

**allcove:**

# Revolutionizing Youth Mental Health Access

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# Introductions

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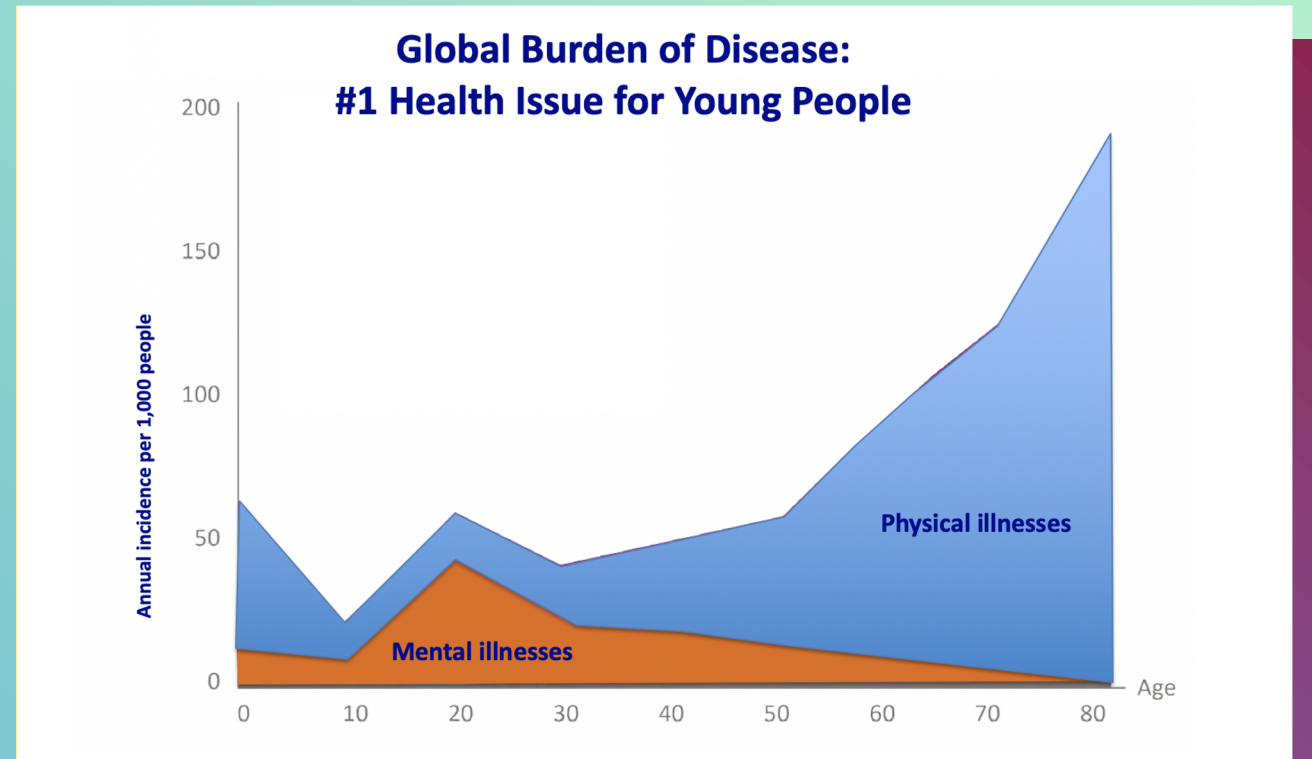


# Mental health crisis among young people

**50%** of all lifetime cases of mental illness start by age 14.

**75%** start by age 24.

**79%** do not access care.



Graph: Victorian Burden of Disease Study, Mortality and Morbidity in 2001

Statistics: Kessler, R., Berglund, P., Demler, O. (2005). *Lifetime Prevalence and Age-of-Onset Distributions of DSM-IV Disorders in the National Comorbidity Survey Replication*

# Insights from our U.S. market research

1

- A young person's life is a constant hum of things coming at them, and sometimes it's just too much.

2

- To ask for help is admitting you're still not enough of an adult to do it all.

3

- Seeking professional care requires a leap over a huge abyss.

4

- Youth struggle with mental hardship but rarely talk about it, making the topic feel like an isolating form of failure.

5

- Engaging with mental health services often means going against family and cultural influences.

6

- Everyone is trying to solve young peoples' problems, but no one is truly listening.



# A public mental health continuum for young people



allcove provides youth-centered,  
integrated care through  
prevention and early intervention  
with easy and affordable access.

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## **all**

Our spaces are for all young people, no matter what emotions they are feeling. It communicates inclusivity and togetherness.

## **cove**

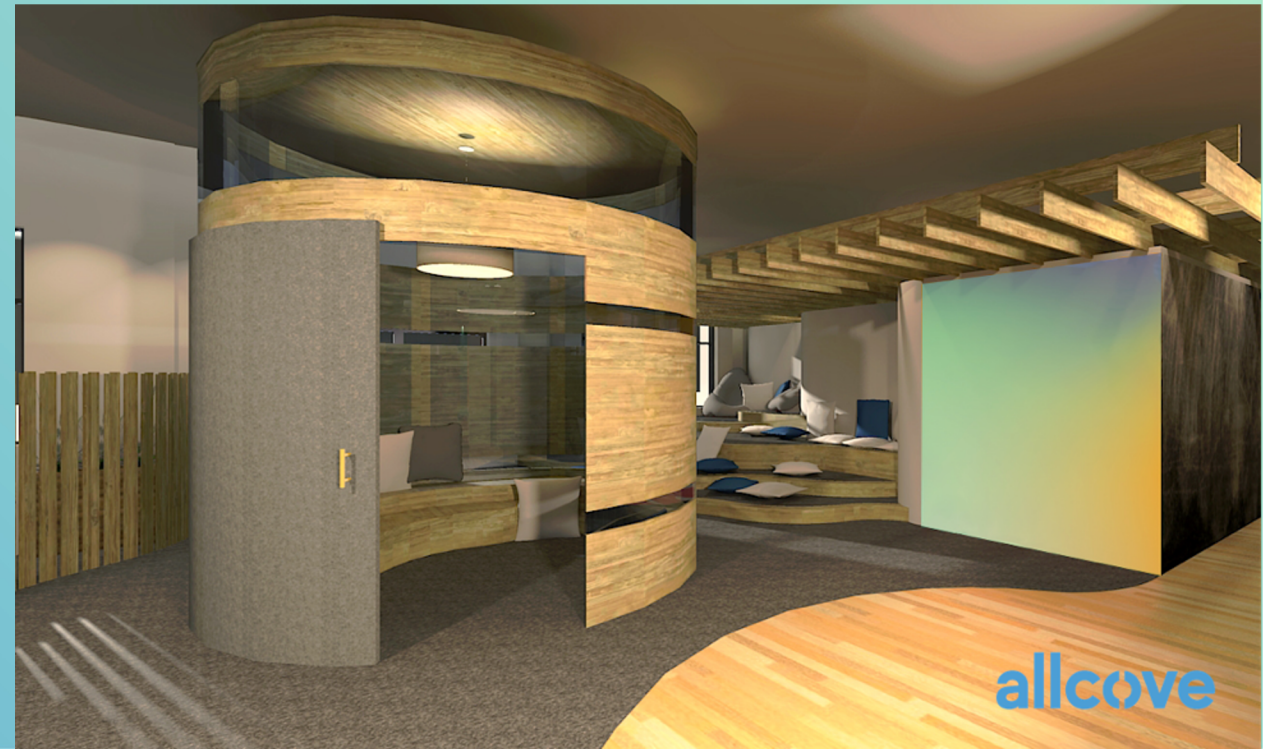
A space, surrounded by protection, which can take on many forms. A cove is a safe and open space that allcove provides to all its visitors.



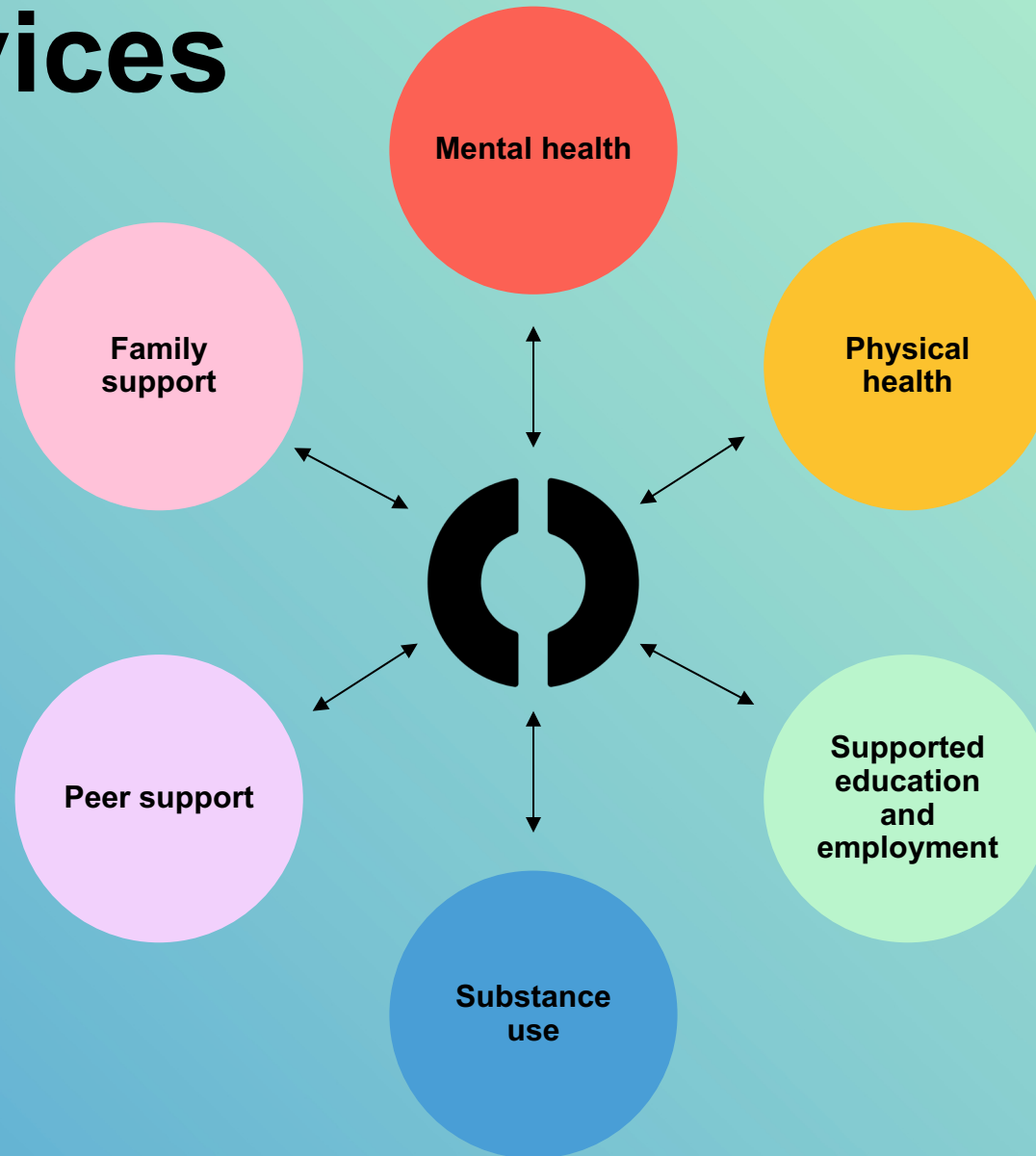
# How is this model unique?

- No cost to young person.
- Prevention to early intervention focus.
- Stigma-free; normalizes mental health.
- Youth-friendly, engaging and upbeat staff.
- Strong youth outreach and marketing.
- Consortium of youth-serving agencies.
- Integrated care.
- Five core components.
- Youth-centered and informed by Youth Advisory Group.

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# Core services





# allcove updates

## San Jose and Palo Alto locations

- Opened June 2021
- Collaborating with Santa Clara County Behavioral Health services to implement a 4-year pilot
- [www.allcove.org](http://www.allcove.org)

## Model Growing Around the World

headspace-Australia-up to 150 sites

headspace-Denmark-8 sites

headspace-Israel-2 sites

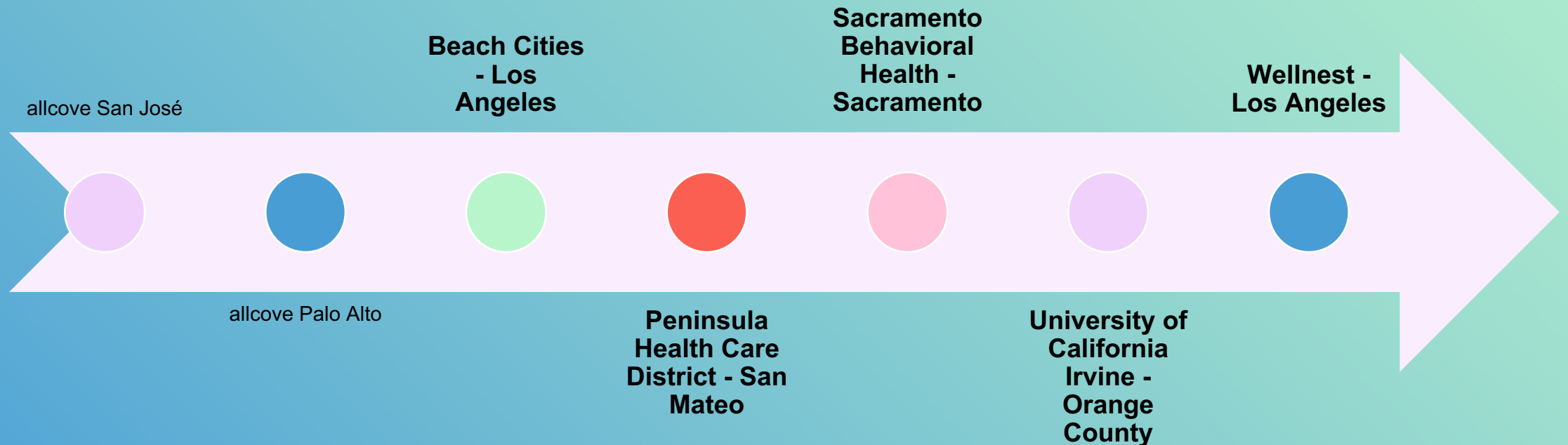
Foundry-BC Canada, 8 sites, 10  
more coming soon

YWHO-Ontario, Canada-10 sites



# growing network

Two existing and five new projected centers, in partnership with the Mental Health Services Oversight and Accountability Commission:





# Youth Advisory Group

Each allcove center has its own local Youth Advisory Group, recognizing that different communities have different needs. These young people represent their community with diverse lived experience, providing insights into services, staff, location, etc.

They are active community advocates for youth mental health by:

- Raising awareness.
- Reducing stigma.
- Encouraging help-seeking behaviors.
- Educating the broader community about youth mental health.

Engagement of young people builds a strong sense of community, understanding and passion for getting involved.

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# Mission, vision and values

The mission of the allcove Youth Advisory Group is to empower young people to become the leading voice in redefining mental wellness, reducing stigma and increasing access to youth mental health support.

Our vision is to revolutionize mental wellness for young people.

## Core values:

- Youth voice – Diversity, inclusivity and advocacy.
- Accessibility – Normalize conversations, promote social justice and educate communities.
- Mental wellness – Holistic, empathetic and free of judgment.

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# Central allcove Team Youth Advisory Group (CaTY)

- 13 youth now, will grow to 20 diverse young people, with recruitment emphasis in partner locations
- 16-25 years old
- Regional diversity throughout California
- Youth focused solutions for youth issues and concerns
- Supporting development of 5 new centers throughout California

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# Opportunities for youth voice and feedback



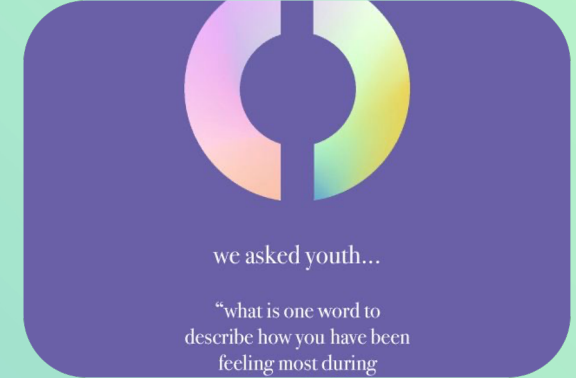
Brand, identity, name  
developed with ideo.org and  
inaugural YAG



Location scouting  
Space Design  
Creating flow



Shared decision making  
RFP's  
allcove services  
virtual services  
Community Consortium



All marketing:  
Videos  
Website  
Social media development



Evaluation & data systems  
team



allcove policies & procedures  
-for SCC and guide statewide  
development




Advocacy:  
Training  
Increasing dialogue  
Community presentations



Outreach and Recruitment  
Strategies

# Mental Health America 2020 report



**Major depression  
in youth has  
increased  
4.35% over  
the last 6 years.**

**Now OVER  
2 MILLION YOUTH  
have depression  
with severe  
impairment.**

**OVER 70%**  
of youth with major  
depression are  
**STILL IN  
NEED OF  
TREATMENT.**





# School Mental Health System Challenges

## School Capacity:

- Space
- Primary responsibility
- Turnover
- Resources
- Vacations/Summer

## Access:

- HIPA-FERPA
- School/Staff Communication
- Informed Consent
- Confidentiality

# Conversation with our wellness centers

- Stressful transition with students worried about returning and re-engaging with another new normal
- Wellness Centers/Counselors are impacted by increase in demand, with therapist caseloads full and waiting lists
- Some hesitation to access wellness center with stigma around needing help
- From zoom fatigue and isolation to social anxiety and feeling overwhelmed
- Increased need to support families



# CaTY Panel

- In a time where students are navigating going back to campus (whether high school or college) what are you hearing from your peers?
  - What are their needs?
  - Are their needs being met? Where are they turning to?
  - How can adult allies support you and them?
- How do we engage young people in accessing services at schools?
  - What are your tips?
  - What would have helped you access support?
- How can allcove support schools to support their students?
  - What are the potential bridges you see?





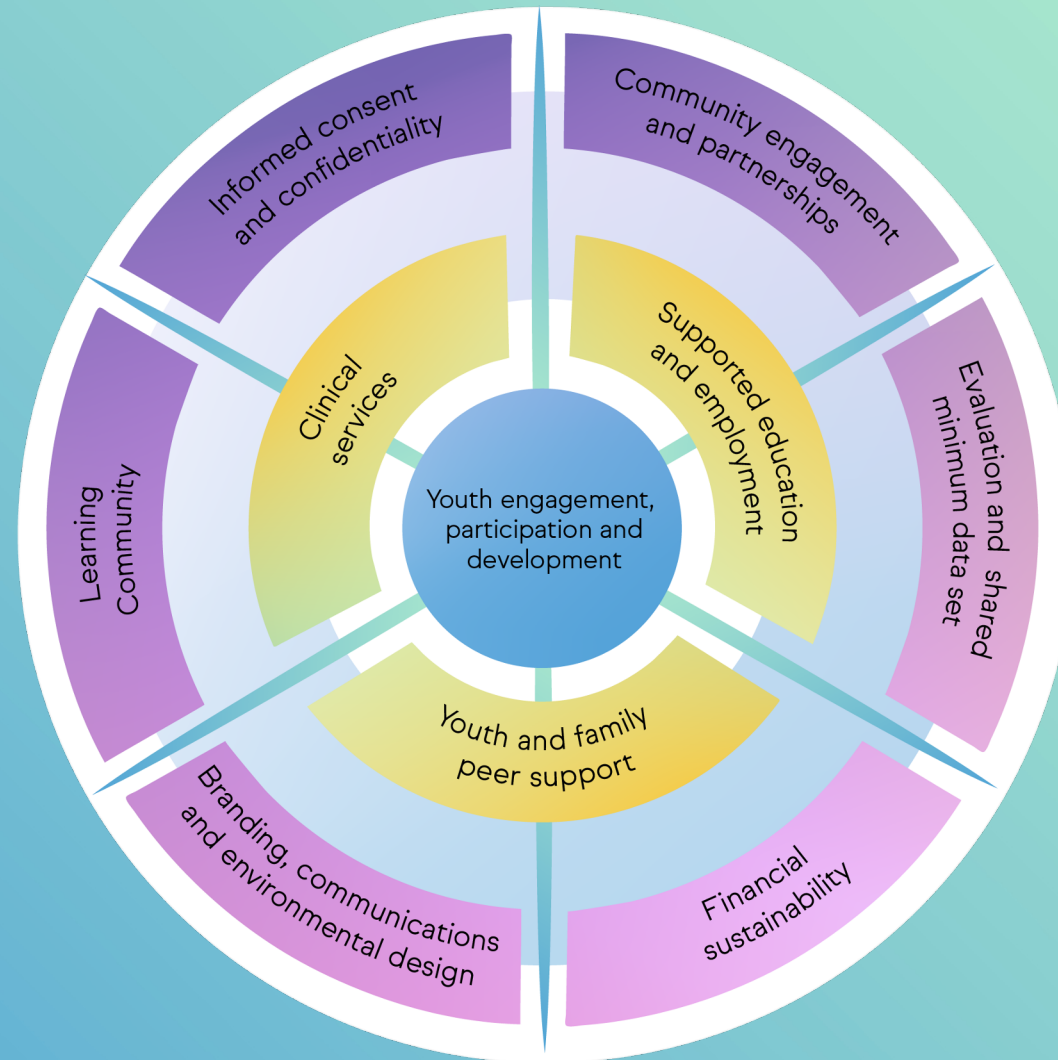
# A conversation with our young people

- **Our Current reality**
  - The New normal: Shelter in Place to In-person
  - Students haven't been in school for almost two years
  - Isolation to socialization
- **Confidentiality**
  - On campus, everybody knows who is accessing services
  - Mismatched schedules and being referred out without consent
- **Peer Support**
  - Normalizing lived experiences
  - Peer to Peer connections

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# allcove model components



# Working Together: Building Bridges

## Increasing access to complimentary services

- Collaborating on providing a full menu of services of mental and physical health, substance use and supported education and employment and peer support with cross referrals
- Referrals to therapeutic and other wellbeing group services
- Supporting connections between school and community to allow youth to access support wherever they are
- Peer led mental health education to decrease stigma
- Supporting families to support their youth

## Supporting youth development together

- provide leadership opportunities for students to participate in local and statewide youth advisory groups
- collaborate to support school mental health programs such as Bring Change to Mind and NAMI high school clubs
- provide opportunities for students to participate in community events



# Contact us

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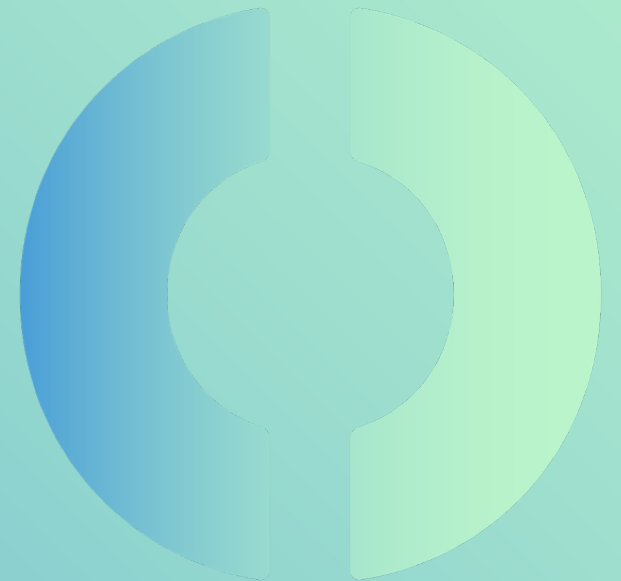
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## Follow us:

@allcoveyouth

@stanfordyouthmh

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