

Youth voice, inclusion and leadership at allcove



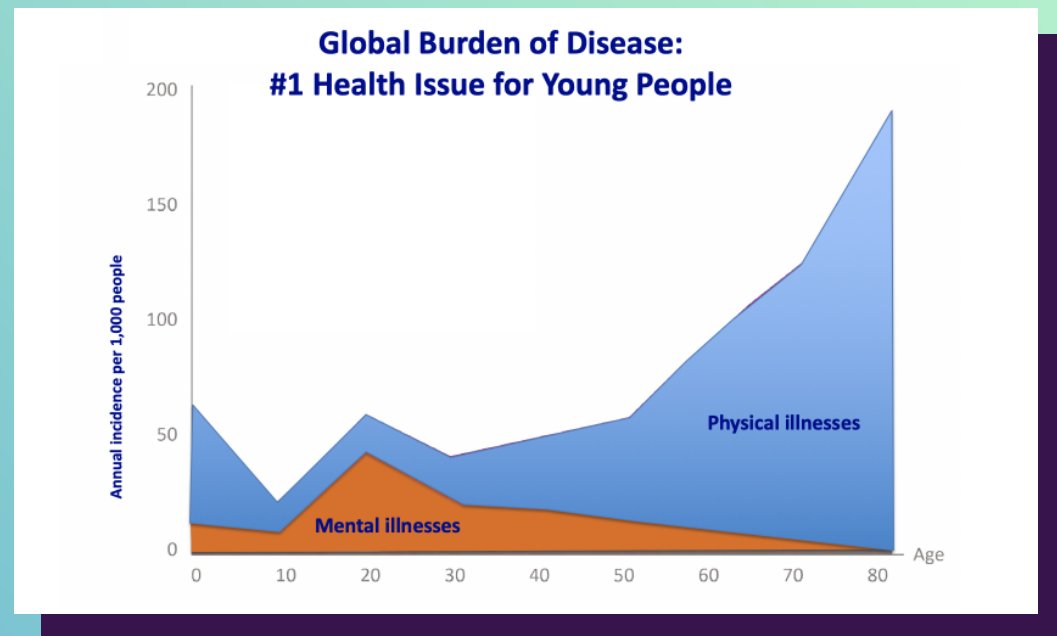
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Mental health crisis among young people

50% of all lifetime cases of mental illness start by age 14.

75% start by age 24.

79% do not access care.



Graph: Victorian Burden of Disease Study, Mortality and Morbidity in 2001

Statistics: Kessler, R., Berglund, P., Demler, O. (2005). *Lifetime Prevalence and Age-of-Onset Distributions of DSM-IV Disorders in the National Comorbidity Survey Replication*

A public mental health continuum for young people



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allcove provides youth-centered, integrated care through prevention and early intervention with easy and affordable access.

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Insights from our U.S. market research

- A young person's life is a constant hum of things coming at them, and sometimes it's just too much.
- 2**
 - To ask for help is admitting you're still not enough of an adult to do it all.
- 3**
 - Seeking professional care requires a leap over a huge abyss.
- 4**
 - Youth struggle with mental hardship but rarely talk about it, making the topic feel like an isolating form of failure.
- 5**
 - Engaging with mental health services often means going against family and cultural influences.
- 6**
 - Everyone is trying to solve young peoples' problems, but no one is truly listening.

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all

Our spaces are for all young people, no matter what emotions they are feeling. It communicates inclusivity and togetherness.

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A space, surrounded by protection, which can take on many forms. A cove is a safe and open space that allcove provides to all its visitors.

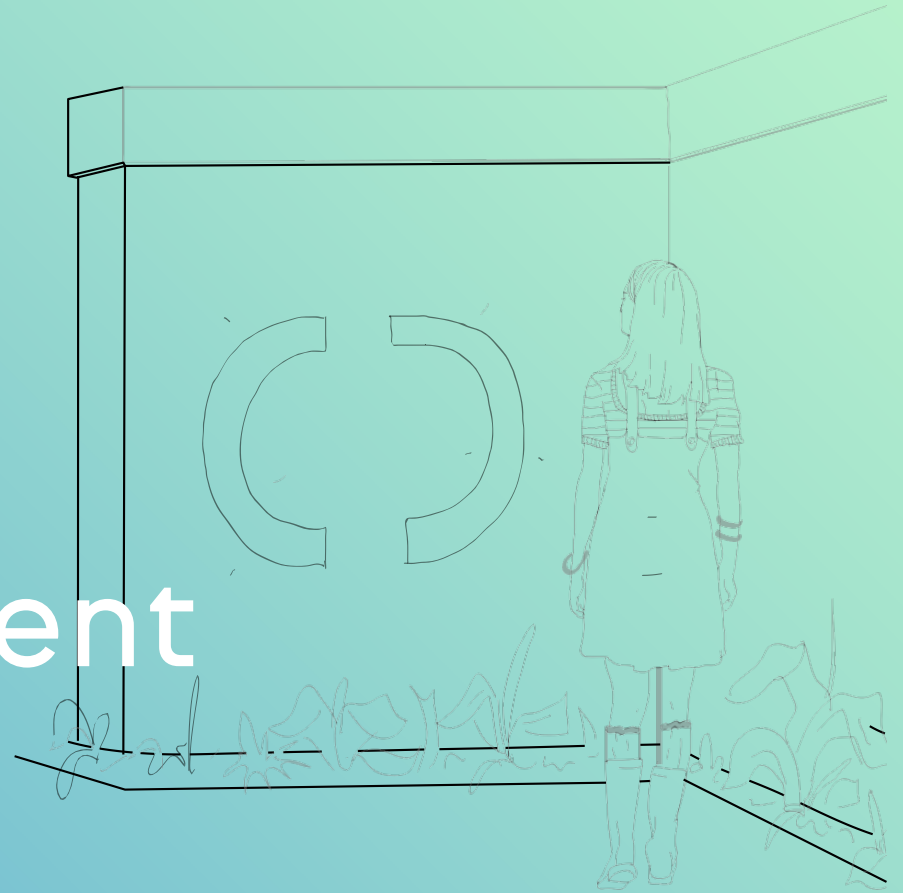
How is this model unique?

- Prevention to early intervention focus.
- Youth-centered and informed design.
- Youth advisory board.
- Stigma-free; normalizes mental health.
- Youth-friendly, engaging and upbeat staff.
- Strong youth outreach and marketing.
- Consortium of youth-serving agencies.
- Integrated care.
- Trusted codesigned brand.

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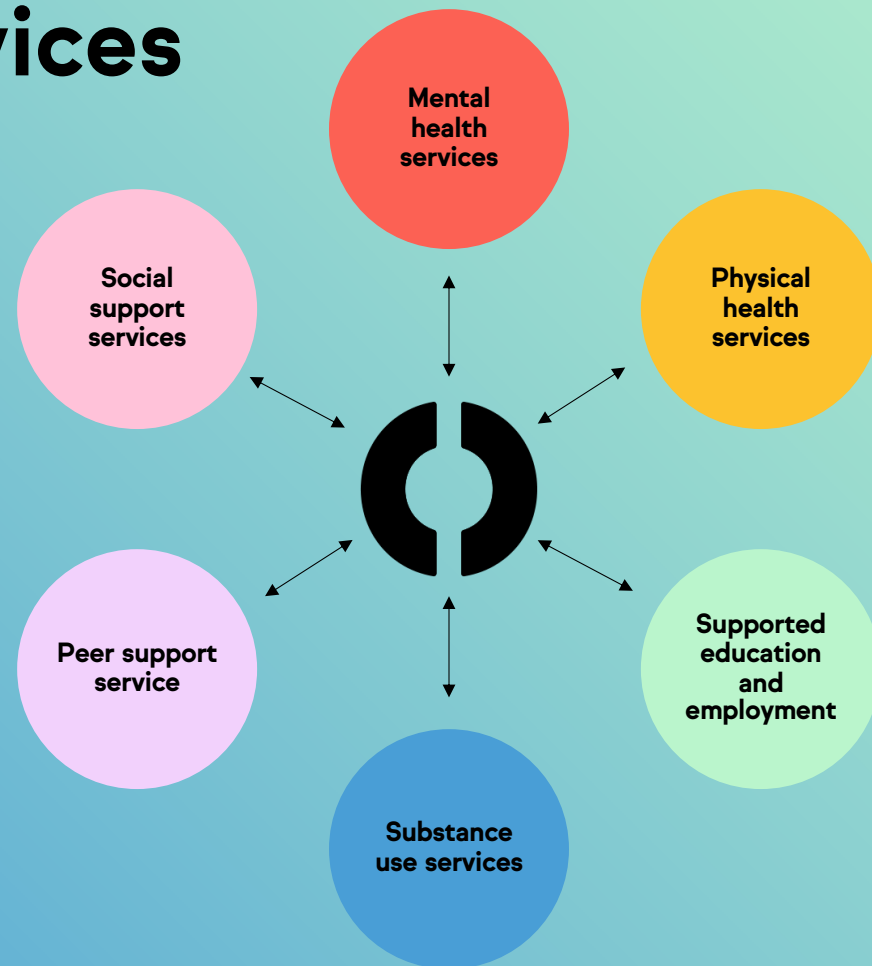


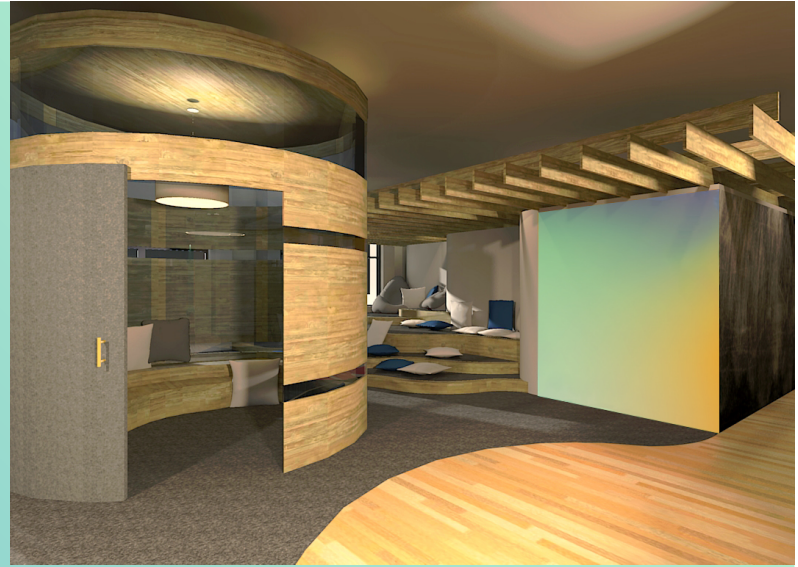
design for
the moment
of pause



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Core services





Youth Advisory Group

- Ensure that there is youth voice at the core of all allcove touchpoints.
- Each allcove center has its own local Youth Advisory Group.
- Intersectional diversity lens. 16-25 years old
- Lived experiences are validated as expert experiences.
- Engagement of youth builds a strong sense of community.
- Local YAG members allow youth to make sure centers meet local concerns.
- Provides skills and leadership development opportunities for young people from the community.



Mission, vision and values

The mission of the allcove Youth Advisory Group is to empower young people to become the leading voice in redefining mental wellness, reducing stigma and increasing access to youth mental health support.

Our vision is to revolutionize mental wellness for young people.

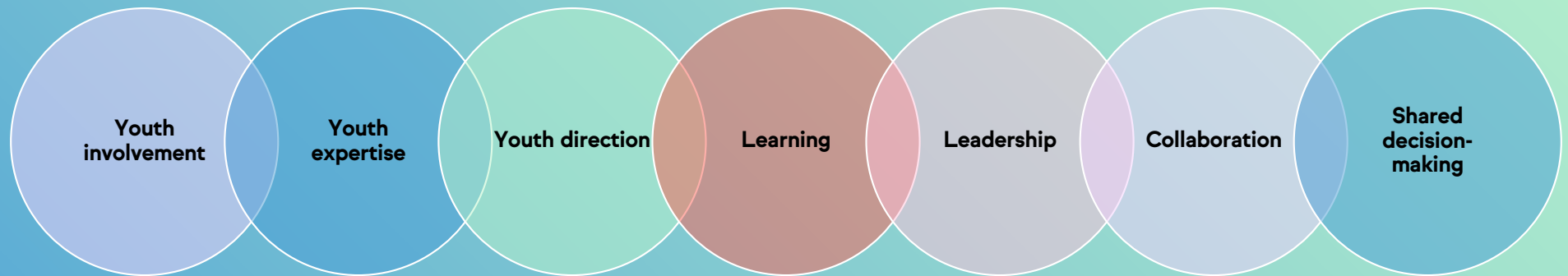
Core values:

- Youth voice – Diversity, inclusivity and advocacy.
- Accessibility – Normalize conversations, promote social justice and educate communities.
- Mental wellness – Holistic, empathetic and free of judgment.

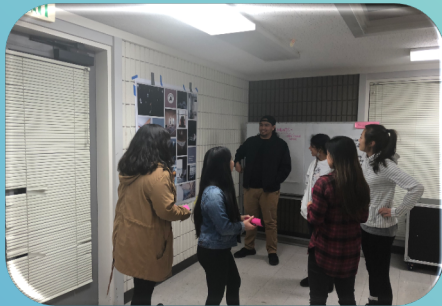
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Principles of youth participation



Opportunities for youth voice and feedback



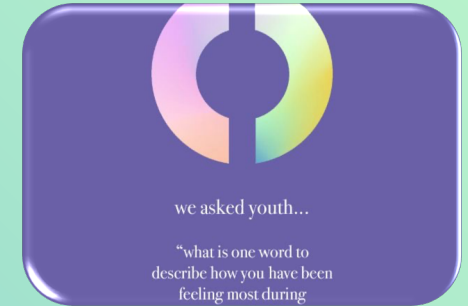
Brand, identity, name developed with ideo.org and inaugural YAG



Location scouting
Space Design
Creating flow



Shared decision making
RFP's
allcove services
virtual services
Community Consortium



All marketing:
Videos
Website
Social media development



Evaluation & data systems team



allcove policies & procedures -for SCC and guide statewide development



Advocacy:
Training
Increasing dialogue
Community presentations



Outreach and Recruitment Strategies

YAG is recruiting!

YAG Applications:
Due 4/10/21

Criteria:

- 16-25
- reside in SCC
- Passionate and committed to Youth Mental Health access and awareness

Link:

<https://tinyurl.com/allcoveYAGapp>

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YOUTH ADVISORY GROUP APPLY NOW!



Requirements for applying:

- 🕒 16-25 years old
- 🕒 8-10 hours per month
- 📍 Reside in Santa Clara County

OUR GOALS

- Educate the community about youth mental health
- Inform allcove's development
- Reduce stigma around youth mental health
- Encourage help-seeking behaviors
- Raise awareness



Benefits:

- 🕒 Volunteer and leadership opportunities
- 🕒 Project development
- 🕒 Leadership and teamwork skills
- 🕒 Advocacy



Application due April 10, 2021
<https://tinyurl.com/7zab4ark>



For more information, contact analilia@stanford.edu
To learn more about allcove, visit <https://tinyurl.com/v2yh5cwa>

Contact us

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