A National Opportunity: Improving the Mental Health and Wellbeing of Adolescents and Young Adults
MESSAGE FROM THE CENTER DIRECTOR

Thank You to Members of the Community

Thank you for being a part of our community of clinicians, educators, policy makers, friends, and families dedicated to improving the mental health and wellbeing of our youth. Our team has been busy these past few months! I am excited to share with you the progress we have made toward creating a new and innovative model of public mental health care for adolescents and young adults in the United States.

In January, we co-coordinated six talks to introduce our program to more than 130 Bay Area thought leaders, advocates, and philanthropists. We are grateful to Chris Tanti, the former CEO of headspace Australia, for speaking at most of these events and sharing his expertise and experience with us. We continue to work with headspace Australia to learn from their success.

We have also been developing partnerships with several organizations and public officials in Santa Clara and San Mateo counties. On June 14, through the leadership of Supervisor Joe Simitian, initial county funding support for headspace program site development—$600,000 over three years—was approved by the Santa Clara County Board of Supervisors! We are grateful and encouraged by this investment in our efforts and are working with county leadership, community agencies, foundations, and potential donors toward developing additional funds.

These initial funds will support a youth development specialist position and an educational/employment support position to work with us on site development and build youth, school, and job partnerships. We are grateful to Lucile Packard Children's Hospital Stanford for providing both space for our new team members and expanded financial support for our development efforts.

There is tremendous interest in creating this critical program for the young people of our community and we are meeting potential new partners every week. Following are some recent updates related to our current progress. We look forward to sharing more good news with you soon!

Steven Adelsheim, MD, Director
Stanford University School of Medicine
Clinical Professor of Psychiatry and Behavioral Sciences

About Us

Our clinical and research experts in Stanford's Department of Psychiatry and Behavioral Sciences are laying the groundwork for the creation of a national initiative for youth through their expertise in early mental health support, self-regulation tools, school mental health, and suicide prevention. We recognize that we are in the midst of a national public mental health crisis among U.S. youth and are spearheading a new national vision for adolescent and young adult wellness and mental health support.

By creating an innovative health system, and a new culture of health for the adolescent and young adult population, Stanford hopes to create a model for the country in how to better support our young people to navigate the transition to adulthood and realize their full potential as adults. Part of our proposed response to the mental health challenges facing American youth is to develop a United States-based headspace model.

For the most up-to-date news on headspace development, community events, conferences, and research we are engaged in, please follow us through our communication channels:

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

Facebook: https://www.facebook.com/stanfordyouthmh

Instagram: stanfordyouthmh

Twitter: @stanfordyouthmh
Community Collaborations and Partnerships
Several Bay Area mental health agencies have expressed direct support for this endeavor and are interested in partnering with us, including Asian Americans for Community Involvement, Momentum for Mental Health, Uplift Family Services (formerly Eastfield Ming Quong (EMQ) FamiliesFirst), Counseling and Support Services for Youth (CASSY), and Acknowledge Alliance. They are all interested in providing clinical partnerships within the new sites. We are continuing to talk with them, as well as with other agencies that might want to collaborate.

Santa Clara County Innovation Grant
We have applied for Mental Health Services Act (MHSA) Innovation funding from Santa Clara County. This is a five-step process that includes community input, County Behavioral Health Board approval, Board of Supervisors approval, and state MHSA leadership approval. We believe the headspace model is truly innovative and has a great deal of community excitement and support. We are hopeful the county will give this program very strong consideration for these funds.

San Mateo County Collaboration
We have presented the headspace model to the San Mateo County behavioral health leadership. In addition, we have had exciting conversations with both the Peninsula and Sequoia Health Care districts, and several local schools and mental health agencies, about the importance of bringing these types of integrated early mental health support to young people across the county. We look forward to future discussions.

Youth Support and Development
Through our partnership with RWJF, we have been working with a branding firm to begin creating a new name and identity for the headspace program in the Bay Area. We are now holding a naming contest for youth! Between now and August 15, we are accepting name suggestions from youth ages 25 and under and will award $150 to one winner and another $150 will be shared among three finalists. Full contest details are on our website, facebook page, or here: https://www.surveymonkey.com/r/9YM8MV3

The Palo Alto Youth Council is partnering with us to survey local youth regarding their attitudes about the headspace concept. This peer-driven research will inform our messaging and how we market our program. This outreach is also the first step toward forming a youth advisory committee, which will serve as a guiding body during planning and implementation of the pilot. Our newly funded youth support specialist will help drive these efforts.

Join Us August 5-6
On August 5-6, we will be hosting a regional Adolescent Mental Wellness Conference in South San Francisco. Youth, parents, educators, clinicians, and policymakers from across the region will come together around the theme “Breaking Down Stigma, Building Support for Youth Mental Health.”

Keynote speakers will include Darrell Steinberg, Mayor-elect of Sacramento; Jim Beall, CA State Senator; Rob Bonta, CA State Assemblymember; and Tom Torlakson, State Superintendent of Public Instruction. They will join over fifty other speakers including Stanford and UCSF faculty members, youth advocates, and health agencies from around the Bay Area.

Our proposed headspace model will be featured in a special session at this conference. Registration is open until July 29.

For a full conference agenda and to register, please click here: www.stanfordmentalhealth.com
Ongoing Support

In the fall of 2014, the Robert Wood Johnson Foundation (RWJF) funded a study by our Center, in partnership with headspace Australia, to consider the feasibility of applying the headspace model in Australia to the complex healthcare landscape in the United States. Our team concluded that the replication of headspace presents a unique opportunity to capitalize on a tried and tested approach, while also creating a new national culture of adolescent health in the U.S.

We continue to move forward with our plan to establish the initial two U.S. sites locally. We developed a business plan to open these sites by the end of 2017, with a four-year trial period for each site. Beginning with these two pilot sites in the Bay Area—one serving the predominantly privately-insured population in the Palo Alto/Menlo Park area and the other linked to a county mental health services provider network in a Bay Area county—we seek to provide high-quality intervention services that are welcoming, youth-friendly, free from stigma, clinically appropriate, and supportive.

Jennifer Ng’andu, Senior Program Officer at RWJF, is coming to Stanford at the beginning of August. We are setting up meetings with potential partners who are interested in learning more about RWJF’s support of the headspace program and how others can partner with us and support program development during the pilot phase.

Fundraising

We are preparing to launch a fundraising campaign in the near future and will be in touch with more detail.

The successful launch of these pilot sites will require significant philanthropic support. We will be reaching out to community members who have offered to help. Support at all levels, as well as referrals to potential funding partners is greatly appreciated.

Thank You!