

### Vision and Impact Statement

If the resources to support prevention and early interventions that reduce risk factors and build protective factors were more coordinated, healing-centered, accessible, and integrated into a variety of youth development engagements, more young people in San Mateo and Northern Santa Clara counties would receive the appropriate level of mental health support when they need it, promoting their resilience as they pursue their dreams and aspirations.

### Guiding Principles

**Sand Hill Foundation intends to:**

Commit to learning from and responding to grantee and community experience to inform equity focused, community-driven response.

Address the gap in prevention and early intervention for mild to moderate mental health concerns among early adolescents and young adults.

Serve as a connector, influencer, and partner to advance mental health beyond grantmaking.

Promote healing and health equity by addressing disparities that impact youth wellbeing.

### Funding Strategies

Provide grants to support cross-sector partnerships and/or innovations to improve **access** to high-quality prevention and early interventions through healing-centered youth engagement.

Support program delivery and/or planning focused on improving the **dissemination** and **quality** of mental health and wellness services in partnership with and for disproportionately impacted populations.

Leverage public and private resources to improve the system of mental health supports through increased **funding, awareness, and coordination**.

### Short Term Outcomes (by end of 2024):



Embedded infrastructure for **partnership, collaboration, and connections**.



**Codified commitment** to youth mental health among organizational, philanthropic, and health system leaders.



**Understanding, fluency, and normalization** of mental health among community members and adults who interact with youth.



Robust, qualified, and diverse youth-serving **workforce** trained to respond to the mental health needs of the youth they serve.



Seamless and equitable pathways and opportunities for youth to **access** mental health and wellness supports.



**Quality** youth services and programs informed by and tailored to the needs of those they are intended to serve.

## Target Community Partners

Key partners who drive and benefit from the efforts of the collaborative include:



- Primary care providers and pediatricians
- Faith-based organizations
- Grantmakers
- County agencies including public health, behavioral health, child welfare, law enforcement, juvenile justice, and other human services
- Private health systems and payors
- School and after school leaders
- Community health centers and other clinical settings
- Youth-serving organizations and staff providing direct services to youth
- Youth and family leaders and advisory council members
- Youth ages 12 – 24 years old
- Parents, caregivers, and other family members

## Environmental Context

### Why PEI?

- Most mental health services are engaged during moments of crisis and the system of care needs to be strengthened upstream.
- Community, family, and cultural connection is an important source of strength, resilience, and healing.
- Youth serving organizations are well positioned to provide PEI supports. Effective PEI can be carried out by a broader workforce than medical professionals needed for acute/crisis services.

### Why this age?

- There are many stressors impacting young people's mental health and wellbeing (e.g. culture of high-achievement, oppression based on race, class, immigration status, disabilities, gender identity, sexual orientation, etc.).
- Age 12-24 is a frequent age of onset for mental health concerns; long-term impacts are improved when symptoms are addressed early on.
- The brain development of adolescents and young adults makes this an opportune time for building protective factors.

### Why it matters in our region?

- There is a history of suicide in the Silicon Valley region that spans age and socioeconomic status.
- Local needs assessments reported limited screenings for depression and anxiety among young people as a problem in the community.
- The mental health system is fragmented and inaccessible, widening health disparities.

## Beliefs and Assumptions

- COVID-19 exacerbated many stressors and challenges, heightening the need for wellness supports and opening a window of opportunity for broad-based systems-level response to youth mental health needs.
- Healing-centered collaboration can help create the conditions for all young people to get what they need to thrive
- An ounce of prevention—investing deeply in youth resilience, protective factors, and existing strengths and cultural wealth — is worth a pound of cure to achieve youth wellness. And we need a pound of cure.
- Like all medical conditions, mental health conditions benefit from early detection and early intervention.
- There are a number of programs and funders who are engaged in prevention and early intervention work that could be better leveraged with an intentional, collaborative approach.
- Cross-system partners from multiple agencies have the ability to create innovative solutions and play an important role in improving the system of care through better collaboration and coordination.