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## Campus-Based and Youth-Led Program Summaries

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### **Bring Change to Mind (BC2M) High School Clubs**

Headquarters: City-County of San Francisco

Bring Change to Mind (BC2M) is a national non-profit mental health organization with the mission of ending mental illness stigma and discrimination through the formation of student-led high school clubs that provide a platform for teens to start conversations around mental health. Their program's goal is to empower students to educate each other, and their communities, and to create a culture of peer support within their schools.

For more information, please visit <https://bringchange2mind.org/get-involved/high-school-program/>.

### **NAMI California's NAMI on Campus High School (NCHS) Clubs**

Headquarters: Sacramento County

NAMI California is a leading organization in bringing mental health awareness to students and their families, educators, faculties, and school sites with the goal of creating a campus and community-wide system of care that reduces isolation, eliminates stigma, and helps prevent youth suicide. It is grassroots-led by families and individuals whose lives have been affected by serious mental illness who advocate for lives of quality and respect to provide help, hope, and health to all who are affected.

NAMI On Campus High School (NCHS) Clubs are student-led clubs that are open to all students with the purpose of:

- Being supportive of students who are living with mental illness
- Providing information on school and community resources
- Encouraging people to recognize early signs of mental illness
- Encouraging students who are having mental health issues to get help
- Working to end the stigma that surrounds mental illness
- Creating an inclusive, safe, and supportive school environment
- Letting students know there is help available if they need it

For more information, please visit <https://namica.org/nami-on-campus/#section-nami-on-campus-high-school>.

## **Genders & Sexualities Alliance (GSA) Network**

Headquarters: Alameda County, City of Oakland

The Genders & Sexualities Alliance (GSA) Network is a national youth-driven LGBTQ+ racial and gender justice organization that empowers LGBTQ+ and allied youth to organize an intersectional movement for safer schools and healthier communities through the formation of student-run clubs which have been linked to suicide risk reduction and overall improvement in long-term health outcomes for LGBTQ+ youth by improving psychological adjustment, providing a sense of community, combating hopelessness and isolation, and improving school climates. Direct action can be taken in many forms including anti-slur campaigns, LGBTQ+ awareness days, teacher trainings, and lobbying sessions to let school district officials know what LGBTQ+ students need to thrive in school.

There are 3 different types of GSA clubs—all of which can directly impact LGBTQ+ youth. Every GSA club can create its own mission and goals to meet the needs of its members and the unique climate of their school.

- **Social GSA Clubs** — LGBTQ+ students meet and connect with other LGBTQ+ students on campus.
- **Support GSA Clubs** — LGBTQ+ students work to create safe spaces and talk about the various issues they face in school or their broader communities, such as discrimination from teachers or school administrators.
- **Activist GSA Clubs** — Students take a leadership role to improve school climate through campaigns and events that raise awareness and change policies or practices in their schools.

For more information, please visit <https://gsanetwork.org/what-is-a-gsa/>.

## **Directing Change Program and Film Contest**

Headquarters: San Diego County

The Directing Change Program and Film Contest is an evaluated program which engages youth to learn about mental health, suicide prevention, and other critical health and social justice topics through film and art. Their program focuses on peers, centers youth voices in positive and action-oriented messaging and offers a platform for school-wide dissemination of prevention messaging. It has a nine-year history of serving over 5,000 youth in California and is well connected to many subject matter experts including its Program Director, who has been working on suicide prevention efforts in California for over 15 years.

A 2016 evaluation by NORC at the University of Chicago found that program participants, compared to other youth, were significantly more likely to:

- Know where to find assistance if a friend was having thoughts about suicide
- Believe that people who complete/attempt suicide usually show some warning signs
- Believe that even people who seem successful can be hurting on the inside and think about suicide
- Be less worried to bring up the topic of suicide with someone they were concerned about because that person could become upset with them
- Be willing to have conversations with friends or family members about the importance of mental health and supporting those with mental health challenges
- Be willing to raise awareness about mental health and suicide prevention by joining a club or attending an event about these topics

For more information, please visit <https://directingchange.org/>.

## **The Goldie Hawn Foundation's MindUP™ Program**

Headquarters: Los Angeles County, City of Santa Monica

The Goldie Hawn Foundation's MindUP™ Program is an international not-for-profit organization that fosters the development of mental fitness and well-being of children, families, educators, and school administrators through its MindUP™ evidence-based training and curriculum program which focuses on the principles of neuroscience, social and emotional learning (SEL), positive psychology, and mindful awareness.

For more information, please visit <https://mindup.org/mindup-for-schools/>.

## **Mental Health America of California's Youth Empowerment Network (CAYEN)**

Headquarters: Sacramento County

Mental Health America of California's Youth Empowerment Network (CAYEN) is a grassroots advocacy organization with a 71% transition age youth (TAY) board and is a leader in outreach and education. Many members work or volunteer in the mental health field as Peer Mentors or Youth Advocates and represent a variety of counties throughout the state, giving them a unique perspective on the issues affecting their local communities. To strengthen its impact, CAYEN has partnered with the Racial & Ethnic Mental Health Disparities Coalition, NAMI California, and Stars Behavioral Health Group.

CAYEN is engaging youth and young adults who have been touched by the mental health, juvenile justice, or foster care systems by:

- Providing support and trainings to help TAY develop leadership skills and their ability to advocate on mental health issues at both state and local levels;
- Developing the CAYEN organization and their families and friends who have specific interest in improving the mental health system;
- Maintaining a website for TAY that provides resources for information related to mental health issues;
- Informing youth on how to become involved in their local mental health community planning processes;
- Developing a statewide directory of TAY drop-in centers; and
- Utilizing surveys to collect, summarize, and disseminate information and perspectives from TAY across California.

For more information, please visit <https://ca-yen.org/>.