Santa Clara County Innovation: headspace

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SPENT ANNUALLY ON MENTAL, EMOTIONAL, & BEHAVIORAL DISORDERS AMONG YOUTH INCLUDING FOR MENTAL HEALTH SERVICES, LOST PRODUCTIVITY AND CRIME.

1 in 5 U.S. CHILDREN AND TEENS HAVE A DIAGNOSABLE PSYCHIATRIC DISORDER.

29.8% OF YOUNG ADULTS AGES 18 TO 25 REPORTED HAVING EXPERIENCED A MENTAL, BEHAVIORAL, OR EMOTIONAL DISORDER IN THE PAST YEAR.

$247 BILLION SPENT ANNUALLY ON MENTAL, EMOTIONAL & BEHAVIORAL DISORDERS AMONG YOUTH INCLUDING FOR MENTAL HEALTH SERVICES, LOST PRODUCTIVITY AND CRIME.

1/2 OF ALL LIFETIME CASES OF MENTAL ILLNESS BEGIN BY AGE 14.

1 in 4 PARENTS FINDS IT DIFFICULT TO OBTAIN MENTAL HEALTH SERVICES FOR THEIR CHILD.

AMERICAN ACADEMY OF CHILD & ADOLESCENT PSYCHIATRY

NATIONAL CHILDREN'S MENTAL HEALTH AWARENESS DAY
MAY 9, 2011

SAMHSA

WWW.AACAP.ORG
Global Burden of Disease: #1 Health Issue for Young People

Physical illnesses

Mental illnesses

Annual incidence per 1,000 people

Age
Young people don’t seek or get professional help!!

Only 13% of young men and 31% of young women access professional mental health care

Young men aged 16-24 have the lowest professional help-seeking of any age group
A Public Mental Health Continuum for Youth

School health/mental health programs

Youth mental health Integrated care (headspace)

Early psychosis programs

- Early Mental Health Support
- Primary care
- Supported education and employment
- Early Substance Use Tx
- Peer support
A Public Mental Health Care System for Youth: School Mental Health – “headspace”- Early Psychosis Continuum

**Goal:** Earliest intervention across all diagnostic categories to ensure best quality of life:

- **School health/ mental health programs** provide opportunity to find those with early mental health needs and link to early support.
- **Integrated youth mental health sites** provide community one stop shop for youth 12-25 to easily access early services that are comfortable, stigma-free and youth friendly.
- **Early psychosis programs** work to shorten duration of untreated psychosis (DUP), to improve quality of life, academic and employment success.
Prevention And Promotion (IOM)
Integrated Youth Mental Health sites- The first stop in a public mental health system of care

- Stand alone one stop shops for young people ages 12-25
- Provide 4 core components in youth developed and friendly environment:
  - Mental health support for those with mild-moderate issues
  - Primary Care Support
  - Alcohol and other Drug early intervention
  - Supported education and employment
INTERNATIONAL

YOUTH MENTAL HEALTH REFORM WORLDWIDE

Canada
USA
UK
Ireland
France
Denmark
The Netherlands
Israel
Australia
New Zealand
One stop service for mental health, AOD, physical health, vocational assistance that is youth friendly and free or low cost
since headspece started

2 million

Over the past 10 years, 2 million young people have used Headspace services, including Counselling, Group Workshops, and eHealth.

1/3

One third of 15-24 year olds used the internet to find information and help with their mental health in 2015.

1 in 4

One in four young people have used Headspace a service for their mental health in the past year.

355,000

355,000 young people have used Headspace services in 2015.

100+2

100 centres and 2 outreach services are now operational throughout Australia.

State overview

New clients grew by 13.5%.

New clients increased by 64%.

Presenting issue

the National Youth Mental Health Foundation, provides early intervention mental health services to 12-25 year olds.

Situational

2% alcohol or other drugs

Gender

38% male

30% female

60% heterosexual

6% gender diverse

6% not identified

Age

10-14 11%

10-17 32%

10-21 31%

22+ 26%

Gender

60% male

30% female

6% gender diverse

6% not identified

Ethnicity

Culturally and Linguistically Diverse (CALD) 15%

Aboriginal & Torres Strait Islander 2%

6% not identified

New clients grew by 13.5%.

New clients increased by 64%.

2% alcohol or other drugs

2% sexual & relational issues

1% physical health

1% educational assistance

1% other

headsport.org.au

220

220 centres now provide Headspace services across Australia.

Digital Health and Work Stream.

Digital Health and Work Stream.

Enabling young people to access Headspace services digitally.

Enabling us to understand the impact of suicide among young people.

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**Integrated Youth Mental Health sites in Santa Clara County**

- BHSD-Stanford Team collaboration
  - Community-approach through consortium
- Integrated service plan (i.e., four components)
- Identify two sites in Santa Clara County
- Develop Staffing Infrastructure
- Develop a billing and financing model for the headspace program
- Develop the Data Management System
Next Steps in *headspace* site Development and Implementation

- Continued Funding Partnership Development
- Developing 2 sites in Santa Clara County
  - Initial funds from Santa Clara County support youth and school/employment specialists
  - MHSA Innovation grant partnership with Santa Clara County for site start up
- We’d love one in every California Count!
Partnership accomplishments to date

- Developed community partnerships (BHSD-Stanford-CBOs-Schools)
- Developed youth advisory groups
- Identified potential sites: reviewing sites together with realty partners
- Identified potential vendor to plan evaluation
- Developed tentative staffing and budget plan
- Working with consultant IDEO.org on name, brand and site design
Learning Opportunities to date

• Need for collaborative relationship between systems to build continuum of care

• Cultural shift in collaboration process between County and Stanford
  ◦ Shared technical assistance: Leverage different expertise
  ◦ Shared service partnership with community
Adolescent Mental Wellness Conference: Overcoming Cultural Barriers to Access

April 27-28, 2018
Santa Clara Convention Center

This conference will bring together a diverse audience—including policymakers, educators, clinicians, youth and families—to better understand how we can best overcome cultural barriers to access in supporting the

stanfordmentalhealth.com
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