



NO STIGMA NO BARRIERS

A Transition Age Youth Mental Health
Collaborative

Presentation To The
Mental Health Services Oversight and Accountability
Commission (MHSOAC)

July 2018



WHAT IS OUR VISION?

- The **No Stigma No Barriers Collaborative**, guided by transition age youth (TAY) ages 16 to 25, was formed to end stigma towards mental illness and break down barriers to care for young people in California.
- We do this through **trainings, outreach, and advocacy** at the county and state level.

Christina Parker on Wellness



Authentic Youth Engagement is the
foundation to building confident youth
leaders

Youth Engagement: What does it look like?

- ★ “Actual youth at the table! Speaking, engaging, and leading the conversations as we are the experts!”
- ★ “Trust, power-sharing, equity and opportunity!”
- ★ “Connection and community”
- ★ “Allowing pride to decrease to create and improve rapport with the youth in order to build community and safe spaces for them. Allowing the youth to be their authentic selves and not questioning whatever that looks like.”
- ★ “Giving the youth a comfortable environment to feel secure in their role as a youth, while teaching them how to speak and advocate well enough so they can transfer those skills to new youth, so they can ultimately become professionals.”

Youth Engagement: Trainings, Outreach, Advocacy

Trainings

- ★ Statewide and Local
 - CMHACY, NAMI, CYC regional council meetings, summit
- ★ Youth developed curriculum
- ★ Youth led workshops and trainings and events

Outreach

- ★ Youth friendly/designed outreach materials
 - Youth Survey, factsheets
- ★ Social Media
- ★ Blogs, Videos

Advocacy

- ★ Topics: Stigma as a barrier, education and mental health
- ★ Statewide and local
- ★ Elevated youth voice

GET INVOLVED

JOIN US

- Contact us at:
info@nostigmanobarriers.org
- Visit our website at
www.nostigmanobarriers.org starting
- Sign up for our newsletter at:
calyouthconn.org/youth-mental-health

