



let's talk mental health

BC2M High School Program



Glenn Close co-founded BC2M in 2010 with a mission to combat stigma through messaging and normalizing conversations around mental health and mental illness.

Glenn's sister, Jessie, lives with Bipolar Disorder and her nephew, Calen, lives with Schizoaffective Disorder.

OUR CLIMATE TODAY

These are trying times to say the least. Youth are experiencing pervasive, consistent **societal unrest** due to the COVID-19 pandemic movements to fight racial injustice. We all have our own stories, so the current climate has affected all of us in different ways. Something that is affecting our entire nation, however, is the mental health crisis among youth due to

- **Extended social isolation**
- **Bereavement**
- **Financial hardships within familial units**
- **A lost sense of normalcy**
- **And so much more**

Offering **stability and structure** through BC2M clubs and providing additional resources and support during this time is critical for our youth.



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.

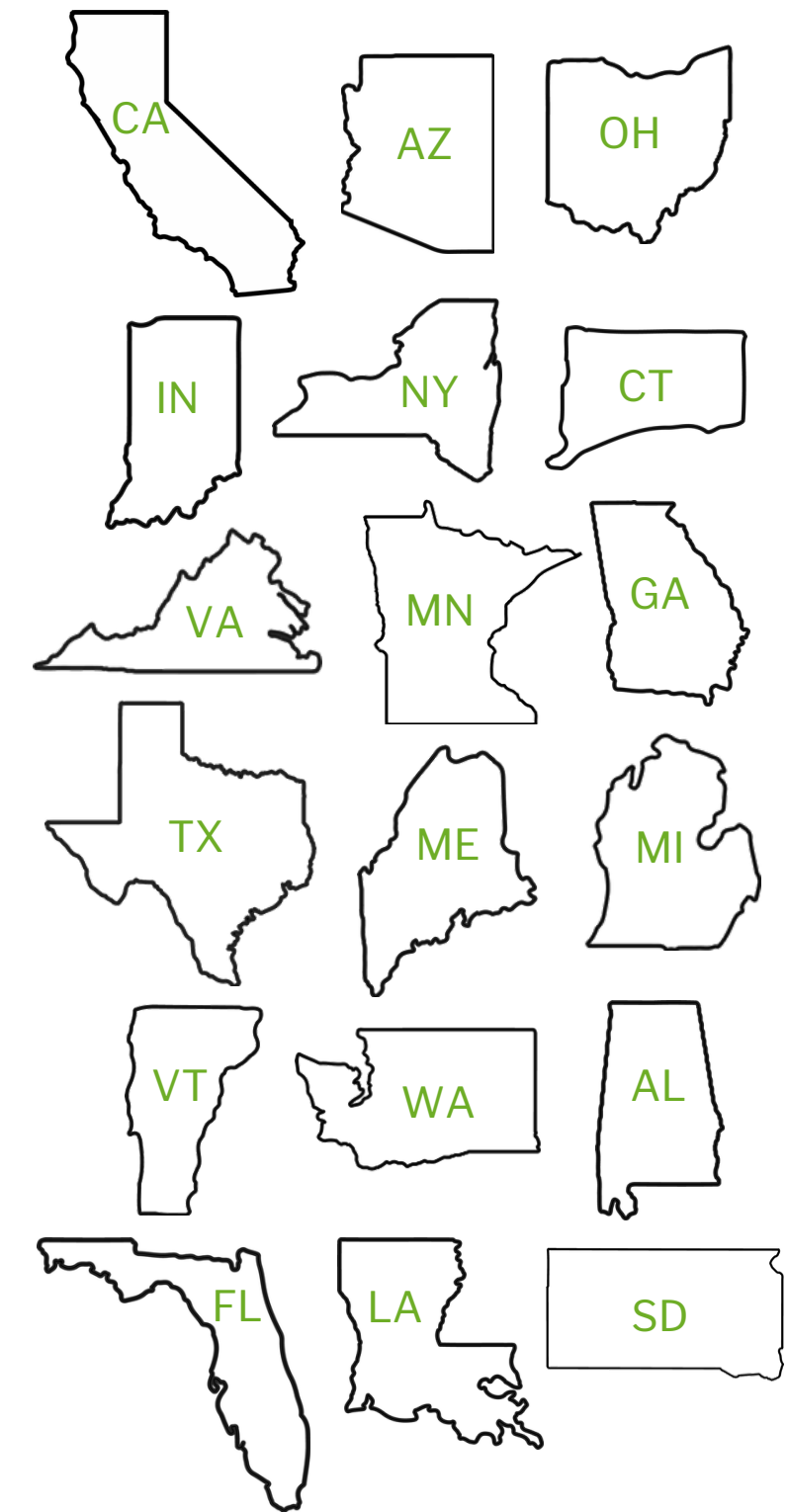
- Access to our **BC2M club portal** with our club guidebook, discussion and activity ideas, and photos from club events throughout the US
- A **\$500 grant** to help fund activities related to the BC2M mission
- **Club swag** to help unify your BC2M members and highlight the presence of the club on campus
- Ongoing support from your dedicated **Regional Manager**
- A year's free subscription to the **Headspace mediation app**, valued at \$155
- A bi-weekly **newsletter** that provides program updates and information and notifications of local events, activities and trainings
- An invitation to our **National Virtual Summit**

OUR IMPACT

As we move into year five of the BC2M High School program, we would like to thank all those that have made this initiative not only possible, but the huge success that it has become.

Since its launch in the fall of 2015, the BC2M High School Program:

- Has grown from **25** high schools in year one, to **320** high schools in year six
- Partnered with schools across **22 states**
- Been implemented in public, private, charter and continuation schools alike
- Has over **12,000** active high school club members across the US
- Has seven major hubs within the program: Bay Area, Southern California, Phoenix, New York (Tri-State area), Indiana, Cincinnati, and Columbus.
- Has a **waitlist of over 150 schools** across the country.



WHY THESE CLUBS ARE LAUNCHING ACROSS THE US?

At New Palestine HS because....

A student died by suicide this past year

At Fishers HS because....

A teacher died by suicide this past year

At Westfield HS because....

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

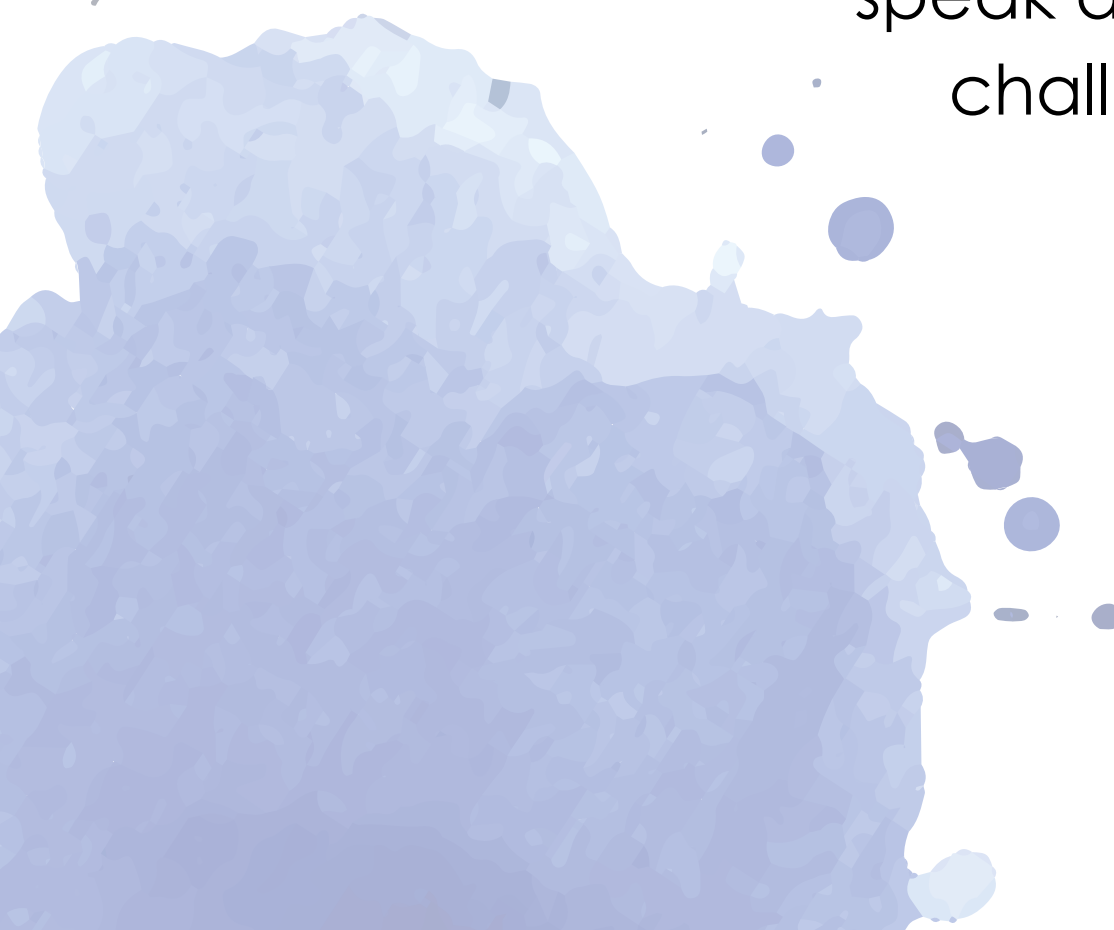
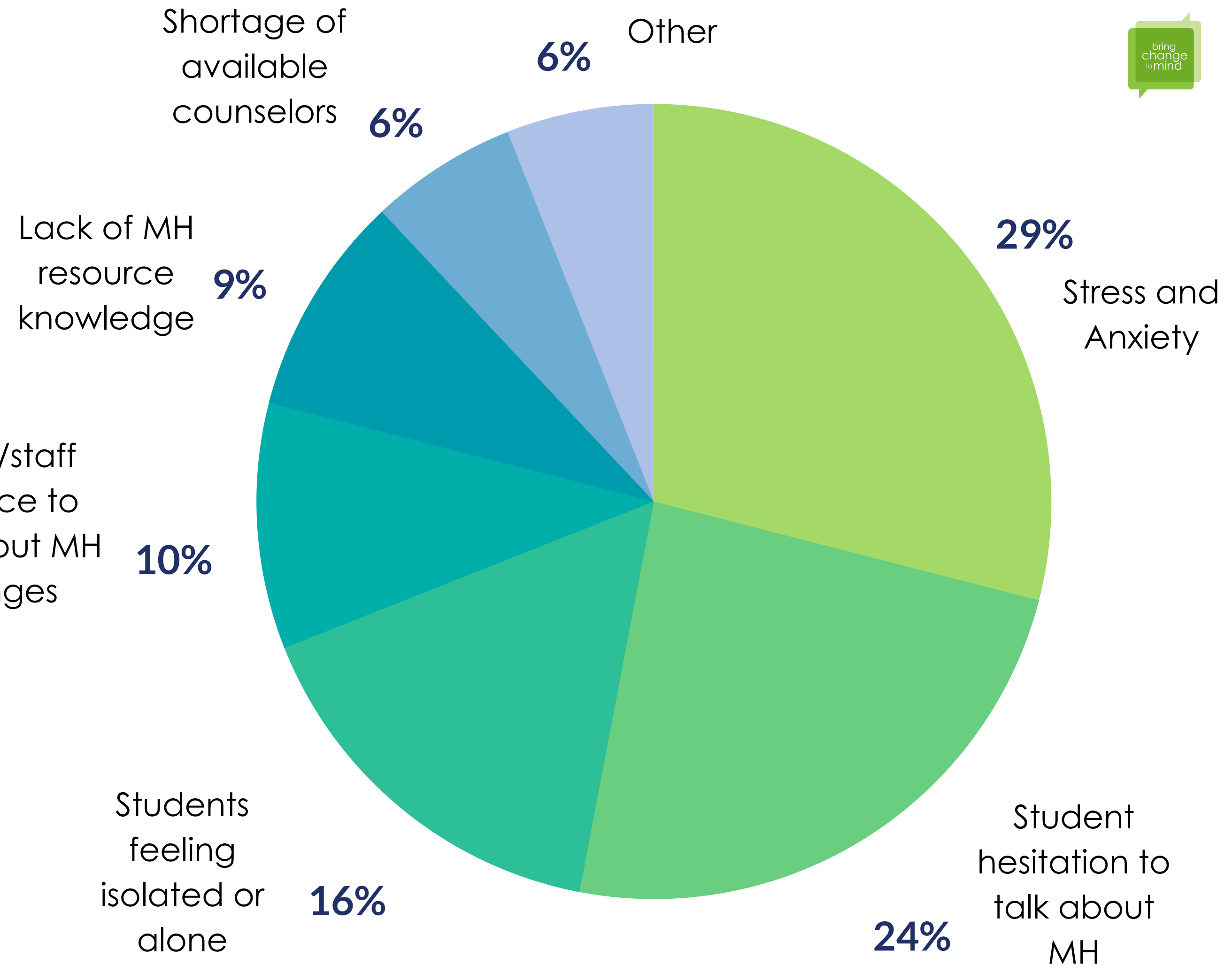
At South Knox HS because....

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



WHY THESE CLUBS ARE LAUNCHING IN ARIZONA?

bring
change
to mind

30th

**ARIZONA'S RANKING IN 2020
STATE OF MENTAL HEALTH IN
AMERICA**

Mental Health America (MHA) made overall rankings of the state of youth MH in America in 2020 based on:

- Youth with a severe major depressive episodes
- Youth with a major depressive episode who did not receive MH services
- Children with private insurance that did not cover mental or emotional problems
- And similar measures (MHA, 2020)

924

**STUDENT-TO-COUNSELOR
RATIO IN ARIZONA**

ASCA (American School Counselor Association) performed a study in 2015 to evaluate states' abilities to meet the need of students by providing trained counselors.

**The recommended ratio is
250 students - to - counselor.**

HOW BC2M CAN MAKE A DIFFERENCE

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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.

UCSF

University of California
San Francisco

Ψ UC BERKELEY DEPARTMENT OF
PSYCHOLOGY

EVERY YEAR WE REEVALUATE THIS IMPACT

ACCORDING
TO THIS
YEAR'S
SENIORS...

83%

FELT THAT THE
CLUB MADE A
DIFFERENCE AT
THEIR SCHOOL

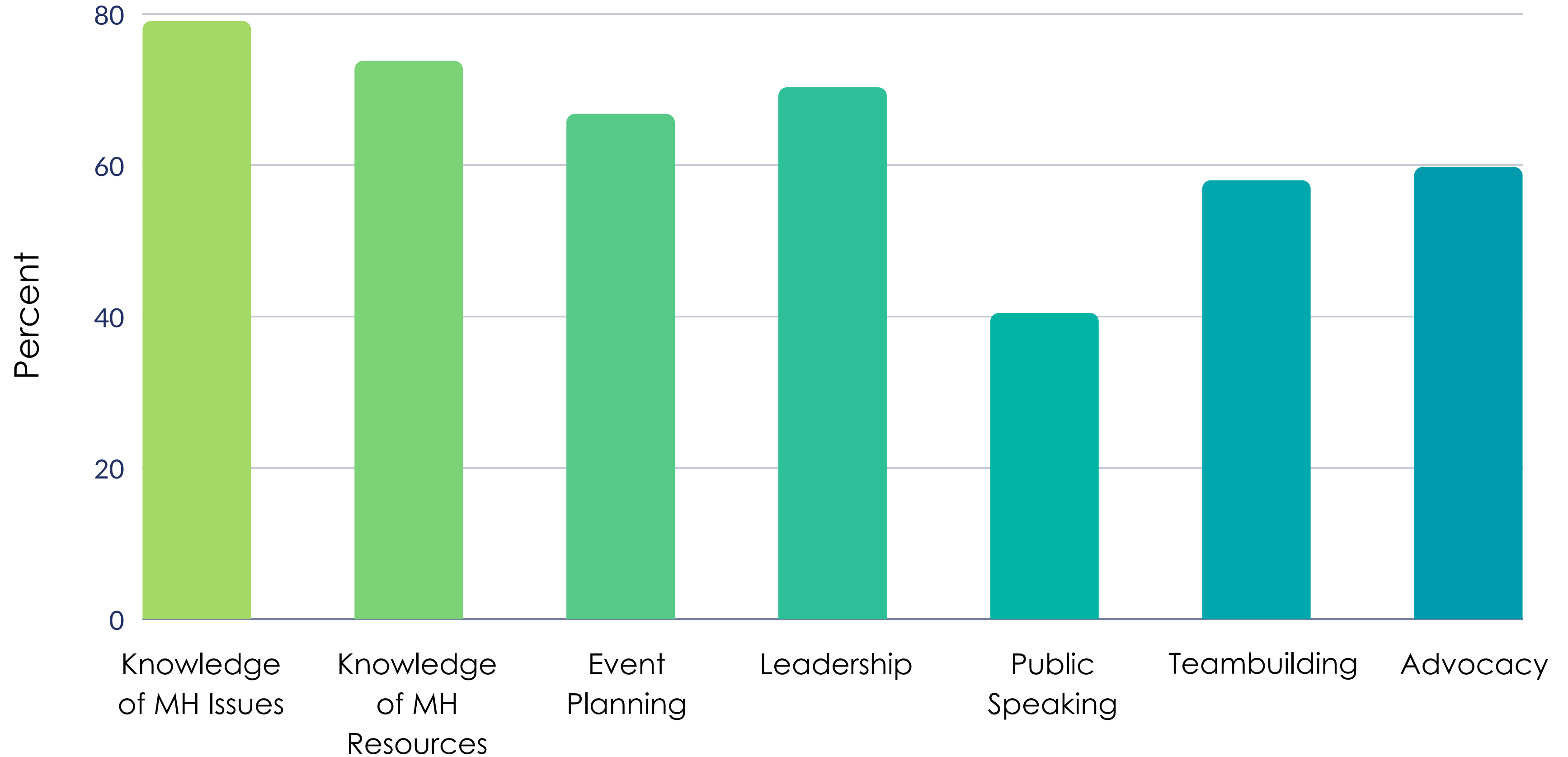
90%

FELT MORE
KNOWLEDGABLE
ABOUT MENTAL
HEALTH

57%

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

SKILLS THAT SENIORS FELT THEY GAINED BECAUSE OF BC2M



WHEN ASKING MEMBERS IN ARIZONA...



49%

FEEL GOOD OR
EXCELLENT ABOUT



Their likelihood to
participate in MH-
related activities or
conversations

53%

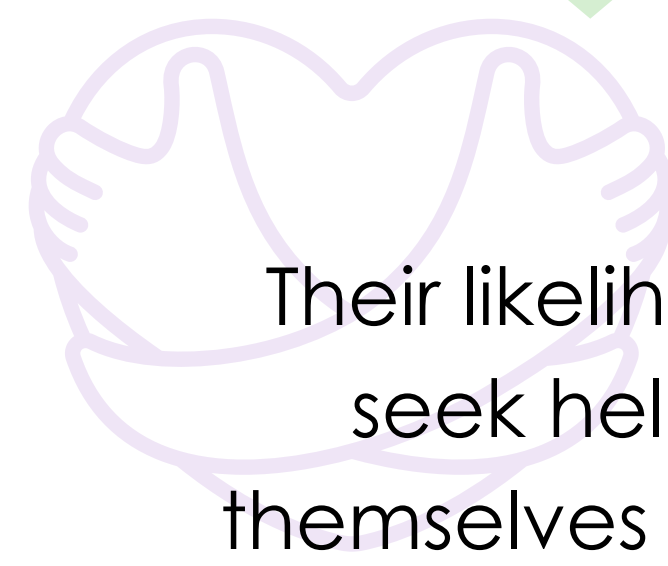
FEEL GOOD OR
EXCELLENT ABOUT



Their likelihood to
seek help for a
friend from an
adult at school

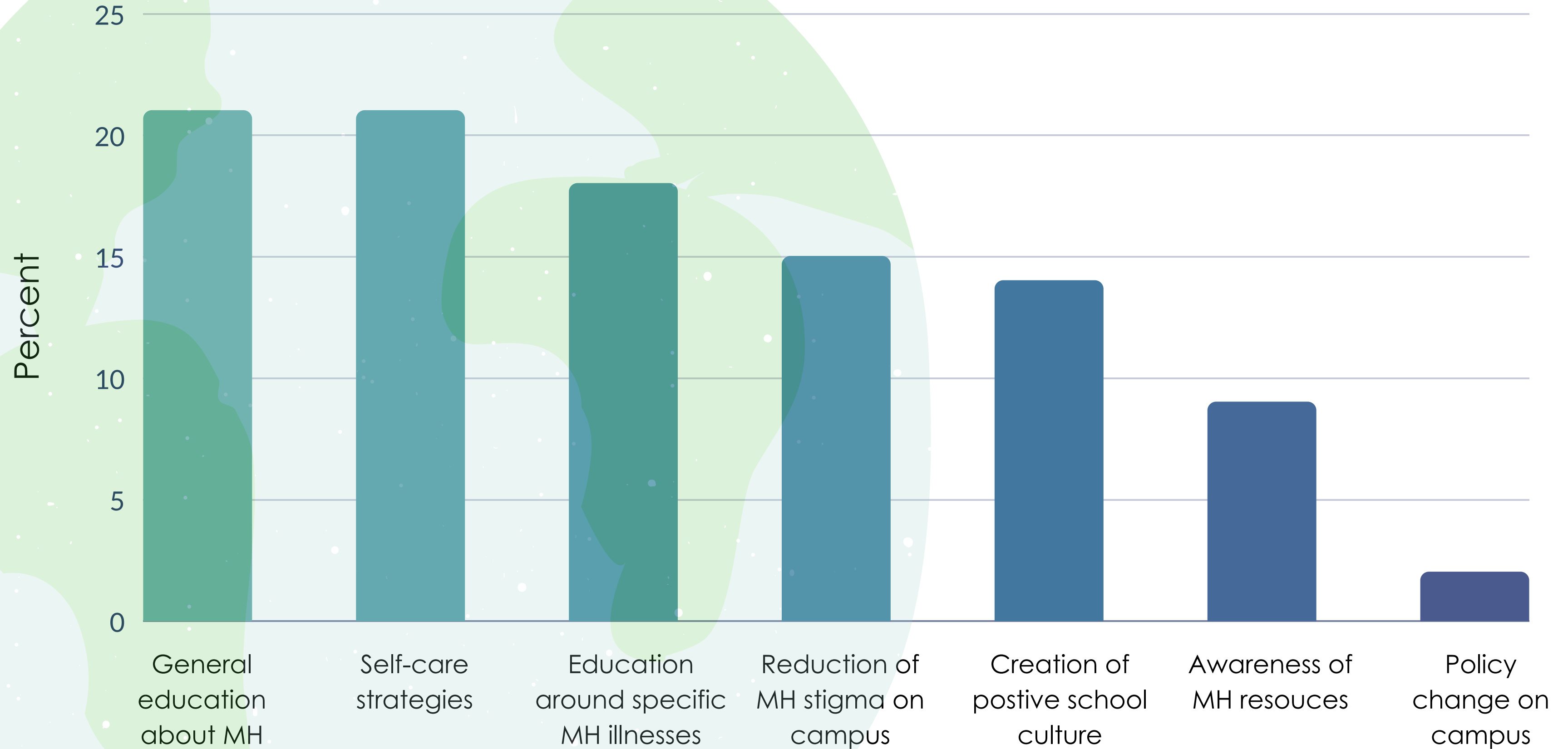
43%

FEEL GOOD OR
EXCELLENT ABOUT



Their likelihood to
seek help for
themselves from an
adult at school

THE RIPPLE EFFECT: BENEFITS FOR NON-MEMBERS



FOR TEENS, BY TEENS

At BC2M, we do not think of students as simply the beneficiaries of the change we hope to see. Rather, they are partners in this process of change and creating a generation of mental health advocates that know no boundaries.

This year looks a little different, but we are excited about our new program opportunities!

QPR Suicide Prevention Training for school faculty, admin, and community organizations. We aim to train at least 500 BC2M members in each regional hub this year.

Storytelling Workshops for any youth seeking to take on a spokesperson role for their club, school, community, or BC2M.

BC2M's First Mentor Program to offer advocacy and engagement opportunities post-HS for our most passionate members.



A PLATFORM FOR COLLECTIVE CHANGE: BC2M'S FIRST VIRTUAL STUDENT SUMMIT

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On **Saturday Oct 24th, 2020**, BC2M will host its first Virtual Summit! While this event is usually held in-person, the virtual setting will allow us to bring together hundreds of youth from across the US to cross-pollinate their ideas and learn from experts in the field of mental health. Under the theme of **Intersectionality**, students will participate in a day of learning, sharing and activism.

This 2.5-hour event will open with a keynote speaker, a Q&A session, and move into breakout sessions for different tracts that the students can choose from:

- **BIPOC communities and mental health**
- **LGBTQIA+ and mental health**
- **The impact of COVID-19 on youth mental health**
- **Slaying negative self talk and Imposter Syndrome.**

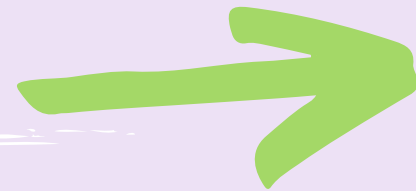
To aid in engagement throughout the event and make this unique to all the other virtual events that are occurring, each student will receive a **participant box** that will be mailed to their home that includes BC2M goodies, wellness items, and breakout session activity items.



BC2M'S VIRTUAL TRANSITION OUTCOMES

We are happy to report that we've been successful in implementing these virtual events & efforts to feel connected. We are continuing to brainstorm better ways to support the students, advisors, and clubs in these trying times because we recognize that now more than ever, we must come together as a community.

**Quaran-Teen
Series**



89%

**Virtual
Guidebook**



81%

**Zoom National
Club Call**



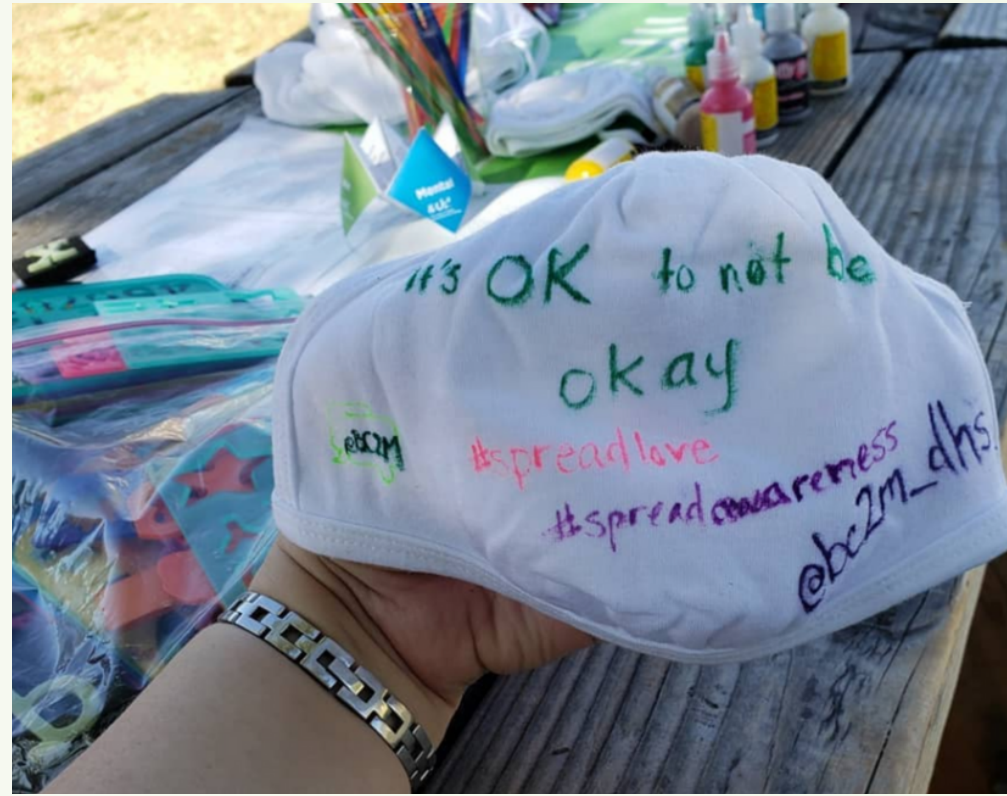
74%

**BC2M
Instagram Live**



84%

**Students report
as helpful or
very helpful**




BRING CHANGE TO MIND PRESENTS...

Destress Through Art Competition

Submit your art of any form relating to our themes of resilience, mental health and communal support for a chance of winning prizes (\$15 each), and to destress while doing it!

SUBMIT WORK BY NOV 13	SEND QUESTIONS / SUBMISSIONS TO BCBC2M@GMAIL.COM	Basis Chandler ALL GRADES
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SIGN OUR PETITION TO

Create a Mental Health Program at Hamilton High

Go to bit.ly/hamiltonchange
to sign the petition!



What our members and advisors have said this year

"When platforms are provided and safe spaces are created, there is a real opportunity for change to be made in our communities by engaging in an open discussion on mental health without fear of judgment."

- High School Senior

"I love the sense of community our club has. It allows us a space to really talk to one another and become vulnerable."

- Bay Area Club Member

"My general understanding of having greater patience and empathy for people who struggle with mental health has been improved thanks to this club."

- High School Senior

"Everyone can participate in ending the stigma. It is just a process of changing how you approach mental health. The more we advocate and promote change the more everyone will see how it is something everyone has a connection to and really should care about."

- High School Senior

"We did a suicide prevention assembly. It was so great the way group members worked together to complete a skit and perform the skit for the entire school. It showed me how truly brave my students are."

- Club Advisor

THANK YOU!



For more information about the BC2M High School Program, contact Leanne Murphy at leanne.murphy@bringchange2mind.org.