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It takes a village:

Building a youth-centered mental health care system



Today's youth mental health crisis is challenging families, schools, communities and health organizations. It's raising pressure on health care leaders to address the generational impact of unattended mental health needs and provide effective support.

We are facing a mental health pandemic with increased psychological triggers and assaults. This has resulted in a higher number of reported mental health stress across various age groups and locations. This phenomenon can affect anyone. Triggers can arise from various sources, such as unpredictable and dangerous situations, extreme public opinion, increased violence, unfiltered communication and strong divisive beliefs. These assaults can occur sporadically, frequently, continuously, or with great intensity, potentially causing long-lasting effects on individuals.

Similar to the previous pandemics of COVID-19 and opioids, the youth mental health pandemic is widespread, persistent and affects entire families and societies. To address it, health organizations, municipalities, schools, businesses and community organizations will need to come together. Public awareness has shifted, with national calls to action like the Surgeon General's Advisory reports on youth mental health.[1] Discussions on social media have also highlighted the epidemic of loneliness and isolation. Both the government and industry sectors have shown increased engagement and commitment to address this issue. There is growing recognition of the importance of providing virtual mental health care services to youth in schools and homes, and progress has been made in implementing telehealth care delivery models.

It is crucial to view mental health care as an integral part of overall well-being throughout the various stages of youth development. This means making sure that young people can access mental health support through trusted individuals, familiar environments, and activities they already engage with in their daily lives.



59% of U.S. teens have been bullied online and 60% of them feel it has impacted their ability to learn and feel safe at school.[2]

Exposure to firearms and gun-related violence has increased the suicide risk and use of antidepressants in youth.[3]

1.2 million public school students experienced homelessness during the 2019–2020 school year. These children experience higher levels of substance and/or alcohol abuse and greater odds of suicidality.[4]

75% of youth surveyed report that concerns about climate change impact their mental health.[5]

No one agency or industry can resolve the growing mental health needs of youth or halt the generational impact of unaddressed mental health conditions. By intentionally aligning and collaborating with multiple parties, it is possible to meet the comprehensive needs of youth. This can be achieved by integrating mental health support and resources into their existing connections and establishing new connections that provide even greater value.

This white paper explores a new approach to the pressing problem of youth mental health. It advocates for a youth-centered ecosystem that requires new thinking, testing of concepts, and data-driven insights for continual learning. It examines how health organizations, businesses, government and community leaders can collaborate to expand insights, share resources and achieve greater, long-lasting impact on the ongoing youth mental health pandemic. We'll explore 4 actions for improving your organization's approach to youth mental health.

Action 1: Understand the youth mental health journey

Adolescents go through various stages of physical, psychological, emotional and behavioral development as they learn about themselves and the world. These experiences shape their skills and knowledge, presenting both opportunities for resilience and risks for negative outcomes.

Research shows that young people often experience mental and emotional challenges in their daily lives, sometimes earlier and more frequently than their caregivers or the health care system are aware of. They often turn to the internet and social media for information and guidance, seeking validation from trusted peers and trying to cope without involving adults. Surprisingly, a survey revealed that while 65% of youth feel comfortable discussing their mental health with close individuals, only 48% regularly talk to their parents about it, and just 22% regularly talk to friends.[5] They struggle to identify trustworthy adults and are unsure if their privacy will be respected. To better connect with young people before they face mental health or substance use challenges, it is crucial to improve our communication and trust-building approaches.

Each generation has its own unique perspective on health and mental health, as well as preferred methods of engagement and solutions. Developing an effective mental health support system requires recognizing the nuanced differences among younger generations and being prepared to adapt and evolve over time. Today's younger generation, particularly Gen Z, approaches mental health in a distinct way. They prefer learning from peers who have similar lived experiences rather than relying solely on health care professionals who may not fully understand their perspective or the challenges they face.

They have grown up in a technology-driven world and expect instant access to support and solutions for their mental health needs. Validation and trust are crucial for them to connect with others. If they feel judged or their concerns are dismissed, it can deter them from seeking help in the future. They seek to be seen, heard and understood, and will gravitate toward individuals and resources that provide that. With technology readily available, they will find alternative ways to address their mental health if they don't find value in the traditional health care system.

At the same time, it is important to acknowledge and address the existing inequities in access to technology, support and care within the youth population. Therefore, it is crucial to recognize youth as a diverse group of consumers with varying needs and preferences.



Charting a new path for youth mental health

Action 1:
Understand the youth mental health journey

Action 2:
Examine the current state

Action 3:
Explore the village concept and identify partners

Action 4:
Design and invest in a sustainable model

Action 2: Examine the current state

Early identification and treatment of mental health symptoms in youth are essential for preventing emotional vulnerabilities, crises and long-term disruptions to their resilience and well-being. Recent advancements in behavioral health treatment have improved access to care. Telehealth has emerged as a valuable tool, allowing individuals in mental health care deserts to receive the care they need remotely. Additionally, there has been a surge in investments and innovations in digital solutions, such as chat therapy, mobile apps, self-care tools and online care pathways to address gaps in mental health care.

National advocacy groups have mobilized youth, promoting engagement, literacy and empowerment to take action. They also offer peer-to-peer interventions and training to support mental health. Through national and state funding, school systems now have the opportunity to incorporate mental health access and support within their scope of work. These efforts aim to ensure that young people have the resources and support they need to address their mental health concerns effectively.

These advancements represent progress in addressing some of the pressing issues that have historically been left unattended. These strategies involve integrating low-intensity interventions into the health care system and expanding affordable and easily accessible mental health services through digital platforms.

However, there are still several ongoing challenges that require innovative solutions both within the health care system and beyond. Resolving these issues requires the adoption of new actions and roles by various stakeholders. Let's take a look at these issues, the factors driving them, and explore potential solutions.



Ongoing challenges require innovative solutions both within the health care system and beyond.

Clinician shortage

A central challenge is the shortage of licensed behavioral health providers. Even before the pandemic, there was a projected increase in the shortage due to steady population growth and retirement of over half the psychiatrist workforce.[6] COVID-19 increased the demand for mental health services, with 6 in 10 psychologists reporting no openings for new clients.[7] It's important to note that many youth who do not have clinically diagnosable mental health conditions still require mental health support to help them with their thinking, manage stress, regulate emotions and develop skills that impact their overall well-being and daily life.

Implementing a multidisciplinary team model as a standard practice for behavioral health care can optimize the use of professionals' licensure and expertise. This model involves modifying the roles of licensed professionals to focus on functions such as assessment, diagnosis, triage and knowledge of the therapeutic process. These licensed professionals would also be responsible for training, supervising and monitoring the work of nonlicensed certified providers, such as peers, coaches and community health workers. Additionally, licensed professionals would directly handle high-risk or complex situations or cases. This team model has the potential to expand service capacity while reducing costs.

Including trained, certified peers and coaches with lived experience in the workforce is essential. Establishing standardized regulatory and payer requirements ensure that quality is maintained within this workforce. By integrating them into a supervised and data-driven system, ongoing clinical and subclinical improvements can be achieved, along with operational quality controls.

Digital approaches

Billions have been invested in digital approaches to address the mental health crisis, including therapy, self-guided pathways, peer support and nondiagnostic assessments. These offerings have been heavily advertised and widely used by the Gen Z population.[8] However, there is a lack of third-party review to assess their efficiency, effectiveness and patient safety. There are also limited options available for individuals under 18 years old and their caregivers. And providers have been slow to adopt digital solutions to enhance therapeutic effectiveness, speed up recovery and increase provider-patient capacity.[9]

To address these issues, several solutions are available. One is to create a new entity or modify existing entities to specifically address digital options. This entity would focus on categorizing digital products, establishing processes for evaluating evidence, effectiveness, efficiency and patient safety. Another important step is to ensure public transparency regarding the results of evaluations conducted by a credible third party. A combination of payer clinical vetting of digital solutions combined with user feedback, such as experience ratings or reported outcomes, can also contribute to accountability and help individuals make informed decisions about digital mental health options.

Also, funding should be allocated to explore and test digital offerings specifically designed for youth below the age of 18. This would help address the limited options available to this population. Lastly, research funding should be provided to study the therapeutic effectiveness of integrated digital and therapist approaches. This research would contribute to the understanding of how digital tools can enhance traditional therapy methods.

Safe spaces for youth

A safe space is defined as a place that provides activities and environments for youth to feel included regardless of gender, ethnicity, sexual orientation or disability status.[10] It supports activities that provide a positive sense of belonging. These can be community centers, sports, arts- or faith-based youth facilities and other spaces that promote diversity, equity and healthy youth behaviors. An emotionally safe space is crucial to learning.

Children rely on safe spaces to rest, explore their feelings, build trusting relationships and understand what is happening to them as they grow and navigate life. Safe spaces help them learn about mental and emotional health as a part of their overall health. They offer trustworthy resources and people to help them better understand what they are experiencing and to teach them adaptive skills to solve problems and improve their resilience.

In a youth-centered ecosystem, the seeds for mental health conversation starters can be sewn anywhere youth feel safe and comfortable.

These efforts can be achieved through a collaboration involving federal and accreditation entities, provider organizations, the Food and Drug Administration, payers, appropriate National Institute of Mental Health projects, advocacy groups and designated youth representation.

> “As a community, we need to teach frontline people about the unique challenges kids and teens are facing today. We cannot rely on our own upbringing as a reference point, so it’s important that we try to gain a deeper understanding of what they’re going through.”
>
> — **Dr. Monika Roots, MD**
> Co-Founder and President, Bend Health

Action 3: Explore the village concept and identify partners



It is essential to go beyond the health care system as the sole response to this crisis.

Youth experiences span across their childhood, adolescence and young adult years, with each phase bringing forth different stressors, challenges, and therefore different needs for different types of support.

Mental health or fitness is not limited to the field of behavioral health care or whole health. It's a crucial aspect of overall human development and well-being. While new care pathways provide more options, they do not eliminate the need for a coordinated, holistic care continuum that integrates physical and mental health. However, even with an integrated health care approach, it is not enough.

It is essential to go beyond the health care system as the sole response to this crisis. And at the same time, it is imperative to consider the years and stages of a child's life. With each new phase comes changes in environment, people, stressors, protective factors and risk factors. Much of youth mental health development and their mental health journey occurs outside the health care system, especially in the early stages. So it's appropriate to consider a youth-centered approach that involves a village. This village includes vital stakeholders from schools, advocacy groups, community-based programs, municipalities, government, religious organizations, mentors, families, extended families and nonmedical industry leaders. Anyone who directly or indirectly impacts the youth's developmental journey can play a vital role in the village and contribute to its scope of impact.

Stakeholder roles and opportunities for action

First, consider the importance of youth mental health. Have you personally witnessed the impact of stress on young people? Do you know others who have? As a business leader, reflect on why this is important to your organization and how you are connected to the lives of youth. Consider how your organization's mission and values can positively influence the younger generation.

Feeling overwhelmed by the magnitude of the mental health crisis can deter stakeholders from taking action. However, a youth-centered village can help overcome this barrier by bringing together individuals and organizations with diverse expertise, capabilities, reach and connectivity. By bringing together stakeholders from both within and outside of health care, we can increase the likelihood of engaging youth at an earlier stage and more frequently, resulting in greater impact. The village approach also transforms the experience for stakeholders, shifting from isolated problem-solving to collaborative problem-solving through connections.

To determine if your organization should be a part of the village, consider the following:

1. Reflect on your values and mission, and where youth well-being fits into them.
2. Assess the impact of the mental health crisis on your organization or area of work.
3. Identify the specific problems that need to be addressed.
4. Determine the necessary participants required to tackle the problem.
5. Develop a value proposition to present to your organization to gain support or resources for the initiative.

Finding your partners within the village

To create a youth-centered village, organizations should first assess their willingness to participate and how it aligns with their mission and capabilities. The next step is to seek out partners who share an interest in or are already involved in youth mental health services. This includes connecting with local and national stakeholders such as teachers, parents, local foundations, municipalities, employers, Departments of Health and Welfare, Medicaid authorities, and national funding bodies like Health Resources Association, Centers for Medicare and Medicaid Innovation, and Substance Abuse and Mental Health Services Administration.

By collaborating with others and identifying existing resources and areas that need improvement, each stakeholder can determine where their role can make a meaningful impact. Village participants can leverage each other's strengths, maximize capabilities and think creatively. It's not necessary to be an expert in youth mental health or have all the answers.

The village construct provides connections to experts, opportunities to build relationships with the right stakeholders, and the chance to implement contributions in ways that benefit younger generations. What's most important is that village members share a common mission and values to ensure collective and unified progress.

> "Community mental health providers can work alongside school district teams to learn about how schools function so that all relevant perspectives can be included in the conversation to create an integrated system of education and mental health. This allows all the voices that are missing in the current model to be included on the front end."
>
> — **Kelcey Schmitz**
> Director of Training and Technical Assistance, University of Washington SMART Center



Engaging youth to co-lead and co-create

The younger generations of today have grown up in a world that is very different from the world experienced by older adults. Societal shifts and events across local, national and global communities define changes in culture and impact the lives of youth. This influences their risk and resilience. It's important to recognize that youth at different stages of development will have unique experiences and varying needs as they grow.

Furthermore, generational cohorts may have different perspectives on health, mental health and their approach to seeking care and support due to the evolving world and their unique experiences. Each generation holds a unique perspective, making it crucial to create a village that includes the voices and representation of the youth it serves. Gaining a deeper understanding of the generations and age groups the village will support can help inform the strategy, design and implementation of solutions.

Engaging youth in the village is vital for its success. By involving them in designing and implementing solutions, the village can gain valuable insights and optimize its impact.

Here are some ways to engage youth within the village:

1. Establishing a youth advisory board
2. Connecting with youth in schools or local community centers
3. Identifying youth with personal experiences who are interested in advocating for change
4. Engaging with online youth communities that are willing to collaborate with the village

When engaging youth, it is important to consider the following key factors:

- Protecting their privacy and confidentiality
- Considering age and consent, making sure that the voices of youth of all ages are heard while recognizing the need for parental involvement when working with younger youth
- Providing incentives for youth involvement – benefits or rewards the village can offer to motivate and sustain youth engagement, which can vary depending on the individual youth and the nature of their collaboration with the village



Amplifying youth voices

Teens want schools to play a big role in their mental health, and they trust the information they get there.

- 2 in 3 agree that schools should teach about what mental health is, including where and how to seek treatment[5]
- 4 in 5 who seek mental health information from teachers say they trust their teachers and other adults at their school to provide it[5]
- Only 40% say their school has specific programs or resources to support mental health[5]
- More than 1 in 4 high schoolers reported not knowing where to get help if they are concerned about mental health or substance use for themselves or loved ones[11]
- Only 34% of teens seek mental health information from parents, 18% seek information from friends, 8% from the internet, 7% from teachers or trusted adults outside their family, and 6% from social media[5]

Action 4: Design and invest in a sustainable model

For the youth-centered ecosystem or village to make a real and lasting impact, it needs to be supported by a well-functioning operational system. Think of this system as the backbone that brings together all the different pieces and ensures they work together smoothly and effectively. It's like a puzzle coming together to achieve a common goal.

This operational system should constantly measure and analyze ecosystem performance, using what it learns to make improvements and adjust its financial strategies. It needs to stay up to date with the ever-changing needs of the people it serves and be flexible enough to adapt when necessary. Sometimes, it may even need to try new and different approaches instead of sticking to the conventional methods.

By embracing the principles of continuous quality improvement, leaders can create a structure and operational system that truly meets the needs of the people it serves. It's all about putting people at the center.

To operationalize the ecosystem successfully:

1. Establish a common agenda or problem that needs to be addressed.
2. Identify the stakeholders who are crucial to finding solutions and implementing the operational system.
3. Define the roles and areas of accountability for each stakeholder in relation to the overall problem.
4. Determine key metrics that will measure the structural elements, important operational steps, and the expected outcomes of the ecosystem.
5. Create a measurement system that openly shares results through dashboards, initially comparing internally and later displaying outcomes publicly by the responsible parties.
6. Facilitate ongoing monitoring and learning to drive demonstrable improvements.
7. Regularly track financial shifts and explore alternative financial solutions to sustain the system.
8. Establish mechanisms for meaningful communication as the foundation for continuous analysis, quality improvement and evaluating outcomes.

Dedicated oversight, acting as a village, can be responsible for engaging the public, providing advice, advancing policies and mobilizing resources as needed.

Health leaders and organizations, including employers, can play a supportive role in facilitating this structure without taking the lead themselves. By creating a new ecosystem of shared value, they can enhance the communities they serve and establish a stronger, more trusted presence in their market.



Anyone who directly or indirectly impacts the youth's developmental journey can play a vital role in the village and contribute to its scope of impact.

Adopting transitioning roles and recommendations

This kind of newly shaped ecosystem requires a shift from the classic roles of stakeholders surrounding youth. In 2021, the Surgeon General released an advisory on "Protecting Youth Mental Health."[1] Within it, he pointed out that traditional roles of stakeholders in this crisis need to transition.

Health leaders can reshape their products and services, redefine success markers and strengthen local clusters of mental health services and supports. But the role of parent, teacher, clergy and primary care physician will shift to embrace mental health as part of a young person's overall well-being.

Here are some of the actions stakeholders can take:

Teachers/schools

- Situate community mental health providers on school district teams
- Map mental health initiatives to your strategic plan
- Utilize expanded opportunities via federal, state, school district and foundations to fund mental health initiatives to expand identification and interventions
  - Train personnel to recognize the mental and emotional needs of students and their parents
  - Create ways to expand the capacity and effectiveness of your mental health professionals in managing the mental health needs of the students and staff
    - Have support and referral programs in place
    - Provide safe environments and a continuum of support
    - Consider employing peer-support training programs
    - Consider collaborations with community organizations and resources
- Elevate the voices and engagement of students, teachers, staff and parents

Pediatricians, family practitioners, pharmacists and other health care specialists

- Ensure multiple points of contact with youth for screenings and interventions
- Educate staff on how to identify mental health disorders and what resources may be needed
- Develop collaborative care teams that include virtual and/or in-person behavioral health specialists
- Guide caregivers, parents and other family members to appropriate support networks and community resources
- Create community-based partnerships with other youth-serving organizations

> "District and school leaders can work with providers, parents, teachers and students to develop strategic plans to support the well-being of all youth."
>
> — **Eric Bruns, PhD**
> Professor and Associate Director, University of Washington SMART Center

Family members and caregivers

- Model taking care of your own mental health
- Build or join a parent/caregiver community to share and normalize mental health conversations and support
- Learn how to be a nonjudgmental listener and acquire other skills that support a child's mental health
- Help children develop stable relationships with adults and peers
- Reduce negative influences and behaviors and watch for warning signs
- Monitor and limit screen time



Government agencies

- Address the social drivers of health that contribute to poor mental health for youth and their families
- Advocate for and enforce policies and programs that promote safer online environments and effective digital therapies
- Support policies that make sure all youth have access to affordable mental health care and emotional well-being support in school and community organizations
- Support the integration of mental and physical health care, including funding to mental health providers to support the practice transition
- Provide resources to strengthen school mental health programs in a sustainable manner
- Invest in programs targeting prevention and enriching mental health and emotional well-being
- Expand the access and use of mental telehealth services
- Fund and promote suicide prevention and mental health crisis programs and services
- Support the mental health needs of youths who are at high risk or are involved in juvenile justice and child welfare systems
- Advocate for policies that promote mental health screenings as a part of vital signs

Payers

- Expand coverage of peer support and coaching as part of the delivery system
- Promote and facilitate mental health providers to practice in multidisciplinary teams to expand practice capacity
- Provide alternative payment methodologies that allow providers to provide services beyond the standard Current Procedural Terminology codes
- Promote pay-for-performance, measurement-informed care and population attribution to facilitate practice accountability for clinical outcomes
- Continue to review and offer coverage of new evidence-based digital and neuro-device therapies
- Facilitate collaborative, integrated mental health care not only between medical and behavioral but also with mental health services in schools and community organizations

Foundations and entities that issue grants*

- Continue to fund and stimulate innovations to improve the integration of mental health into schools and community organizations
- Include in funding innovative services and reporting of the operational and financial findings to promote knowledge for reproducibility and sustainability
- Continue to fund research to clearly map out the emotional and mental well-being developmental milestones to guide innovative interventions

*Recommendations from the U.S. Surgeon General

> “A youth-centered ecosystem can provide connections and experiences where youth can share their voices and get the support they need in ways that work for them.”
>
> — **Yusra Benhalim, MD**
> Senior National Medical Director, Optum Behavioral Health Solutions

Redesigning financial support for long-term sustainability

Financial strategies play a crucial role in achieving success. The mental health journey is a long one, and a youth-centered mental health ecosystem requires sustained investment in both clinical and nonclinical activities. However, the current mix of short-term financing, such as grants and low reimbursement for medical and mental health services for youth has had a negative impact on the delivery system.

Time-limited grants and waivers currently hold together the youth mental health care system, with traditionally low reimbursements for medical and behavioral health services. It is not uncommon for a pediatric mental health clinic to heavily rely on donations and grants, sometimes accounting for up to 40% of operating costs, in order to provide services.[14] Therefore, finding solutions to make sure the system remains viable long enough to result in improved mental health outcomes for youth is essential.

A wholly supported, youth-centered ecosystem also takes a financial village. Each stakeholder has unique motivations and/or expected returns on their investments. Health systems can build brand equity by demonstrating a strong commitment to the mental well-being of their patients and communities. One way to achieve this is by encouraging health care providers to adopt population health approaches and explore alternative payment arrangements.

These arrangements provide an opportunity to achieve cost savings, improve care efficiency, and enhance quality metrics.

Investing in and promoting pay-for-performance models and practice-based population management can yield positive results across health care, including in youth mental health. Assigning a specific population to a practice and measuring its performance based on outcomes helps improve clinical outcomes and enhance the overall patient experience. This approach holds the practice accountable for the well-being of their assigned population, and with alternative payment methods, they can allocate funds to address the specific needs of the population they serve.

Practices that have embraced these payment arrangements, particularly those serving youth, have recognized the value of allocating appropriate funding to successful school and community interventions. These interventions have a positive impact on clinical outcomes and result in cost savings.

Health plans and pay-for-performance providers aim to improve health outcomes and reduce the use of expensive services like emergency room visits, hospitalizations and residential stays. The occurrence of unnecessary high-cost services is seen as a failure of the system and serves as a motivation to identify and intervene earlier. Early interventions can result in higher satisfaction among members and their families.

However, for health plans and provider practices, long-term cost savings may not be realized if there is a high turnover of the population they serve. To achieve sustainable cost savings, successful health plans and population-based provider practices collaborate with local Medicaid plans and serve as the primary delivery system. This collaboration helps states achieve short-term savings by reallocating budgets from other programs, such as juvenile justice, foster care systems and state-funded long-term hospitalizations.

Another financial strategy involves enhancing the role and impact of grant-issuing entities, such as foundations, philanthropic organizations and government grants and waivers. Grants, waivers and donations have played a crucial role in funding health service innovations, pilots and startup services to address community service gaps. These initiatives have provided valuable insights and lessons learned to further effective interventions.

However, there is a risk that these programs and services may be discontinued once the grant ends or due to limited communication about their work. This hinders further adoption. To prevent this waste, grants and waivers can require transparent reporting of outcomes, including operational and financial analyses. These demonstrate how the funding was applied and the return on investment per recipient per month. This information can help promote successful adoption and potential coverage by payers and provider organizations at risk, leading to improved clinical and financial outcomes.

Expanding on the concept of collaboration, grant-issuing entities can have an even greater impact through collaborative funding. Collaborative funding involves formal or informal partnerships between entities to combine resources and target funding toward a common issue or entity, resulting in a greater impact.

Creating a collaborative financial village that prioritizes savings and allows for the reallocation of funds to necessary services is the ideal approach. Achieving this requires commitment and innovative strategies to establish mutually beneficial outcomes and implement a true village mentality.

> “To support youth in our health care system, stakeholders must invest in and create an efficient ecosystem that produces positive outcomes and cost savings. Collaboration and alignment of interests are crucial for a financial village that fosters stability and sustainability.”
>
> — **Rhonda Robinson-Beale**
> SVP Deputy Chief Medical Officer, Mental Health Services, UnitedHealth Group

Responding to a resounding call for action

Our youth cannot wait for some future-based solution. Health leaders and community organizations must come together to develop and try new strategies that match the needs and culture of their communities. Youth, parents, health organizations, schools and nonprofit organizations can foster a collaborative village that actively supports youth mental health. A village that can course-correct when needed and keeps the community on a positive and productive path.

While waiting to solve today's issues is not an option for the youth in crisis today, action by health care leaders and stakeholders is necessary to chart a new path forward. As outlined here, continue to explore your organization's approach to youth mental health by:

1. Understanding the nuances of the youth mental health journey
2. Recognizing current advancements and how to build on them
3. Exploring the village concept and connecting with other community leaders and stakeholders who have a vested interest in youth mental health
4. Designing and building the infrastructure necessary for sustainable action and investment

To make this kind of change, stakeholders must be willing to come together, collect new information and operate with transparency. Each youth-centered ecosystem will determine if it can expand upon what is already working or if it requires building anew. The goal is to intervene early and often and to measure the impact along the way. It is all part of thinking differently about how to support mental health for youth. The tangible and intangible investments in youth are invaluable as there is no health without mental health, and young people are our future.

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