

POLICY BRIEF PREVIEW

Mental Health Resource Accessibility and Sustainability

STRENGTH & BENEFIT OF PROPOSED SOLUTION

Our proposed solutions of promoting accessibility to resources and services will enhance mental health prevention. Our recommendations intend to break barriers between systems, in turn, strengthening sustainability of programs developed.

VISION

All Sacramento youth are valued and have direct access to mental health care and services on and off school grounds.

MISSION

The Behavioral Health Youth Advisory Board aims to advise the Board of Supervisors in providing a systemic and sustainable structure to ensure that Sacramento youth have proper, accessible mental health resources.

RECOMMENDATIONS

- # 1** Support county collaboration with the office of education in the recruitment of mental health practitioners on school campuses and promotion of schools as centers of wellness and restoration.
- # 2** Support county collaboration with the state in the development and advertisement of telehealth programs, where students can connect with mental health professionals and clinicians online.
- # 3** Engage the county to collaborate with the office of education on providing mental health and harm reduction resources for school staff, parents, and students that educate them on symptoms of and help with mental health problems.
- # 4** Engage community-based organizations and the school system in advertisement of professional mental health services (that can be accessible outside of school hours).

