Dear Community Members,

YouthWell is celebrating 5 years of service! Having started as a coalition that met monthly to better understand the mental health needs of our youth and young adults, YouthWell has evolved into the central meeting point for providers of all kinds. By quickly identifying service and access gaps in Santa Barbara County, YouthWell addresses the need for early intervention and prevention efforts so that youth don’t have to wait until they are in crisis to get help.

**YOUTHWELL PROGRAMS PROVIDED IN 2021 IN SANTA BARBARA COUNTY:**

- **Connecting families to community resources...**
  The online Youth Mental Health & Wellness Resource Directory was launched in January to serve youth ages 0-25 and their families. More than 2,500 community members now visit the bilingual directory monthly.

- **Empowering youth & parents through education...**
  We provided 8 bilingual Wellness Workshops with more than 250 parents, students, and those working with youth attending each workshop and over 1,500 watching the recorded workshops on our YouTube channel.

- **Raising awareness to eliminate stigma...**
  We work to open up the conversation and educate with our social media messaging and community newsletters. Our student interns are working on a “You Matter” social awareness campaign that will launch in 2022.

- **Championing change through collaboration...**
  The YouthWell Community Collaborative includes 50 engaged partners and convenes quarterly to work together towards systemic change. This year’s projects included: [1] Launching the Behavioral Health Linkages Team in partnership with SB County Education Office and SB County BWell which meets monthly to educate 40 resource navigators so they are equipped to connect youth to services. [2] Partnering with FSA and MWC to provide free Youth Mental Health First Aid classes to parents and those working with youth. [3] Working with Sanctuary Centers and Children's Medical Clinic to support youth in accessing psychiatric and therapeutic services. [4] Exploring opportunities to bring the alcove integrated care clinic model to SB.

We hope you will consider including YouthWell in your giving.

Your contribution, big or small, will make an impact and support our work in 2022 as we continue to empower families in Santa Barbara County to make their mental health a priority.

Sincerely,

Rachael Steidl
YouthWell Executive Director

Geoff Green
SBCC Foundation, CEO

Susan Salcido
Santa Barbara County Superintendent of Schools
As a Collaborative...
We prioritize education, prevention, and early intervention with the goal of connecting youth through age 25 and families in Santa Barbara County to mental health resources before the crisis.
We continue to work together towards systemic change to eliminate stigma, fill the gaps, and remove barriers to services so that all youth and their families can access the care they need in a timely manner through a warm handoff.

YouthWell Programs in Santa Barbara County

Youth & Family Mental Health & Wellness Resource Directory...
The online directory on YouthWell.org can be viewed in English and Spanish. Families can search for services for youth, ages 0-25, and find support groups, treatment programs, crisis hotlines, therapists, and postvention resources for those in recovery. Find book lists to help you on your journey and handouts that help to manage self-care, improve communication, and recognize the signs of emotional distress. Find tips for choosing a program, screening tools, questions to ask a therapist, and more to help you navigate. View the Community Calendar for workshops, groups, classes, and Mental Health First Aid training.

Wellness Workshops...
Free monthly virtual workshops on a variety of topics provide a platform for parents, students (10-25), and those working with youth to learn tools and tips for managing their mental wellness and practicing self-care in order to build resilience so they are better equipped to cope with stress and challenging situations. Spanish interpretation provided. Past workshops can be viewed on our YouTube channel.

Social Awareness Campaign...
YouthWell sends eNewsletters highlighting mental health issues and local resources as well as actively promoting tips on social media for recognizing the signs of emotional distress and ideas for practicing self-care. Student interns from Santa Barbara County coordinated a county-wide 2022 "You Matter" media campaign with messages of hope to remind youth they are not alone, it's ok to ask for help, & that it's ok to not be ok.

Collaboration...
Community Collaborative convenes quarterly to work towards systemic change with 50 engaged community partners including school districts, organizations, healthcare, providers, law enforcement, juvenile probation, and faith communities.
Behavioral Health Linkages Team convenes monthly to educate the 40+ resource navigators, local crisis lines, and school counselors throughout the county so that they are better equipped to support families. We work to improve mental health referral process in order to foster “warm handoffs” and close the loop to ensure that youth and caregivers are accessing the services they need in SB County.

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