

allcove San Mateo

Now open!

Peninsula Health Care District (PHCD) is partnering with allcove, a program developing an innovative network of integrated youth mental health centers across the state of California.

Funded by the Mental Health Services Oversight and Accountability Commission and supported by the Stanford Center for Youth Mental Health & Wellbeing, the \$2 million, 4-year grant will establish "allcove San Mateo," an integrated youth mental health center, opening this winter located at 2600 S El Camino Real, 3rd Floor, San Mateo.

allcove San Mateo will offer the following services for young people ages 12 to 25 with mild to moderate needs looking for support:

- Mental health
- Physical health
- Substance use
- Family support
- Peer support
- Supported education and employment



The need:

Mental health crisis among young people



50%

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



75%

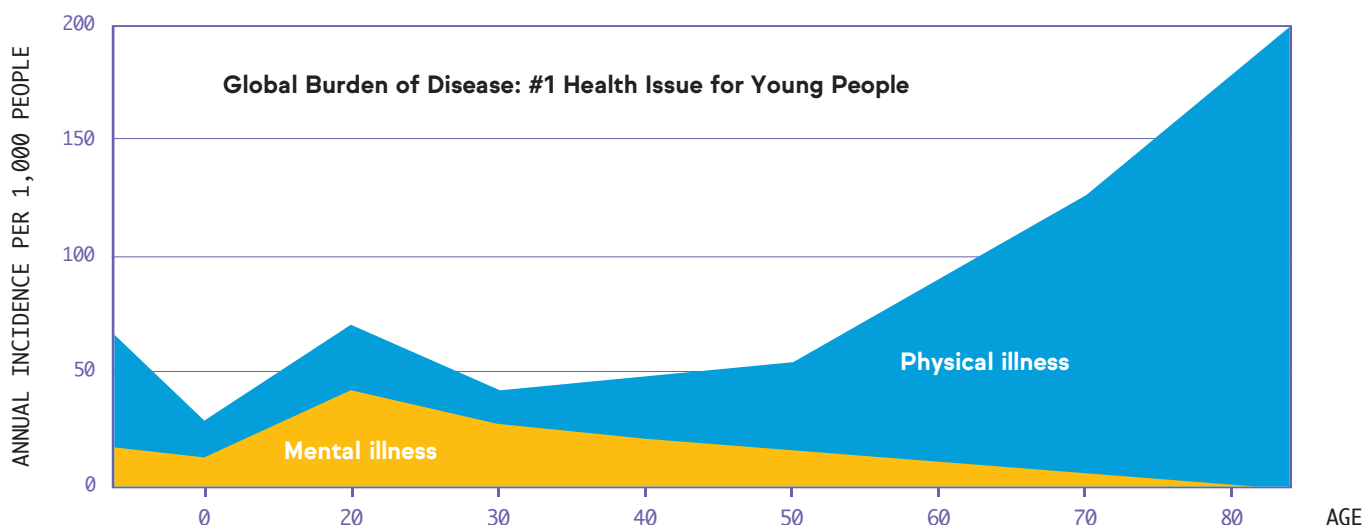
start by age 24.



79%

do not access care.

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



Potential services offered:



Mental Health

Recommended evidence-based short-term mental health services may include:

- Assessment and screening
- Brief face-to-face mental health interventions with the young person and their family
- Psychological or psychiatric consultation and brief intervention
- Individual motivational interviewing with the young person
- Mental health awareness and psychoeducation with the young person
- Mental health awareness and psychoeducation with family
- General family support to assist families in supporting their young people
- Group programs for young people and families
- Referral and linkages to other services



Substance Use

Recommended evidence-based short-term substance use services may include:

- Assessment and screening
- Brief face-to-face substance use interventions with the young person and their family
- Counseling
- Group programs for young people and families
- Referral and linkages to other services
- Narcan & Naloxone education
- Overdose prevention and response trainings
- Prevention education
- Youth-led advocacy opportunities
- Smoking cessation
- Harm reduction initiatives like anonymous medication surrender or needle exchanges



Physical Health

Physical health services at allcove may include:

- Physical exam and checkup
- Gynecological exam (pap, breast)
- STD testing and treatment
- HIV prevention pre-exposure prophylaxis (assessment and prescription)
- Pregnancy testing
- Birth control and emergency contraceptive
- Nutrition service
- Flu shot
- TB testing
- Immunization
- Vision and hearing exam

Potential services offered:



Peer Support

Young people can connect with peers their own age who've been through what they are going through and can help them make sense of it all.

Peer support services at allcove may include:

- Peer welcome upon entrance to allcove San Mateo
- Peer support resource referrals and case management by Peer Support Specialists
- Peer-to-peer support
- Peer support groups for young people
- Peer-led workshops and trainings



Family Support

For family members seeking to connect the young people in their lives to resources and support with whatever they are facing.

Family support services at allcove may include:

- Family support groups
- Family psychoeducation and workshops
- Skill development supports: parent/guardian model, how to motivate your youth, for example



Supported Education and Employment

Supported education and employment services at allcove may include:






- Career coaching
- Financial literacy workshops
- Mentorship
- College application supports
- Resume-building and interviewing practice
- Job placement referrals
- Job readiness (what to do after you get a job, what to ask, etc.)
- Time management preparation
- Strengths assessments
- Training courses



In addition to the core services listed above, allcove San Mateo may also offer life skills and wellness services to the community:

- Courses and classes in yoga, mindfulness, hope, coping skills and more
- Therapeutic opportunities for art and music, and other creative outlets
- Purpose workshops
- Certifications in CPR, babysitting, emergency preparedness
- Animal therapy

Service Continuum of Mental Health Care for Young People:

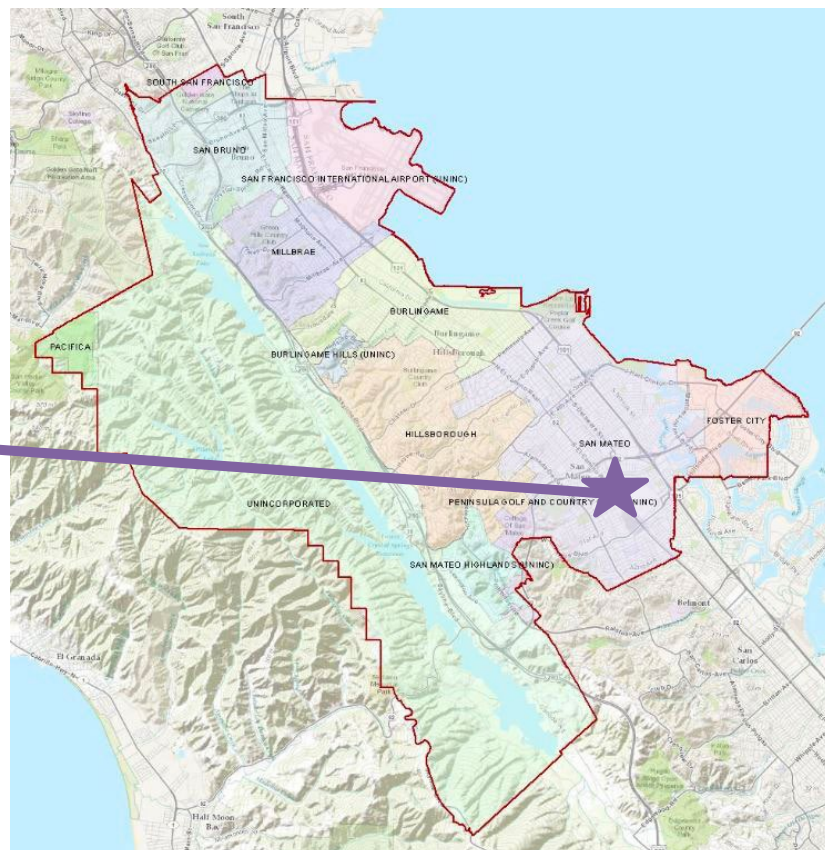
 PREVENTION	 EARLY INTERVENTION	 ENGAGE & SUPPORT	 INTENSIVELY TREAT	 STABILIZE CRISES
Services provided at allcove			Services linked through allcove	
Education	Screening to detect risk, trauma and early signs	Client-centered plan	Rehabilitation and recovery services	24/7 response
Skill-building		Case management		Naloxone and withdrawal management
Support protective factors, reduce risk factors	Link and refer to support, self-help, counseling	Counseling and education	Residential treatment, if needed and desired	Partial hospitalization or psychiatric health facility
Training		Medication, if needed and desired		Intensive outpatient or crisis residential

Source: Answering the Call to Action: A Vision for All Californians' Behavioral Health

What makes the allcove approach unique?

- Youth-centered care co-designed with young people
- Focus on prevention, screening and early intervention services
- Community work to build youth resilience, increase early help-seeking, reduce stigma and increase mental health literacy
- Rapid, easy and affordable access for youth ages 12-25 with mild to moderate needs
- Integrated and multidisciplinary care coordinated with the local youth-serving system

allcove San Mateo located at,
2600 El Camino Real.
3rd Floor, San Mateo, CA. 94403
(650)226-7030



For more information, visit allcove.org/san-mateo.