



allcove Beach Cities

Opening Fall 2022

Beach Cities Health District (BCHD) is partnering with allcove, a program developing an innovative network of integrated youth mental health centers across the state of California. Funded by the Mental Health Services Oversight and Accountability Commission and supported by the Stanford Center for Youth Mental Health & Wellbeing, the \$2 million, 4-year grant will establish “allcove Beach Cities,” a youth wellness center, opening this fall at Beach Cities Health District, 514 N. Prospect Ave., 4th Floor, Redondo Beach.

allcove Beach Cities will offer the following services for young people ages 12 to 25:

- Mental health
- Physical health
- Substance use
- Peer support
- Family support
- Supported education and employment
- Life Skills and Wellness Services



The need:

Mental health crisis among young people



50%
of all lifetime cases of mental illness start by age 14.

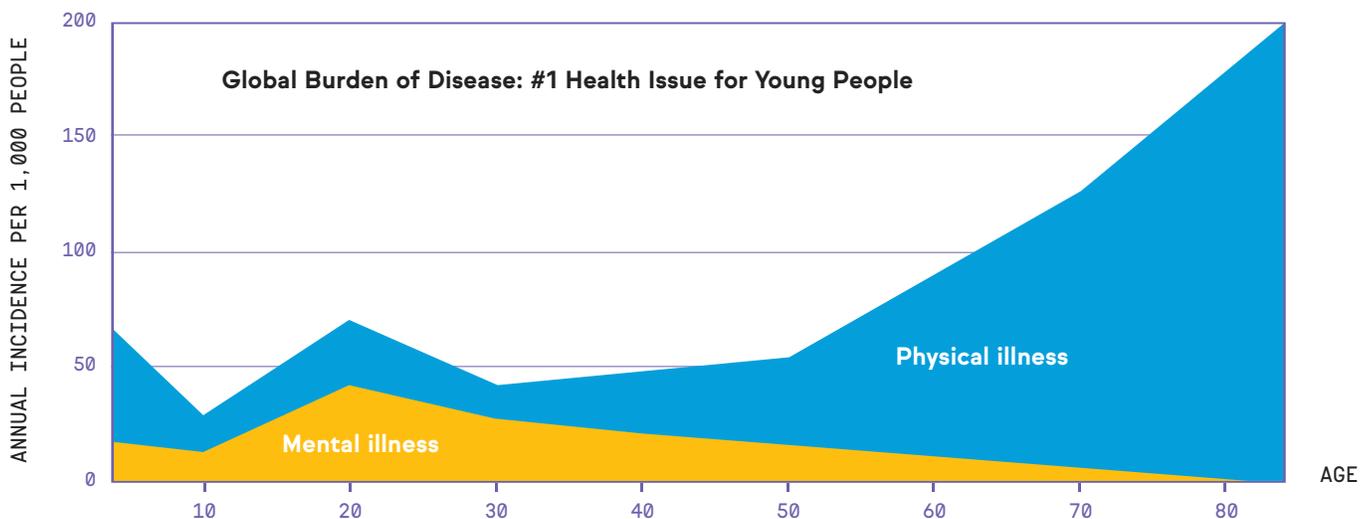


75%
start by age 24.



79%
do not access care.

Kessler, R., Berglund, P., Demler, O. (2005). Lifetime Prevalence and Age-of-Onset Distributions of DSM-IV Disorders in the National Comorbidity Survey Replication



Victorian Burden of Disease Study, Mortality and Morbidity in 2001

Services offered:



Mental Health

Recommended evidence-based short-term mental health services may include:

- Assessment and screening
- Brief face-to-face mental health interventions with the young person and their family
- Psychological or psychiatric consultation and brief intervention
- Individual motivational interviewing with the young person
- Mental health awareness and psychoeducation with the young person
- Mental health awareness and psychoeducation with family
- General family support to assist families in supporting their young people
- Group programs for young people and families
- Referral and linkages to other services



Substance Use

Recommended evidence-based short-term substance use services may include:

- Assessment and screening
- Brief face-to-face substance use interventions with the young person and their family
- Counseling
- Group programs for young people and families
- Referral and linkages to other services
- Narcan/Naloxone education
- Overdose prevention and response trainings
- Prevention education
- Youth-led advocacy opportunities
- Smoking cessation
- Harm reduction initiatives like anonymous medication surrender or needle exchanges



Physical Health

Physical health services at allcove may include:

- Physical exam and checkup
- Gynecological exam (pap, breast)
- STD testing and treatment
- HIV prevention pre-exposure prophylaxis (assessment and prescription)
- Pregnancy testing
- Birth control and emergency contraceptive
- Nutrition service
- Flu shot
- TB testing
- Immunization
- Vision and hearing exam

Services offered:



Peer Support

Young people can connect with peers their own age who've been through what they are going through and can help them make sense of it all.

Peer support services at allcove may include:

- Peer welcome upon entrance to allcove Beach Cities
- Peer support resource referrals and case management by Peer Support Specialists
- Peer-to-peer tutoring
- Peer support groups for young people
- Peer-led workshops and trainings



Family Support

For family members seeking to connect the young people in their lives to resources and support with whatever they are facing.

Family support services at allcove may include:

- Parent/Family support groups
- Parent/Family psychoeducation and workshops
- Skill development supports: parent/guardian model, how to motivate your teen, for example



Supported Education and Employment

Supported education and employment services at allcove may include:

- Tutoring
- Career coaching
- Financial literacy workshops
- Mentorship
- College application supports
- Resume-building and interviewing practice
- Job placement referrals
- Job readiness (what to do after you get a job, what to ask, etc.)
- Time management preparation
- Strengths assessments
- Training courses



In addition to the core services listed above, allcove Beach Cities will also offer life skills and wellness services to the community:

- Workshops and trainings on culinary arts, housing, independence, gardening and laundry
- Courses and classes in yoga, mindfulness, hope, coping skills and more
- Therapeutic opportunities for art and music, and other creative outlets
- Purpose workshops
- Outdoor field trips/nature days
- Certifications in CPR, babysitting, emergency preparedness
- Animal therapy

Service Continuum of Mental Health Care for Young People:

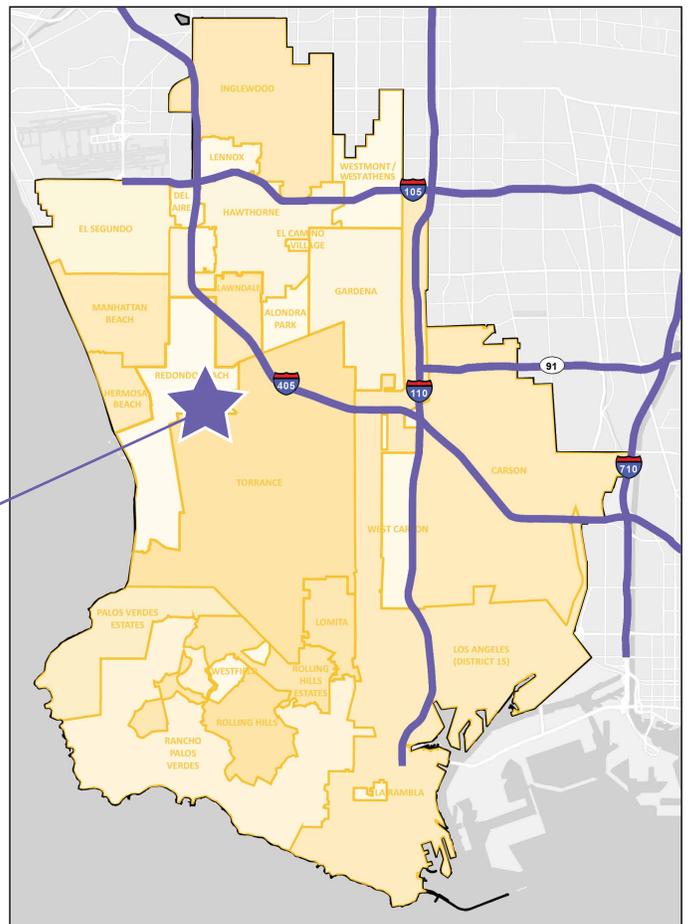
 PREVENTION	 EARLY INTERVENTION	 ENGAGE & SUPPORT	 INTENSIVELY TREAT	 STABILIZE CRISES
Services provided at allcove			Services linked through allcove	
Education <hr/> Skill-building <hr/> Support protective factors, reduce risk factors <hr/> Training	Screening to detect risk, trauma and early signs <hr/> Link and refer to support, self-help, counseling	Client-centered plan <hr/> Case management <hr/> Counseling and education <hr/> Medication, if needed and desired	Rehabilitation and recovery services <hr/> Residential treatment, if needed and desired	24/7 response <hr/> Naloxone and withdrawal management <hr/> Partial hospitalization or psychiatric health facility <hr/> Intensive outpatient or crisis residential

Source: Answering the Call to Action: A Vision for All Californians' Behavioral Health

What makes the allcove approach unique?

- Youth-centered care co-designed with young people
- Focus on prevention, screening and early intervention services
- Community work to build youth resilience, increase early help-seeking, reduce stigma and increase mental health literacy
- Rapid, easy and affordable access for youth ages 12-25
- Integrated and multidisciplinary care coordinated with the local youth-serving system

allcove Beach Cities opening at **Beach Cities Health District**, 514 N. Prospect Ave. 4th Floor, Redondo Beach. and serving the greater South Bay



For more information, visit bchd.org/allcoveBeachCities.