

livewell

A Beach Cities Health District Publication

Winter 2022



**allcove Beach Cities
now open!**





BEACH CITIES HEALTH DISTRICT IS ONE OF THE LEADING preventive health agencies in the nation, and has served the communities of Hermosa Beach, Manhattan Beach and Redondo Beach since 1955. It offers an extensive range of dynamic health and wellness programs, with innovative services and facilities to promote health and prevent diseases across the entire lifespan.

MISSION

To enhance community health through partnerships, programs and services for people who live and work in Hermosa Beach, Manhattan Beach and Redondo Beach.

VISION

A healthy beach community.

Cover photo: Beach Cities Health District staff with the allcove Beach Cities Youth Advisory Group.



Dear Beach Cities Resident,

Here at Beach Cities Health District (BCHD), youth mental health has been one of the areas of focus for our services and programs for more than 10 years. We've prioritized elementary school-based programming like MindUP, an evidence-based program grounded in neuroscience, mindful awareness, positive psychology and social-emotional learning, and enlisted youth as part of our Youth Advisory Council, one of five workgroups in the Beach Cities Partnership for Youth Coalition, to act as ambassadors and raise awareness about some of the mental health issues their peers are facing.

Trend data from the 2022 California Healthy Kids Survey continues to show how students in the Beach Cities are struggling, with 37% of Beach Cities 11th graders reporting chronic sad or hopeless feelings and 18% of them reporting seriously considering attempting suicide within the past 12 months. The growing need for improving youth mental health was only exacerbated by the COVID-19 pandemic, so much so that in 2021, Dr. Vivek H. Murthy, Surgeon General of the United States, issued an advisory on protecting youth mental health.

Young people urgently need support and we at BCHD are ready to meet that need with the opening of allcove Beach Cities, a youth center

offering mental and physical health services, education and employment assistance, peer and family support, and substance use prevention programs for young people ages 12-25 in the greater South Bay. allcove Beach Cities is designed with, by and for youth with the goal to reduce stigma, embrace mental wellness, increase community connection and provide access to culturally responsive services.

Through funding from the Mental Health Services Oversight and Accountability Commission and partnership with Stanford University's Center for Youth Mental Health and Wellbeing, we are excited and ready to open the doors to allcove Beach Cities this fall.

In Health,

Tom Bakaly
CEO, Beach Cities Health District

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allcove Beach Cities

Addressing and supporting mental health from a young age is an important aspect of the allcove model. Focusing on young people ages 12-25, allcove Beach Cities offers services related to prevention, early intervention and engagement and support. “Providing mental health services to young people is critical, as untreated mental disorders can disrupt and impact emotional well-being and social development,” says Dr. William Kim, Chief Medical Advisor for Beach Cities Health District. “Utilizing these services from an early age can help mold young people in our community into resilient, confident and well-rounded adults.”



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	Screening to detect risk, trauma and early signs	Client-centered plan	Rehabilitation and recovery services	24/7 response
Skill-building		Case management		Naloxone and withdrawal management
Support protective factors, reduce risk factors	Link and refer to support, self-help, counseling	Counseling and education	Residential treatment, if needed and desired	Partial hospitalization or psychiatric health facility
Training		Medication, if needed and desired		Intensive outpatient or crisis residential

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

What is allcove?

allcove is a program that provides an array of youth mental health services from prevention, early intervention and engagement and support to holistic and integrated care. Designed with, by and for the youth, allcove is reimagining mental health by offering young people services perfectly tailored to each individual’s level of comfort, offering the choice between open or private spaces, in-person or virtual orientations and different opportunities for therapy. allcove centers are designed to reduce stigma regarding mental health, help youth embrace mental wellness and increase their connection to the community.

Who is allcove Beach Cities for?

allcove Beach Cities is for young people ages 12-25 who wish to access a range of emotional, physical and social support services in the South Bay.

Where does the funding for allcove Beach Cities come from?

allcove Beach Cities is funded by the state’s Mental Health Services Oversight and Accountability Commission – whose \$2 million, 4-year grant will establish the youth wellness center at Beach Cities Health District this fall – and a \$1 million appropriation from Congress, spearheaded by Congressman Ted Lieu, who helped secure the federal funding for the youth wellness center. Programs and services are offered free of charge.



Why is allcove Beach Cities important?

The allcove Beach Cities center opened November 1, 2022 at BCHD's campus in Redondo Beach. Created to serve young people ages 12 – 25, it is part of an innovative network of integrated youth mental health centers designed with, by and for youth to reduce stigma, embrace mental wellness, increase community connection and provide access to services.

Led by a team of eight Youth Advisory Group members, and supported by Stanford University's Center for Youth Mental Health & Wellbeing and a team of local experts, allcove Beach Cities provides unique peer-to-peer collaboration and guidance in areas ranging from substance abuse and educational support to mental and physical wellness services.

We asked the Youth Advisory Group to describe what allcove Beach Cities means to them in a few words. Here is what they said:

Safe	At-home	Teamwork
Welcoming	Accepting	Accessible
Understood	Open	Innovative
Community	Inviting	Empowering
Caring	Revolutionary	Supportive
Comfortable	Love	
Protecting	Passion	



'Why allcove Beach Cities is important' in their own words...



Colin

"Our young adults and teens in our community are the future of the Beach Cities, so strengthening and building a stronger and more welcoming foundation and community in the Beach Cities will inevitably create a brighter future."



Chase

"allcove Beach Cities is needed just as a way to reduce the stigma around regularly using mental health services."



Jennalee

"A place where my peers or I can go to find assistance and support for our mental health problems in a way that is much more accessible and easy to access than going through the full mental health system."



Camille

"A place where people can progress and really learn. I think it is really going to become an integral part of the community, where people can really get the support and understand the people around them and themselves."



Mollie

"allcove Beach Cities will really create a safe place for everyone in the community to come to and get the resources they need whenever they are struggling."



John

"The basis of what we are doing is around mental health and what we can do to raise awareness around that concern and it's quickly identified and agreed upon that there needs to be more awareness and there needs to be more attention to detail on the consequences of what might happen if not treated."



Rani

"I am really excited to hear about something that is outside of school."



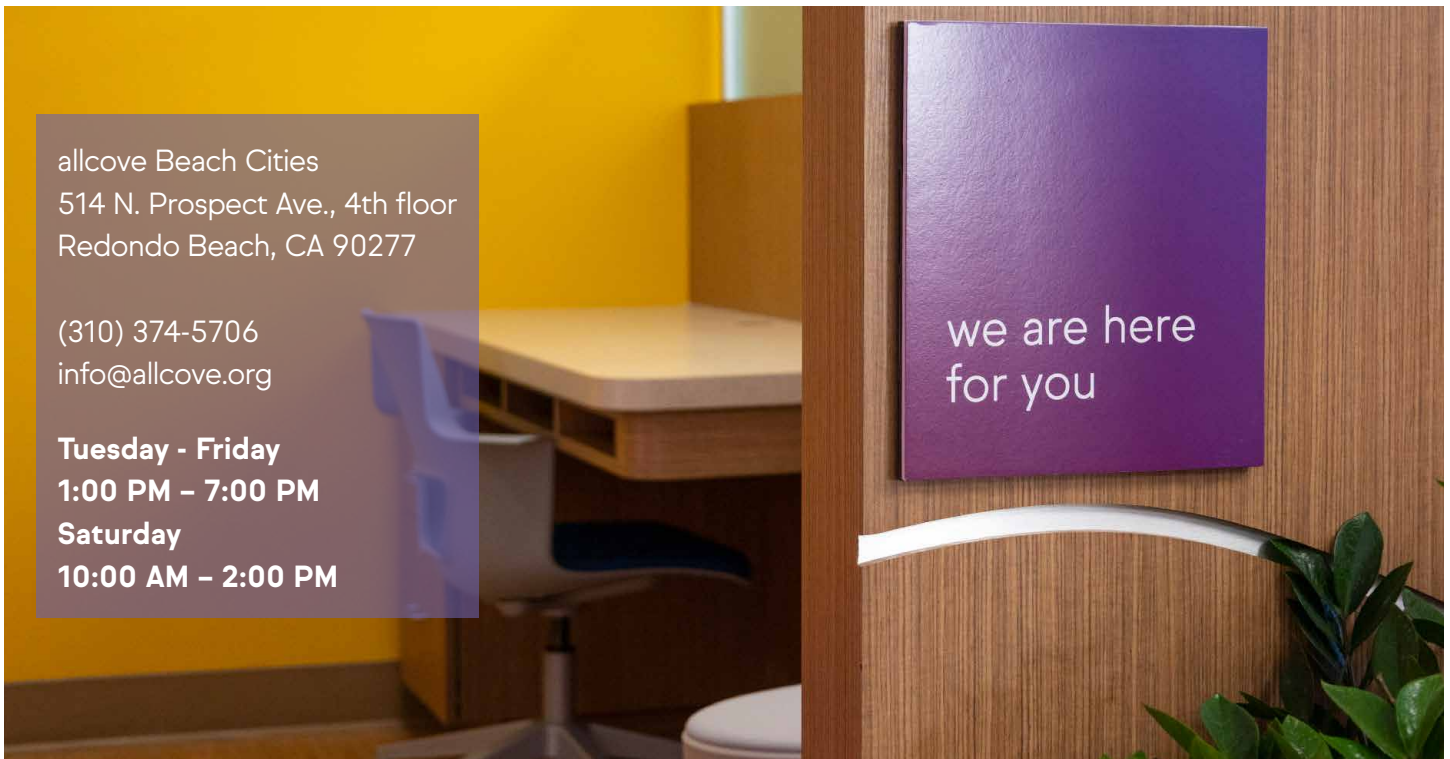
Marin

"That atmosphere itself is going to be super helpful for people because it makes it not as scary to go there for help."

To learn more about allcove Beach Cities and other ways for young people ages 12-25 to get involved, go to allcove.org/beach-cities.



Scan the QR code to watch the complete video with the allcove Beach Cities Youth Advisory Group.



Services Available at allcove Beach Cities
















By providing access to a wide range of services all under one roof, Beach Cities Health District (BCHD) is making it easy and convenient for young people to get the help they need, when they need it. The network of providers at allcove Beach Cities will provide mental health and physical health services, substance use prevention and treatment, wellness services and life skills, supportive education and employment assistance, and peer and family support to young people.



Save the date!

covefest - allcove Beach Cities Grand Opening
Saturday, Jan. 28, 2023,
2 p.m. – sunset

allcove Beach Cities providers:

	Beach Cities Juvenile Diversion Project Restorative Justice	 Richstone Family Center Mental Health - Counseling & Support Groups
	Body Project Mental Health – Eating Disorder Prevention & Groups	 South Bay Children's Health Center Mental Health - Counseling & Support Groups
	Clear Recovery Center Substance Use – Prevention & Group Sessions	 South Bay Families Connected Wellness & Family Support - Parent Education & Engagement
	Creative Life Mapping Wellness & Life Skills - Career & College Prep	 Taking Time Mental Health - Bereavement Support
	Elham Raker, M.D., Parent Coach Wellness & Family Support - Parent Support Groups	 Thelma McMillen Recovery Center Substance Use - Prevention & Counseling
	Emily Enos, MSN, RN Wellness & Life Skills - Nutrition and Physical Activity	 UCLA Health Physical Health
	Indivisible Arts Wellness & Life Skills - Creative Arts & Culture	 Venice Family Clinic Physical Health
	NAMI South Bay Mental Health – Peer and Family Support Groups	 Volunteer Center South Bay Wellness & Life Skills - Community Impact & Peer Support
	New Life House Substance Use – Prevention & Group Sessions	

To view and register for programs and services, visit allcove.org/beach-cities.



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Center for Health & Fitness as an unlimited
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