

# Oregon's 2026-2030 MACH Title V Priorities- Resource Guide



## ADOLESCENT HEALTH Adolescent Mental Health

For more information or technical assistance with Adolescent Mental Health strategies please contact:

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Adolescent mental health refers to the emotional, psychological, and social well-being of youth, shaping how they think, feel, and act. It includes how young people cope with stress, form relationships, and make decisions. The goal for this priority area work is to improve adolescent mental health and well-being by strengthening protective factors, improving systems that support adolescent mental health, and fostering strategic partnerships across Oregon.

### Strategies:

1. Strengthen the workforce to deliver youth-centered, responsive mental health services.
2. Support schools and communities to implement programs that build youth protective factors and resilience.
3. Elevate youth and family voice to shape and guide mental health initiatives.
4. Promote awareness and reduce stigma around adolescent mental health.
5. Build and strengthen cross-system partnerships to address gaps in adolescent mental health services.

Below are examples of what this work can look like for grantees. These project ideas are offered to help with planning, but grantees are also welcome to develop their own projects/ activities/ measures. Note: Activities should be outlined in a way that helps outline how the project will be done. Include at least one measure per project for the annual plan.

### Adolescent Mental Health

**Strategy #1:** Strengthen the workforce to deliver youth-centered, responsive mental health services.



This strategy focuses on building, sustaining, and strengthening the adolescent mental health workforce to ensure youth receive youth-centered and accessible mental health supports. Efforts may include training, skill-building, and shared learning among educators, behavioral health staff, and community partners who already support youth.

### Example Local Level Projects/Work

- **Example A: Youth-Centered Mental Health Training**

Provide accessible, professional development opportunities that build the skills of school and community staff to recognize youth mental health needs, engage youth effectively, and respond using trauma-informed and youth-centered approaches.

Trainings may include Trauma Informed Oregon modules, REAP Youth Engagement trainings, or locally adapted learning sessions. The desired outcome is a more confident, prepared workforce that can support youth mental well-being and make appropriate referrals when needed.

- Possible activities related to this project/work:
  - Identify priority training needs with input from youth, families, and frontline staff.
  - Coordinate and host virtual or in-person trainings for school and community partners.
  - Facilitate peer learning opportunities for participants to share challenges and best practices.
- Possible measures related to this project/work:
  - Number of staff trained
  - Percent of participants who demonstrated/reported improvements in knowledge or confidence
  - Percent of participants who report satisfaction with training relevance
- Resources/Evidence
  - [Trauma-Informed Oregon Resource Library](#) – tools, guides, and workforce wellness materials.
  - [Trauma-Informed Approaches](#) – Oregon Health Authority behavioral health & trauma-informed approach overview.
- **Example B: Local Convenings to Strengthen Workforce Capacity and Alignment** Convene local partners who are already supporting adolescent mental health, including: schools, public health, community-based organizations, and suicide prevention partners, to build shared understanding and strengthen coordination.

Convenings provide space for relationship-building, shared learning, and alignment around youth mental health priorities without requiring new programs or positions.

- Possible activities related to this project/work:
  - Host regular convenings or learning sessions focused on adolescent mental health.
  - Share lessons learned from existing or previously funded mental health efforts.
  - Identify opportunities for coordination, referrals, and shared messaging across partners.
- Possible measures related to this project/work:
  - Number of convenings held
  - Number of partners who report increases in cross-partner collaboration
  - Percent of participants who reported usefulness of convenings
- Resources/Evidence
  - [Communities of Practice Beginner's Toolkit](#). University of Florida – Evidence-informed approach to building workforce capacity through shared learning.

## Adolescent Mental Health

**Strategy #2:** Support schools and communities to implement programs that build youth protective factors and resilience.



This strategy supports upstream, prevention-focused approaches that strengthen protective factors such as belonging, cultural identity, and community connectedness. Efforts may implement evidence-informed and youth-centered programs that promote youth resilience and mental well-being.

### Example Local Level Projects/Work

- **Example A: Youth-Centered Events**

Implement youth-led or youth-informed art exhibits, cultural events, or creative gatherings that foster connection, cultural pride, and community cohesion.

Projects will use Positive Youth Development frameworks to reduce isolation and strengthen protective factors.

- Possible activities related to this project/work:
  - Partner with youth, culturally specific organizations, and community centers to co-design events.
  - Provide stipends for youth artists and performers.
  - Integrate community dialogue and resource sharing into events.
- Possible measures related to this project/work:
  - Number of events held
  - Number of youth participants reached
  - Percent of youth who reported sense of belonging or connection
  - Percent of community who reported satisfaction with events
- Resources/Evidence
  - [Positive Youth Development Framework Act for Youth](#) – Strengths-based approach to supporting youth well-being.
  - [Key Principles of Positive Youth Development](#) – Youth.gov

- **Example B: Sources of Strength or Similar Resilience-Building Programs**

Partner with schools and community organizations to implement evidence-based programs such as Sources of Strength to strengthen peer connections, promote help-seeking, and reduce suicide risk among adolescents.

- Possible activities related to this project/work:
  - Engage partners to determine which evidence-based program to implement.
  - Train adult advisors and youth leaders.
  - Launch peer-led campaigns focused on protective factors.
  - Align efforts with local suicide prevention initiatives.
- Possible measures related to this project/work:
  - Number of youth leaders trained
  - Number of youth reached within schools or communities

- Percent of youth who reported increases in protective factors
- Resources/Evidence:
  - [Sources of Strength](#) – Evidence-based suicide prevention program focused on peer leadership.
  - [Oregon Schools' Suicide Prevention Resource Kit](#)

## Adolescent Mental Health

**Strategy #3:** Elevate youth and family voice to shape and guide mental health initiatives.



This strategy centers youth and family voice in the design, implementation, and evaluation of mental health initiatives. Efforts ensure youth and family centered representation and meaningful influence over decision-making processes.

### Example Local Level Projects/Work

- **Example A: Youth and Family Advisory Councils**

Establish or expand youth and family advisory groups that guide local mental health initiatives.

Projects may include youth groups and boards, parent-teacher groups, or opening listening sessions. The desired outcome is programming that reflects youth and community priorities and voice.

- Possible activities related to this project/work:
  - Recruit youth and family members.
  - Provide stipends, meals/snacks, and transportation supports.
  - Create feedback loops to show how input informs decisions.
- Possible measures related to this project/work:
  - Number of participants engaged
  - Number of advisory meetings held
  - Percent of participants who reported satisfaction and/or perceived impact
- Resources/Evidence
  - [Creating & Sustaining a Thriving Youth Advisory Council](#) – Adolescent Health Initiative
  - [Toolkit for Creating a Diverse and Inclusive Youth Advisory Council](#) – Michigan Community Foundations Youth Project
- **Example B: Youth Participatory Action Research (YPAR) and Creative Voice Projects**  
Support youth-led research and storytelling approaches such as PhotoVoice, zines, or art-based projects that elevate youth perspectives on mental health to impact local policy and practice changes.
  - Possible activities related to this project/work:
    - Train youth in YPAR or creative methods,
    - Facilitate youth-led data collection and storytelling,
    - Host community or policymaker showcases.

- Possible measures related to this project/work:
  - Number of youth-led projects completed
  - Number of youth reached with shared products
  - Percent of influencing initiatives that show evidence of youth input
- Resources/Evidence
  - [Youth Participatory Action Research](#) – Framework for youth-led inquiry and action.
  - [Youth Participatory Action Research: A Guidebook and Curriculum](#) – Knowledgeworks.org

## Adolescent Mental Health

**Strategy #4:** Promote awareness and reduce stigma around adolescent mental health.



This strategy increases awareness of adolescent mental health and reduces stigma through youth-led, youth-centered messaging and education. Efforts normalize conversations about mental health and connect youth and families to supports.

### Example Local Level Projects/Work

- **Example A: Youth-Led Awareness and Social Media Campaigns**

Support youth to design and disseminate mental health awareness campaigns using social media, posters, videos, or photo campaigns.

Campaigns may draw inspiration from social media efforts, such as Lines for Life's TikTok presence, and address root causes affecting youth mental health.

- Possible activities related to this project/work:
  - Recruit and compensate youth content creators.
  - Develop youth-led campaign messaging.
  - Disseminate materials through schools and community partners.
- Possible measures related to this project/work:
  - Number of views, shares, or other participation that demonstrates engagement
  - Number of posters, videos, photos shared
  - Percent of youth that reported changes in stigma or awareness
  - Percent of priority populations reached.
- Evidence/Resources:
  - [Lines for Life](#) – Youth-centered suicide prevention and awareness campaigns.
  - [YouthLine](#) – free, interactive mental health lessons in middle and high schools across Oregon to help teens tackle common life stressors.
  - [Futures Without Violence](#) social media post example

- **Example B: Youth-Developed Mental Health Education Materials**

Co-create accessible mental health education resources with youth, such as zines or videos, aligned with health education standards.

Materials focus on recognizing mental health needs and navigating access to services.

- Possible activities related to this project/work:
  - Facilitate youth design workshops.
  - Align content with school health education standards.
  - Distribute materials through schools and community sites.
- Possible measures related to this project/work:
  - Number of materials produced and distributed
  - Percent of youth who report increased knowledge of how to access services
  - Number of educators and students who provided feedback
- Resources/Evidence:
  - [Mental Health Literacy](#) – Council on Substance Abuse
  - [Mental Health Promotion and Prevention](#) – Oregon Health Authority

## Adolescent Mental Health

**Strategy #5:** Build and strengthen cross-system partnerships to address gaps in adolescent mental health services.



This strategy strengthens collaboration across public health, education, behavioral health, and community systems to identify and address gaps in adolescent mental health services, with an emphasis on prevention and access.

### Example Local Level Projects/Work

- **Example A: Local Adolescent Mental Health Resource Mapping and Guides**

Develop a locally tailored adolescent mental health resource guide that helps youth, families, and providers navigate available services.

Resource mapping identifies gaps and opportunities for improved coordination.

- Possible activities related to this project/work:
  - Convene cross-system partners to inventory services.
  - Engage youth to review accessibility and relevance.
  - Disseminate guides through schools and community partners.
- Possible measures related to this project/work:
  - Number of partners contributing to the guide
  - Number of resource guides distributed
  - Percent of youth and/or families who report satisfaction with the guide(s)

- Resources/Evidence
  - [Community Resource Mapping](#) – Tool for identifying service gaps and coordination opportunities.
  - [Development of a Resource Guide to Support the Engagement of Mental Health Providers and Patients with Digital Health Tools: Multimethod Study](#)
  - [School Mental Health Quality Guide, Needs Assessment & Resource Mapping](#) – School Health Assessment and Performance Evaluation System
- **Example B: Cross-System Convenings and Assessments**

Facilitate local convenings and assessments, such as school-based mental health assessments, to improve coordination and identify service gaps.

  - Possible activities related to this project/work:
    - Host cross-sector planning meetings.
    - Conduct assessments focused on adolescent mental health.
    - Develop shared action plans.
  - Possible measures related to this project/work:
    - Number of systems represented
    - Number of action steps identified and implemented
    - Percent of partners who report improved coordination
  - Resources/Evidence
    - [School Health Assessment and Performance Evaluation \(SHAPE\) System](#) – School mental health quality and sustainability assessment tool.