



# Beach Cities Partnership for Youth

## Coalition Meeting – January 23, 2020



# Beach Cities Partnership for Youth

## Meeting Agenda:

- BCHD Welcome & Update
- Keynote Address: **Expanding Early Access to Mental Health Care for Young People Across California**
- Mindful Minute
- Youth Wellness Center roundtable discussions
- Mental Health & Happiness in the Beach Cities & Final Remarks



# Beach Cities Partnership for Youth

A community-wide and comprehensive effort to **reduce substance use and improve mental health among Beach Cities youth** by activating students, educating parents, expanding school programs and services, convening community partners, building coalitions and engaging the community at large.



# BEACH CITIES PARTNERSHIP FOR YOUTH COALITION

The Beach Cities Partnership for Youth Coalition includes more than 200 community partners who are improving student mental health and well-being, while reducing substance use and bullying.

## STEERING COMMITTEE



### STUDENTS

- Reduce teen substance use
- Decrease stress & bullying
- Improve social-emotional well-being
- Provide more opportunities for youth involvement in purposeful activities

YOUTH ADVISORY COUNCIL



### PARENTS

- Increase number of parents talking with their kids about alcohol, drugs, social media, mental health and bullying
- Educate and empower parent community about substance use and mental health

FAMILIES CONNECTED PARENT ADVISORY GROUP



### SCHOOLS

- Enhance student & staff connections on campus
- Improve students' resilience to change and ability to adapt to stressful events in healthy and flexible ways
- Increase knowledge of short and long-term health and social impacts of drug and alcohol use

SCHOOL ADVISORY BOARD



### PROVIDERS

- Grow network of community partners
- Bridge gaps between schools, community needs and service delivery

STUDENT MENTAL HEALTH PROVIDER TASK FORCE



### COMMUNITY

- Explore strategies to impact the mental health and happiness of all Beach Cities residents
- Educate and inform elected officials on health impacts of programs and policies impacting youth

COMMUNITY WORKGROUP

# Drug-Free Communities Grant



# Steering Committee

**Stacey Armato**, Mayor, City of Hermosa Beach

**Rachel Campbell**, Campus Pastor, Wave Church, Hermosa Beach

**Jennifer Cochran**, Vice President, Board of Trustees, Manhattan Beach Unified School District

**Kevin Cody**, Publisher, Easy Reader

**Doug Gardner**, Board President, Hermosa Beach City School District

**Moe Gelbart**, PhD, Executive Director, Thelma McMillen Center for Alcohol & Drug Treatment, Torrance Memorial

**John Gran**, President, Redondo Beach Kiwanis and Councilman, City of Redondo Beach

**Nancy Hersman**, Mayor, City of Manhattan Beach

**Joan Stein Jenkins**, Juvenile Diversion Project

**Keith Kauffman**, Chief, Redondo Beach Police Department

**Alice Kuo**, MD, PhD, MBA, Professor and Chief, UCLA Internal Medicine and Pediatrics

**Laura McIntire**, Founder/Creative Director, South Bay Families Connected

**Vanessa Poster**, Beach Cities Health District Board of Directors

**Ella Scalabrini**, Student, Mira Costa High School

**Kelly Stroman**, Manhattan Beach Chamber of Commerce

**Anthony Taranto**, EdD, Executive Director of Student Services, Redondo Beach Unified School District

**Gary Tsai**, MD - Medical Director and Science Officer, Substance Abuse Prevention & Control, Los Angeles County Department of Public Health

**Angela Wilson**, LMFT, Director of Mental Health Programs, South Bay Children's Health Center



# Timeline of Youth Wellness Center

<b>April 2019</b>	First Beach Cities site visit from Steven Adelsheim, M.D., Director of Stanford's Center for Youth Mental Health & Wellbeing
<b>September-December 2019</b>	Focus groups conducted with more than 200 youth, parents, providers and other key stakeholders
<b>November 2019</b>	Second site visit from Dr. Adelsheim to meet with Youth Advisory Council members, clinicians, school administrators and state and local policymakers
<b>January 2020</b>	Convening of California's Mental Health Services Oversight and Accountability Commission regarding Youth Drop-In Centers
<b>January 2020</b>	Beach Cities Partnership for Youth Coalition meeting with breakout sessions on Youth Wellness Center



**allcove**

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



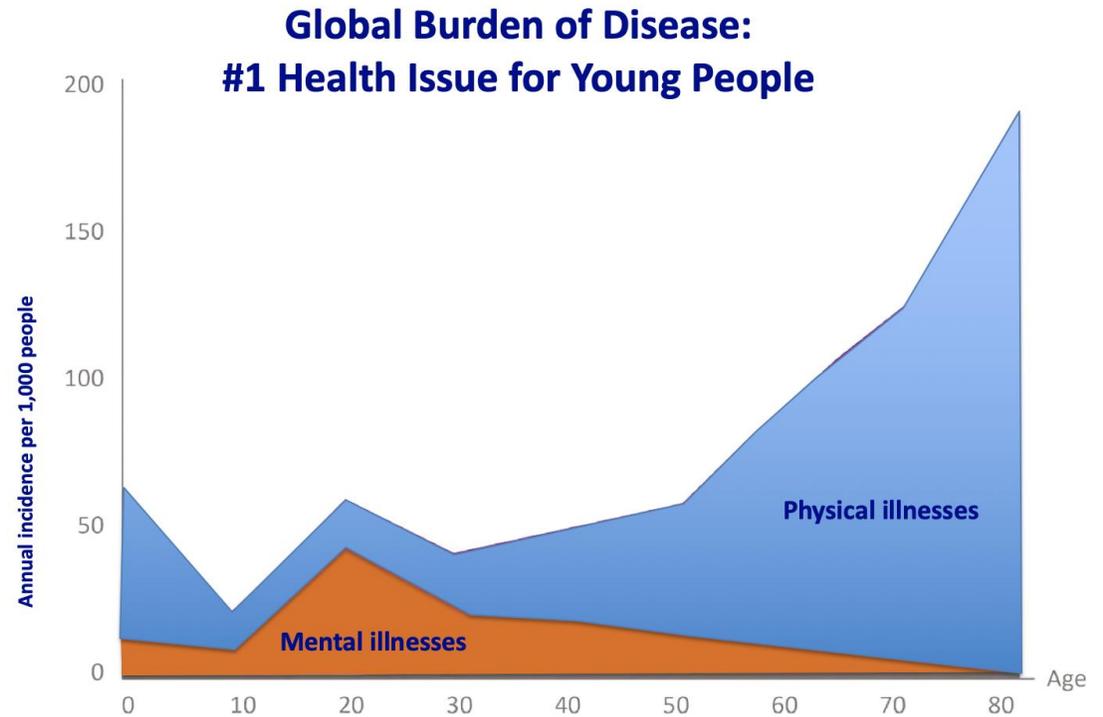
# The Adolescent Mental Health Crisis

**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



# Suicide Rate by Region Across California

## Suicide Rate, by Region All Ages, California, 2011 to 2013

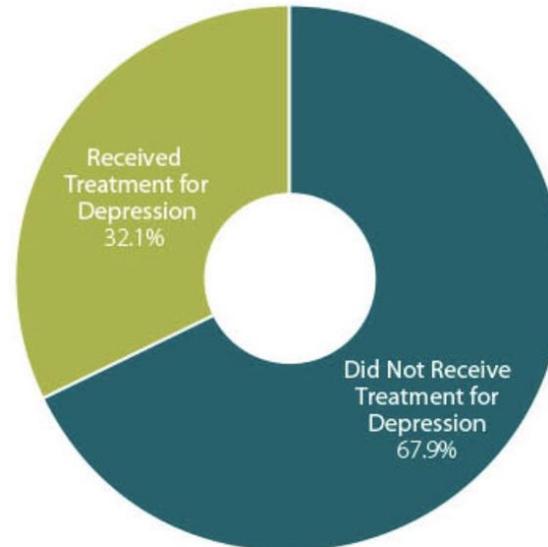
PER 100,000 POPULATION, 3-YEAR AVERAGE



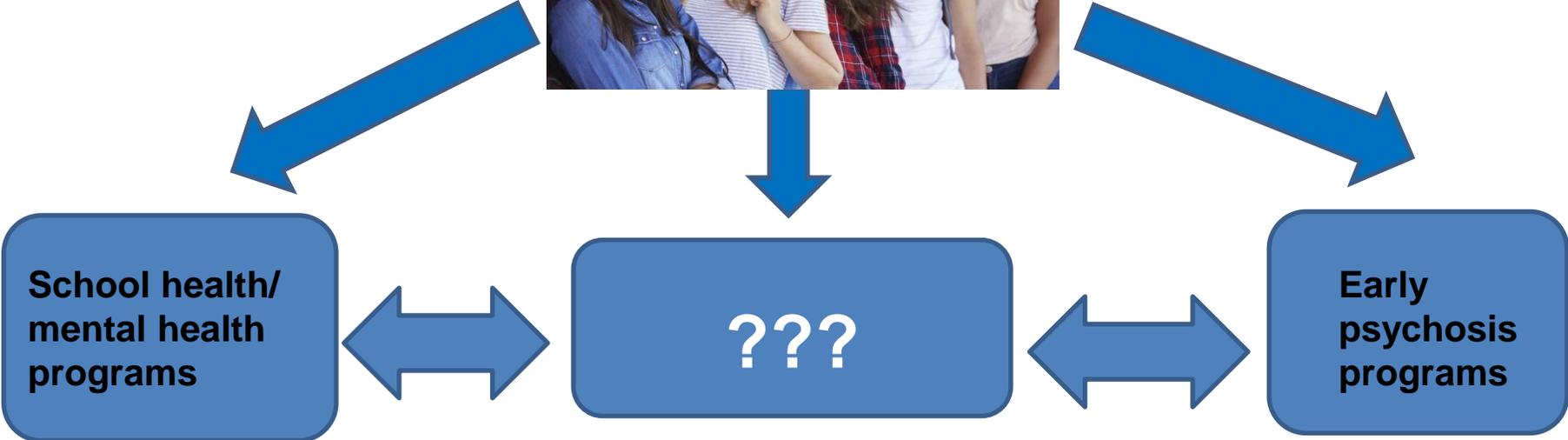
# In CA, 1 in 8 teenagers have depression. Less than one-third (30.5%) receive treatment.

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

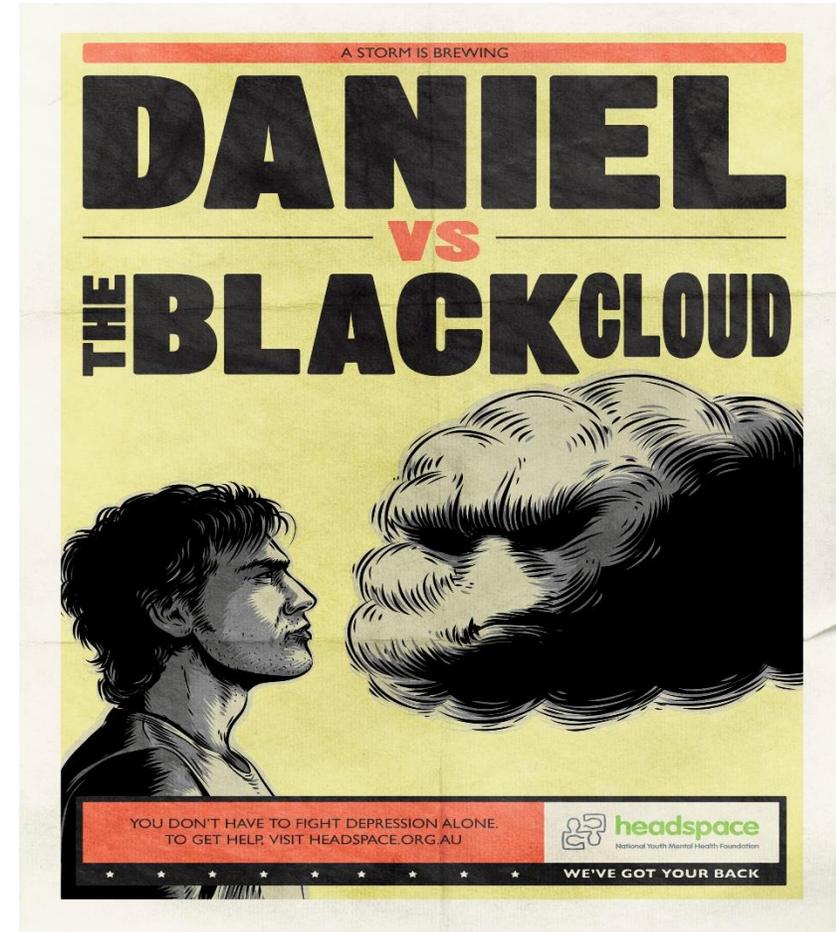
## Growing around the world:

- ✓ 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

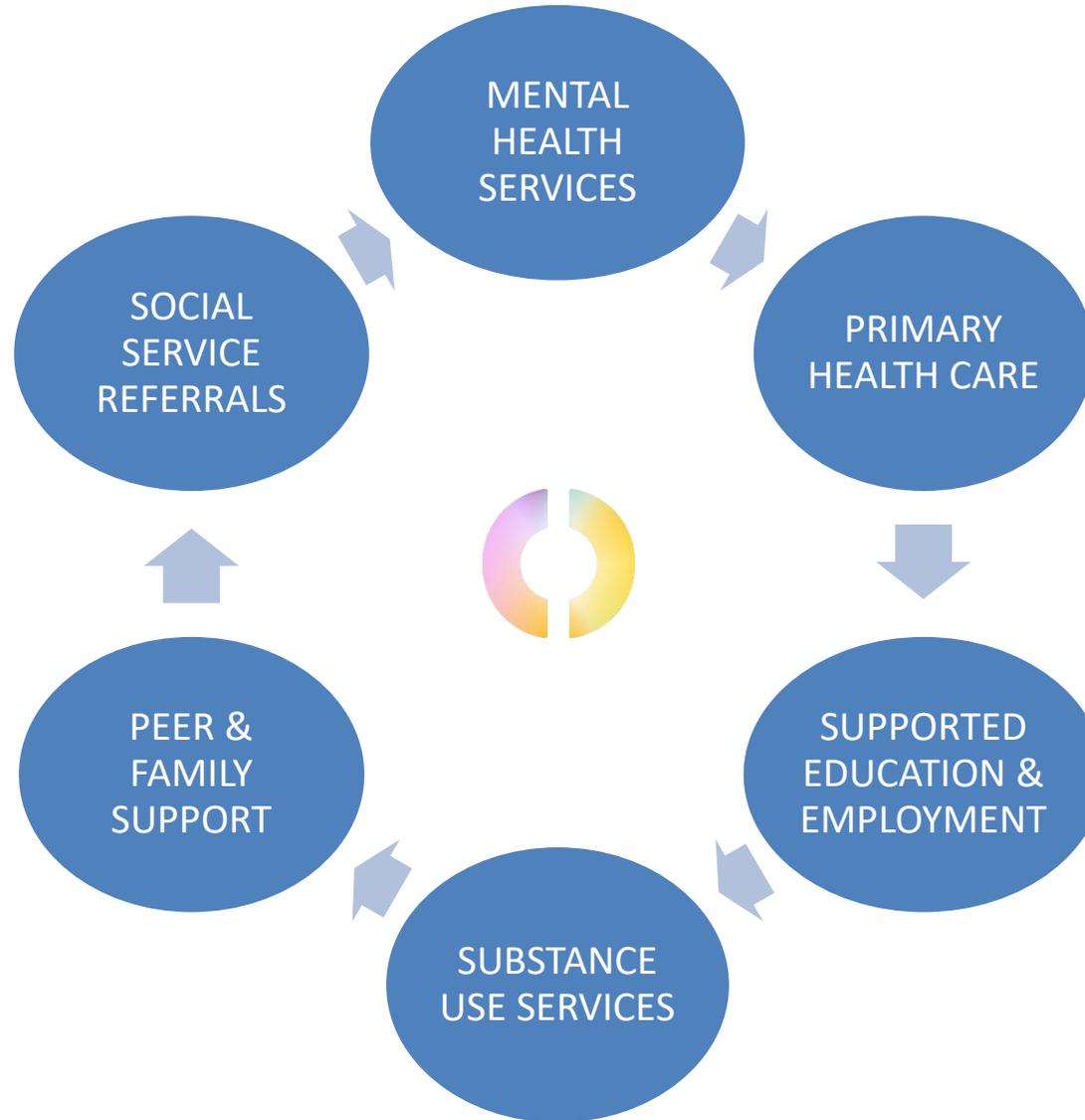


# How is this model unique?

- 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



# allcove

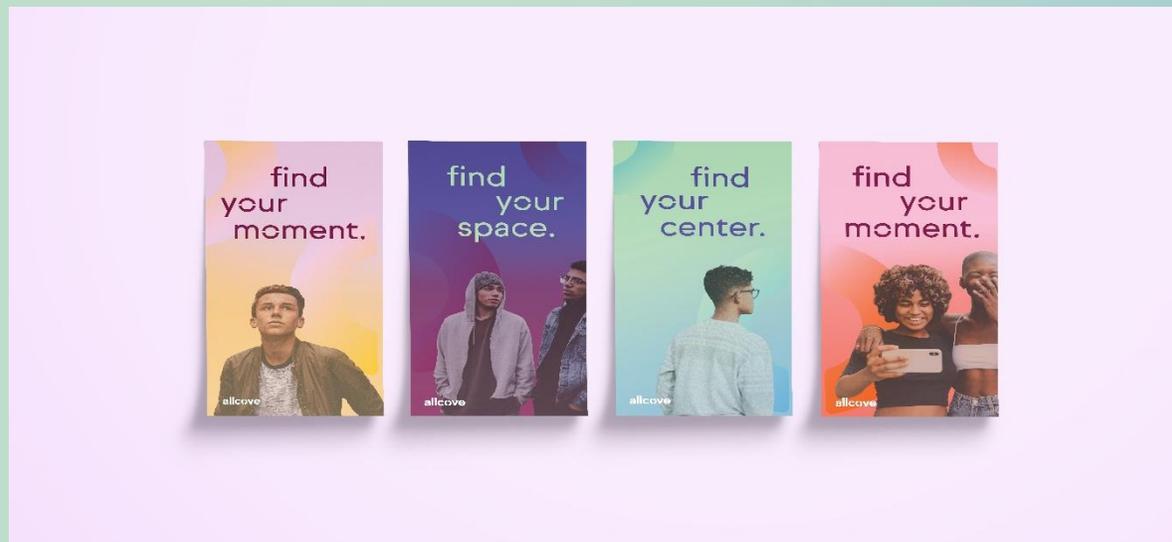
We're *allcove*, offering a moment of pause in a world that often feels like too much, supporting young people to reach out on their own terms.



## 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.

allcove



## 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 designed to enable service providers to provide integrated services (not just co-location)



# A Public Mental Health Continuum for Youth



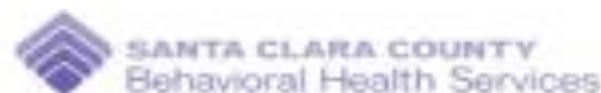
- **Early Mental Health Support**
- **Primary care**
- **Supported education and employment**
- **Early Substance Use Treatment**
- **Peer support**



# 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](mailto:sadelsheim@stanford.edu)

Vicki Harrison (Program Director) [vickih@stanford.edu](mailto:vickih@stanford.edu)

Ana Lilia Soto (Youth Outreach Specialist) [analilia@stanford.edu](mailto:analilia@stanford.edu)



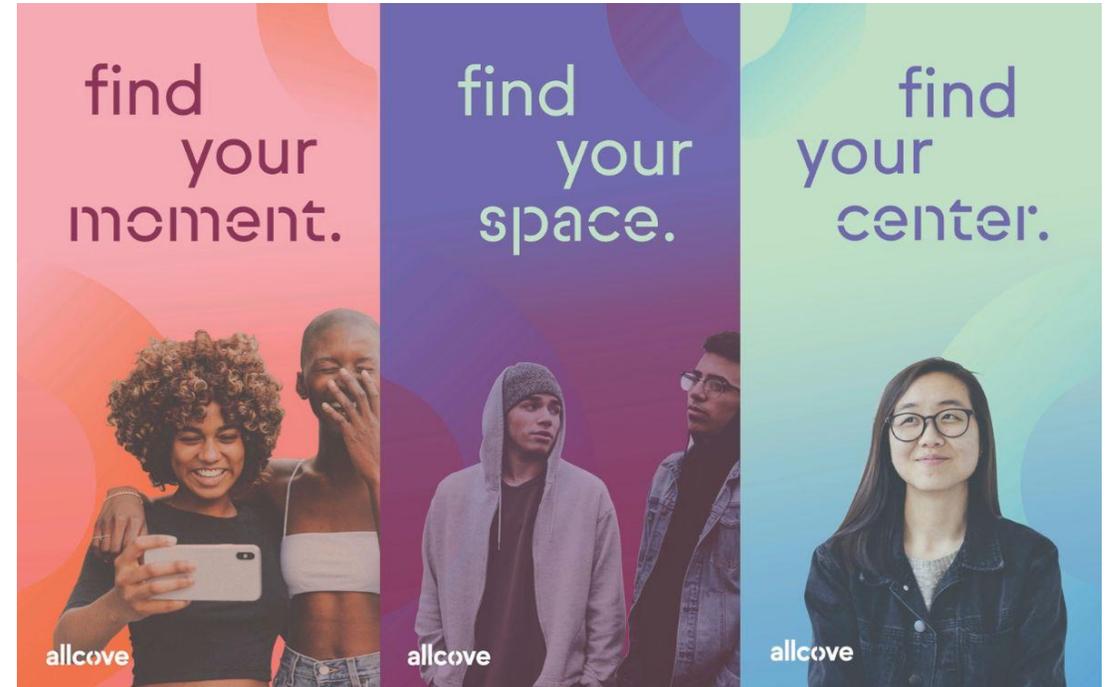
[www.allcove.org](http://www.allcove.org)

@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)

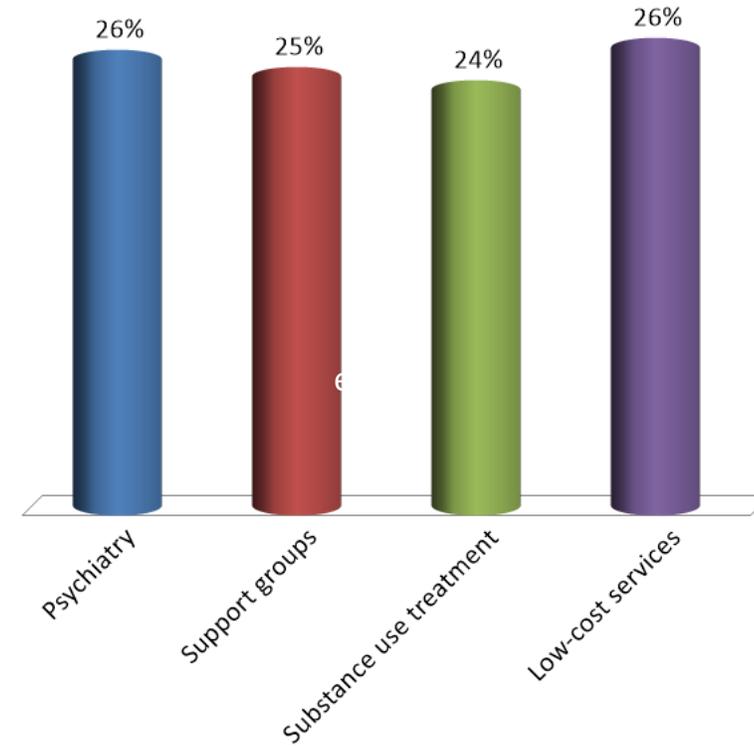


# Mindful Minute



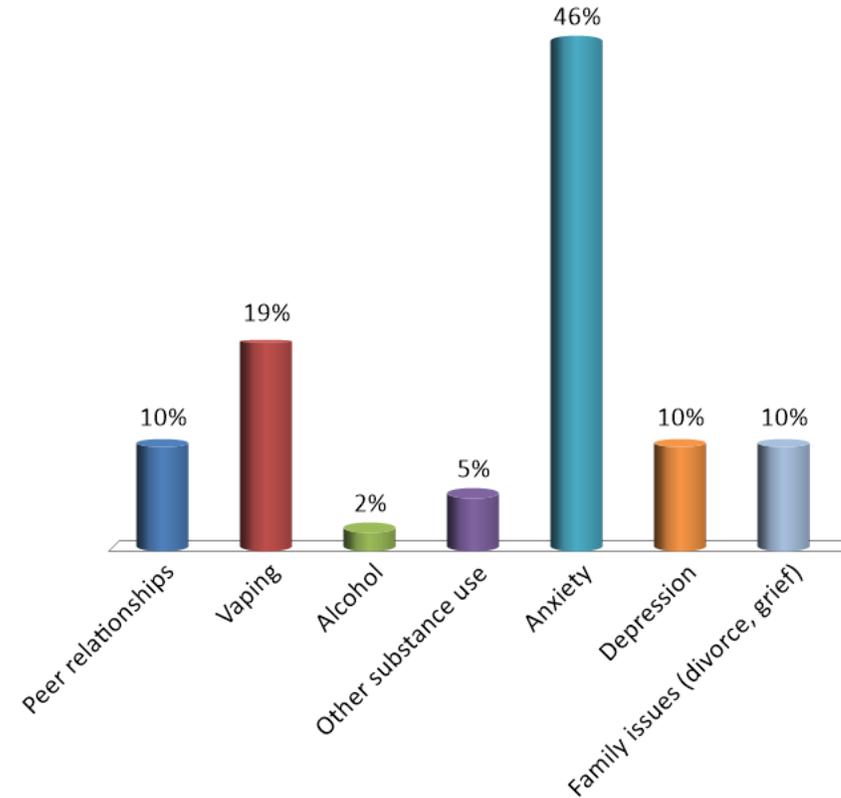
# What is the greatest service gap for youth in the Beach Cities? Rank in order of importance.

- A. Psychiatry
- B. Support groups
- C. Substance use treatment
- D. Low-cost services



# What is the greatest health need of the population you serve?

- A. Peer relationships
- B. Vaping
- C. Alcohol
- D. Other substance use
- E. Anxiety
- F. Depression
- G. Family issues (divorce, grief)





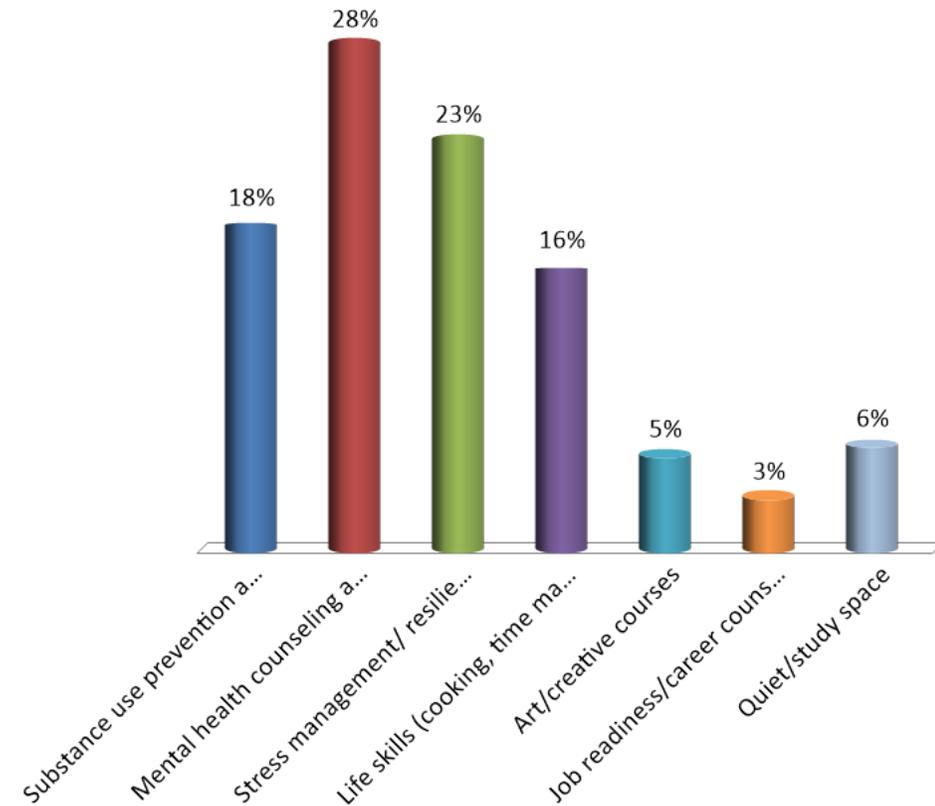
Youth Advisory Council members identified **School-Related Stress** and **Vaping** as top priorities



Student Mental Health Provider Task Force identified **Anxiety** and **Family Issues** as top priorities

# What types of services should a Youth Wellness Center provide? (Choose up to 3)

- A. Substance use prevention and treatment
- B. Mental health counseling and groups
- C. Stress management/ resilience
- D. Life skills (cooking, time management, financial literacy, etc)
- E. Art/creative courses
- F. Job readiness/career counseling
- G. Quiet/study space





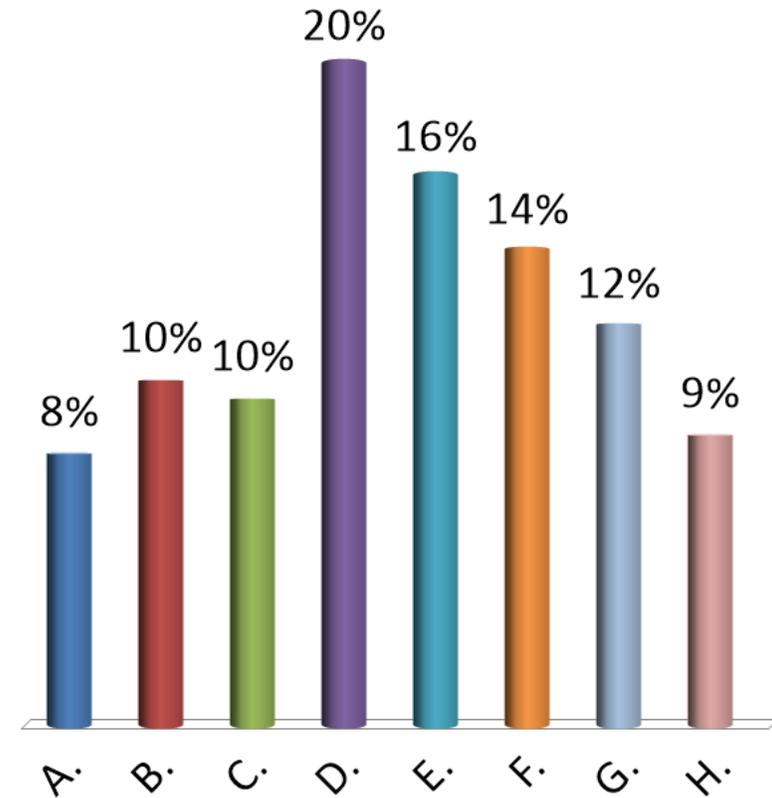
Youth Advisory Council members selected **life skills** courses, **mental health counseling** and **quiet/study spaces**

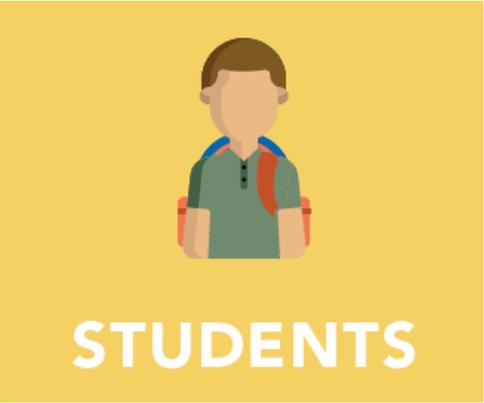


Task Force members also identified **life skills courses** and **mental health counseling** as services of top importance in addition to **stress management**

# What physical design elements would you prioritize in a Youth Wellness Center? (Choose up to 3)

- A. Technology integration (iPads for check-in, etc.)
- B. Art wall
- C. Communal kitchen
- D. Non-traditional seating (lounges areas, meditation pods, hanging chairs)
- E. Private meeting space to access services
- F. Support group rooms
- G. Quiet/calm room
- H. Music room

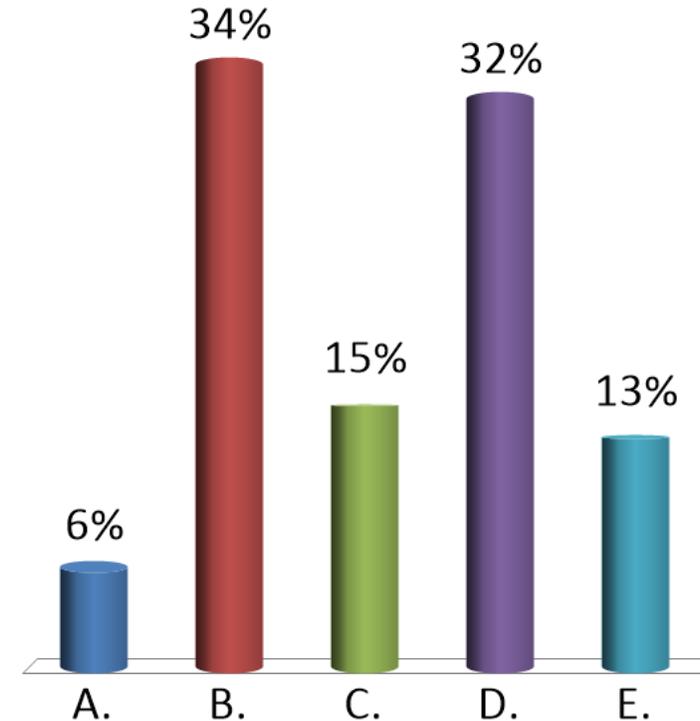




Youth Advisory Council members voted for **private meeting spaces, quiet space and music rooms**

# How could you provide support to the Youth Wellness Center?

- A. Offering substance use services
- B. Offering mental health counseling and groups
- C. Providing referrals from my school
- D. Promoting the offerings to my network
- E. Contributing funding or other in-kind resources



# Mental Health & Happiness Initiative

- Social-Emotional Health is a health priority
- Adult population
- Decrease stress, loneliness and substance use
- Increase stress resilience and social connection
- Community Workgroup
- Key Elements:
  - LiveWell Pledge
  - Organization Starter Kit
  - Workshops



# LiveWell Pledge

Join Beach Cities Health District's **Mental Health & Happiness Initiative** by making a commitment to your total well-being.  
Choose to do at least one new item from a range of evidence-informed actions.

First Name: \_\_\_\_\_  
 Last Name: \_\_\_\_\_  
 Email: \_\_\_\_\_ Work Zip: \_\_\_\_\_  
 Home Zip: \_\_\_\_\_

## BODY

Sleep • Physical Activity • Nutrition •  
Less Substance Use

- | I Will Do This           | I Have Done This         |
|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> |
- Establish a routine to be more rested.
  - Walk, bike or roll for short trips or errands.
  - Eat at least one plant-based meal a day.
  - Eat mindfully by appreciating each bite.
  - Periodically choose to be substance-free at social gatherings.
  - Designate my vehicle and home as smoke-free zones.

## MIND

Mindfulness • Gratitude • Kindness •  
Purpose

- | I Will Do This           | I Have Done This         |
|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> |
- Practice mindfulness every day.
  - Take screen-free breaks every day.
  - Express appreciation and gratitude to others every day.
  - Perform five acts of kindness in one day.
  - Live with a personal sense of purpose.
  - Relax and rejuvenate by doing activities and hobbies that I love.
  - Acknowledge progress toward my goals for a sense of accomplishment.

## COMMUNITY

Social Connection • Compassion •  
Volunteer • Environment

- | I Will Do This           | I Have Done This         |
|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> |
- Model behavior that shows respect and compassion for others.
  - Prioritize meaningful and positive relationships.
  - Reach out to someone for support.
  - Establish a mentor-mentee relationship focused on personal growth.
  - Practice wellness activities with my friends, family and colleagues.
  - Support my community as a volunteer.
  - Spend quality time in nature weekly.

I pledge to actively support my well-being through Body, Mind and Community.



Signature: \_\_\_\_\_ Today's Date: \_\_\_\_\_

(Optional) Taking all things together, how happy would you say you are? 0 1 2 3 4 5 6 7 8 9 10  
 Extremely unhappy Extremely happy

By signing this pledge, I acknowledge that I am at least 13 years old and that I am responsible for deciding (in consultation with my healthcare provider) how much I can safely do. I accept the risks associated with participation in Beach Cities Health District's Mental Health & Happiness Initiative. By providing my email, I accept to receive Beach Cities Health District electronic communications. If you are struggling emotionally, there are resources available for you. Find health-related information and referrals at [bchd.org/resources](http://bchd.org/resources) or call 310-374-3426 ext. 256.

# LiveWell Pledge



# LiveWell Reminders



Thank you for completing Beach Cities Health District's LiveWell Pledge. Check the pledge items you will do and take this home as a reminder. Learn how each evidence-informed action can benefit your total well-being.

## BODY

Sleep • Physical Activity • Nutrition • Less Substance Use

- ❑ **Establish a routine to be more rested.**  
Getting enough sleep can lower your risk for diabetes and heart disease, and reduce stress.
- ❑ **Walk, bike or roll for short trips or errands.**  
Walking improves self-esteem, mood and sleep quality, and reduces stress, anxiety and fatigue. Nearly half of trips are three miles or shorter.
- ❑ **Eat at least one plant-based meal a day.**  
Plant-based meals are high in fiber and phytonutrients and can lower your risk for diabetes and heart disease.
- ❑ **Eat mindfully by appreciating each bite.**  
Mindful eating allows your body to catch up to your brain to help you stop eating when your stomach is full.
- ❑ **Periodically choose to be substance-free at social gatherings.**  
Research shows that those who gave up alcohol for one month reported higher energy levels, healthier body weight and felt less need to drink alcohol, even several months later.
- ❑ **Designate my vehicle and home as smoke-free zones.**  
Completely eliminating smoking in indoor spaces is the only way you can fully protect non-smokers from secondhand smoke.

## MIND

Mindfulness • Gratitude • Kindness • Purpose

- ❑ **Practice mindfulness every day.**  
Practicing mindfulness helps you more effectively deal with everyday tasks because you are aware, observant, nonreactive and nonjudgmental.
- ❑ **Take screen-free breaks every day.**  
Taking a break from electronics can help improve your sleep, deepen your connections and increase your productivity.
- ❑ **Express appreciation and gratitude to others every day.**  
Gratitude helps you feel more positive emotions, relish good experiences, deal with adversity and build strong relationships.
- ❑ **Perform five acts of kindness in one day.**  
Kindness and empathy spark the release of feel-good oxytocin in the brain of everyone involved, including observers. It's easier to savor the experience when performing five acts in one day compared to spread out over a week.
- ❑ **Live with a personal sense of purpose.**  
Those who live with purpose live on average seven years longer and have improved relationships and resiliency.
- ❑ **Relax and rejuvenate by doing activities and hobbies that I love.**  
Participating in hobbies helps you feel engaged and calm – plus losing track of time is a blissful immersion called "flow".
- ❑ **Acknowledge progress toward my goals for a sense of accomplishment.**  
Accomplishment, a core element of overall well-being, supports feelings of life satisfaction.



## COMMUNITY

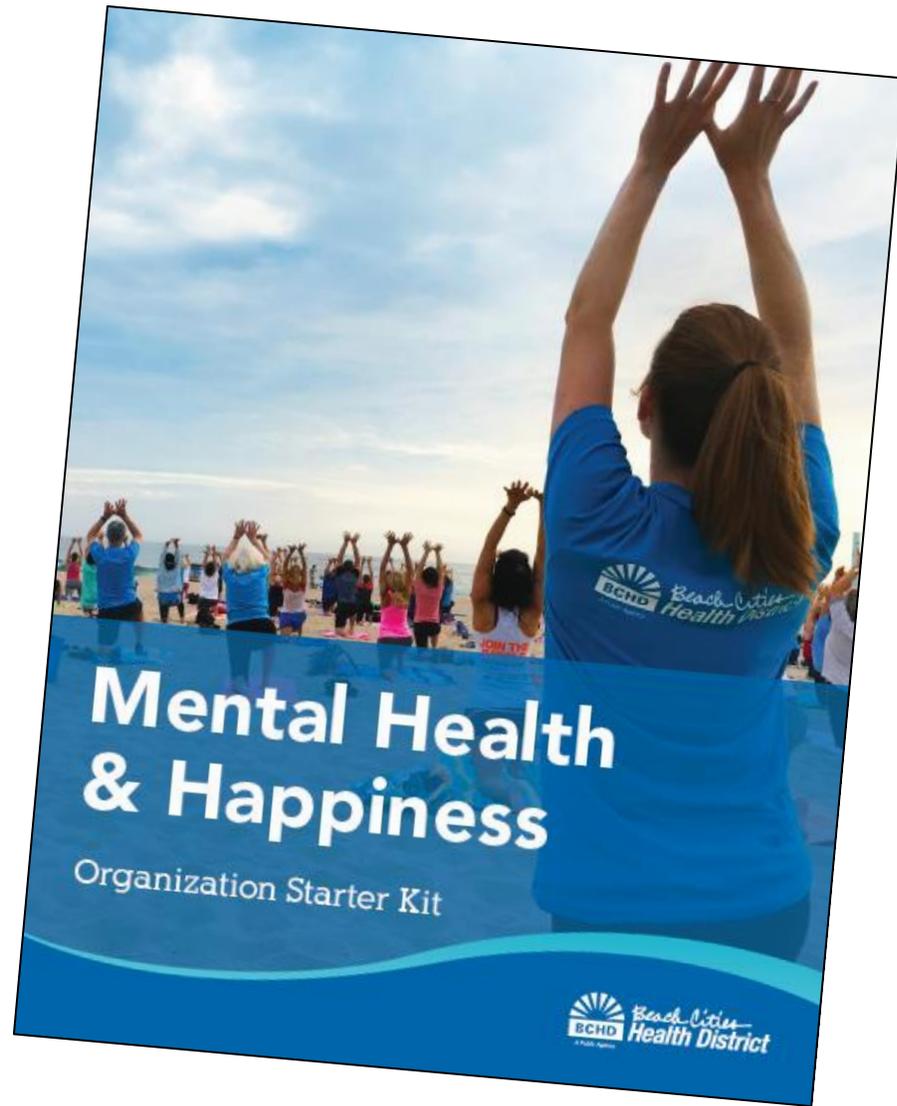
Social Connection • Compassion • Volunteer • Environment

- ❑ **Model behavior that shows respect and compassion for others**  
Positively influence your community by being aware of how you listen and chose to respond to others – practice civility.
- ❑ **Prioritize meaningful and positive relationships.**  
Relationships can encourage you to embrace and pursue opportunities that enhance well-being, broaden and build resources and foster a sense of purpose and meaning in life.
- ❑ **Reach out to someone for support.**  
Allowing others to show they care for us is as important as providing care for someone in need. Accepting care is an act of compassion to yourself and others.
- ❑ **Establish a mentor-mentee relationship focused on personal growth.**  
Mentoring builds greater resiliency through support to navigate challenges, meaningful actions toward goal achievement and prioritizing self-care.
- ❑ **Practice wellness activities with my friends, family and colleagues.**  
Accountability buddies can create conditions that foster personal commitment.
- ❑ **Support my community as a volunteer.**  
Volunteering can lead to greater life satisfaction, lower rates of depression, and foster social connections and a sense of accomplishment.
- ❑ **Spend quality time in nature weekly.**  
Being in nature increases productivity, improves short-term memory and reduces stress.

Find health-related information and referrals at [bchd.org/resources](http://bchd.org/resources) or call 310-374-3426 ext. 256.

# LiveWell Reminders





# Organization Starter Kit



Save the Date

# Beach Cities Partnership for Youth Coalition Meeting

August 2020

8-10:30 a.m.

Date and Location TBA

