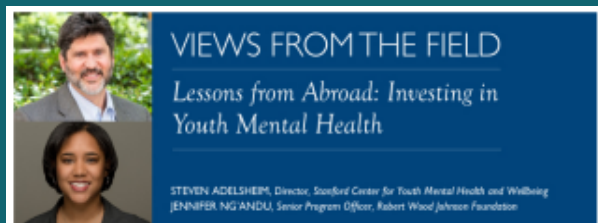
Our team at the Stanford Center for Youth Mental Health and Wellbeing is pleased to share our Fall Update with you. We hope you enjoy reading about the progress we've made so far in 2017, and we invite you to **email, call or visit** to find out more. We're eager to partner with you to bring youth-friendly, 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. We wish you a happy holiday season and look forward to seeing you in the new year!

With gratitude and best wishes,

Steven Adelsheim, MD

Lessons from Abroad: Investing in Youth Mental Health

We are grateful to the **Robert Wood Johnson Foundation (RWJF)** for their continued support of our headspace feasibility efforts over the past four years. In October, our Center Director, Dr. Steven Adelsheim, and our RWJF Program Officer, Jennifer Ng'andu, shared a compelling case on the imperative for investment in youth mental health. Read the full article here ([link](#)) or find it on the Grantmakers in Health website.



Lessons from Abroad: Investing in Youth Mental Health

October 2017

Steven Adelsheim, Director, Stanford Center for Youth Mental Health and Wellbeing
Jennifer Ng'andu, Senior Program Officer, Robert Wood Johnson Foundation

High school hit Jarrad hard. Outgoing and active as child, in his teens he became overwhelmed by crippling anxiety, to the point where he wandered back and forth between the bathrooms at

headspace MHSOAC Update

On November 16th, the Mental Health Services Oversight and Accountability Commission unanimously voted to approve the use of Santa Clara County innovation funds to support a 4-year pilot of two centers in Santa Clara County. County Behavioral Health Director, Toni Tullys, Center Director, Steven Adelsheim, and county behavioral health innovation leadership all presented to the commission.

A special thank you to our partners at Santa Clara County Behavioral Health Services and all the youth and community partners who took the time to show their overwhelming support for our Center and headspace. We wouldn't be here without you!



Healthy Media Portrayals of Youth Mental Health

We are excited to announce that we have received a small internal grant to hold a one day symposium aimed at promoting healthy portrayals of youth mental health in the media, particularly around reporting of suicide. Our goal is to educate and empower journalists, educators and young people to engage in responsible reporting and media portrayal of suicide in order to promote positive mental health and minimize contagion. Under the guidance of principal investigator, Dr. Shashank Joshi, we will collaborate with partners in the media, mental health organizations and the community as we work together to promote responsible media portrayal.

Expanding the Center's Capacity

In November, we added a new member to our Center's growing team. Meet our new Youth Outreach Specialist, Ana Lilia!

Ana Lilia Soto, MA, Ana Lilia Soto's commitment to community voice, agency and youth development has guided her involvement with youth and community for the last 17 years. She is a community and mental health worker specializing in cultural rites of passage programming and life skills development for youth. She has extensive experience working with foster care youth, pregnant and parenting teens, gang-impacted youth, and youth in crisis. Ana Lilia has created, developed and implemented empowerment curriculum for under-resourced youth aimed at encouraging youth to acknowledge their own potential using a philosophy grounded in culture, identity development, resiliency, and acknowledgment. Ana Lilia is a longtime resident of San Jose and holds a Masters Degree in Mexican American Studies from San José State University.



We're Looking for Youth to Join our Advisory Group!

Our Center is partnering with Santa Clara County Behavioral Health Services to pilot the headspace model in two Santa Clara County locations over the next 4-5 years. As we develop our first Youth Advisory Group (YAG), we are looking to select a group of individuals who represent the diversity of Santa Clara County across race, ethnicity, gender, sexual orientation, lived experience, ability, and socio-economic status. The application is available on our [YAG website](#) and is due by **December 22, 2017**. The selection process will take place during January 8-January 22, 2018. We hope you'll apply!

Looking Back at Our Stanford Mental Health Innovation Challenge (SMHIC)



This summer, with support from the Ambassadors at Lucile Packard Foundation for Children’s Health and in partnership with the Stanford + Mental Health student group, we engaged with more than 80 local high school students from San Mateo and Santa Clara counties in our Stanford Mental Health Innovation Challenge (SMHIC). With the guidance of mentors and experts in design thinking, tech, and mental health, students came together to develop innovative approaches to solving some of the most complex issues in youth mental health.

At the end of two days, students were asked to give three minute pitches to a panel of experts in the technology, mental health, education and innovation fields. This year’s grand prize winner was Team Hippocampus who developed an initiative to increase mental health literacy and redefine mental health as a public health priority by bringing mental health book fairs to their local community. Along with a \$5,000 grant, they earned access to a year of mentorship to help develop their idea. To learn more about SMHIC and the innovative ideas created by our local youth please visit our [website](#).

Upcoming Events

April 27-28, 2018

We’re hosting our second **Adolescent Mental Wellness Conference** at the Santa Clara Convention Center next April. Our theme is *Overcoming Cultural Barriers to Access*. We hope you will join us! Registration opens soon---check www.stanfordmentalhealth.com for updates.

Teen Wellness Conference Update

The Stanford Center for Youth Mental Health and Wellbeing was proud to co-sponsor and help plan the **Teen Wellness Conference** held at Microsoft's Silicon Valley campus on September 30th. The event was organized "for teens by teens" under the leadership of Teenztalk founder and Los Gatos High School senior, Nadia Ghaffari. It brought together 220 youth (from 15 counties in California and 1 county in Arizona) to connect around their mental health experiences and explore resources for wellness--all while harnessing the power of positive peer support and empowering youth voices. Our Center Program Coordinator, Erika Roach, had the honor of co-emceeding the conference with Nadia Ghaffari. Check out ABC7 News video coverage of the conference as well as the TeenzTalk summary video linked below.



ABC7 News Coverage:

<https://goo.gl/hPJmYj>

TeenzTalk Summary Video:

<https://www.youtube.com/watch?v=VzhrGYjohNM>

International Collaborations

The Center leadership was fortunate to be able to attend the 2017 International Youth Mental Health Conference September 24-26th in Dublin, Ireland. They met with colleagues from over a dozen countries and shared best practices with the most innovative youth mental health leaders in the world. The team is continuing to work remotely with these international colleagues to share lessons learned and build the foundation for its “headspace” pilot, as well as other novel approaches using technology, peer support and early intervention.



Steven Adelsheim Joins Frayme’s Board of Directors

Frayme is a newly formed international network aimed at transforming youth mental health and substance use (YMHSU) systems in order to ensure that youth in Canada and around the world receive the right care at the right time from the right provider. We’re pleased to announce that our Center Director, Dr. Steven Adelsheim, recently joined Frayme’s Board of Directors.

Congratulations, Steve! To learn more about Frayme, visit www.frayme.ca.



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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. 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.

For information regarding philanthropic support, please contact Andrew Cope at 650-724-5005 or andrew.cope@lpfch.org.

Follow Us



For the most up-to-date news on Center activities, headspace development, community events, conferences, and research we are engaged in, please follow us through our communication channels.

[Our Website](#)

Stanford Center for Youth Mental Health and Wellbeing

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