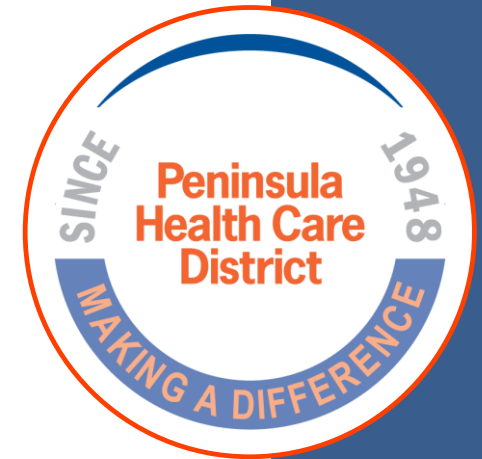


Improving Access to Mental Health Supports for Youth

ACHD Annual Conference
La Jolla, CA
October 10, 2019

Ashley McDevitt
Community Engagement Director



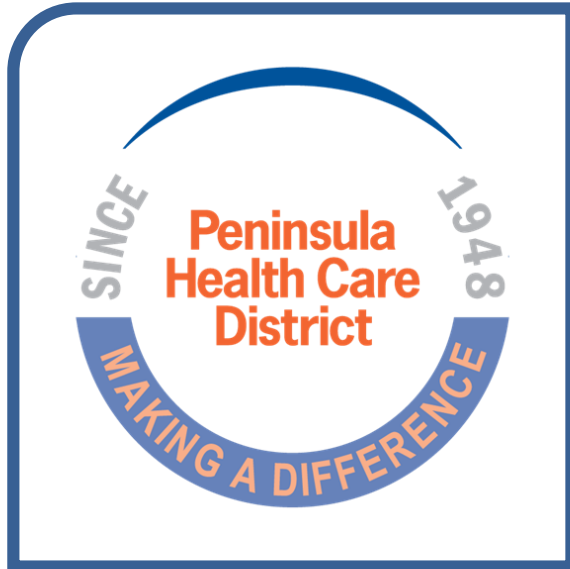
SMCo. 2014/2015 Youth Needs Assessment

70% of youth reported being nervous,
depressed, or emotionally stressed

38% of the females and 23% of males
reported having suicidal thoughts

40% reported stress interfered with daily
activities





**Alone we can
do so little;
together we
can do so
much**
—Helen Keller



Community Engagement

School district leadership
County Health Department
Physicians
Mental health clinicians
**Community based
organizations**
Parents
Students



**PROGRAM
DEVELOPMENT**

**Assessed local landscape
of services and providers**



Mapped assets

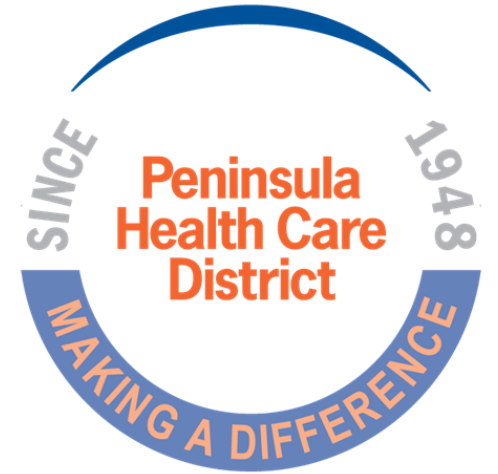


Identified gaps



Identified partners

The Teen Mental Health Project is a partnership between:



Stanford
MEDICINE

Center for Youth
Mental Health & Wellbeing
*Department of Psychiatry
& Behavioral Sciences*

School-Based Mental Health Program Goals

- 1). Build and integrate comprehensive programs at all sites.
- 2). Offer on-site services from licensed professionals employed by school district.
- 3). Develop and launch programs to support prevention, identification, and treatment.



Key Activities & Interventions



**UNIVERSAL
SCREENER**



**DROP-IN
COUNSELING**



**GROUP
COUNSELING**



**STAFF
DEVELOPMENT**



**DATA
COLLECTION**



**I
M
P
A
C
T**



ACCESS

23.54%
accessed
services



ACADEMIC

2% ↑
graduation
rates

2.2% ↑ GPA

↓ qualified as
“Emotionally
Disturbed”



BEHAVIORAL

20% ↓
suspensions

8% ↓ 5150s



**STIGMA
REDUCTION**

8% ↑ students
would notify an
adult about
friend expressing
suicidal thoughts
even if asked not
to

10% ↑ believe
there is a trusted
adult on campus



CAPACITY/CLIMATE

600+ staff trained
on mental health
first aid and suicide
prevention

8% ↑ strongly
agree/agree school
emphasizes helping
students with
social, emotional
and behavioral
problems

Tips for success

**Board
Champion**

Collaboration

**Content
Experts**

Time

Contact Information



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