And 20 percent of teens struggle with depression. To reduce the impact of anxiety, depression and suicide among underserved youth ages 10 to 24, the National Council for Mental Wellbeing, in partnership with Change Matrix, Relias, Watauga Consulting, Youth MOVE National and MPHI launched a groundbreaking two-year initiative.

This initiative aims to increase engagement in quality, appropriate mental health supports, while empowering youth to engage in meaningful community change. Through an inclusive Learning Network and Influencers Institute, the initiative aims to connect:

- Organizations to guidance and expertise to enhance their success in supporting diverse youth populations.
- Twenty youth with each other and their communities as leaders and advisors to elevate their experience and voice.
- Communities with new approaches that increase awareness and availability of mental health supports.
- The field to resources that support replication of promising practices at the community level.

A comprehensive project evaluation is led by the Michigan Public Health Institute.

LEARNING NETWORK

Pilot sites, mentor organizations and the Influencers Institute participate in virtual and in-person experiential and peer learning, and individualized training. Pilot sites will plan, implement and evaluate approaches to reduce anxiety, depression and suicide in the diverse populations they serve. Ongoing support is provided by mentor organizations, coaches, on-demand educational resources and subject matter experts.

PILOT SITES

Five organizations striving to implement a new approach to increasing youth access and engagement in mental health supports. Pilot sites may be within or outside of health care settings but must have regular contact with young people.

MENTOR ORGANIZATIONS

These are organizations that have implemented promising practices and managed change. Mentors support pilot sites through the CONNECTED initiative.

INFLUENCERS INSTITUTE

Twenty passionate youth ages 16 to 24 nominated by pilot sites engage with a leadership and advocacy curriculum and peer-to-peer learning. Youth connect directly with:

- Peers, coaches and experts to develop capacity for leadership and advocacy for youth mental health.
- Pilot organizations to infuse their voice and experience in approach implementation and youth engagement.
- Communities serve as champions for youth mental health.

Go online to TheNationalCouncil.org/Connected for more information.

Questions? Contact Project Director Teresa Halliday at TeresaH@TheNationalCouncil.org.