



**LUNCH & EXHIBIT HALL**  
**12:10-1:30**

 #WAMHSummit

# A Paradigm Shift in Mental Health

A Global Movement Mobilizing Young People to Drive Transformation and Mental Health Innovation

Washington State  
Mental Health Summit

OCTOBER 29, 2019

**citiesRISE** - Global platform committed to transforming the state of mental health policy and practice for young people globally, leveraging city systems and youth leadership for change

CITIES **RISE**

# MENTAL HEALTH IS THE LEADING CAUSE OF DISABILITY

**800,000**

**Suicides per year**

Around the world, suicide claims the lives of more than 800,000 people every year

**↑ 21%**

**Anxiety in cities**

Cities have elevated prevalence rates for mental illness:  
100%+ higher for schizophrenia,  
21% higher for anxiety disorders,  
and 39% higher for mood disorders

**1 in 4**

**People experience mental illness**

**75%**

**By age 24**

Over 75% of mental health conditions manifest themselves by age 24

**US\$ 1 TRILLION**

**Per year**

The WHO estimates that current global productivity losses due to depression and other forms of mental illness may total more than US\$ 1 trillion per year

**40**

**seconds**

On average, every 40 seconds someone, somewhere in the world, takes their own life

**+50%** **Of economic disease burden**

Over the next two decades, mental illness is expected to grow to account for more than half of the world's total economic disease burden – more than cancer, diabetes, and chronic respiratory diseases combined.

**↑ 18%** **Depression rates**

It is estimated that more than 300 million people around the world currently suffer from depression – a figure that rose 18% between 2005 and 2015



NAIROBI



SEATTLE



BOGOTÁ



CHENNAI



SACRAMENTO



# ACTIVATING YOUTH LEADERSHIP TO DRIVE CHANGE

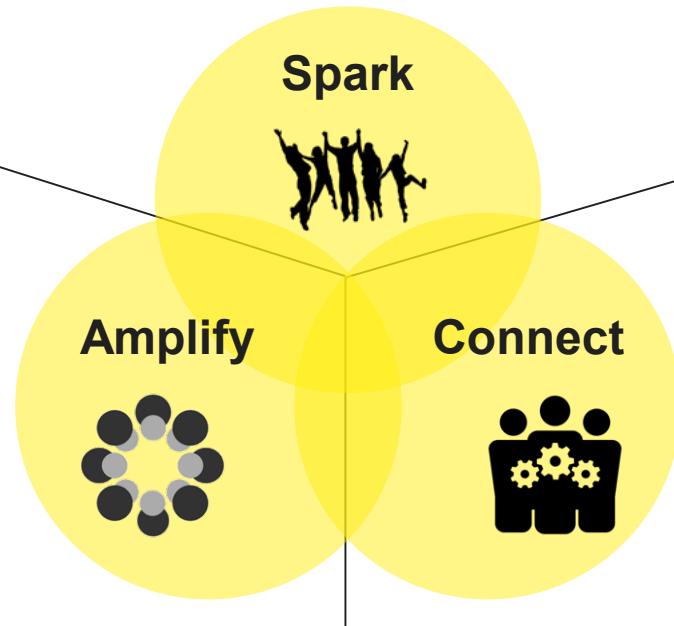


## UNDERLYING PRINCIPLES

- Youth define their own goals, objectives, programs, and desired outcomes
  - ❖ Must include young peoples lived experience
- Partnerships and participatory practice that encourages experimentation
  - ❖ Youth views prevail
  - ❖ Youth partners are the 'safety net'
- Value networked activities over siloed efforts
- Achieve meaningful, real, and measurable change for public good

# YOUTH CHALLENGE AWARD

Spark youth-led programming by seed-funding and providing technical assistance to youth leaders



Connect youth leaders locally to leaders working in other systems and globally to other youth leaders to create a global peer learning network

Amplify youth mental health advocacy by convening youth leaders to develop their own agenda and strategies for mental health

# YCA WINNERS IN NAIROBI, KENYA

Nairobi, Kenya — 2017

**Nzumari Africa** is a community based organization focused on youth engagement around mental health promotion and linkages to formal and informal support systems.

They use **puppetry, dance, and radio programming** to engage with communities about mental health topics and information.

Nzumari works with local community health centers in an informal settlement neighborhood on mental health needs and referrals.

citiesRISE has supported their youth leadership and capacity building skills.



Awareness through community engagement and dialogue in the Huruma neighborhood of Nairobi

# YCA WINNERS IN NAIROBI, KENYA

Nairobi, Kenya — 2017

**Amazing Minds Africa** started as a mental health club within Kenyatta University in Nairobi. They create linkages to the on campus wellness center for students in need and use **theatre and campus events and discussions** to engage students around mental health topics and information.

citiesRISE has supported the growth of the initiative as well as supported the capacity development of the youth leaders.



Using theatre for storytelling and expression around mental health conditions at Kenyatta University

# YCA SEATTLE WINNERS



## **YOMHEs (Youth Organizers of Mental Health Education)**

Tackle the issues of youth suicide and negative mental health through the use of peer education and mentorship, with the goal of connecting youth to accessible services like those provided through school-based health centers. The target audience is predominantly male youth of color with an emphasis on identifying and understanding Adverse Childhood Experiences.

**Youth representative: Gustavo Garcia**

# YCA SEATTLE WINNERS



## All Girl Everything Ultimate Program (AGE UP)

Invest in the transformative capacity of youth living in South Seattle, especially young women of color. It is all about ultimate frisbee and social justice — they envision a world where all people have the resources they need to be healthy, supportive and powerful, and believe that centering the expertise of young people of color is crucial to getting us there.

**Youth Representatives: Miko Pugal and Hana Kawai**

# YCA SEATTLE HONORABLE MENTIONS

## HONORABLE MENTIONS

**Arch Nova:** Youth advocacy and school mental health resource initiative (**Seika Brown**)

**Red Eagle Soaring:** Performance that shape youth vision of an urban Native community intersecting with mental health (**Russell Brook**)

**Powerful Voices:** Brave spaces with girls of color to take charge of their own power as leaders, igniting their abilities to confidently express themselves, build community, and act against injustices affecting their lives

Photos: King County School Health and AGE UP

# SEATTLE YOUNG LEADERS IN ACTION

