



Supporting mental health to create  
bright futures for California youth



# BlueSky Social Justice Goals

Access

Improve access to counseling services

- More underrepresented youth<sup>(1)</sup> receive high quality mental health services and improve behavioral and emotional strengths

Access

Improve provider diversity

- More underrepresented youth<sup>(1)</sup> candidates in programs for mental health careers with opportunities and skills

Awareness

Increase training to support youth needs

- More adults are trained on youth mental health needs and can identify and support underrepresented youth<sup>(1)</sup>

Advocacy

Improve youth learning & empowerment

- More youth learn and can feel empowered to advocate for their mental health support

1. Underrepresented youth refers to Black, Indigenous, Latino/a/x, Asian, Pacific Islander, and Mixed-Race youth (13+)

# Goal One: Improve Access to Counseling Services

	Output	Outcome
Goal	Increase the percentage of underrepresented youth <sup>(1)</sup> participants in BlueSky-supported programs by <u>5%</u> by the end of the year 2023.	Annually measure a <u>10%</u> increase in strengths-based measures using behavioral health assessments for underrepresented youth <sup>(2)</sup> participants by end of the year 2023.
Progress	2% increase in the 2022-23 school year (from 85% to 87%).	Reported a 14% <sup>(3)</sup> improvement in the 2022-23 school year.

*"It gave me a safe place at school where I could talk about my feelings to someone who actually cares and helped me through what I was dealing with." -Youth*



(1) Underrepresented youth refers to Black, Indigenous, Latino/a/x, Asian, Pacific Islander and Mixed-Race youth (13+)

(2) Data calculated by Wellness Together using percentile ranks from pre-test to post-test for the Behavioral and Emotional Rating Scale-2

(3) The change in percentile ranks for all youth was 12%, but it increased to 14% for youth of color

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# Goal Two: Improve Provider Diversity

	Output	Outcome
Goal	At least 80% of participants in BlueSky pipeline diversity programs are underrepresented youth <sup>(1)</sup> .	By end of 2023 at least 75% of underrepresented youth <sup>(1)</sup> participating in BlueSky pipeline diversity programs report increased knowledge of mental health care career options, based on post-evaluation surveys.
Progress	97% of the 30 Summer 2023 Interns were from diverse backgrounds.	Increase in knowledge: Summer 2023 TBD (for 2021-22 results: 30% to 84%)

*“HCC completely upended my expectations in terms of what was professionally possible for me. Not only did HCC make entering the healthcare industry seem possible, it actively facilitated this entry for me, which was invaluable.”*  
–Felix Umetiti, 2023 HCC participant



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# Goal Three: Increase Training to Support Youth Needs

	Output	Outcome
Goal	Training Participation Train 1,000 adults who interact with youth in Youth Mental Health First Aid (YMHFA) by the end of the year 2023.	By the end of 2023, 50% of trained participants will report being very confident they could give reassurance to a youth experiencing emotional distress.
Progress	1,823 adults in 32 counties were trained in YMHFA.	75% of YMHFA participants reported they were "extremely confident" they could give reassurance to a youth experiencing emotional distress.

*"The morning after finishing the training, one of my teenage students was teary and asked to go outside. I went to check on her. We chatted and as we were trained, I asked her if she was thinking about suicide. I was shocked when she replied yes. I was able to connect her with the counselor and school psychologist. This is a kid who seemed to have everything going for them. They had been hiding their feelings and putting on a happy face. Now they're getting much more help and support." - Educator*



# Goal Four: Increase Youth Learning and Empowerment

	Output	Outcome
Goal	Increase the number of active youth-led National Alliance on Mental Illness (NAMI)-On-Campus Clubs by 10% by the end of 2023	By the end of 2023, 75% of club members will report they could advocate for changes to school rules or policies that will positively impact youth mental health
Progress	28% increase in the number of clubs in the 2022-23 school year	77% of student members reported confidence in making changes

*"I think we have definitely let our school know that it is okay to struggle and that it is okay to ask for help."*

*-Youth*





## School-Based Metrics: Academic Years 2019-23

2,231

Youth served  
through individual,  
group and family  
counseling sessions

19,147

Counseling sessions  
completed

150

Wellness sessions  
completed in  
classrooms

5,623

Educators and  
caring adults  
trained in Youth  
Mental Health First  
Aid (YMHFA)

371

YMHFA trainings  
conducted

95%

of YMHFA  
survey participants  
felt confident to  
have a supportive  
conversation with a  
youth about mental  
health or substance  
use challenges\*

143

Active NAMI On  
Campus clubs in 19  
counties

2,929

Active NAMI On  
Campus youth  
participants