



MICHAEL HARRIS FUND AT CHC

It has been over five years since the Michael Harris Foundation and Children’s Health Council partnered to launch the Michael Harris Fund at CHC in response to the growing need for support for teens with signs of anxiety, depression and/or suicidal ideation. Michael Harris was passionate about helping those around him both personally and professionally — and inspired us all when he committed his professional career to improving adolescent mental health.



The Michael Harris Fund at CHC continues Michael’s legacy by increasing awareness, connecting those in need to specialized help, removing the stigma, and ultimately reducing teen depression and suicide in our local community.

THANK YOU FOR YOUR PARTNERSHIP IN SUPPORTING THE MICHAEL HARRIS FUND AT CHC.

Over the last five years, your investment in CHC’s Dialectical Behavior Therapy groups and Intensive Outpatient Program has resulted in raising over \$440,000 to provide life changing therapy to over 300 clients a year. Here is a deeper look at how your support has impacted teens and families in our community.



RISE Intensive Outpatient Program (IOP) launched in May 2017 in direct response to a regional shortage of intensive outpatient programs for teens requiring a high level of care due to severe anxiety, depression, and self-harm and/or suicidal behaviors. The IOP is a comprehensive Dialectical Behavior Therapy (DBT)-based intensive outpatient program for teens ages 13-18. The goal of DBT is to teach specific skills to realize a life worth living, including mindfulness, distress tolerance, and emotional regulation. The 12-week IOP program involves 144 hours of therapy and requires family participation. Each cohort averages around 8-9 students. Since 2017, more than 225 clients have graduated from the RISE program.

DBT Skill Groups: In 2018, the Michael Harris Fund at CHC was instrumental in launching a weekly Dialectical Behavior Therapy (DBT) skills groups for teens. Now four years later, CHC offers three different modules in 8 week sessions — each session is 90 minutes. Each group has no more than 8 teens. Due to the success of this program, we currently have a waitlist for these groups.



MICHAEL HARRIS FUND AT CHC | EXPANSION OF SERVICES IN 2022

Prior to the pandemic, the need for mental health services among teens steadily increased each year. Since March 2020, call volume has increased dramatically. In the month of December 2021

alone, CHC received over 1200 calls for services for teenagers (10-25). Over 60% of these teens cited Anxiety and Depression as the primary reason for seeking treatment. This year, the Michael Harris Fund at CHC is furthering our commitment to support additional adolescent mental health services through an expanded set of objectives. We will further our impact this year through:

1. Continuing to invest in **building, improving, and expanding access** to best-in-class services for adolescents in need
2. **Expanding education and training** for communities
3. **Building a stronger community network** to support adolescents

CONTINUING TO INVEST IN BUILDING, IMPROVING AND EXPANDING ACCESS TO BEST-IN-CLASS SERVICES FOR ADOLESCENTS IN NEED

In addition to DBT Groups and the IOP services, the Michael Harris Fund at CHC will focus on removing barriers to teen therapy by hiring additional clinicians, increasing outpatient therapy services (individual, family, psychiatry/med management), decreasing wait times, and providing financial assistance for families in need.

- We will continue to invest in operating and improving our **DBT Skills Groups** and **RISE IOP Services** as a way to provide hands on, best in class treatment for those in need. This year we are looking to improve and expand these programs to reach more kids and extend our impact.
- **Financial Assistance:** The Michael Harris Fund at CHC will ensure that cost is not a barrier to care by helping provide financial assistance for all teen therapy services on a sliding scale. CHC considers many factors, including household income, the number of individuals supported by the income, living expenses, clinical needs, and special circumstances. The IOP is insurance-based, although the entire cost is not fully reimbursed. Philanthropic support will allow full financial assistance to Medi-Cal and uninsured families with proven need for IOP.
- **Individual Therapy** is a proven intervention that helps adolescents work through trauma and clinical mental health issues that impact their lives. It's an opportunity to process emotional experiences, build strategies to cope with mental health challenges and with life, and to fully develop into thriving adults. Currently, CHC is providing both in person and teletherapy services to meet the needs of our clients.



EXPANDING EDUCATION AND TRAINING FOR COMMUNITIES

CHC serves more than 20,000 children, teens, parents and teachers annually through free community education programs and the online resource library. In order to swiftly respond to emerging community needs, the Michael Harris Fund at CHC will invest in the expansion of free community education, school partnerships and clinical training programs.

Community Education: 72% of parents say they could have used more emotional support than they received during the last year. CHC has recognized an increased demand for support for parents as they navigate the complexities of raising teens during a pandemic, especially those who may be showing signs of pre-emerging to severe mental health conditions. CHC is leveraging technology in new ways and has been able to reach parents and caregivers in more ways at no cost.

PODCASTS & WEBINARS

The new *CHC Voices of Compassion Podcast* launched in fall 2020. Featured on *Voices of Compassion* are CHC mental health, wellness and learning specialists, parents in the trenches and other experts who can help our families raise compassionate and courageous kids in the midst of a global pandemic. So far in FY23, CHC has released 24 new episodes resulting in over 9,800 downloads. Additionally, historical community education sessions were delivered in-person. The agency pivoted to webinars during the pandemic and attendance has increased 5x as a result of being online.



- **Teen mental health topics** covered last year include: *Parenting in a Pandemic: Understanding Anxiety in Children & Teens; Parenting in Place: Navigating Tech with Kids and Teens During COVID-19; Mental Health and Learning; Skills in Dialectical Behavior Therapy*, among many others.



PARENT SUPPORT GROUPS:

CHC started three clinician run **parent support groups** in 2017. Current virtual parent support groups include: Anxiety and Depression, Learning Differences, and ADHD. Support groups meet monthly and are led by clinicians with expertise in the specific area of interest and are free. The majority of parents attending support groups have children from 10-17 years old.

CHC ONLINE RESOURCE LIBRARY

CHC's Online Resource Library holds thousands of curated articles, presentations, videos from expert clinicians on teen mental health topics. These articles are updated throughout the year to provide the most relevant content. CHC Online Resource Library averages 15,000 views a month.



SCHOOL PARTNERSHIPS

74% of school districts are reporting increased mental health stresses among students since COVID. The Michael Harris Fund at CHC will support partnering with local school districts and schools to address their most urgent mental health and education gaps through community education, counselor and learning specialist meetings, psychoeducation for parents and consultations. CHC has a long history working with Ravenswood City School District (RCSD), Palo Alto Unified School District (PAUSD), Menlo Park City School District and most local private schools. Each district and school has its own unique strengths and challenges, and are looking for new ways to best support students whose mental health has declined over the last year. CHC is increasing efforts in local schools to provide:

- » **Customized workshops, webinars, and Ask an Expert sessions** for parents and teachers

- » **Consultation with school staff on complex student cases** — CHC’s clinical team meets twice monthly with Ravenswood City School District staff to provide consultation and guidance on student cases
 - » **Coaching and psychoeducation for parents** (free service unique to RCSD families for now but with potential to expand services to other districts).
 - » **School Counselor Collaborative** (*see Community Engagement and Convening to learn more*)
- **Clinical Training:** Industry trends indicate that over the next decade, California will have 41% fewer psychiatrists and 11% fewer psychologists than will be needed. To help advance the training of new clinicians, CHC and Packard Children’s Hospital at Stanford University have partnered since 1979 on the Doctoral Psychology Internship Program which is a one-year, APA-accredited doctoral internship in clinical psychology with a training focus on clinical child and adolescent psychology. Some of the interns have gone on to become CHC staff. This year, four Doctoral-level interns are rotating between CHC and Stanford as part of the Doctoral Psychology Internship Program, In addition, CHC has two post-doctoral fellows on staff, as well as five psychiatry fellows from Stanford doing rotations at the RISE Intensive Outpatient Program.

BUILDING A STRONGER COMMUNITY NETWORK TO SUPPORT ADOLESCENTS

CHC has a proven track record for partnering for collective action and impact, problem-solving community issues, and creating innovative and successful programming to meet critical needs. The Michael Harris Fund will now support community engagement with the goal of expanding our impact to more students, parents, teachers and community leaders.

- **Leadership Collaborative:** Established in 2016, the (Teen Mental Health) Leadership Collaborative is jointly led by Children’s Health Council (CHC) and Stanford Medicine. Jan, Peter and Richard Harris serve on this collaborative which has grown to more than 100 members who are committed leaders in the field of mental health and wellness of children, adolescents, and transitional age youth. This quarterly convening effort helps foster deeper connections between organizations, funders, and providers — engaging and mobilizing the community and leveraging our collective strengths for teens and families. There is also a learning portion of each meeting — recent topics covered include: The Crisis of Youth Mental Health; The Impact of COVID on Vulnerable Populations; Dialectical Behavior Therapy and Intensive Outpatient Programs for Teens.
- **School Counselor Collaborative:** A CHC-facilitated monthly meeting for school counselors from local independent and public schools to connect across pedagogies and district boundaries and share best practices and community resources to enable better teen mental health. This group meets monthly via zoom to share insight and trade tips about how to build a strong school climate while addressing the mental health needs of students and their families. **Menlo School, along with 30 additional School Counselor Collaborative members, represent 6 school districts and 21 public and independent schools (mostly middle and high schools).**

THANK YOU!

Thank you for your ongoing commitment to the Michael Harris Fund at CHC. You are providing specialized mental health care and educational programming to teens and families in our community. Your philanthropic support has been critical in providing every young person access to the mental health resources they need to reach their full potential.

TESTIMONIALS

Want to really understand the impact we're making? Let's hear from those who are directly benefiting from this support.

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Ernesto* has learned valuable coping skills and we developed a self-care plan. A few weeks ago when his anxiety was getting the best of him, he used these tools. **It has taken time, but Ernesto is beginning to truly believe that he is deserving of graduating high school, attending college, and pursuing his dream of owning his own business one day. Ernesto's feelings of fear and inferiority stem from paving the path for his entire family, as he is the first to graduate high school and be accepted into college, while identifying as an immigrant and a DACA recipient.** At the forefront, people may see him as the kid from East Palo Alto with academic deficiencies and anxiety. What I saw was a brave young man, filled with optimism and a gentle soul. I am pleased to share that Ernesto — the youth who at one point viewed himself as not smart enough, anxious, and culturally trying to process two worlds — was accepted to six out of the eleven universities that he applied to. —CHC Ravenswood Clinician

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Three months later, after IOP has ended, **I feel more in control over my life, my depression, my anxiety, and how much I let it get to me. Right now, I stand clear about my life-worth-living.** —IOP Graduate, Age 16

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IOP was an important part of our family’s journey. It gave us a common language/vocabulary to talk about things, and an analytical way to break down human situations that can be confusing, emotional, and emotion driven!

That was really helpful to make my son self-aware, and how to respond, and how to come to grips with the fact that he may not control his feelings, but he can control his reactions. It definitely got him from a place where we were worried about his safety, and his ability to stay focused in school, to now we’re not worried about this AT ALL. We’ve come a long way. —IOP Parent

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Dialectical means that multiple opposing perspectives can be true at the same time. **The primary dialectic in DBT holds that both acceptance and change are needed to move forward: to accept yourself and your life exactly as they are right now — and to work on new ways of coping and moving forward.** This process is the only evidence-based treatment for reducing suicidal thoughts and self-harming in young people. It is a proven tool in “building a life worth living”—the basis of DBT. Mindfulness, distress tolerance, emotion regulation and interpersonal effectiveness are the interlocking pieces of DBT.

—Dr. Vidya Krishnan, Chief Psychiatrist and Medical Director at CHC



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ABOUT THE FUND

The Michael Harris Fund at CHC continues Michael’s legacy by supporting adolescent mental health services at CHC. The mission of the Michael Harris Fund at CHC is to increase awareness, connect those in need to specialized help, remove stigma, and ultimately reduce teen depression and suicide in our local community.

QUESTIONS?

For more information about the Michael Harris Fund at CHC, please contact Lauren Sims at lsims@chconline.org or **650.617.3808**.