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?
ACCOMPLISHMENTS

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

• 14-week / 50+ hour training
• Curriculum includes:
  o Linking Education and Awareness for Depression and Suicide (LEADS)
  o Question Persuade Refer (QPR)
  o NAMI Family-to-Family
  o 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:
  o Community presentations
  o Serve on panels

• HAP-Y graduates have:
  o obtained positions in mental health field,
  o gone through WRAP facilitator training,
  o been a part of the lived experience academy
  o created a mental health podcast
  o help teach HAP-Y cohorts
OUR IMPACT
OVER 100 presentations in the community

67 Youth participants in HAP-Y since May 2017

2,409 people served through community engagements

85% of HAP-Y participants are youth of color
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