

# What is the Alliant Educational Foundation's Regional Children's Mental Health Consortium?

By partnering with local non-profit organizations and the California School of Professional Psychology (CSPP) at Alliant International University, the Foundation's Mental Health Consortium is providing mental health services to children, youth, and their families in under-resourced communities...throughout San Diego right now and expanding to the San Francisco Bay Area in 2024.

The program places clinical psychology students in practicum to provide high-quality care to clients who most desperately need it, making a difference for some of our most vulnerable populations. Additionally, the program reduces the average cost of therapy sessions by 55% and funds the licensed clinical psychologist supervisors most agencies cannot afford to staff on their own.



***Mental health challenges in children, adolescents, and young adults are... widespread...treatable, and often preventable. Our obligation to act is not just medical — it's moral.***

—Surgeon General Murthy

## CHILDREN & YOUTH MENTAL HEALTH FACTS

**50%** of all mental illness begins by age 14 and **75%** begins by age 25.

(Kessler et al 2005)



Suicide is the **2<sup>nd</sup>** leading cause of death among youth ages 10-24 in California.

(CDPH 2023)

**Children/youth from underserved communities of color** are more likely to experience mental health conditions due to discrimination, socioeconomic conditions, traumatic experiences, and barriers to quality mental health care.

(SAMHSA 2022)



Students with mental health disorders are more likely to **drop out of school**, have difficulty learning, and experience behavioral problems.

(CDC 2022)

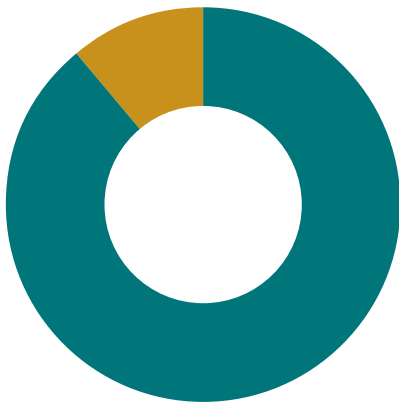
About **70%** of youth in the juvenile justice system have a mental health disorder

(SAMHSA 2023)

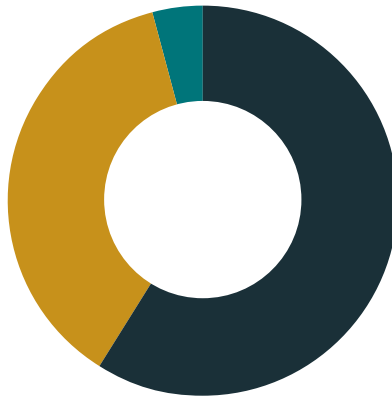


## 2022 – 2023 DATA & DEMOGRAPHICS

165 clients received treatment. 2,039 total treatment sessions were provided, averaging 12 sessions per client.



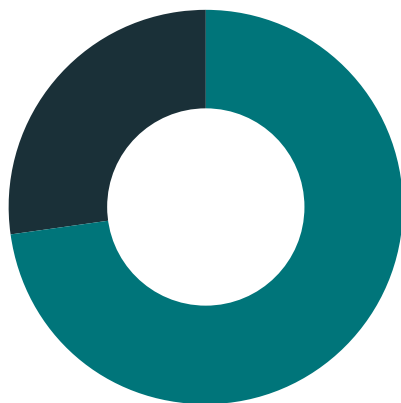
89% were under 25  
11% were 25+



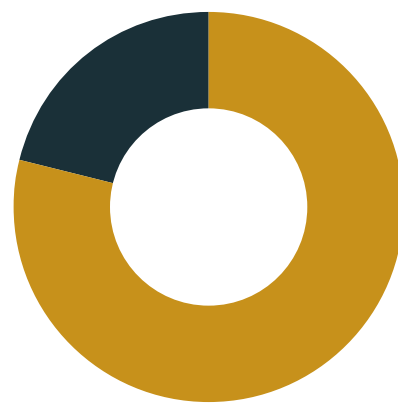
59% Female  
37% Male  
4% Non-binary



73% BIPOC  
27% Caucasian



73% Individual  
27% Group Sessions



79% had suffered from ACEs  
(Adverse Childhood Experiences)



**14** doctoral student clinicians provided mental health care support



**5** licensed clinical psychologists provided individual and group supervision to PsyD and PhD students in conjunction with our bilingual licensed psychologist program liaison

**6** agency partners included:

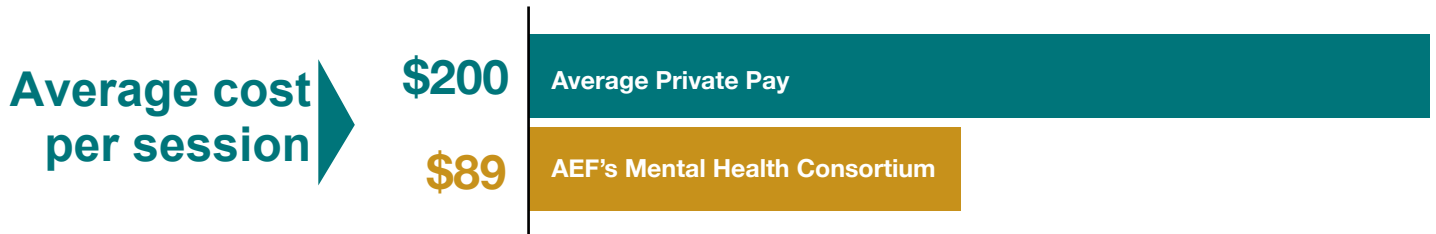
- San Diego Unified School District - Canyon Hills High School
- Neighborhood House Association
- San Diego Center For Children
- Turn Behavior Health Services
- South Bay Community Services
- YMCA Behavioral Health

## COSTS

Our cost per client treated during our last program year was **\$1,102**

Of our total program expenses, **95%** covered our third-party clinical psychologist supervisors, our clinical psychologist program liaison, student stipends, and grand round training session costs.

Additionally, the program reduces the average cost of therapy sessions by **55%**



## TESTIMONIAL PERSPECTIVES



*In working in community mental health (CMH), I have seen county/Medi-Cal waitlists slowly creeping up where some families are waiting up to a year to see a provider. Through the partnership between our clinic, the local school district, and Alliant Educational Foundation, our clinical trainees have been able to establish services for most of our families within a month of receiving the referral! Being able to increase access and provide high quality, timely care to youth and families is an invaluable resource to the communities that we serve!*

**—Paul Hobson, PhD**

San Diego Center for Children, Agency Partner



*The Alliant practicum students are providing much-needed mental health support at our SDUSD high school settings during a time when teen mental health challenges have increased and are a significant concern nationwide. Through the support of the Alliant practicum students, we are able to expand the continuum of mental health services offered through the district and fill in the gaps to meet more students' needs, students that may not have access to services otherwise.*

**—Danielle Miller, PhD**

SD Unified School District, Agency Partner