YouthWell works in collaboration on youth mental health prevention and early intervention...

to **eliminate stigma** through education and provide tools and tips for managing mental wellness and practicing self-care in order to build resilience
to simplify access and **connect youth through age 25 and their families** to mental health resources before the crisis
towards **systemic change** that encourages collaborations so that we can fill the gaps and remove barriers to services
our mental health matters

WE PRACTICE SELF CARE IN SANTA BARBARA COUNTY BY...

GETTING LOST IN THE WOODS ON SOLO HIKES
JOURNALING & GOING TO THE GYM
LISTENING TO MY FAVORITE MUSIC
PRIORITIZING SLEEP EACH NIGHT

SPENDING TIME OUTSIDE
TAKING IN SUNSHINE
WALKING ON THE BEACH
TAKING EARLY MORNING WALKS

CREATING ART, GETTING LOST IN A BOOK
PAINTING ROCKS, HAVING A MEAL WITH A FRIEND
MEDITATING, HIKING SCHEDULING DOWNTIME
READING

PAUSING TO SIT, BREATHE, & REGROUP
PLAYING WITH MY DOG AT THE BEACH
WRITING & TALKING TO A FRIEND
WORKING OUT & PAMPERING MYSELF

YOUTHWELL.ORG 🍼 IT'S OKAY TO ASK FOR HELP
## YouthWell Community Collaborative

- **60 partnering agencies** in Santa Barbara County convene quarterly including school districts, community-based organizations, providers, healthcare, law enforcement, faith communities, and caregivers.
- **Vision:** Increase youth mental health prevention and early intervention efforts. Work towards systemic change that encourages collaboration so that we can fill the gaps and remove barriers to services for all youth and their families so that they can access the care they need in a timely manner through a warm handoff.
- **Mission:** Prioritize prevention, and early intervention (PEI). Eliminate stigma through education and provide tools and tips for managing mental wellness and practicing self-care in order to build resilience. Simplify access and connect youth through age 25 and their families to mental health resources before the crisis.

## Behavioral Health Linkages Team

- Convene monthly to educate 40+ resource navigators, probation officers, local crisis lines, and school counselors so that they are better equipped to support families.
- **Mission:** Build stronger health linkages in order to foster “warm handoffs” and close the loop when referrals are made to ensure youth and caregivers access services. Increase responsible outreach to our marginalized and vulnerable communities. Share referral experiences and learn from each other. Collect anecdotal data to better understand the barriers and challenges to accessing services.
### Youth Mental Health First Aid [YMHFA]

Email to register: educationmwc@gmail.com
- YouthWell is partnering with FSA and Mental Wellness Center on a SAMHSA Mental Health Awareness Training grant providing **free YMHFA training classes** in Santa Barbara County. Additional Teen MHFA and MHFA for adults are offered by MWC.
- 1-day course designed to teach caregivers, family members, teachers, school staff, peers, neighbors, health workers, and others how to recognize the signs and symptoms of mental disorders and help youth (age 12-18) who are experiencing a mental health or addiction challenge or is in crisis. Classes are offered monthly both virtually and in person. Classes educate about available community resources.

### Integrated Care Clinic Serving Youth

- YouthWell is partnering on a 2-year Cottage Pop Health grant bridging connections between Sanctuary Centers, Children's Medical Clinic, and the community to support youth and parents in accessing psychiatric and therapeutic services.
- **Vision:** Create a systems change where psychiatrists & pediatricians work to treat patients with mild to moderate mental health issues that may or may not require in-person visit.

### Resource Navigators in our schools

- Working with SB County Education Office and SB County BWell.

### Bring allcove integrated care model to Santa Barbara County

- YouthWell, MWC, SBNC, Cottage, SBCC, SB County BWell, and others meet monthly to bring allcove to SB County. Developed by Steve Adelsheim in Santa Clara County.
Youth & Family Mental Health & Wellness Resource Directory

- services for youth ages 0-25 and families
- 200+ organizations listed for SB County
- view in English & Spanish
- tools for navigating mental health, book list, handouts

YouthWell.org
WELLNESS WORKSHOPS

For youth, parents, and those working with youth, in order to eliminate stigma and open up conversations.

Designed to empower participants by providing tools that promote connection, wellness, and self-care in order to build resilience so they are better equipped to cope with stress & challenging situations.

Spanish interpretation provided.

Teens need tools to talk about what’s going on with them, and tools for when their friends reach out to them.
Working together to educate caregivers, youth, teachers

HOW SCHOOL DISTRICTS CAN HELP...
1. Add a LINK to the Youth & Family Mental Health RESOURCE DIRECTORY to school websites.
2. Provide RACK CARDS to educate parents about resources and to provide self-care tools & tips.
3. Promote Wellness Workshops to families through Parent Square and on Social Media.
   a. Let families know they can watch past workshop recordings online.

HOW YOUTHWELL CAN HELP...
1. YouthWell will keep the RESOURCE DIRECTORY up to date and accurate for families.
2. YouthWell will continue to provide mental health EDUCATION to empower students & caregivers.
3. YouthWell will continue to educate through SOCIAL MEDIA with tips and facts.
4. YouthWell will continue to PROMOTE PARTNER programs through our monthly newsletter.

@YouthWell
Resource pages on school & district websites...

SCHOOL DISTRICTS...
- Consider using the words **MENTAL HEALTH & WELLNESS RESOURCES** (we want students to ask for help before they’re in crisis)

- Create a section that explains **ON CAMPUS SUPPORT** and another section with **COMMUNITY RESOURCES**. (Consider having each school link to the district website for community resources so that this can be kept up to date more easily.)

- Consider putting **links** to the RESOURCE DIRECTORY on school issued **iPads** or the PDF of the Crisis numbers and how to make the call.

MENTAL HEALTH & WELLNESS RESOURCES

Our mental health matters! It is ok to ask for help. You are not alone. You don’t need to be in crisis to ask for support.

ON CAMPUS...
- School academic counselors can help with...
- School psychologist on campus can help with...
- School therapist, crisis counselors, resource navigators, etc can help with...
- Supportive Groups & Clubs on campus...
- Community organizations providing support or education on campus...

COMMUNITY RESOURCES
- Visit our district website for all of our up-to-date community mental health and wellness resources, helplines, and tips.

COMMUNITY RESOURCES
- Community & National Helplines
- Youth & Family Mental Health Resource Directory
- Community Calendar with support groups, education, etc.

TOOLS & TIPS FOR SELF-CARE
- Parent Toolkit
- YouthWell Rack Card - link to PDFs
Our Mental Health Matters Campaign

Let’s normalize the conversation around mental health and eliminate the stigma and shame so those struggling can ask for help. Promote a unified message that fosters awareness and educates on the signs of emotional distress while focusing on messages of hope, resilience, and self-care. Messages: It’s ok to ask for help. It’s ok to not be ok.
You are not alone. You matter.

Social Media Calendar

MON... affirmations
TUES... mental health facts
THURS... spotlight community members
FRI... spotlight partners
SUN... self-care tips

Easy Lift vans   Social Media & Newsletter stats
Airport ads

SCHOOL BANNERS

OUTREACH

to raise awareness, to educate, and to eliminate stigma
As a community, we have achieved our goals when:

- We prioritize prevention and early intervention (PEI) the way we do crisis.
- Understand that mental illness does not discriminate. It can affect anyone regardless of age, gender, income, social status, ethnicity, religion, sexual orientation, or background.
- We treat mental health challenges with the same respect and care we show someone who has a physical illness or injury (ie: cancer, broken arm).
- We normalize the conversation around mental health so that youth and caregivers do not feel shame asking for help.
- Families feel supported and informed and know where they can go to find mental health services in the community and on their school campuses.
- Providers, school counselors, and resource navigators help ensure families have accessed the resources they need through a warm handoff.
- Schools are incorporating wellness practices for students on campus.
- Providers are working together to design programs and services before they seek funding.

One of the biggest reasons people don’t seek help or support when they are struggling with a mental health challenge is because of the stigma and shame associated with it.
OUR TEAM

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Katy Bazylewicz, VP Marketing & Population Health, Cottage Health
Megan Riker-Rheinschild, Director, SB DA Victim Witness Assistance
Susan Salcido, Superintendent, SB County Education Office

Fiscal Sponsor: Community Partners
I was blown away by the workshop yesterday. Thank you for your genuine soul and brilliant wisdom. You and Dave moved so many of us yesterday. We were all laughing, connecting, and most importantly learning some new skills to help with - how to better listen. 

I wanted to reach out to thank you for your incredible resources and work on behalf of our young people in town. Years ago, seeing the same need for a resource guide, our school counselor created a similar guide for us, however, it was limited in scope, and the effort required to keep it up-to-date became onerous. I visited your site, and for the first time as a principal, I feel that I have the ability to send desperate families to a thorough, well-curated resource. What a relief! -School Principal

Learning about mental health has made me a more compassionate person and I feel prepared to help others who are struggling and to help myself. -Student

The Collaborative continues to benefit Hospice of SB. It is the only meeting where all leaders come together to share and coordinate mental health services for youth in the community and in our schools. Truly valuable in my busy calendar and should be for everyone at the table. -David Selberg, CEO, Hospice of SB

YouthWell workshops provide extremely helpful information and tools. The speakers are relatable, very knowledgeable and I really appreciate the way they teach the program. -MH Provider

I always appreciate the thoughtful insights my family and I glean from YW workshops. It's ALWAYS time well spent - content we all get something out of, and can't quite get anywhere else. -Parent

Every program I have attended with YouthWell has had great speakers & valuable information. The information I have learned has made my family's & my life better. Grateful! -Parent

Thanks to the workshops, I have learned how to take care of myself and prioritize my mental wellness. I have learned how to take care of my body inside and out and learned how I can help others who may be struggling. I think mental health education is important, especially for people my age. -Student