



**NO STIGMA
NO BARRIERS**

**A TRANSITION AGE YOUTH
MENTAL HEALTH COLLABORATIVE**



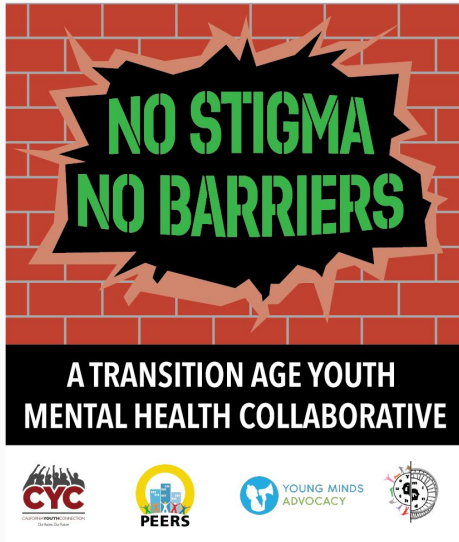
NO STIGMA NO BARRIERS

A Transition Age Youth Mental Health
Collaborative

Presentation To The
Mental Health Services Oversight and
Accountability Commission (MHSOAC)
Client and Family Leadership Committee

September 13, 2017

OVERVIEW



1. No Stigma No Barriers: Who Are We?
2. Year One Highlights
3. Looking Ahead: Year Two Vision
4. Get Involved!

WHAT IS OUR VISION?

- The **No Stigma No Barriers Collaborative**, guided by transition age youth (TAY) ages 16 to 25, was formed to end stigma towards mental illness and break down barriers to care for young people in California.
- We do this through **trainings, outreach, and advocacy** at the county and state level.
- The collaborative is a three-year project funded by the Mental Health Services Act (MHSA). Project partners include California Youth Connection, PEERS, Youth In Mind, and Young Minds Advocacy.

WHAT'S IN A NAME?



“I [liked] the name ‘No Stigma No Barriers’ because as a young person who has been affected by mental health, the name spoke to me. In high school, I struggled with depression and felt ashamed of it. I felt ashamed because I felt society had such a stigma on mental health that I was scared to get labeled. I felt like there was no way of getting help and I was scared to look for help. Because of this, today, as a youth advocate I want to help remove stigma and the barriers young people face every day so that they can get the help they deserve.” – Cecilia, NSNB Governance Board Member

WHO ARE WE?

Partner Organizations

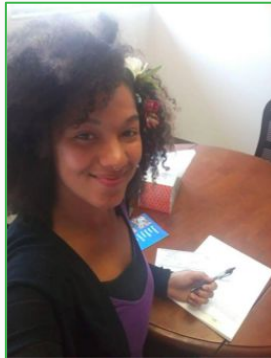


WHO ARE WE?

Cecelia Najera



All'Love Aundrea
Stuckey



Joy Anderson



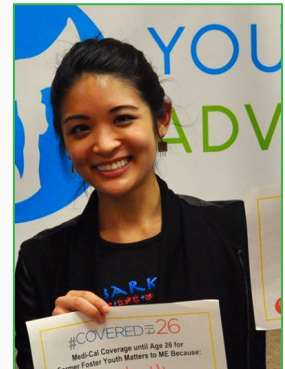
Mariah Corder



Haydée Cuza



Aisa Villarosa



Year One Highlights



YEAR ONE

STATE OF THE COMMUNITY REPORT

SOC HIGHLIGHTS

- I. Overview of California's TAY mental health system
- II. Infusing Youth Voice and Engagement into TAY Mental Health Services
- III. Y1 Advocacy Priority: Bringing Youth Voice to California's Mental Health Boards
- IV. California's Youth-Led Mental Health Organizations

YEAR ONE

STATE OF THE COMMUNITY REPORT



“When you’re under 18 and struggling, someone is going to notice at some point—your mom and dad, or if you’re in foster care, a staff member or social worker. You’re going to end up receiving some sort of support, whether you want it or not. After turning 18 and especially after turning 24, for a lot of young people, there’s not necessarily anybody looking out for them.”

A lot of [TAY] slip through the cracks...and they may not even realize that they need the support. Plus, they’re probably pissed off about the way they experienced the mental health system before they turned 18. So, that [system] is often the last place I see people going for help.”

—IRIS HOFFMAN, 21
HOLISTIC WELLNESS ADVOCATE, AVP FACILITATOR, VOICES
SONOMA, FORMER YOUTH ADVOCATE, CYC MEMBER

TRANSITION AGE YOUTH & MENTAL HEALTH

- Over 5,500,000 transition age youth in CA; 1 in 5 have mental health challenge
- TAY face unique challenges to wellness, transitioning into adult system(s)
- Lack of data to improve supports, fully understand challenges
- Half of students 14 and older with mental illness drop out of high school
- Only 20% of young people who need mental health supports receive them

YEAR ONE

Outreach & Engagement

Our Goals:

- Reduce stigma towards mental health and address systemic, individual barriers
- Raise awareness about the unique mental health needs of TAY
- Engage and empower TAY and their allies around mental health and wellness



Our Impact:

- Hosted outreach events in 5 County Behavioral Health Directors Association (CBHDA) regions (Superior, Los Angeles, Central, Southern, Bay Area)
- Gave presentations at regional and statewide committee meetings (e.g. Foster Youth Task Force)
- Developed resources for TAY and allies
 - SOC Year One Report
 - Mental Health Board Handouts
 - One pager on NSNB
 - Video about mental health
 - Stomp Toolkit



YEAR ONE

Outreach & Engagement



Mental Health Matters Day

- NSNB tabled the day-long event on May 24th in Sacramento
- Provided resources and information to attendees
- Encouraged participation by asking *“What does mental health mean to you?”* & *“What ties you to this event?”*

YEAR ONE

Outreach & Engagement



FRESNO LISTENING SESSION

FRIDAY, 4.27
1918 FRESNO ST.
3:00 P.M. - 6:00 P.M.

Food, Music & Conversations
about Health & Wellness

INCLUDING SPECIAL GUESTS:
THE MOFOS



CMHACY Leadership Academy

- 13th Youth Leadership Academy panel at 2017 CMHACY featuring YIM TAY advocates
 - Discussed emotional, financial, intellectual, social, physical, environmental, vocational, and spiritual components of Wellness
 - Speakers gave recommendations on how adults and allies can support youth needs, advocacy
- Hosted unifying wellness exercises, scavenger hunt with CMHACY TAY and youth attendees



CMHACY TRAINING:

- Hosted a training for TAY and their allies about mental health boards
- Included a panel of youth advocates sharing the do's & don'ts for creating and participating in youth-friendly meetings
- Hosted another workshop to promote the work of NSNB
- Collected insights from participants about individual, community, and system-level needs



YEAR ONE

ADVOCACY

Mental Health Boards Campaign

- **Issue:** California's local Mental Health Boards lack youth voice, perspective, and power
 - Few boards feature TAY representatives and/or children's board
- NSNB advocates participated in Bay Area and Sacramento MHBs, as well as statewide advocacy events, to call for increase in TAY/youth representation
 - Presentations to SF, Berkeley, and Alameda MHBs
 - Collaboration with TAY advocates to get recommendations, experiences
- **Win!** TAY advocate Susan Page elected to SF's Board, now co-chairing the Children's Subcommittee



LOOKING AHEAD: Year Two & Beyond



LOOKING AHEAD



What's Next?

- New partnerships
- Youth Board
- Regional events
- Acting on information gathered
- Website!

The *No Stigma No Barriers* website will include...

- *Information about mental health and TAY*
- Resources for youth in need of mental health support
- Ways TAY and their allies can get involved with NSNB
- Quotes and stories from TAY advocates

Why Transition Age Youth?

Approximately
5,500,000
transition age youth live in California.



Only 20%
of young people with
mental health challenges
receive services.

The average delay
between onset of
symptoms and
interventions is
8-10 years.



Approximately
50%
of students
14 and older with
mental illness drop out
of high school.

The *No Stigma No Barriers* website will include...

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- *Resources for youth in need of mental health support*
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Resources



TEXT

- **Crisis Text Line**
Text "START" to 741-741
Free, confidential, 24/7
- **Boys Town National Hotline**
Text "VOICE" to 20121
Free for many carriers, 6 pm to midnight CST, every day
- **Teen Line, Teens helping teens**
Text "TEEN" to 839863 between 5:30 pm – 9:30 pm PST



CHAT

- **National Suicide Prevention Chat**
Available 24/7
- **Boys Town National Hotline**
Mon-Fri, 6PM to midnight CST



TALK

- **National Suicide Prevention Lifeline**
1-800-273-TALK (8255), En Español: 1-888-628-9454
Available 24/7
- **The Trevor Project**
Support for LGBTQ youth 1-866-488-7386
Text and chat also available
- **Teen Line – Teens helping teens**
(800) TLC-TEEN from 6pm to 10pm PST
- **Boys Town National Hotline**
1-800-448-3000, 24/7
- **National Human Trafficking Hotline**
1-888-373-7888

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Get Involved

We need your help to create meaningful change! Here's how you can get involved in the TAY mental health movement:



Transition Age Youth (16 to 25)



Stay Connected

Sign up to join our email list to stay connected to NSNB!



Attend a Training

Attend a NSNB training or become a youth trainer to help end stigma and empower TAY.



Share Your Story

Share your story on the NSNB [blog](#) to help fight stigma!



"I think TAY do experience mental health differently [from other adults], partly because of the access to services and partly because of the stigma of services. TAY tell their peers who make it seem like being in therapy or counseling of any sort is a bad thing...It's hard to identify what the difference between each emotion is or how you're supposed to react because it's different for everyone so if you don't fit into this category then you're looked as or seen as different. Mental health isn't normalized yet in the TAY population." – Mariah, 18

GET INVOLVED

JOIN US

- Contact us at:
info@nostigmanobarriers.org
- Visit our website at
www.nostigmanobarriers.org starting
October 10th!
- Sign up for our newsletter at:
calyouthconn.org/youth-mental-health
- Attend or support events, youth board





www.calyouthconn.org



YOUNG MINDS
ADVOCACY
Turning Promises Into Practice

<https://www.ymadvocacy.org/>



<https://peersnet.org/>



<http://yimcal.org/>