

# allcove Palo Alto

Presentation by:

Maryna Pim, mental health professional

Faith Bacani, peer support specialist

Gavi Bucio, peer support specialist

04/27/2022

# agenda

- what is allcove?
- overview of services
- introducing peer support services
- community engagement efforts

# what is allcove?

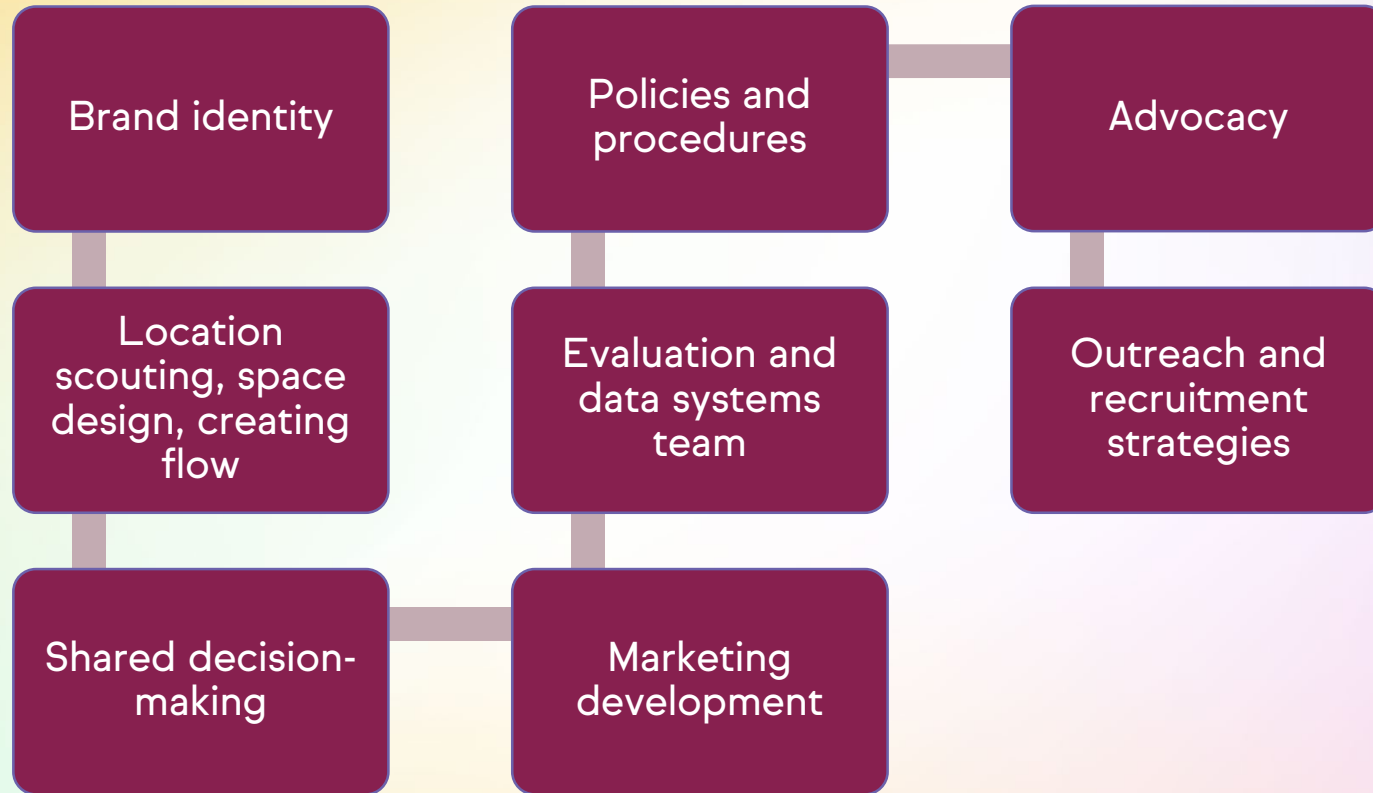
- allcove is a space for youth to find community, support, advice or even just a moment of pause
- we welcome young people ages 12 to 25 with mild to moderate needs looking for support
- In a welcoming, safe, comfortable and non-judgmental environment
- Located in midtown Palo Alto with services to a unique space to access services
- Designed for and by young people

# youth advisory group

- The mission of the allcove Youth Advisory Group is to empower young people to become the leading voice in
  - redefining mental wellness
  - reducing stigma
  - increasing access to youth mental health support
- Each allcove center has its own local Youth Advisory Group, recognizing that different communities have different needs. These young people represent their community with diverse lived experience, providing insights into services, staff, location, etc.



# opportunities for voice and feedback



# our name

## all

The first syllable implies that our spaces are for all young people, no matter what emotions they are feeling. It communicates inclusivity and togetherness.

## cove

The second syllable is a space, surrounded by protection, which can take on many forms. A cove is a metaphor for the safe but open space that allcove provides to all its visitors.

**allcove**

# allcove Palo Alto's vision and mission

## Vision

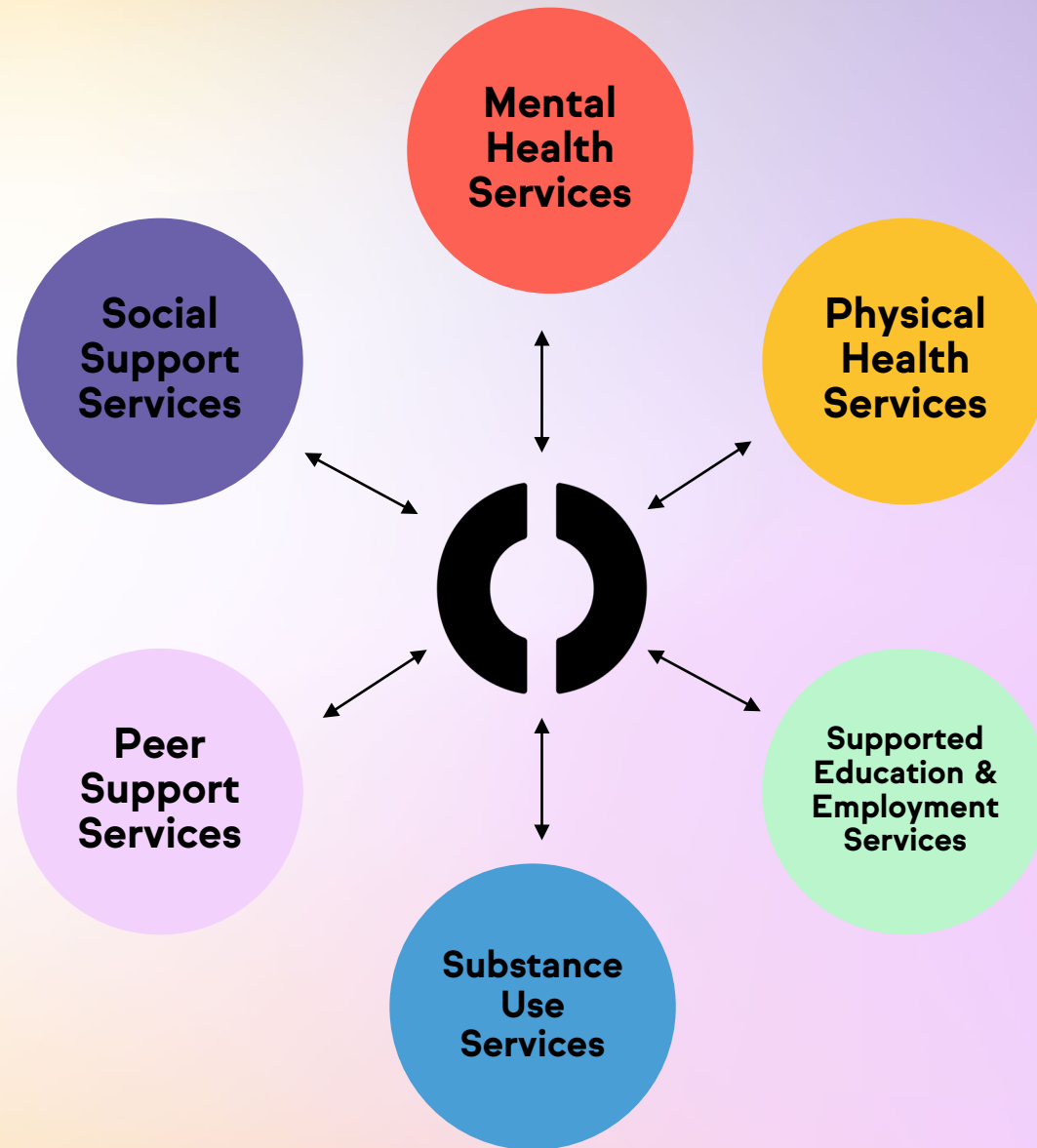
A center supporting youth's mental health and overall wellness where holistic care is easily accessible and inequities and disparities in healthcare are diminished.

## Mission

Working together to reduce stigma around mental health and to provide seamless and easy access to holistic mental health, physical health, and wellness services. We strive to create a welcoming environment that is designed by and for youth on their journey towards optimal health. The goal is to provide a safe place to obtain resources and connections to reliable supportive adults. Our team treats all youth as valuable contributors to society and accepts them as they are.

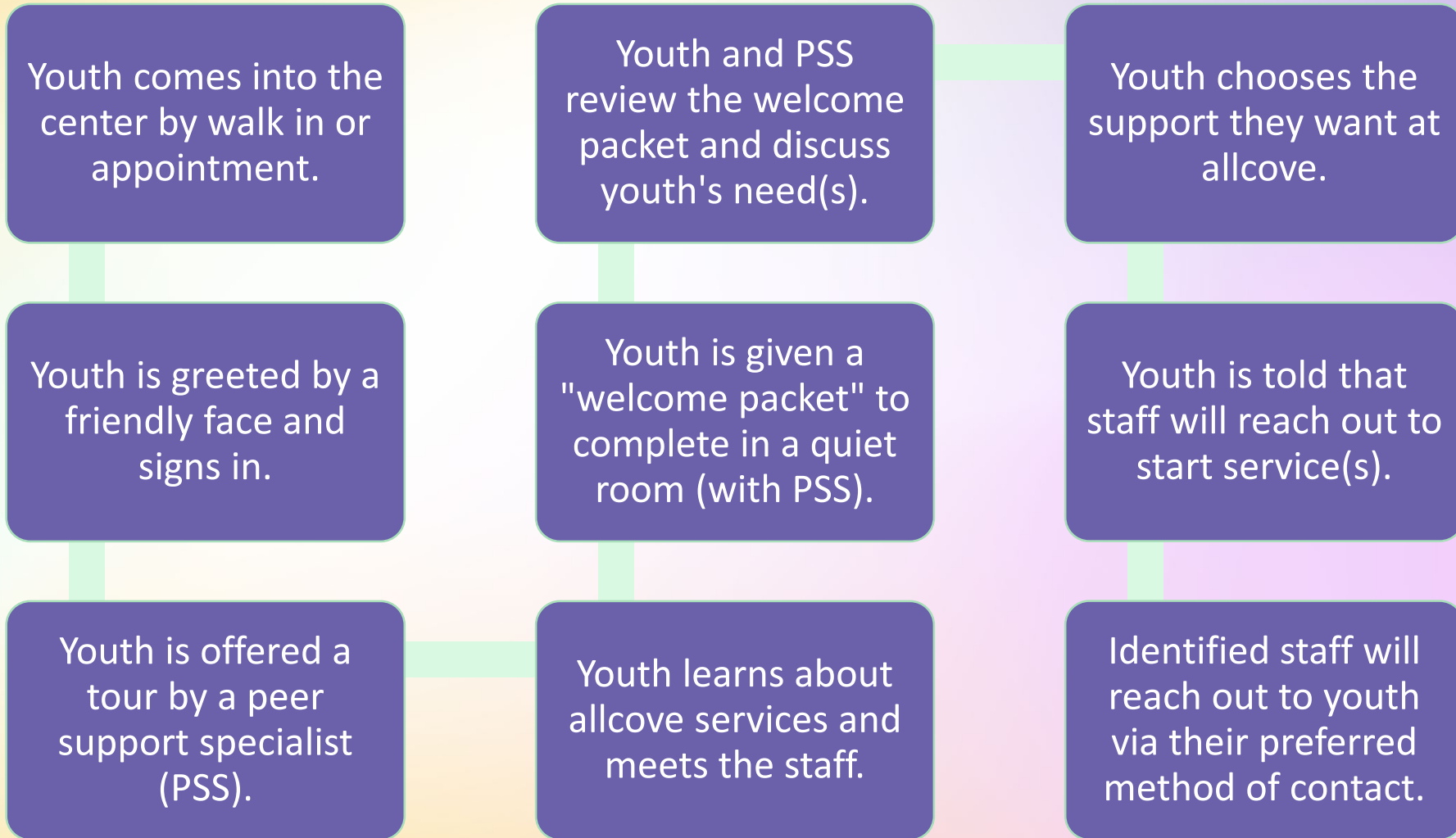
# What we offer

- Youth-centered, integrated care
- Addresses holistic needs of young people
- No cost to youth; regardless of youth's insurance
- Youth can self refer





# the youth experience



# physical health services

**Provide consultation, evaluation, treatment, and recommendation for the following needs:**

- Diet and nutrition
- Gynecologic care
- birth control counseling/prescription
- pregnancy counseling/testing
- STI testing
- Substance use screening/education
- Screening for disordered eating
- Medical checkup for acute concerns such as:
  - Joint, body aches & pains
  - Rashes, skin irritations
  - Sleep difficulties/concerns
  - Asthma treatment

# mental health services

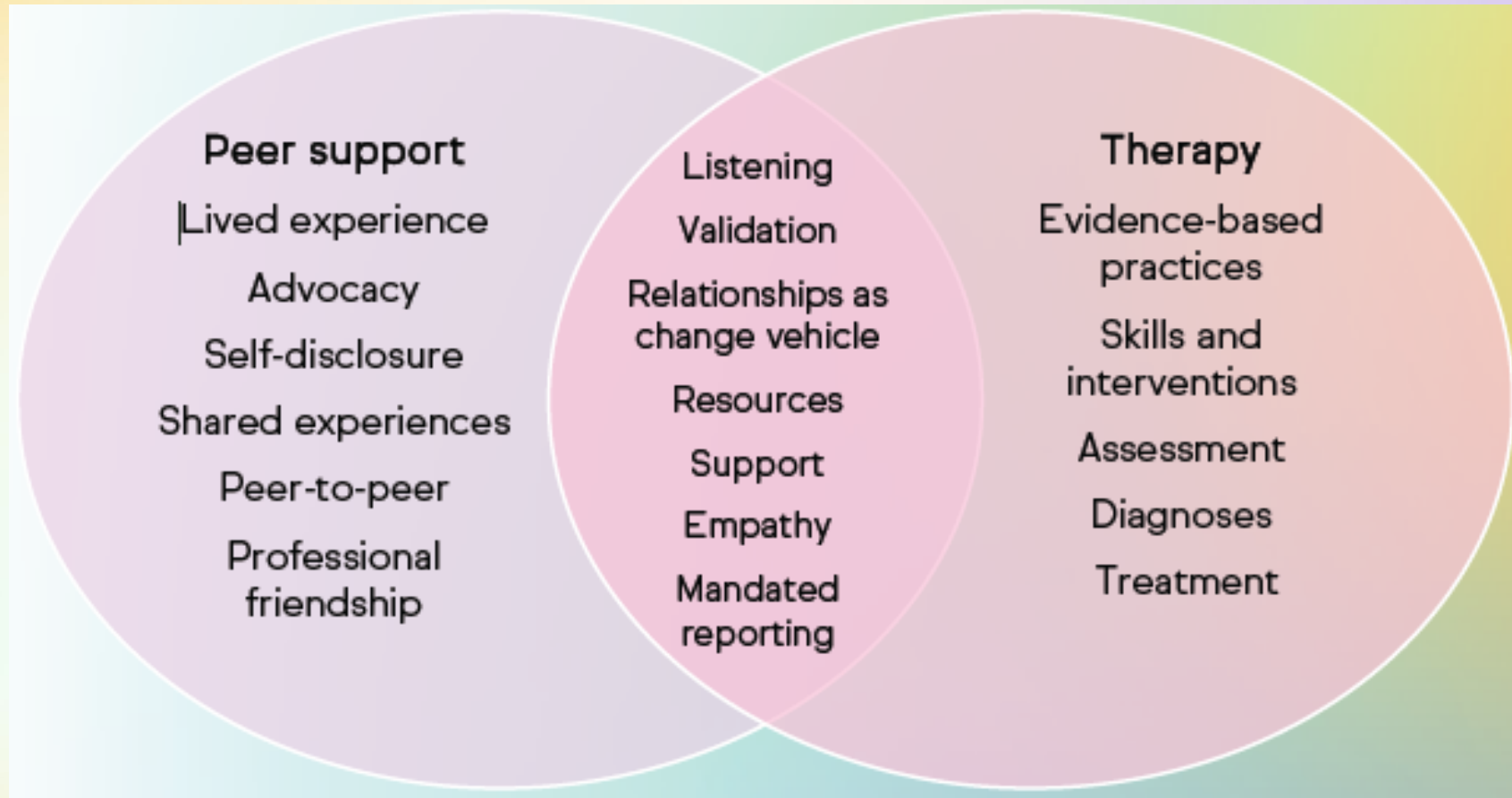
- Young people can self-refer; regardless of insurance
- Short term services: usually 6-8 sessions
- Mild to moderate symptoms
- Focus on prevention and early intervention strategies
- Increase young person's help seeking abilities
- Raise mental health awareness with youth and their family support
- Workshops that cover topics relevant to young person's needs
- Referral to allcove psychiatry services for evaluation or 2<sup>nd</sup> opinion
- Referral and linkages to mental health or substance use services, **depending on insurance plan.**
- Use of interventions that support young people in their mental health journey (Solution Focused Therapy, Cognitive Behavioral Therapy, Motivational Interviewing, and trauma-informed care.)

# Supported employment and education services

- Support youth in their journey in initiating, continuing, or completing their educational goals
- In person or virtual support to get to know youth; develop skills in resume building, cover letters, & increase confidence in job searching
- Outreach and partnerships in local community to build and expand resources and referrals
- Serve as a school liaison, building strong relationships with local schools and universities to promote a smooth integration between students' mental health treatment and their educational goals
- Support and advocacy around educational needs of the young person

# peer support services

- Peer based mentoring and emotional support to youth and their family
- Relates with youth through their own lived experience
- Helps young people feel and know that they are not alone
- Assist youth in navigating services and decisions
- Act as an advocate for youth; a bridge to other allcove services and community services
- Organizes center events: game night, art groups, etc.
- Outreach to promote visibility, access and encouraging participation in allcove



# community engagement efforts

## Community Consortium

- A community-led and community-based partnership of individuals who have a vested interest in supporting the health and wellbeing of young people in the local community and can provide advice, expertise and services to the local center.
- Outreach efforts by Peer Support Team
- Outreach efforts by Youth Advisory Group (YAG)

# Visit us

## allcove Palo Alto

2741 Middlefield Road, Suite 102  
Palo Alto, CA 94306  
(650) 798 6330  
(650) 321-2776 (fax)

Monday through Friday 10 am–7 pm  
Saturday 10 am–2 pm  
Closed Sundays



Bus lines: Bus 35 and Bus 88

**allcove**



# Contact us

Maryna Pim, LCSW

[Maryna.pim@hhs.sccgov.org](mailto:Maryna.pim@hhs.sccgov.org)

650-798-6330 (center number)

408-609-8220 (work cell)

[allcove.org](http://allcove.org)

@allcoveyouth

**allcove**

