

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 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 expanding to the San Francisco Bay Area in 2024.

The program places clinical psychology students in practicums to provide high-quality care to clients who need it the most, making a difference for some of our most vulnerable populations. Additionally, the program reduces the average cost of therapy sessions by 65% and funds licensed clinical psychologist supervisors most agencies cannot afford to staff on their own.

Last year, 70% of students treated in partnership with San Diego Unified School District (SDUSD) showed improvement in overall mental health functioning, while 75% showed decreased depression and 43% decreased their generalized anxiety disorder.

CHILDREN & YOUTH MENTAL HEALTH FACTS

50% of all mental illness begins by age 14 and **75%** begins by age 25. (Kessler et al 2005)

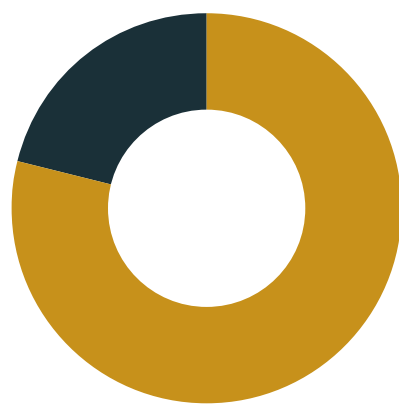
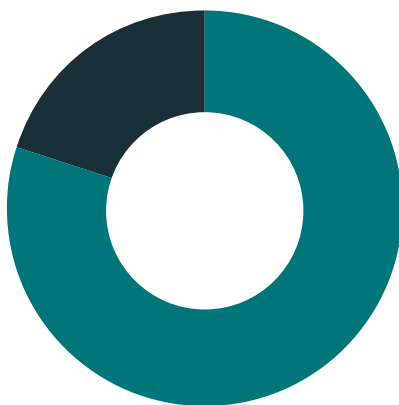
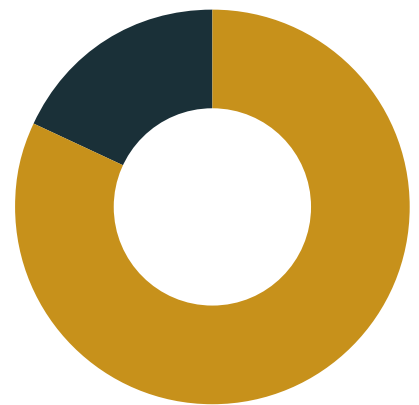
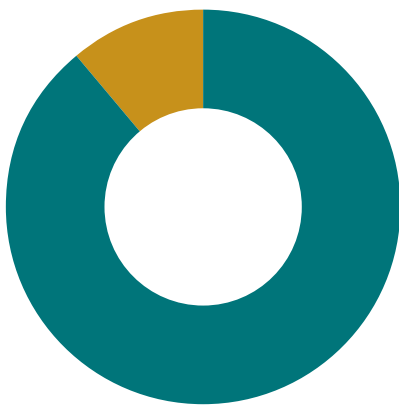
Suicide is the **2nd** leading cause of death among youth ages 10-24 in California. (CDPH 2023)

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)

2023–2024 DATA & DEMOGRAPHICS

153 clients received treatment. **1,905** total treatment sessions were provided, averaging **12** sessions per client.



13 doctoral student clinicians provided mental health care support



5 licensed clinical psychologists provided individual and group supervision to PsyD and PhD students, along with AEF's bilingual licensed psychologist program liaison

6 agency partners included:

- San Diego Unified School District - Canyon Hills and Morse High Schools
- San Diego Center For Children • TURN Behavioral Health Services • Father Joe's Villages
- YMCA Behavioral Health

COSTS

Our cost per client treated during our last program year was **\$865**

The program reduces the average cost of therapy sessions by **65%** (a cost covered by AEF)



In working in community mental health, 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 our communities!

—Paul Hobson, PhD
SD 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 this support 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