



# SENATOR JIM BEALL

## SB 12 Youth Mental Health Drop-In Centers

### ISSUE

Mental health problems are among the most common health conditions faced by California children. One in 13 children has an emotional disturbance that limits participation in daily activities. Yet, many youth go without treatment. Two-thirds of adolescents with major depressive episodes did not get treatment, and low-income families are even less likely to obtain treatment.

A fractured mental health delivery system, provider shortages, lack of covered mental health benefits, and stigma around mental illness are barriers to care.

With more than 75 percent of mental health issues developing before a person turns 25, early detection and treatment greatly improves the health of adolescents as they transition to adulthood.

### BACKGROUND

The Stanford Psychiatry Center for Youth Mental Health and Wellbeing is spearheading a new national vision for adolescent and young adult wellness through implementation of a groundbreaking international integrated youth mental health care model. The headspace model, developed in Australia, creates stand-alone, "one-stop-shop" health centers for young people ages 12-25 to access support for mild to moderate mental health concerns, physical health, employment and school support, and alcohol and drug counseling.

The goal of this model is to develop sites reflective of the unique adolescent/young adult culture of each geographic community being served. These sites become the local youths' own independent place for mental and physical health care. *headspace* approaches youth wellness in a comprehensive and youth-friendly way, led by members of an active local youth advisory group to design the services and environment they most want to see in their community. This year, a 24-member Youth Advisory Group (YAG) was convened to ensure that the youth voice is at the forefront of the headspace center

experience. YAG members are between the ages of 16-25, and are diverse across race, ethnicity, gender, sexual orientation, lived experience, ability, and socioeconomic status.

The California Mental Health Services Oversight and Accountability Commission (MHSOAC) approved \$15M of Santa Clara County Behavioral Health Services' Innovation Funds to pilot this model in two locations over 4 years, in partnership with Stanford University. Due to the strong interest in this model, Stanford is assembling a backbone team to support implementation of the model in at least 7-8 other interested CA counties and 3-4 other states.

Perhaps most importantly, these centers will serve all youth who enter, no matter if they are insured, underinsured, or uninsured and regardless of immigration status.

### THIS BILL

This bill directs the Legislature to establish a series of at least 100 youth drop-in centers across the state to address the mental health needs of California youth. This bill also encourages the Legislature to allocate funding to establish these centers.

### FOR MORE INFORMATION

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