BlueSky Initiative

The ongoing BlueSky initiative has been especially critical for youth and their families. The initiative is led by a collaborative team including youth advisors and representatives from various community organizations.

Bright futures depend on good mental health and wellness

Through our partnership with the California Department of Education, BlueSky works with school districts across California to provide mental health support to students. The initiative focuses on increasing diversity in the healthcare field and empowering youth to engage with resources and participate in mental health careers.

Reduced mental health stigma; 85% of youth reported using peer-to-peer resources

According to the 2021 State of Mental Health for Youth report by The American Psychological Association, only 42% of youth received mental health treatment. BlueSky is working to address this gap by providing access to mental health professionals and leaders. Over 80 career connection opportunities were offered to young people, providing them with critical real-world career experience.

INCREASE ACCESS to providers who can provide appropriate support, especially for underrepresented youth.

BlueSky works with community partners to increase access to mental health services for all California youth. The initiative provided crisis intervention and group sessions to over 572 students per counselor. The ongoing survey of 2,900 youth of color showed that 42% reported exposure to moderate to severe depression or anxiety, and 42% reported exposure to violence.

Increased diversity in the healthcare field

In a survey by the California Department of Health Care Services, 92% of respondents indicated that they would like to see more diversity in the mental health field. BlueSky is working to create a pipeline of diverse young people to work in mental health careers.

INCREASE ACCESS to high-quality mental health resources.

BlueSky supported programs at schools across California, including YOUTH MENTAL HEALTH FIRST AID (YMHFA) training. Over 3,800 educators were trained in YMHFA, providing them with the skills to help youth who may be experiencing mental health issues.

Increased accessibility to mental health services

Since 2019, BlueSky has conducted over 13,500 individual, family, crisis intervention, and group sessions. The program was able to show an improvement in mental health outcomes for students, as evidenced by the report by The AAKOMA Project: 60% of youth reported a decrease in depression symptoms, and 85% of youth reported using peer-to-peer resources.

IMPROVE OUTLOOK on accomplishments

BlueSky is focused on improving the health and well-being of all California youth, with a focus on health inequities in communities of color. The initiative has received recognition, including the California Department of Education's 2021 Health Equity Award and the BlueSky Initiative 2021-22 BlueSky Report.

Resources for educators and parents

Please visit BlueSky's website for more information and youth mental health resources. BlueSky is honored to partner with UCSF to evaluate BlueSky and our impact. BlueSky also works with the California Department of Education to train public school counselors in Mental Health First Aid.