



let's talk mental health

BC2M High School Program

Leanne Loughran, Program Director

ABOUT BC2M HIGH SCHOOL PROGRAM



Bring Change to Mind (BC2M) is a national non-profit with the mission of ending the stigma and discrimination surrounding mental illness. BC2M's approach works from the teen perspective up. Through student-led high school clubs, we provide a platform for teens to voice their opinions and start conversations around mental illness. We can change perceptions early on and demystify a topic that affects so many young individuals.



How it works

Our headquarters provides interested high schools with resources to help them launch and develop their BC2M club.

- Access to our **BC2M club portal** with our club guidebook, discussion and activity ideas, and photos from club events throughout the US
- A **\$500 grant** to help fund activities related to the BC2M mission
- **Club swag** to help unify your BC2M members and highlight the presence of the club on campus
- Ongoing support from your dedicated **Regional Manager**
- **QPR Suicide Prevention Training** for staff
- A year's free subscription to the **Headspace mediation app**
- A bi-weekly **newsletter** that provides program updates and information and notifications of local events, activities and trainings
- An invitation to our annual **SF BC2M Student Summit** or **regional leadership meetups**

BC2M IN CALIFORNIA

bring
change
to mind

In California, the BC2M High School Program:

- Is present on 110 high school campuses
- Has been operating in the state for six years

- Operating in 15 counties:

Alameda, Contra Costa, Los Angeles, Orange, Placer, Riverside, Roseville, Sacramento, San Bernardino, San Diego, San Francisco, San Mateo, Santa Clara, Santa Cruz, Ventura.

- Average of 69% minority enrollment among schools
- 48% of schools receive Title I funding.
- Public schools: 77%; Private schools 13%; Charter Schools 10%



WHY THESE CLUBS ARE LAUNCHING ACROSS THE US?

At Palo HS because....

A student died by suicide

At Evergreen Valley HS because....

A teacher died by suicide this past year

At Gunn HS because....

Of the loss of several students and the demand for a community wide mental health initiative.

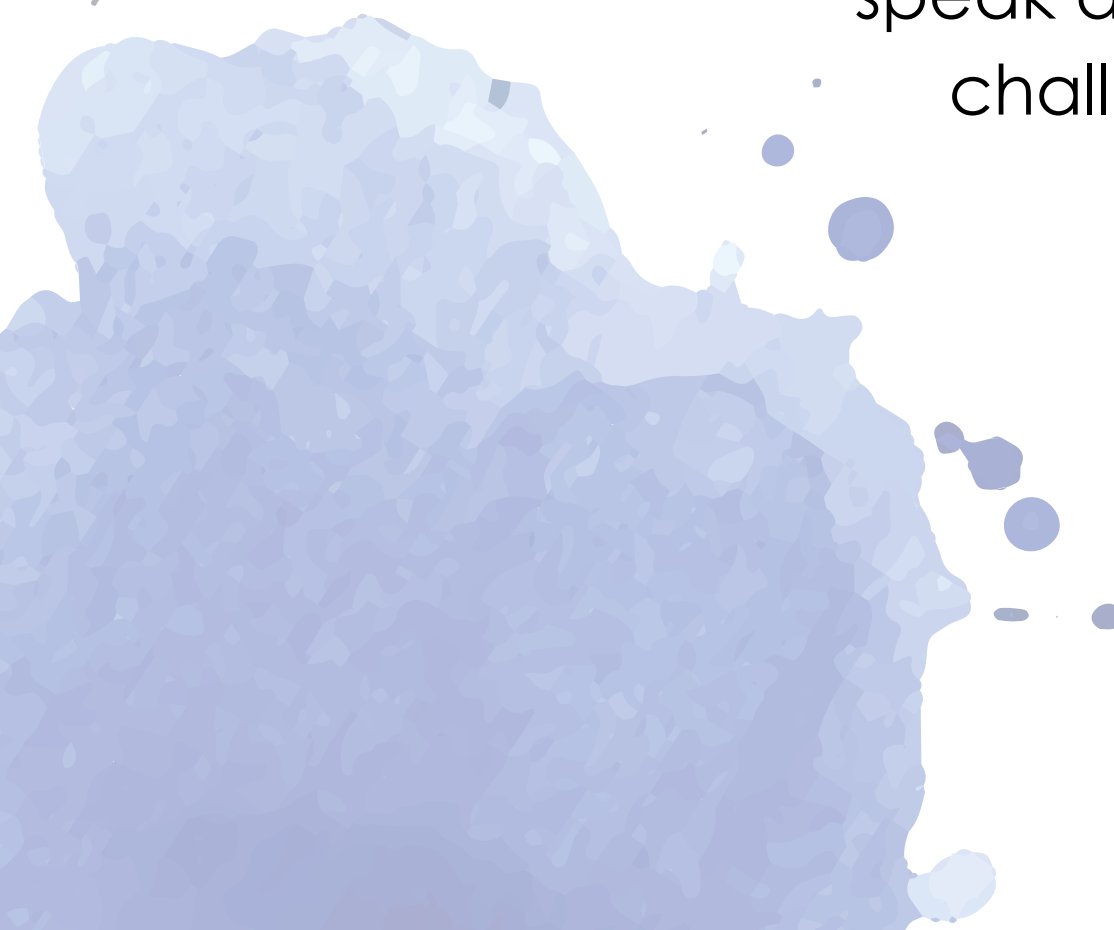
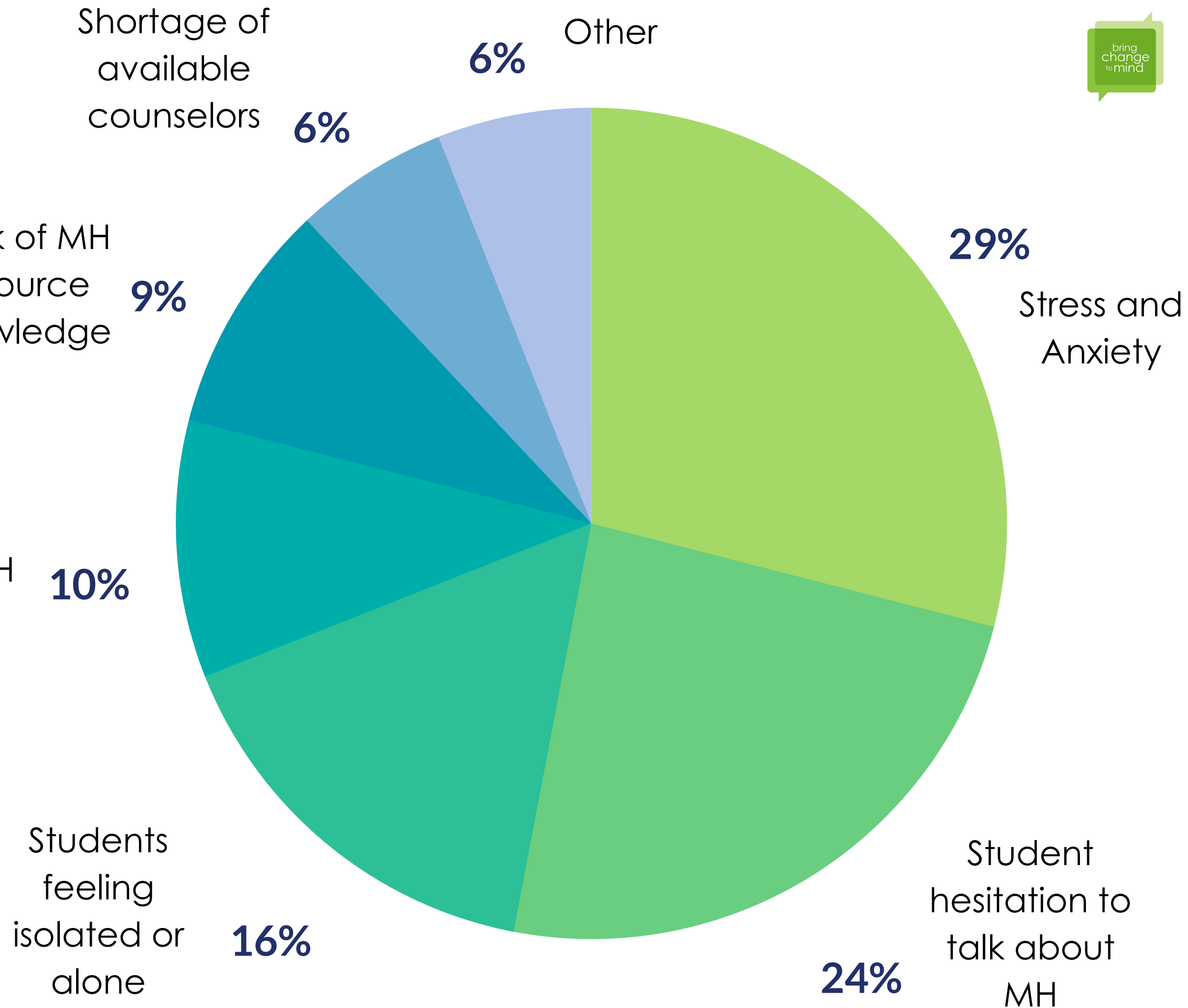
At Wilcox HS because....

Of the lack of communication and conversation around mental health within their rural community

And these are just a few examples. Other schools cite the following reasons for joining the BC2M Club Program:

- High levels of student stress and anxiety
- High rates of mental health crises among students
- Student demand to promote and advocate for mental health on their campus
- High rates of bullying
- A lack of evidence-based, preventative initiatives available to schools.
- No internal school structure for mental health conversations with students

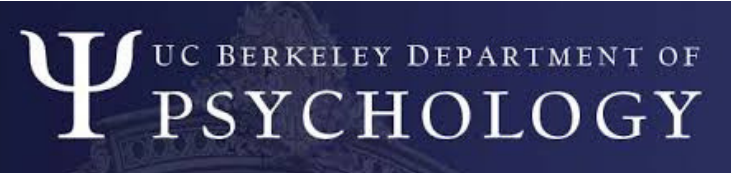
THE BIGGEST MH-RELATED CHALLENGES AT SCHOOL



HOW BC2M CAN MAKE A DIFFERENCE



Since the launch of the pilot program in 2015, BC2M has partnered with an outstanding research team from UC Berkeley to assess the impact of club participation on student attitudes and knowledge towards mental illness, in addition to social distance. Leading this in-depth evaluation are the world- renowned researchers and experts in their fields: Dr. Stephen Hinshaw from the University of California, Berkeley and Dr. Bennett Leventhal from the University of California, San Francisco School of Medicine.



EVERY YEAR WE REEVALUATE THIS IMPACT

**ACCORDING
TO THIS
YEAR'S
SENIORS...**

83%

**FELT THAT THE
CLUB MADE A
DIFFERENCE AT
THEIR SCHOOL**

90%

**FELT MORE
KNOWLEDGABLE
ABOUT MENTAL
HEALTH**

57%

**ARE LIKELY OR VERY
LIKELY TO PURSUE A
PROFESSION
RELATING TO MH**

THE RIPPLE EFFECT (SAMPLE DATA 2020)

70%

Members have conversations with parents/guardians about the club

77%

Students report that BC2M has caused a positive change in understanding & empathy among students at their school

89%

Advisors feel that the club is making a positive difference at their school

57%

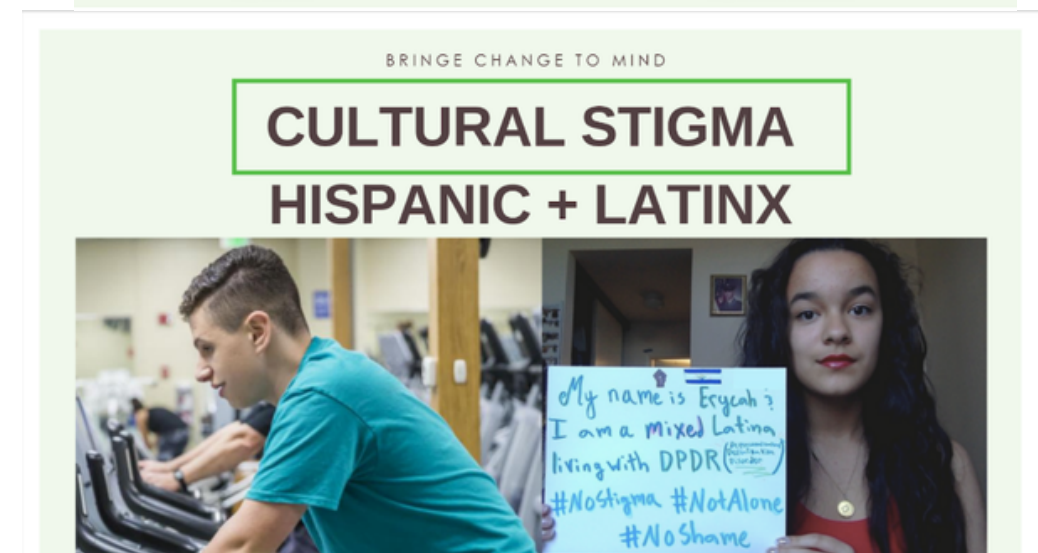
Seniors reported that they are likely or very likely to pursue a profession relating to MH

FAST FACTS



How are our materials responsive to the needs of marginalized youth, such as the LGBTQ+ community?

- Educational Presentations
- Activity ideas
- Speakers (MYM)
- National Calls (Nina West, RuPaul's Drag race; [Trevor Project](#); [Imadé Kimbokun and Bruce Franks](#))
- 2020 [Student Summit](#): Intersectionality and MH.
- BC2M Week



FAST FACTS



Student leadership development for our members:

Our members can engage in leadership opportunities at many levels:

- Club committee roles
- Club leadership roles (President, VP, Secretary, Treasurer, Social Media Director)
- Regional Teen Advisory Board
- Mentor Board (post HS)
- BC2M Spokesperson opportunities

What is our referral process for students who have greater needs?

- Conversation boundaries set from the launch of the club
- Faculty advisor present at all meetings. >80% advisors/co-advisors have a counseling or social work role.
- BC2M staff are trained in mandatory reporting
- Internal crisis and hotline numbers retained by BC2M staff



THANK YOU!



For more information about the BC2M High School Program contact:

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