

Stanford Psychiatry's Center for Youth Mental Health and Wellbeing

Update

Summer 2018



Improving the Mental Health and Wellbeing of Adolescents
and Young Adults

In this update...

- Our 2018 Stanford Adolescent Mental Wellness Conference
- Local, regional, and national efforts around youth suicide and the media
- Introducing our youth advisory group and partnership with IDEO.ORG
- What we've been up to in the community!



Stanford
MEDICINE

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



Lucile Packard
Children's Hospital
Stanford

MESSAGE FROM THE CENTER DIRECTOR

Greetings from all of us at the Stanford Psychiatry Center for Youth Mental Health and Wellbeing. We are really glad to share this update with all of you and are grateful for the opportunities you provide us daily to be collaborative partners. We are excited to build on these many efforts with you and continue to work with our wonderful young people, their families, and our communities to build an enduring continuum of mental health supports. Have a great summer!

With gratitude and best wishes,

Steve



2018 Adolescent Mental Wellness Conference

Stanford Psychiatry's Center for Youth Mental Health & Wellbeing partnered with Lucile Packard Children's Hospital and Stanford Division of Adolescent Medicine to hold the second Adolescent Mental Wellness Conference ([#2018AMWC](#)), on April 27-28th in Santa Clara ([website](#)).

- Over 80 speakers and 500 youth, family, educators, clinicians, and policymakers from the local, state, and national levels came together for a rich two days of learning and discussion around overcoming barriers to access.
- Plenary panels addressed cultural issues to accessing mental health care, the impact of marijuana legalization on mental health, the experience of non-binary youth today, and media best practices in suicide prevention.

A wholehearted thank you to those of you who participated in or supported the conference! We could not have done this without you!

#2018AMWC Highlights!

Summer 2018 Update



Welcome Our Youth Advisory Group (YAG)!

After recruiting 26 youth ages 16-25 from the San Jose and Palo Alto/Mountain View areas, our YAG was officially launched on March 13, 2018. Given the diversity of the community, the YAG was split into two branches, San Jose and Palo Alto/Mountain View so that the youth voice could be focused more on the issues of each region. Learn more about this terrific group of youth and read their bios on our [headspace YAG page!](#)



Words from our Youth Advisory Group (YAG)

Written by Jessica Li and Samhita Bhat

Sometimes, unbeknownst to you, the people right next to you are silently suffering from a constant nightmare in their minds. Add one's first exposure to intense academic, social and/or economic stress, it's barely a surprise that youth are especially susceptible. According to a 2010 study from the NIMH, about 20% of youth in the U.S. are affected by some sort of mental disorder that has interrupted daily life activities. Mental health programs geared toward helping youths already exist in countries such as Australia and Canada, so why not the U.S. too?

Youth mental health needs to be a crucial part in every discussion about wellness but its significance is exemplified when youth are involved in that conversation. We, thus, are lucky enough to be involved in the Youth Advisory Group, (YAG), currently based in Northern California which hopes to use this youth voice to create wellness centers specifically for youth.

From Our Youth Advisory Group (continued)

Since the group's formation in March, we have partnered with IDEO.org to begin developing a space for youth to seek out mental health help. Several YAG members have shared their own stories and needs as youths with the IDEO.org team, and as a group, we have done space exercises and discussed potential names, locations, and resources. As physical locations, designs and site names are being considered, the process of developing a youth mental health space is quickly ramping up. We have also had meetings with other speakers such as art therapist Sarah Kremer and have had opportunities to go around our community and represent the youth voice on panels and discussions. In April, we were able to take part in a panel at Stanford's Adolescent and Wellness Conference and talk about youth-centered mental health. We are looking forward to supporting access and reducing the stigma surrounding mental health in our communities. This is only the beginning.

Our Visit to Foundry in Vancouver!

The CYMHW team had the honor of attending Foundry's two-year anniversary celebration in Vancouver this June. They toured the Foundry North Shore centre and spent two days learning from Foundry clinical staff, youth and families from all over the province. The team is excited to continue partnering with Foundry to apply lessons from their experience implementing integrated youth care models in British Columbia, to our rollout in California.



Raising Awareness: Youth Suicide & the Media

Our Pre-Conference Symposium on Media and Youth Suicide

In conjunction with our 2018 Adolescent Mental Wellness Conference: Overcoming Cultural Barriers to Access, we recently held "**Media & Youth Suicide: Best Practices for Reporting and Storytelling**" a pre-conference symposium which took place on **April 26, 2018** at Microsoft's Sunnyvale campus. This event was dedicated to promoting responsible portrayals of youth suicide in the media. The incredible lineup of speakers included local journalists, filmmakers, and student suicide prevention experts. Attendees included a predominately regional mix of representatives from news media, entertainment media, social media, schools of journalism, youth, and mental health experts. Resources and slides from all of the presenters are available on [our website](#).



13RW Toolkit



In advance of the release of the second season of the popular Netflix series 13 Reasons Why, SAVE (Suicide Awareness Voices of Education) partnered with a group of leading experts in mental health, including our Center, to develop a toolkit providing practical guidelines and reliable resources for parents, educators, clinicians, youth, and media related to the content of the series (suicide, school violence, sexual assault, bullying, substance use, etc.). Please encourage anyone you know watching the new season of 13 RW to take advantage of the toolkit here. www.13reasonswhytoolkit.org

Raising Awareness: Youth Suicide & the Media (Continued)

APA Media Roundtable

On Tuesday May 8th, at the American Psychiatric Association annual meeting, our Center organized a round table of national suicide prevention leaders, national mental health organizations, and national media leaders to discuss ways of improving collaboration and communication. The 2 hour discussion centered on the general topic of how mental health and suicide prevention organizations might better meet the needs of media partners for news, entertainment and social media stories. One potential outcome discussed was the creation of an organization of media and suicide prevention/mental health partners to lead efforts to ensure a shared voice and responsibility in developing mental health related entertainment, written, and social media. Our Center will continue to work collaboratively with these wonderful partners and others on finding ways to build on this great dialogue and work towards the creation of this valuable organization.

Youth Innovating for Mental Health Solutions!

Over the last few months our Stanford Mental Health Innovation winners have been working diligently to bring their project ideas to fruition. Our grand prize winner, Team Mind Yo Books has been increasing mental health literacy by partnering with local libraries. Since the Innovation Event last June, they have read to more than 25 children ages 4-10. Meanwhile, in Cincinnati, Ohio, 1N5, in partnership with Cincinnati Children's Hospital, Design Impact, and the University of Cincinnati, recently held their own inaugural mental health innovation challenge modeled after SMHIC! The event gathered over 70 local high school students and professional mentors to develop solutions around youth mental health issues. In all, 6 teams were awarded implementation grants to launch their ideas within the community. Congratulations to the winning teams! Learn more about their event [here](#)

New Partnerships for “headspace” Development

We continue to make progress toward launching two integrated youth mental health centers in Santa Clara County and educating other communities about the value of this innovative model. We have been working closely with our partners at Santa Clara County Behavioral Health Services to lay groundwork for the clinical and governance structures, evaluation and service integration and have been scouting physical sites throughout the county. In March, in collaboration with the Mental Health Services Oversight Commission, we hosted our partners from Foundry, the British Columbia based model, to provide technical assistance to our Santa Clara County team and share the approach with others across the state. We continue to meet with counties across California who are interested in developing this model and are building an implementation team to create statewide support for these communities.

In January, the Center kicked off a partnership with IDEO.org to create the name, brand and design for our integrated youth mental health sites in the U.S. IDEO.org and the Center actively collaborated over 6 months in a user-centered design process - frequently meeting and interacting with the young people from our 26-member youth advisory group, as well as other youth, clinicians, family members, CBOs and school leaders in the Bay Area, to develop a unique design that will resonate with the diverse communities of the region and the country. IDEO.org hosted a design prototype at our Adolescent Mental Wellness Conference in April and gathered feedback from over 100 attendees to help refine the development of an experience that resonates with our target audience of 12-25 year olds. Stay tuned!



CYMHWB in the Community

Here are a few of the recent community events our team has participated in

February

- Our Program Director, Vicki Harrison, was invited to present to the Belmont Youth Commission on body image, self esteem, and confidence.
- Dr. Adelsheim presented to parents and families as part of a mental health panel with Family Voices of California.
- As part of a [legislative hearing](#) on international and innovative prevention and early intervention models sponsored by Senator Richard Pan and the Steinberg Institute, Dr. Adelsheim shared information about the Center's efforts to develop integrated youth mental health programs across California.



April

- Dr. Adelsheim attended two community meetings in Santa Barbara, in partnership with their youth mental health coalition, about integrated youth mental health programs and also gave a grand rounds talk at Cottage Hospital on efforts to develop "headspace-like" model programs across CA and the US.
- Dr. Adelsheim presented to the California State Mental Health Caucus on integrated mental health programs and their potential implementation across the state.
- Dr. Adelsheim gave a presentation on youth mental health programs to the San Francisco County Behavioral Health Board on Integrated Youth Mental Health Program Implementation

May

- Vicki Harrison co-presented a breakout session at Youth + Tech + Health (YTH) Live in San Francisco titled Opening the Discussion on Mental Health.

CYMHWB in the Community (Continued)

- Our Center's Dr. Sust was a leadership forum panelist talking about community mental health in underserved populations, the opportunities for early interventions in schools, and the role of mentorship + community engagement for our vulnerable youth.
- Stanford [INSPIRE](#) Clinic's Early Psychosis presentation: Dr. Sust and fellows (Drs. Grunwald and Atluru) from the Stanford child psychiatry division presented on clinical approach and interventions for early psychosis to the wellness counselors in the San Mateo Union High School District.
- The Stanford Office of Graduate Education, the Center of Excellence in Diversity in Medical Education, and Biomedical Association for the Interest of Minority Students (BioAIMS) put together a visit day for De Anza and Foothill Community College students. 50-80 students came to campus and Dr. Sust was a forum panelist talking about medical careers and educational opportunities in science and research.
- Dr. Adelsheim gave a presentation on community suicide prevention models at the California Indian Health Services Best Practices Conference in Sacramento.
- The Center team and youth advisors presented a community workshop at Lucile Packard Children's Hospital Stanford entitled Adolescent Mental Health: Early Intervention & the Youth Perspective.
- In honor of Mental Health Awareness Month, the Steinberg Institute recognized Dr. Adelsheim as a mental health champion, stating that his work is "the paradigm shift we need to bring California into the next generation of care".

June

- Our Youth Advisors and staff helped support mental health awareness with a presence at the City of Palo Alto's Buoyancy Festival, a free community event for teens.



CYMHWB in the Community (Continued)

June 9th Reverse Hackathon in San Francisco

Our Center joined with colleagues from CHC and After School App to send a group of staff and youth to the Reverse Hackathon for Mental Health in San Francisco. Co-organized by Hack Mental Health and the California Institute for Integral Studies, the goal of the event was to bring multiple disciplines together to propose ideas for re-designing existing technologies to better serve our emotional and mental health. Representing some of the only high school students at the event, the team had so much fun joining with the 200 other participants and collaborating together around the idea of re-engineering settings in Snapchat to make “Snapchat streaks” less anxiety-producing and more meaningful. Read more about the team’s idea in [this post](#) written by Reverse Hackathon participant and Center youth advisor, Tiffany Chen.



Tribal Communities

Dr. Adelsheim is honored to be a partner with some Northern California tribes to ensure that California’s Native American youth are included in the state’s expanded vision of mental health and wellness. Through a contract through the California Indian Health Service shared with Two Feathers Native American Family Services, he has the opportunity to spend several days a month in Humboldt County partnering with local tribes, including Yurok, Hoopa Valley Tribe, and Big Lagoon Rancheria, to develop youth suicide prevention and behavioral health systems support. Dr. Adelsheim is connecting with local tribes, school mental health leaders, tribal mental health providers and county leaders, consulting with them about youth mental health and wellness needs. In addition, Dr. Adelsheim and tribal partners have been in dialogue with a number of state leaders to educate on and support the need for expanded tribal youth mental health resources.

Contact Our Team

Learn more about our team members and contact information below.

Steven Adelsheim

Director
Clinical Professor
Associate Chair for Community Engagement
phone: 650-725-3757
e-mail: sadelsheim@stanford.edu



Vicki Harrison

Program Director
phone: 650-725-3772
e-mail: vickih@stanford.edu



Erika Roach, MA

Program Coordinator
phone: 650-724-3517
e-mail: elroach@stanford.edu



Roshelle Ogundele, MSW

Supported Education & Employment Specialist
phone: 650-723-2963
e-mail: roshelle@stanford.edu



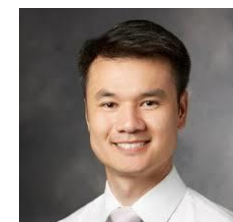
Ana Lilia Soto, MA

Youth Outreach Specialist
phone: 650-723-2964
e-mail: analilia@stanford.edu



Steven Sust, MD

Child and Adolescent Psychiatrist
e-mail: susts@stanford.edu



Building a Backbone Team for Implementation

As we continue to drive the development of the first U.S. pilot for an integrated youth mental health model in Santa Clara County, our CYMHW team is also building a state implementation team to provide the backbone for supporting this model across California and the United States. We are actively looking for financial support to coordinate partnerships with counties from around the state and country, interested in rolling out this integrated one stop shop youth model, through technical assistance, program development, marketing, common data and evaluation, and international model fidelity.

Locally, while the CYMHW is the facilitator of integrated youth mental health site development, the 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 strengthen our potential for success, we are looking to the community for:

- Direct financial support for program infrastructure, youth services, and development of youth-centered physical spaces
- Introductions to other potential supporters (advocates and/or donors)
- Community ambassadors to advocate for the services offered to youth and families in your local 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.

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

Thank you, McKenzie Foundation!

The CYMHW is grateful to the McKenzie Foundation of San Francisco for a generous gift they made this year in support of "headspace" development.

