



FOR IMMEDIATE RELEASE

PENINSULA HEALTH CARE DISTRICT APPROVES \$1.49M IN FUNDING TO SUPPORT SCHOOL-BASED TEEN MENTAL HEALTH PROGRAM

In collaboration with San Mateo Union High School District and Stanford Center for Youth Mental Health and Wellbeing, pilot program will serve 8,500 students

BURLINGAME, CA, April 28, 2016 -- The Peninsula Health Care District Board of Directors last night approved \$1.49 million in funding to support a partnership with San Mateo Union High School District (SMUHSD) and Stanford Center for Youth Mental Health and Wellbeing to develop and launch a three-year pilot program focused on teen mental health. PHCD's funding will support a comprehensive school-based mental health program serving 8,500 students at six high schools and one alternative high school within the PHCD boundaries.

Over the past eight months, PHCD staff has researched the needs and services available in the County, identified gaps in service, latest trends and successful models, and ultimately determined how PHCD could address the unmet mental health needs of teenagers. In addition, PHCD invited Stanford to collaborate with SMUHSD, to offer its expertise as to what would make the most impact in San Mateo County. PHCD, Stanford, and SMUHSD all concluded that a program operated by SMUHSD, with consultative services from Stanford and funding support from PHCD, was a feasible model that would be most impactful for local high school students and teachers.

"Through our research and discussions with mental health experts, educators and community members, we learned that early identification, intervention, and access to mental health support are the biggest challenges in addressing mental health issues for youth and adolescents," said PHCD Board of Directors Chair Lawrence Cappel, PhD. "With the expertise and contributions of Stanford and SMUHSD, together we will make a significant impact in our schools and the health and wellbeing of our youth."

Teen mental health issues are a high-priority need locally in San Mateo County and more broadly in the U.S and California:

- 1 in 5 adolescents is living with a mental health condition; 50 percent of these youth have developed the condition by the age of 14 and 75 percent by age 24. (National Alliance on Mental Illness)
- Mental health hospitalizations for Californians under age 21 increased 38 percent over the last five years. (Center for Health Reporting)
- A 2014 San Mateo Civil Grand Jury report found public awareness of mental health services is insufficient and lacks a central point of access.

"There is a great need in San Mateo County high schools for this type of program, as 70 percent of San Mateo County Youth Commission Survey respondents reported being nervous, depressed, or emotionally distressed within the last month," said KindyLee Mackamul, SMUHSD associate superintendent of student services. "We are grateful to PHCD for their generous funding and leadership in bringing this program to fruition."

PHCD funding will support three new Health and Wellness Coordinator positions requiring Master's Degrees in mental health-related fields such as Licensed Social Workers or Marriage and Family Counselors throughout the three year pilot program, and Stanford consultation services during the first year. Funding will be released over three academic school years (2016-17, 2017-18, and 2018-19), contingent upon receipt of quarterly progress reports demonstrating implementation and impact. Additionally, SMUHSD will be required to present an annual report that includes measurable outcomes.

About Peninsula Health Care District

Founded in 1947, the Peninsula Health Care District serves the communities of San Bruno, Millbrae, Burlingame, Hillsborough, San Mateo and Foster City by supporting the unique health and wellness priorities of our vibrant Peninsula communities, and safeguarding access to health care services, today and in the future. PHCD fulfills its commitment to the community through oversight of District assets and infrastructure, planning for future health care needs, and investing taxpayer dollars in local health-focused organizations and programs. To learn more about PHCD, visit www.peninsulahealthcaredistrict.org.