



copilot

Ana Interiano

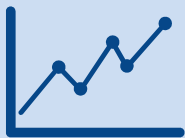
Maile Malin

Casey McCallister

AJ Mody



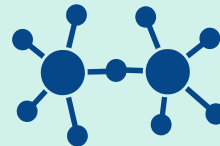
a non-profit service created to mitigate the rise of youth mental illness



**Increase
Awareness**



Adult Education



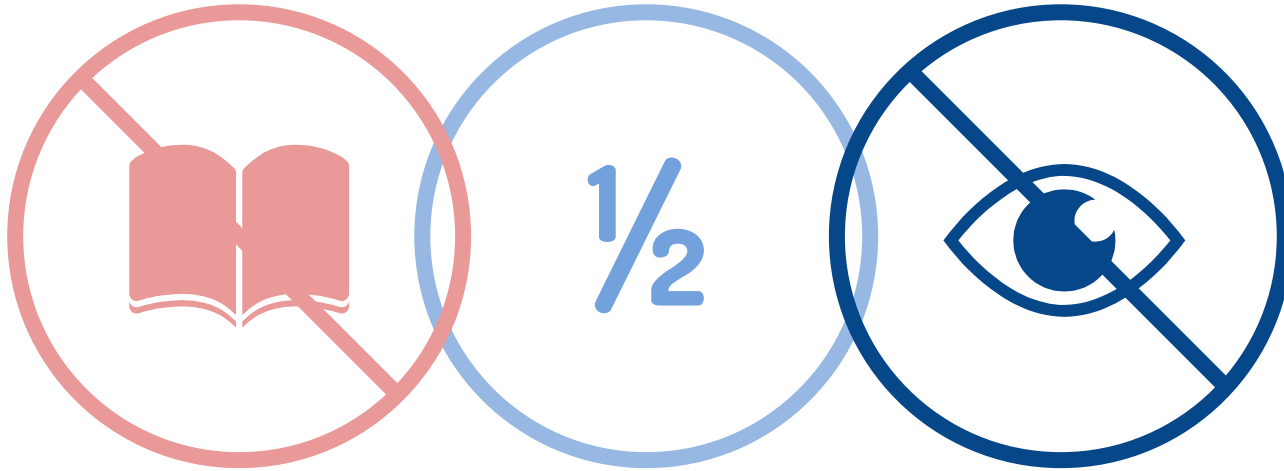
**Certified Copilot
Program**



the problem



3 main issues



No Health Ed

50% have
mental illness

Adults
Unaware



Jessica
(mother)



Jacob
(middle school student &
Jessica's son)





what we found...





Primary Research:

- Interviews
 - ◆ 9 SMEs
 - ◆ 6 Parents
 - ◆ 4 Children
- Observation
- Shadowing

Secondary Research:

- Online Research
 - ◆ NAMI
 - ◆ ChildMind
 - ◆ PsychologyToday
 - ◆ NIMH
 - ◆ CDC
 - ◆ and more



Rates of youth mental illness are soaring

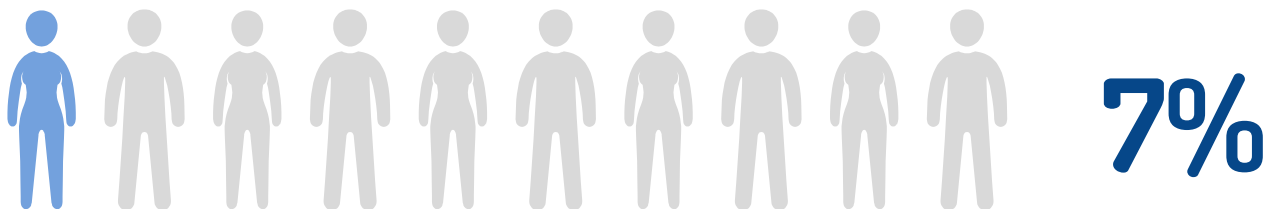
Not enough is being done to support children





National Alliance on Mental Health – College Survey

College Kids with Mental Illness



Adults aware that their kids have a mental illness

“ *Anxiety and depression rates in teenagers today are being compared to **WWII**, when they were at risk of being drafted...*



Angie Tisdale
High School Health Education teacher



We need mental health education

Schools are cutting the only classes that address it



“ *By 2020 the nation's most significant disability, paid out of pocket, will be depression.*



Dr. Lauren Hazzouri

Licensed psychologist and founder of
HeyLauren.com and The Practice



**Non-Profits step in
to supplement the missing curricula**

“

Non-profits have to pick up the slack where public schools fall short.



Michelle Alger-Mintie

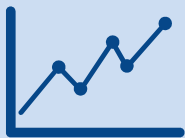
Educator at Garden School Foundation, an LA non-profit



copilot *fills in the gaps*



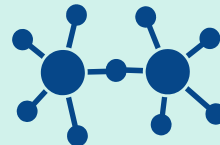
a non-profit service created to mitigate the rise of youth mental illness



**Increase
Awareness**



Adult Education



**Certified Copilot
Program**

Service Offerings



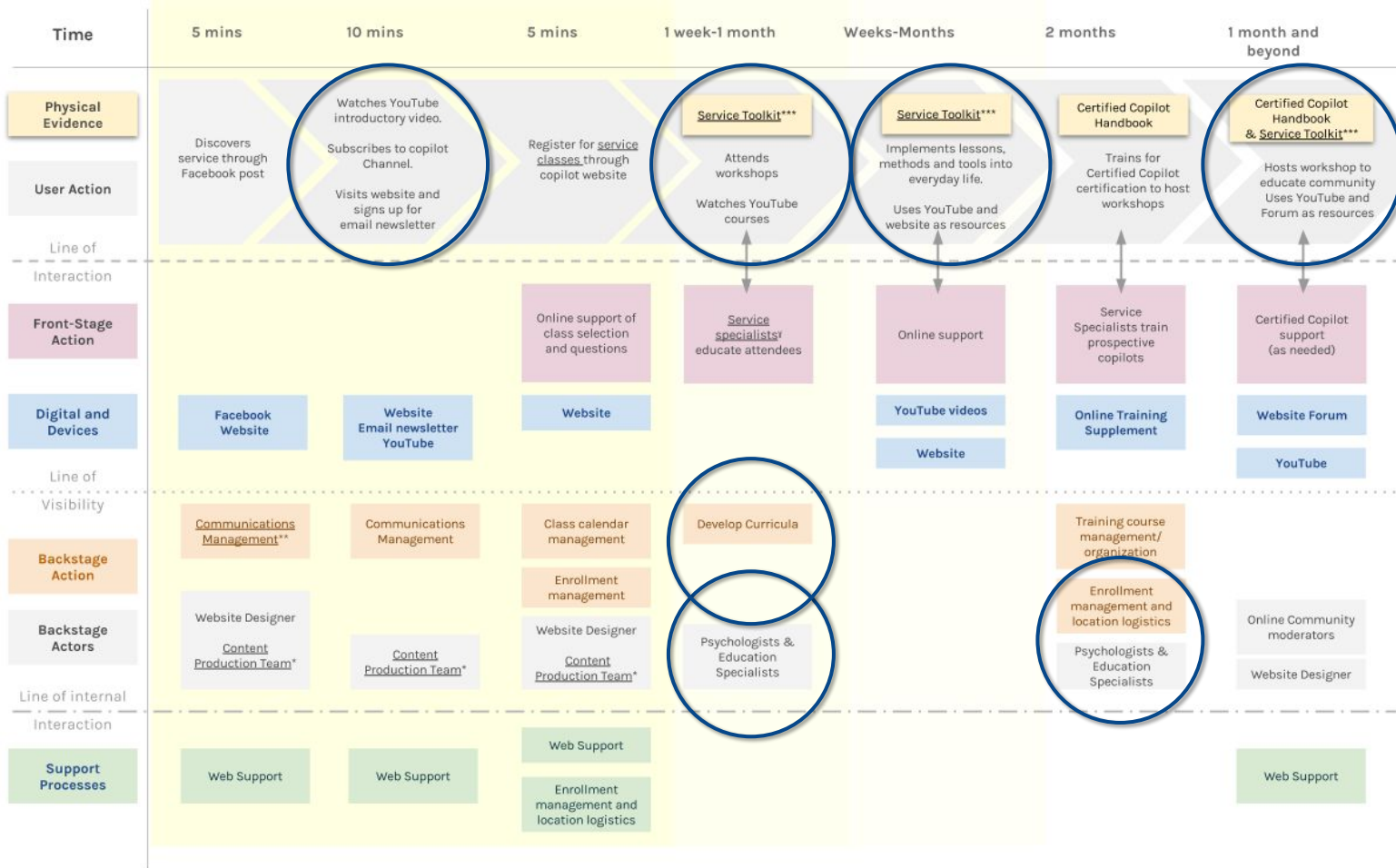
Classes &
Workshops



Service Toolkit



Website &
YouTube channel



*Content Production Team = Psychologists, Educators, Content producer

†Service specialists = child psychologists, education specialist (masters and doctorate level educator),

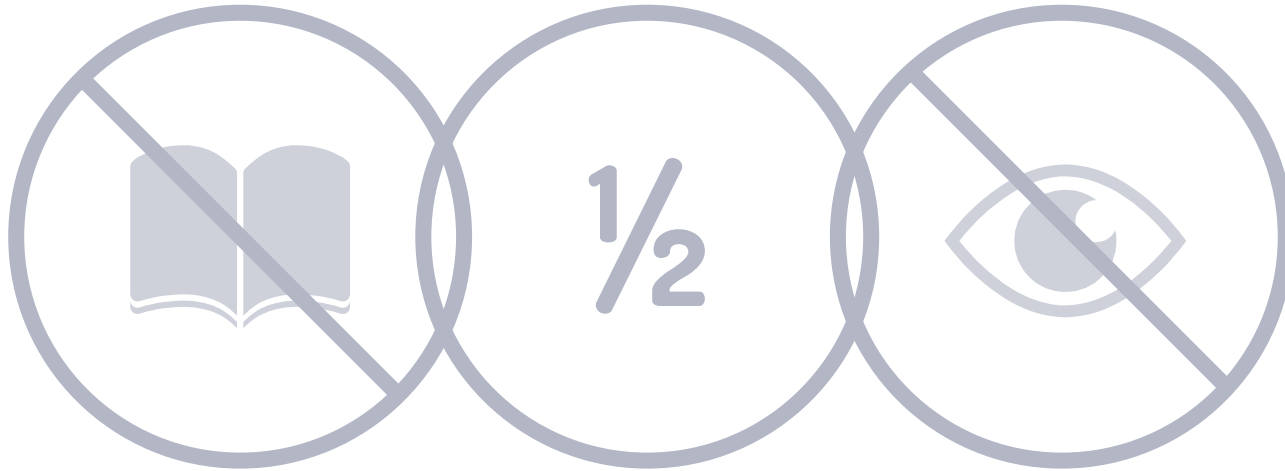
**Communications Management = Social Media Manager, Email marketers

***Service Toolkit = Course catalog, Informational Handouts, Resource List, etc.



how copilot helps

3 main issues

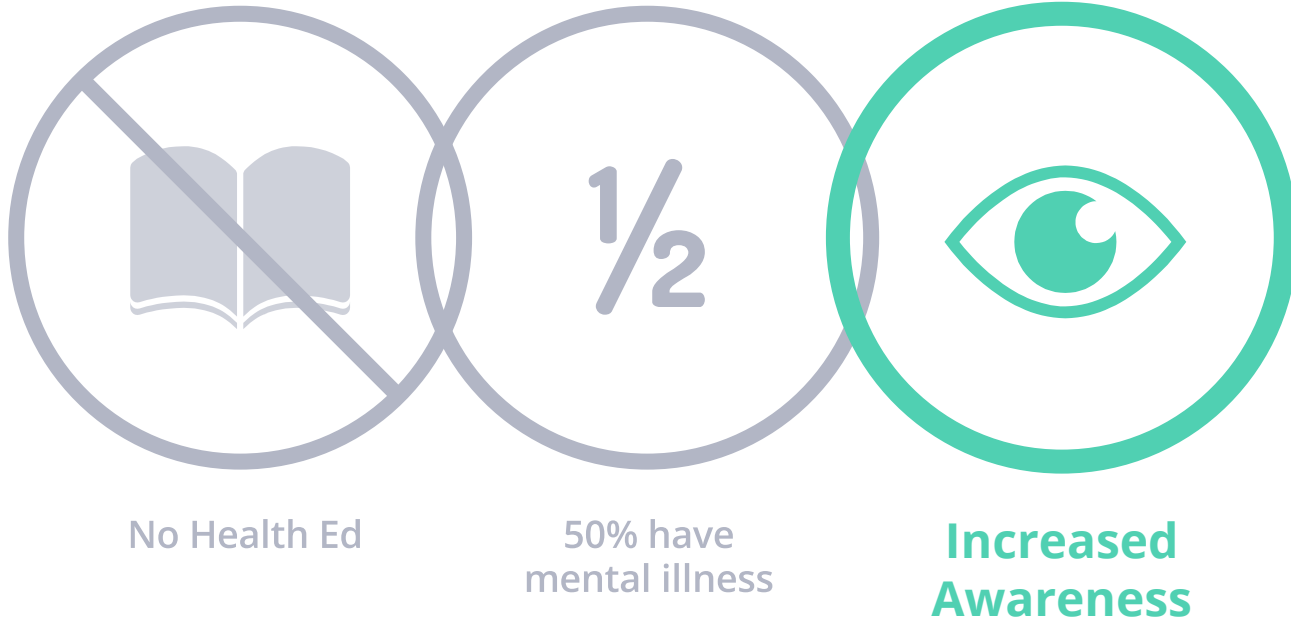


No Health Ed

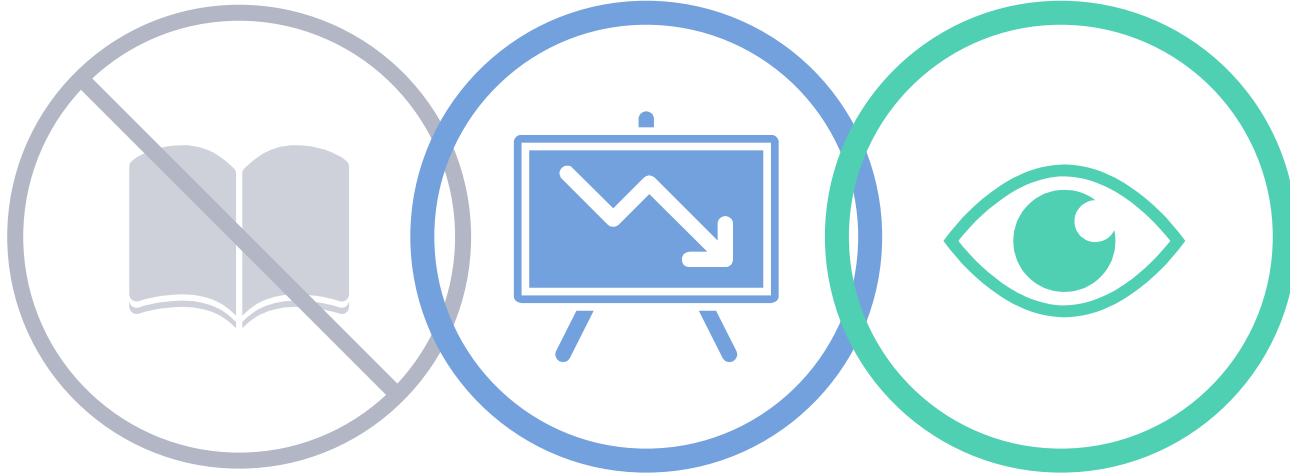
50% have
mental illness

Adults
Unaware

how our service helps



how our service helps



No Health Ed

**Stem the rising
rates of illness**

**Adults
Aware**

how our service helps



**Community
Support**

**Stem the rising
rates of illness**

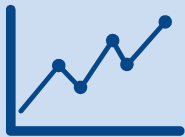
**Adults
Aware**



THANKS!

Any questions?

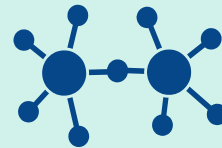
AJ, Ana, Casey, Maile



Increase
Awareness



Adult Education



Certified Copilot

HIDDEN FILES BELOW

All the goodies ;]



is a non-profit created to bring
**youth mental health
awareness and education**
to adults
to create a **support system for
youth & mitigate the rising
levels** of mental illness among
children.



17.1 million had a psychiatric disorder

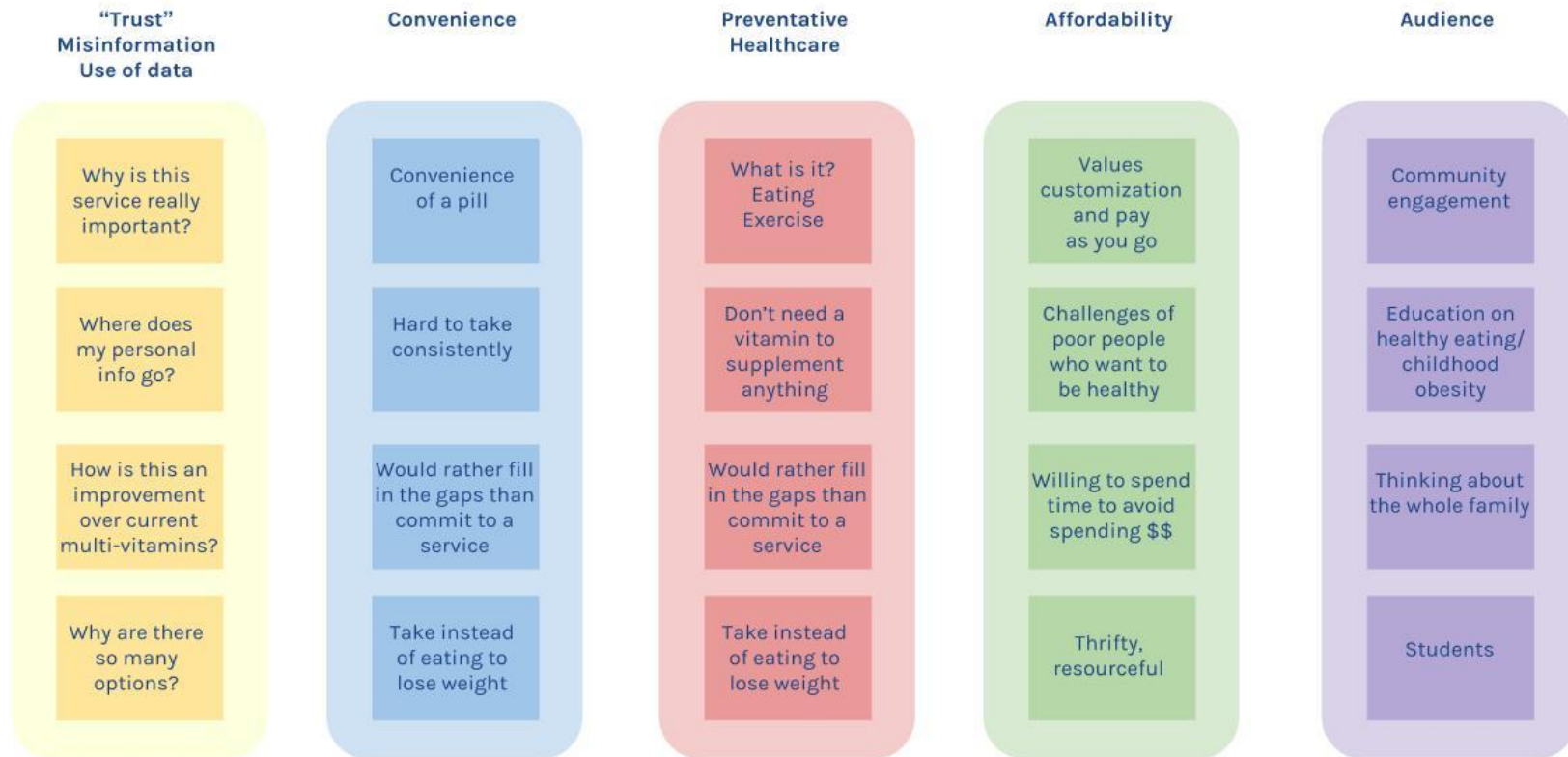
More than cancer, diabetes, AIDS combined

50% of illnesses occurs before 14

75% by the age of 24



Affinity Map from Autoethnographies





Use Case Narrative

Use Case Narrative

Jacob / child

Jessica / parent

Kate / teacher



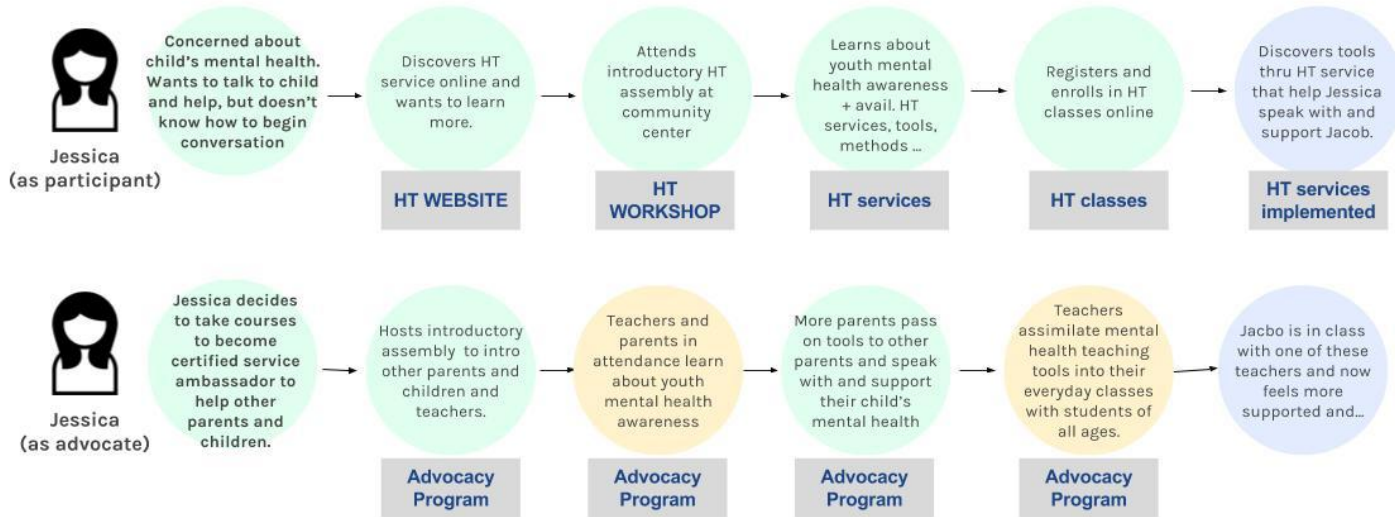
Kate

Concerned with students' mental health- seeing a trend with issues, students feeling unable to talk to adults, that need help



Jacob

Stressed from school and social problems. Difficulty communicating





Survey

QUESTIONS

RESPONSES

12

Survey for Parents

We're collecting data about how parents think about their children's mental wellbeing. Your responses will remain anonymous unless you indicate otherwise. The data collected will only be used to inform a student design project.

How aware are you of your child's mental wellbeing? (1 being not at all; 5 being very well) *

1	2	3	4	5
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How often do you think about your child's mental health?

- ☐ Never
- ☐ Infrequently
- ☐ Sometimes
- ☐ Regularly
- ☐ All the time

How do you support your child's mental wellbeing?

Long answer text

What modes of communication do you use to engage with your child?

Long answer text

May we contact you for future surveys/interview opportunities? If yes, please provide your contact information below.

Short answer text

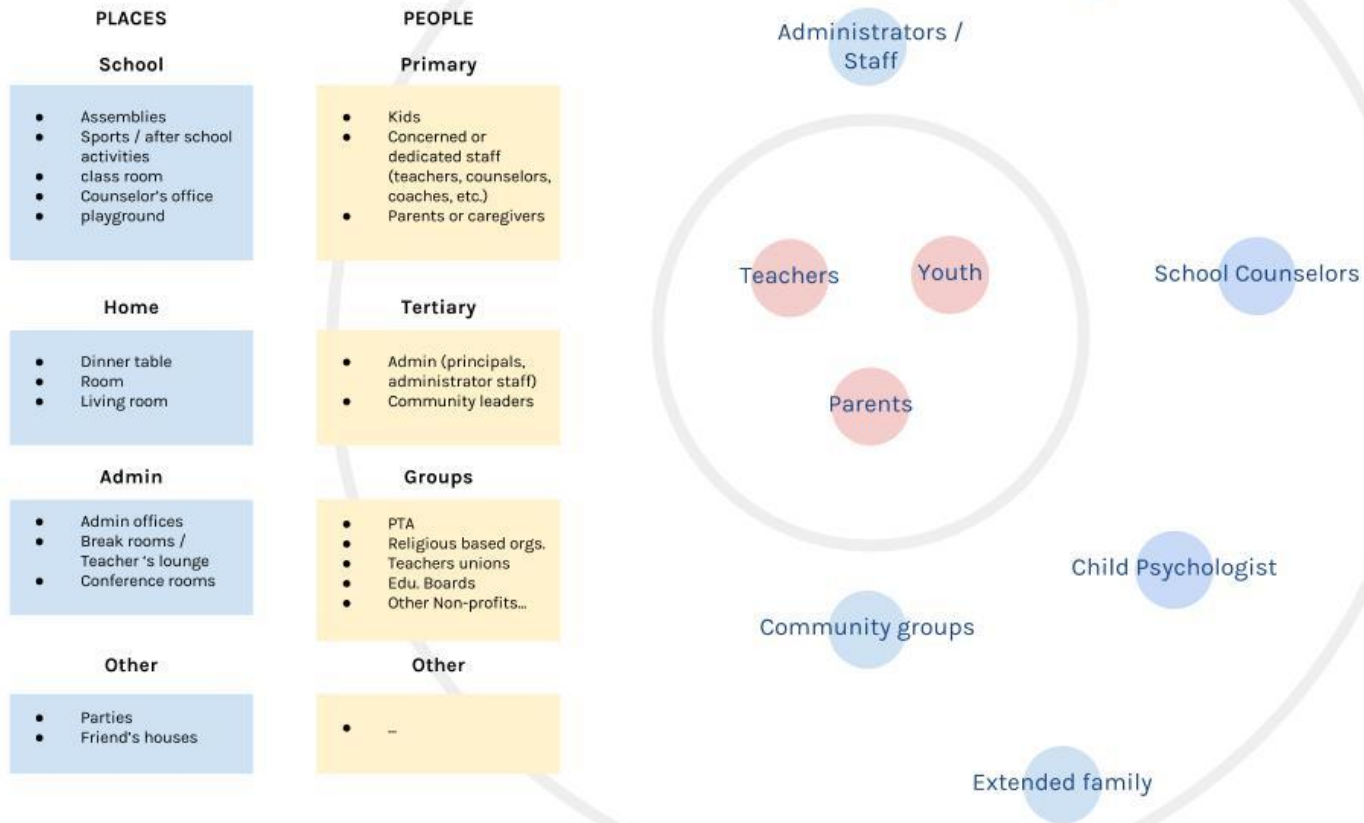


Table 1

QUESTION	PARENT 1	PARENT 2	PARENT 3	PARENT 4	PARENT 5	PARENT 6	PARENT 7	PARENT 8	PARENT 9	PARENT 10	PARENT 11																		
How aware are you of your child's mental well-being? (1 being not at all; 5 being very well)	<table><thead><tr><th>Awareness Level</th><th>Number of Parents</th><th>Percentage</th></tr></thead><tbody><tr><td>1</td><td>0</td><td>0%</td></tr><tr><td>2</td><td>0</td><td>0%</td></tr><tr><td>3</td><td>0</td><td>0%</td></tr><tr><td>4</td><td>4</td><td>33.3%</td></tr><tr><td>5</td><td>8</td><td>66.7%</td></tr></tbody></table>											Awareness Level	Number of Parents	Percentage	1	0	0%	2	0	0%	3	0	0%	4	4	33.3%	5	8	66.7%
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How often do you think about your child's mental health?	<table><thead><tr><th>Frequency</th><th>Percentage</th></tr></thead><tbody><tr><td>Never</td><td>0%</td></tr><tr><td>Infrequently</td><td>8.3%</td></tr><tr><td>Sometimes</td><td>20.8%</td></tr><tr><td>Regularly</td><td>16.7%</td></tr><tr><td>All the time</td><td>50%</td></tr></tbody></table>											Frequency	Percentage	Never	0%	Infrequently	8.3%	Sometimes	20.8%	Regularly	16.7%	All the time	50%						
Frequency	Percentage																												
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Regularly	16.7%																												
All the time	50%																												
How do you support your child's mental well-being?	With unconditional love	Watching their behavior	Lots of open discussions and honesty and safe space	Often ask how child is feeling in regards to school, peers, extra curriculars, personal life.	Keeping an open communication and safe space to share how they're feeling.	By trying to ensure and environment where all emotions are acceptable, even if the way you behave in response to those emotions is not always acceptable. We make sure that our kids know that it is ok to feel the way they do. We work with them to get to the heart of what they are feeling and why so that they can digest it and hopefully make good choices. We are trying to show our kids that they can trust us and have a safe space to understand these emotions no matter how big they are. (3 and 7 year olds)	Ask him questions about how he's feeling	Conversation, attention, love	Plenty of time outside in nature (hikes, play), clean food, lots of rest and a regular rhythm to the day.	I try to make it clear that I'm open for any communication, good or bad.	Lots of time to listen to them, help them learn about strategies related to wellbeing.																		
What modes of communication do you use to engage with your child?	Talking, texting	Open minded approach	Talking	"Family talks"- there are rules of engagement for that. Sometimes books or videos. Spoken word poetry and podcasts followed by conversation about the topics.	Questions, texts, videos	Verbal and artistic...we encourage them to draw/color how they feel, or put on music that makes them feel good	Verbal communication primarily. We have a few books we read together and have brought in art at times to give her another way of explain herself and/or to use as a tool while having a discussion.	Talking, text	Open ended questions about their thoughts and feelings	Drawing, and any focused art projects seem to be a time she asks questions and shares her day. Also lots of reading books brings opportunity for discussion and sharing of feelings.	We talk at night before bed, talking, sometimes drawing																		



Health Tech Stakeholder Map V.0.1
12/2/2017 Group Session





Consequences Of Lack Of Treatment

- Serious mental illness costs America \$193.2 billion in lost earnings per year.
- 15 Mood disorders, including major depression, dysthymic disorder and bipolar disorder, are the third most common cause of hospitalization in the U.S. for both youth and adults aged 18–44
- Individuals living with serious mental illness face an increased risk of having chronic medical conditions. Adults in the U.S. living with serious mental illness die on average 25 years earlier than others, largely due to treatable medical conditions.
- Over one-third (37%) of students with a mental health condition age 14–21 and older who are served by special education drop-out—the highest dropout rate of any disability group.
- Suicide is the 10th leading cause of death in the U.S., the 3rd leading cause of death for people aged 10–14 21 and the 2nd leading cause of death for people aged 15–24
- More than 90% of children who die by suicide have a mental health condition.

[National Alliance of Mental Illness](#)



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