

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 University, the Alliant Educational Foundation's Regional Children's Mental Health Consortium is providing mental health services to children, youth, and their families in under-resourced communities throughout San Diego and expanded to the San Francisco Bay Area in 2025.

The program places clinical psychology students in practicums to provide high-quality care to clients who need it the most, improving the lives of vulnerable kids and their families. Focused on early intervention and prevention, clinicians use a holistic and trauma-informed approach that involves parents/caregivers, school personnel, and other professionals in treatment plans.

Additionally, the program reduces the average cost of therapy sessions by nearly 40% and funds licensed clinical psychologist supervisors that most agencies cannot afford to staff on their own.

For SDUSD's individual client outcomes:

85% of students showed an improvement in overall mental health functioning

65% of students had decreased GAD7 scores (for anxiety)

60% of students showed a decrease in depression

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 2nd leading cause of death among youth ages 10-24 in California.
(CDPH 2023)

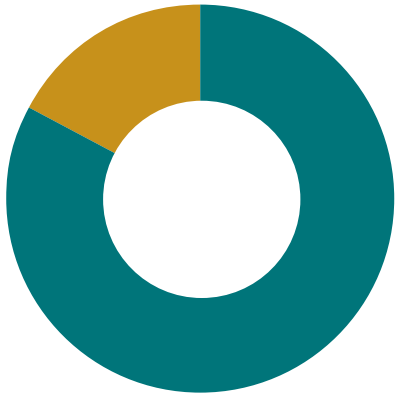
Children/youth from underserved communities of color are more likely to experience mental health conditions due to discrimination, socioeconomic conditions, traumatic experiences, and barriers to quality mental health care.
(SAMHSA 2022)

About 70% of youth in the juvenile justice system have a mental health disorder.
(SAMHSA 2023)

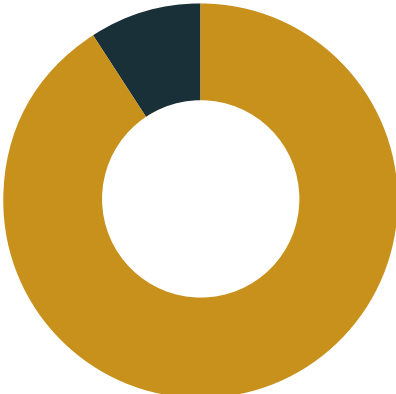


2025–2026 DATA & DEMOGRAPHICS

212 clients received treatment. 1,215 total treatment sessions were provided, averaging just over 6 sessions per client.



83% were low-income



93% BIPOC
7% Caucasian



58% Female
41% Male
1% Non-binary



Of the data provided, 78% had suffered from Adverse Childhood Experiences (ACEs)



56% Individual
44% Group Sessions



14 CSPP PsyD and PhD clinicians worked up to 24 hours weekly



5 licensed clinical psychologists provided supervision for PsyD and PhD students in conjunction with our bilingual licensed psychologist program liaison

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- 6 agency partners included:
- San Diego Unified School District - Canyon Hills, Morse, and Mira Mesa High Schools

Somali Family Services

South Bay Community Services (SBCS)

TURN Behavioral Health Services

Father Joe's Villages

YMCA Behavioral Health



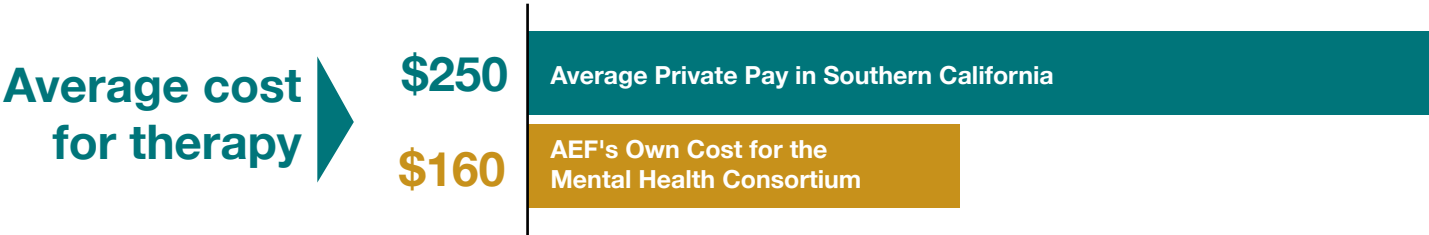
173 additional key influencer meetings were held with parents/caregivers, school personnel, and others to best serve client outcomes

Impressively, another 96 resilience-building classroom workshops (Healthy Relationships & Managing Stress) were led by clinicians at SDUSD middle and high schools, benefitting a total of 720 additional students.

COSTS

Our cost per client treated during our last program year was \$925

The program reduces the average cost of therapy sessions by 36% (a cost covered by AEF)



TESTIMONIALS

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I am immensely grateful for our partnership with AEF; together, we help fulfill our shared visions to uplift vulnerable children and their families by providing high-quality mental health care. Through the educational support of AEF, we enhance the educational, social, and mental health goals of our children, promote wellness and human welfare, and help eliminate barriers to personal and family success in life.

Nancy Restrepo-Wilson
LMSW / Director of Social Services at Father Joe's Villages

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Conducting this assessment led to a formal dual diagnosis of ASD and ADHD for the youth. Sharing the results and recommendations with the youth and his family provided clarity and relief. This has empowered the family with strategies to support him effectively. The youth is now benefitting from an individualized education plan (IEP) and appropriate supports across various settings, addressing challenges that previously left the family unsure of how to help. Administering the cognitive assessments allowed him to receive the academic and social support he needed.

CSPP Student Clinician