Creating integrated youth mental health spaces with young people: the allcove program

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March 23, 2023
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• He has worked with tribal partners for many years in school mental health, telebehavioral health, youth suicide prevention/postvention, and behavioral health systems development.

• Steven is a Co-Director of the national early psychosis network known as PEPPNET, and Co-Lead for the Dissemination Workgroup for EPINET
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Personal Disclosures

- I am a cisgender male & a 6th generation Jewish Pittsburgher
- I am a father of 4 in a blended family
- There is formally diagnosed mental illness in every generation I know of within my extended family
- I have sought out and received my own mental health care
- I am aware that I am grounded in my own cultural and personal biases and am working to better understand them and come to my work with greater awareness and sensitivity.
- I continue to work to improve my own cultural humility and to break down hierarchies in healthcare delivery systems.
Learning Objectives

At the end of this presentation, participants will be able to:

- Participants will name 6 core components of the allcove integrated youth mental health model
- Participants will identify 3 areas where young people are integral to allcove center development
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

WELCOME TO TREATMENT

(JUST KIDDING)
State and National Policy Efforts Focusing on Youth Mental Health

• California budget 2021-22 has $4 billion focused on school mental health, behavioral health workforce, $447 million for evidence-based practices, and Medicaid restructuring focused on whole child

• Surgeon General’s Advisory Protecting Youth Mental Health (December 2021)
  • Broad recommendations for youth, families, schools, communities, health care, social media, funders, and governmental agencies

• White House Unity Agenda (March 2022)
  • Youth mental health focus with supports for increased workforce, school mental health, social media focus, peer specialists and paraprofessionals
International integrated care model

- Integrated youth mental health centers for young people ages 12 to 25.
- Accessible – Location and short appointment wait time.
- Free to low cost – Serve everyone, regardless of insurance status.

International partners include:

- Headspace Australia- 150 sites
- Foundry Canada -20 sites
- Jigsaw Ireland- 15 sites
- World Economic Forum Global Framework for Youth Mental Health
- International Assn. for Youth Mental Health
A public mental health continuum for young people

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

School health/mental health programs

allcove

Early psychosis programs
allcove model components

- Informed consent and confidentiality
- Community engagement and partnerships
- Clinical services
- Supported education and employment
- Evaluation and shared minimum data set
- Financial sustainability
- Branding, communications and environmental design
- Youth and family peer support
- Youth engagement, participation and development

allcove
How is this model unique?

• Prevention to early intervention focus.
• Youth-centered and informed design.
• Youth advisory board.
• Stigma-free; normalizes mental health.
• Youth-friendly, engaging and upbeat staff.
• Strong youth outreach and marketing.
• Consortium of youth-serving agencies.
• Integrated care.
• Trusted codesigned brand.
Principles of youth participation

- Youth involvement
- Youth expertise
- Youth direction
- Learning
- Leadership
- Collaboration
- Shared decision making
youth advisory group

Each center has a Youth Advisory Group that represent their community with diverse lived experience, providing insight into services, staff, location, etc.

They are involved in all touchpoints of allcove development.
Purpose of the common allcove evaluation

Building a valuable body of knowledge on the health and wellbeing needs of young people across California (and beyond).

**Implementation**
- To provide feedback that shapes the content and structure of allcove.

**Refinement**
- To help improve how allcove is implemented, ensuring model integrity.

**Expansion**
- To judge the merit, worth or effectiveness of allcove.
first two allcove centers – opened 2021

- First two allcove centers opened in June 2021 in San José and Palo Alto, Calif.
- allcove Beach Cities Nov 2022
- allcove San Mateo planned for Summer 2023
- The Central allcove Team provides technical guidance and facilitates knowledge sharing.
- CYBHI additional allcove funds coming out sometime in the next 2 months
growing network

Five projected centers, in partnership with the Mental Health Services Oversight and Accountability Commission:
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https://med.stanford.edu/psychiatry/special-initiatives/mediamh.html

https://med.stanford.edu/psychiatry/special-initiatives/youthwellbeing.html

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