

allcove

**Expanding Early Access to Mental Health
Care for Young People Across California**



The Adolescent Mental Health Crisis

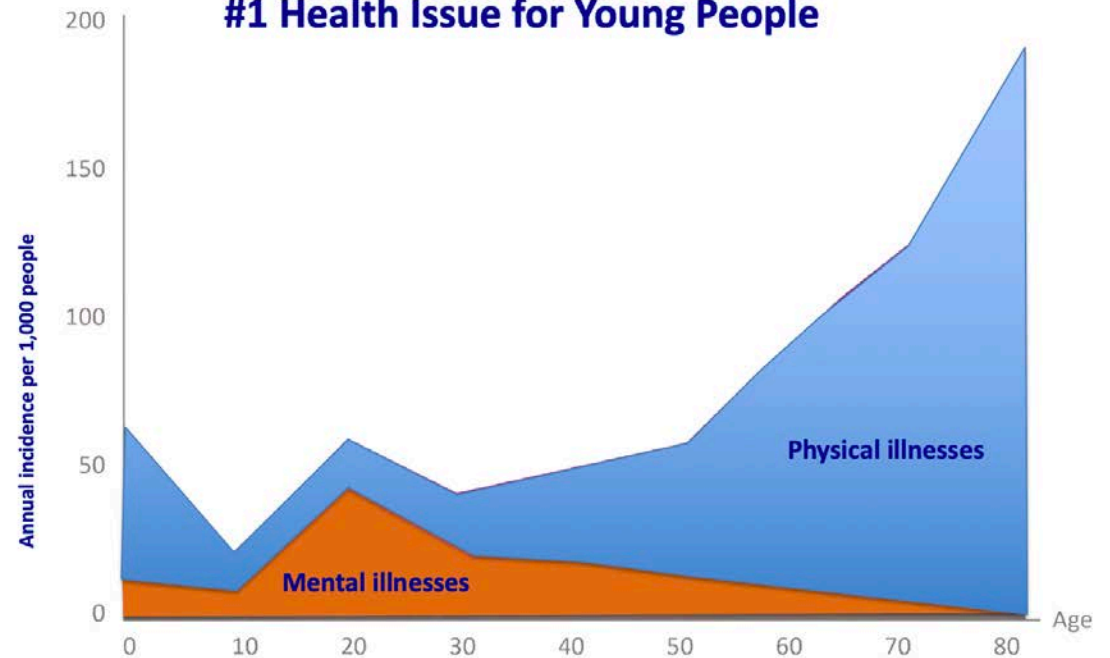
HALF of all lifetime cases of mental illness start by age 14

75% start by age 24

79% don't access care

The Incidence of Disease Across the Lifespan

**Global Burden of Disease:
#1 Health Issue for Young People**



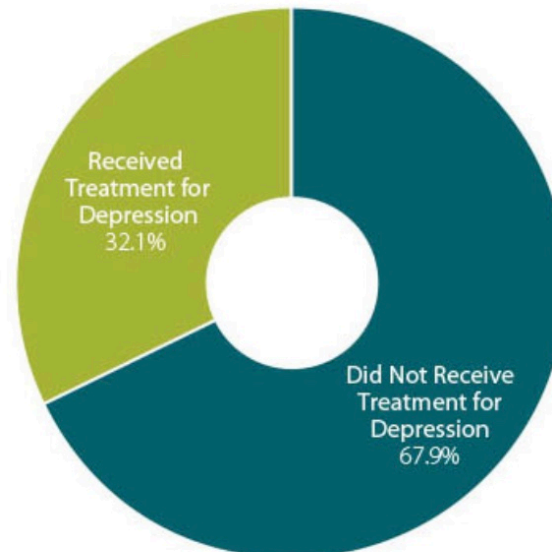
Suicide Rate by Region Across California



**In CA, 1 in 8 teenagers have depression.
Less than one-third (30.5%) receive treatment.**

Treatment for Major Depressive Episode
Adolescents, California, 2011 to 2015

PERCENTAGE REPORTING MDE IN THE PAST YEAR WHO ...



A Public Mental Health Continuum for Youth



Integrated Youth Mental Health Across the Globe

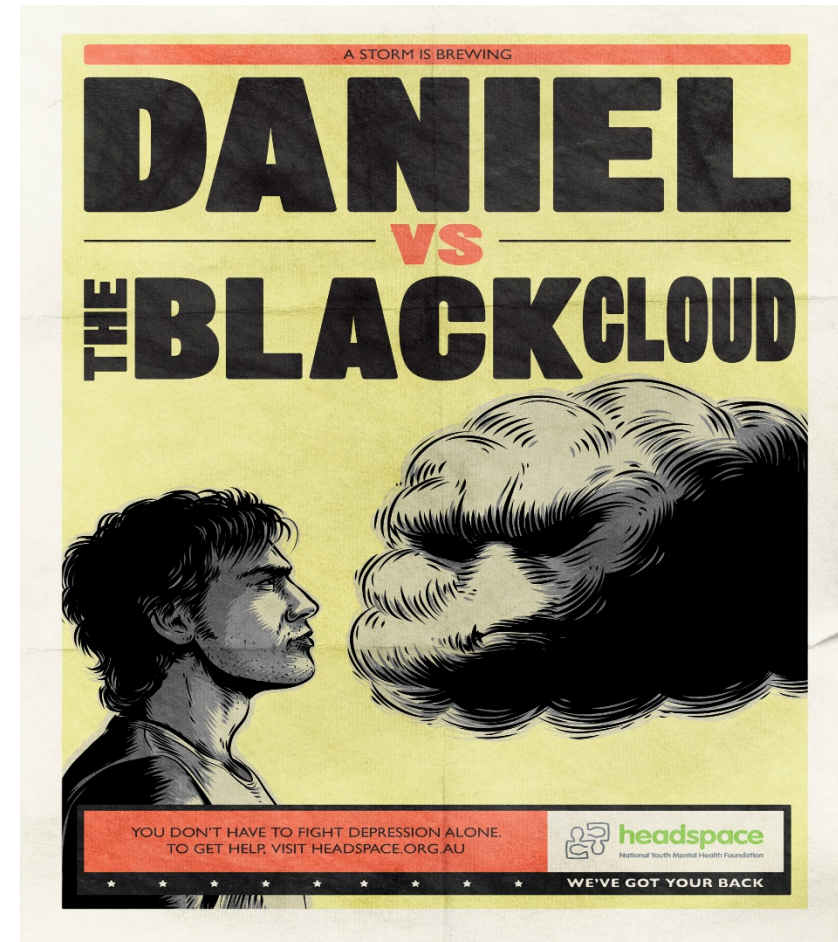
Growing around the world:

- ✓ headspace Australia- 130 sites, growing to 150 soon
- ✓ headspace Denmark- 8 sites
- ✓ headspace Israel – 2 sites
- ✓ Jigsaw Ireland- 16 sites
- ✓ Foundry, BC, Canada- 8 sites open & new funding for 8 more
- ✓ Youth Hubs Ontario - 8
- ✓ USA – plan to open first 2 in 2020!



Integrated Youth Mental Health Center Components

- Stand alone one stop shop youth mental health centers for young people ages 12-25
- Accessible (location & short appointment wait time)
- Low to no cost; serve everyone
- Provide 5 core components in youth developed and friendly environment:
 - Mental health, including mild-moderate issues
 - Primary care support
 - Alcohol and other drug early intervention
 - Supported education and employment
 - Peer and family support



headspace

US Feasibility Report

June 2015

Supported by a grant from the Robert Wood Johnson Foundation

Dr. Steven Adelsheim, Stanford University

Chris Tanti, **headspace**

Vicki Harrison, Stanford University

Roger King, Consultant



How is this model unique?

- Low to no cost
- Early intervention focus
(a public mental health care model)
- Youth-centered design; Informed by youth
- Youth advisory board
- Stigma-free / normalizes mental health
- Youth-friendly, engaging, upbeat staff
- Strong youth outreach & marketing
- A consortium of youth serving agencies
- Integrated care *(no wrong door)*



Core Services



Building International Partnerships

- headspace
- Foundry
- Youth Wellness Hubs Ontario
- Jigsaw
- International Association of Youth Mental Health
- Frayme
- World Economic Forum
- Orgyen, National Youth Mental Health Foundation



headspace centre young person follow up study

September 2019 | Research and Evaluation



According to the study of more than 1,900 young people:

- ➔ All age groups reported a decrease in psychological distress (K10) while at headspace and most age groups reported further improvement after leaving.
- ➔ The greatest improvements were in general wellbeing, coping and participating in day to day activities.
- ➔ Participants experienced a decrease in the number of days they were unable to work or study while at headspace and these gains were maintained at the time of follow up.
- ➔ headspace helped participants develop skills to deal with mental health issues (80%) and reduced the impact of mental health on their lives (78%).
- ➔ Most participants (84%) reported that headspace positively impacted their mental health literacy and helped them to better understand their mental health problems (86%).



Santa Clara County allcove Site Development

- Working with Santa Clara County BHS to implement a 4 year pilot of two centers: San Jose and Palo Alto
- 24-member Youth Advisory Group
- County Funds for Core Positions
- County MHSA Innovation Funds
- Capital Outlay for Space
- Collaborations with Medi-Cal and Commercial players



Santa Clara County allcove Youth Advisory Group

Youth and Community Driven

- To have youth who are representative of their community with a diverse lived experience to provide insights into services, staff, location, etc.
- Are active community advocates for youth mental health:
 - Raising awareness
 - Reducing stigma
 - Encourage help seeking behaviors
 - Educating the broader community about youth mental health





allcove Santa Clara County Youth Advisory Group



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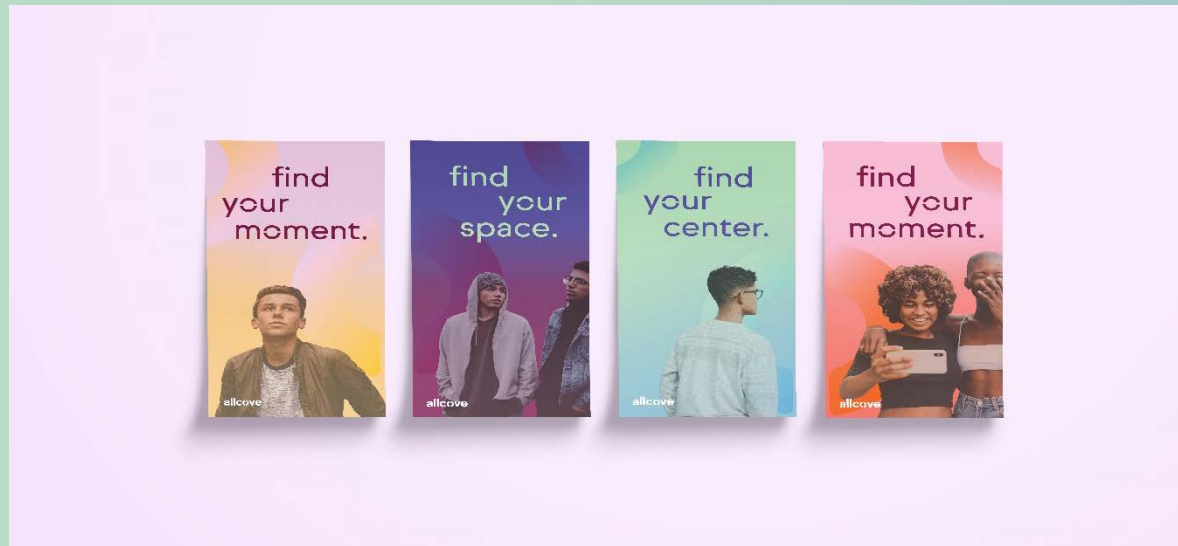
We're *allcove*, offering a moment of pause in a world that often feels like too much, supporting young people to reach out on their own terms.



Fieldwork recap

We spent time in schools, with YAG members in Santa Clara County, across CA, and the country, with community influencers, with an amazing muralist, with social workers, counselors, we looked at analogous inspiration for space design, youth centers and how others deal with sensitive topics.





all

The first syllable of our name implies that our **spaces are for all youth**, no matter what emotions they are feeling. It communicates inclusivity and togetherness.

cove

The second syllable of our name is **a space, surrounded by protection, which can take on many forms**. A cove is a metaphor for the safe but open space that allcove provides to all its visitors.

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Design principles

no. 01

Comfortable & welcoming

Every interaction in our space feels inclusive, inviting, and absent of stigma.

no. 04

On your terms

We create the space for young people to show up as they are while surrounding them with a system of support. They are free to engage on their own terms.

no. 02

Natural fit

Our space feels familiar and reflects the local community. Young people intuitively connect to it.

no. 05

Relatable wisdom

We deliver professional guidance in an approachable way.

no. 03

Alone but not alone

We cherish the moment of exhale, encouraging reconnection with oneself before taking the next step.



Core Components for Implementing allcove with Fidelity

Clinical
Components

Learning
Community

Branding &
Communication

Common
Evaluation

Youth
Development
Components

School/Supported
Employment

Coordination of
Peer & Family
Support

Billing and
Funding

Informed Consent
& Confidentiality

Environmental
Design/Facilities

Health Record &
Evaluation
Linkages

Community
Partnerships

Measuring Impact

Evaluation Components

- Demographics
- Community & Diagnostic Reach
- Minimum Data Set (MDS)
- Outcomes
- Fidelity to the Model

Consistent Site Evaluation

- Use of Secondary Data Collection System
- Links Data Regardless of EHR and to International Partner MDS



Connected But Unique: Value in Common Elements

Each center will provide the same core services, standards & brand in order to:

- **Build Awareness** (target audiences become aware of allcove brand)
- **Build Understanding** (target audiences understand what allcove is and what it does)
- **Build Engagement** (target audiences engage with our brand (i.e. follow channels, engage with content, visit center or website, contribute content).

Each Center:

- Is recognizable in look, feel and experience
- Is welcoming, safe, comfortable and non-judgmental with individual staff who truly listen
- Offers extended hours of operation
- Is unique to each community
- Is deigned to enable service providers to provide integrated services (not just co-location)



A Public Mental Health Continuum for Youth



- Early Mental Health Support
- Primary care
- Supported education and employment
- Early Substance Use Treatment
- Peer support



Building Momentum Across the State

Interest From Groups in Multiple CA Counties:

San Mateo, Fresno, El Dorado, Orange, Santa Barbara, San Diego, Humboldt, Alameda, San Francisco, Stanislaus, Monterey, Sacramento, Contra Costa, Los Angeles, Santa Clara, San Luis Obispo



Next Steps – A Potential Vision

- *Start piloting allcove sites across a variety of California communities*
- *Shared core services*
- *Coordinated data collection and evaluation*
- *Connected but unique*
- *Starting in communities ranging in size and rural, urban & suburban*
- *Serving a diversity of populations with a strong cultural mix*
- *Common look and feel*

Let's together create allcove sites across all California communities!



Contact Us if We Can Help

Steven Adelsheim (Director) sadelsheim@stanford.edu

Vicki Harrison (Program Director) vickih@stanford.edu

Ana Lilia Soto (Youth Outreach Specialist) analilia@stanford.edu



www.allcove.org

@allcoveyouth



Optimal Center Staffing Plan (FTE)

Licensed Clinical Manager (0.5)
Health Services Rep (Clerical) (1.0)
Licensed Masters Clinician (2.0)
Licensed Masters Clinician Addiction (1.0)
Adolescent Medicine Specialist (.5)
Psychiatrist (0.2)
Psychologist (0.2)
Peer Specialist (2.0)
Community Coordinator (1.0)
Admin Associate (1.0)
Supported Ed/Employment Specialist (1.0)
Youth Outreach Specialist (1.0)

