

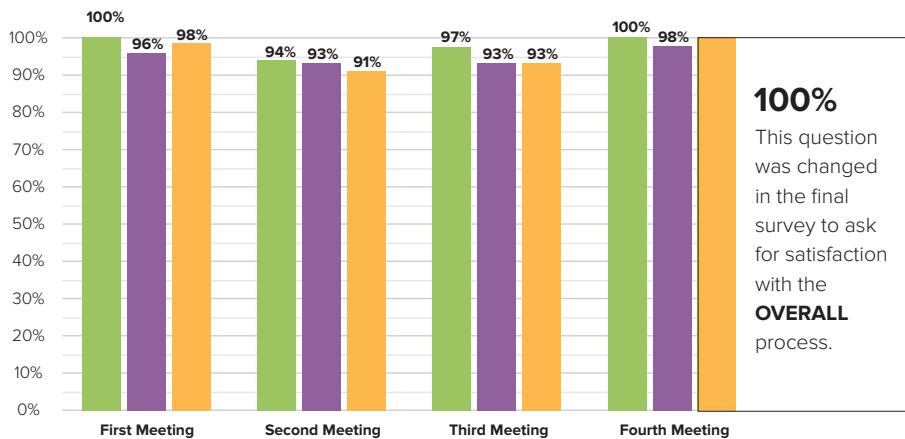


# 2020 PROGRESS

The Center for Young Minds hosted virtual community input sessions in 2020. The goal was to refine and update strategies initially developed in 2019 to “turn the curve” for youth behavioral health through three perspectives: **1)** youth voice, **2)** the learnings of living through a pandemic, and **3)** voices not represented in 2019, including but not limited to faith-based representatives, parents and youth-serving nonprofits (whose mission is broader than behavioral health).

## ATTENDEE SATISFACTION

■ HOSTS ■ FACILITATORS ■ VISUAL AIDS



**100%**

This question was changed in the final survey to ask for satisfaction with the **OVERALL** process.

NEARLY  
**90 INDIVIDUALS**  
REPRESENTING  
**45 ORGANIZATIONS**  
PARTICIPATED.

## YOUTH VOICE & INPUT

The Center for Young Minds engaged with multiple nonprofits in an effort to gain youth voice and input into behavioral health needs and supports. The approach was to offer virtual, guided discussions online with small groups of youth similar in age. Socially-distanced, in-person groups were also held where appropriate.

### 14 SESSIONS WITH A TOTAL OF 40 YOUTH WERE HELD. THE RESULTS:



MOST YOUTH INDICATED A DESIRE TO BE WITH PEERS IN A CASUAL SETTING THAT CREATES A SENSE OF SHARED CONNECTION.



YOUTH SHARED POSITIVE EXPERIENCES WITH ADULTS. HOWEVER, WHEN FACED WITH A NEGATIVE EXPERIENCE, FELT THEY WEREN'T BEING HEARD.



SOME YOUTH HAVE EMBRACED COPING MECHANISMS, YET CAUTION THAT IT'S NOT A "ONE-SIZE-FITS-ALL" APPROACH.



MOST YOUTH HAVE ASKED FOR SCHOOL SYSTEMS TO BE MORE ATTENTIVE TO MENTAL HEALTH NEEDS.



YOUTH EXPRESSED THAT THEY DO NOT DESIRE CLINICAL SETTINGS TO MANAGE THEIR MENTAL HEALTH.

# 2020 PROGRESS

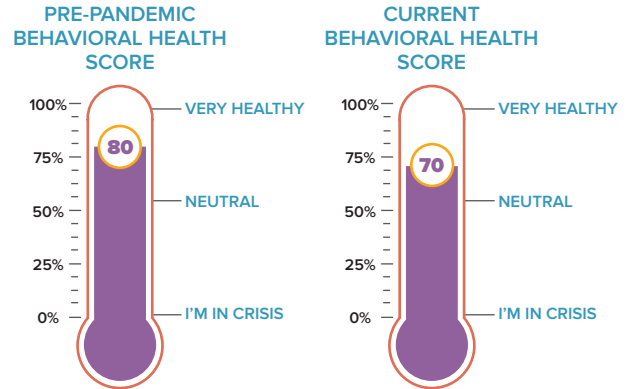


## THE RESULTS CONTINUED:

Participants reported feeling respected and comfortable in the guided discussions:



Youth behavioral health has declined during the pandemic:



## YOUTH COUNCIL

The Center for Young Minds formed a Youth Council, as youth expressed a desire to stay engaged beyond the youth study. This youth-led, youth-driven Council is comprised of adolescents 13-18 years old, who represent the rich cultural diversity of the San Antonio metropolitan area. The Youth Council meets monthly, and determines how best to drive improvements for youth behavioral health.

## WHAT'S NEXT

To begin catalyzing change, targeted workgroups aligned around the will of the community will be established along with a steering committee to provide oversight into the process. As workgroups develop recommendations, the steering committee will vote upon those recommendations. Strategies deployed will be monitored by our data partner, who will also provide workgroups intense support around evidence-based practices and other data needs. The Youth Council's input will be integrated into the process.

## CENTER FOR YOUNG MINDS STAFF

The backbone staff for the Center for Young Minds was fully hired by October of 2020.

ARACELI CALVILLO | Project Coordinator | [acalvillo@ecrh.org](mailto:acalvillo@ecrh.org)  
REBECCA HELTERBRAND | Executive Vice President | [rhelterbrand@ecrh.org](mailto:rhelterbrand@ecrh.org)

The Center for Young Minds is funded by:



The Center for Young Minds is a strategic initiative of:

