



STAR VISTA

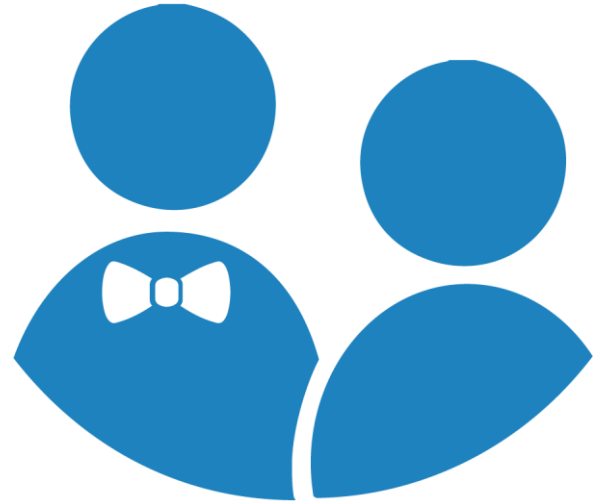
# Health Ambassador Program for Youth

Presented by:  
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# HEALTH AMBASSADOR PROGRAM FOR YOUTH (HAP-Y)

- **Primary purpose of HAP-Y:** increase access to mental health services in vulnerable population (transitional aged youth 16-24)
- **Project innovation:** HAP-Y serves as a youth-led initiative where young adults act as mental health ambassadors to promote awareness of mental health, reduce mental health stigma, and increase access to services for young people.
- **THREE LEARNING GOALS**

1. To what extent does participating in HAP-Y build the Youth Ambassadors' capacity to serve as mental health advocates?
2. How does HAP-Y increase mental health knowledge and decrease mental health stigma?
3. How does HAP-Y increase youth access to mental health services?



**Learning goals**

# ACCOMPLISHMENTS

HAP-Y increases youth's capacity to serve as youth ambassadors

- 14-week / 50+ hour training
- Curriculum includes:
  - Linking Education and Awareness for Depression and Suicide (LEADS)
  - Question Persuade Refer (QPR)
  - NAMI Family-to-Family
  - Wellness Recovery Action Plan (WRAP)







"I appreciate personal experiences that are shared by facilitators"

"LEADS is a good introduction to mental health and I was surprised by the statistics"

"I felt more prepared and confident assessing for suicide after the QPR training"

"NAMI classes were very educating and well presented. I learned a lot every session"

"[WRAP] has changed my life. I learned more about myself and it taught me self-worth"

"Photovoice was relieving and empowering, and like therapy for me"

# ACCOMPLISHMENTS

## HAP-Y increases youth access to mental health services

- Purposefully move location of each cohort throughout San Mateo County
- To help increase youth access to mental health services:
  - Community presentations
  - Serve on panels
- HAP-Y graduates have:
  - obtained positions in mental health field,
  - gone through WRAP facilitator training,
  - been a part of the lived experience academy
  - created a mental health podcast
  - help teach HAP-Y cohorts



# OUR IMPACT





**OVER 100**

presentations in  
the community



**67**

Youth participants in  
HAP-Y since May 2017



**85%**

of HAP-Y participants are  
youth of color




**2,409**

people served through  
community engagements

# Carolina's Story



# NEXT STEPS

- Complete an additional 3 rounds of HAP-Y training with a goal of at least 30 participants
  - Identify various funding sources to ensure program sustainability
  - At this time, asking for a no-cost extension for FY 2019-2020
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