

# Designing Policy Together

## Using Policy Codesign Strategies to Build Local Solutions

## Background: Urgent need for effective policies

- **High prevalence** of mental health challenges among youth (1 in 5 in the U.S.), but inadequate treatment for nearly 50%
- Adolescent substance use disorders impact over **a million U.S. youth**, with only 10% receiving effective intervention
- Better designed policies can help **increase access** to effective mental health care and programs

## Background: Urgent need for effective policies

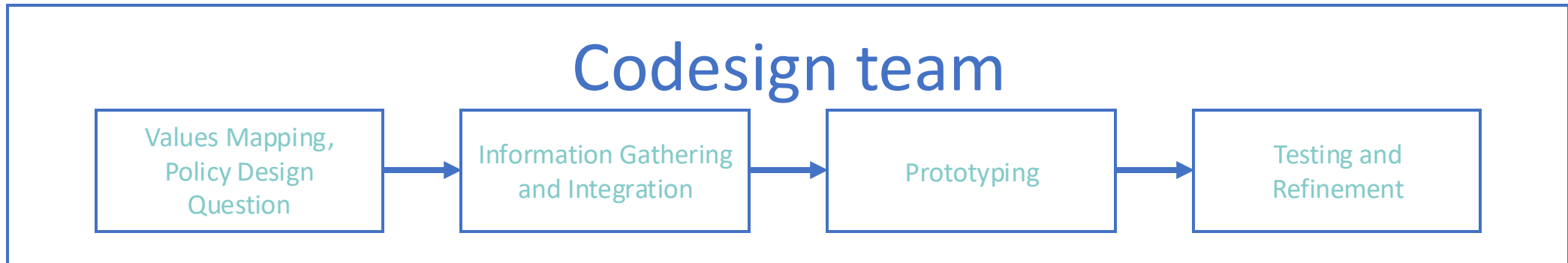
- **High prevalence** of mental health challenges among youth (1 in 5 in the U.S.), but inadequate treatment for nearly 50%
- Adolescent substance use disorders impact over **a million U.S. youth**, with only 10% receiving effective intervention
- Better designed policies can help **increase access** to effective mental health care and programs
- **Barriers to policy success:**
  - Poor multisector collaboration
  - Failure to integrate evidence and community input
  - Lack of commitment from funders
  - Missed political windows
  - Loss of policy intent in implementation

**Policy codesign** is a participatory, creative process to help people in communities learn from each other and explore local policy solutions to complex problems.

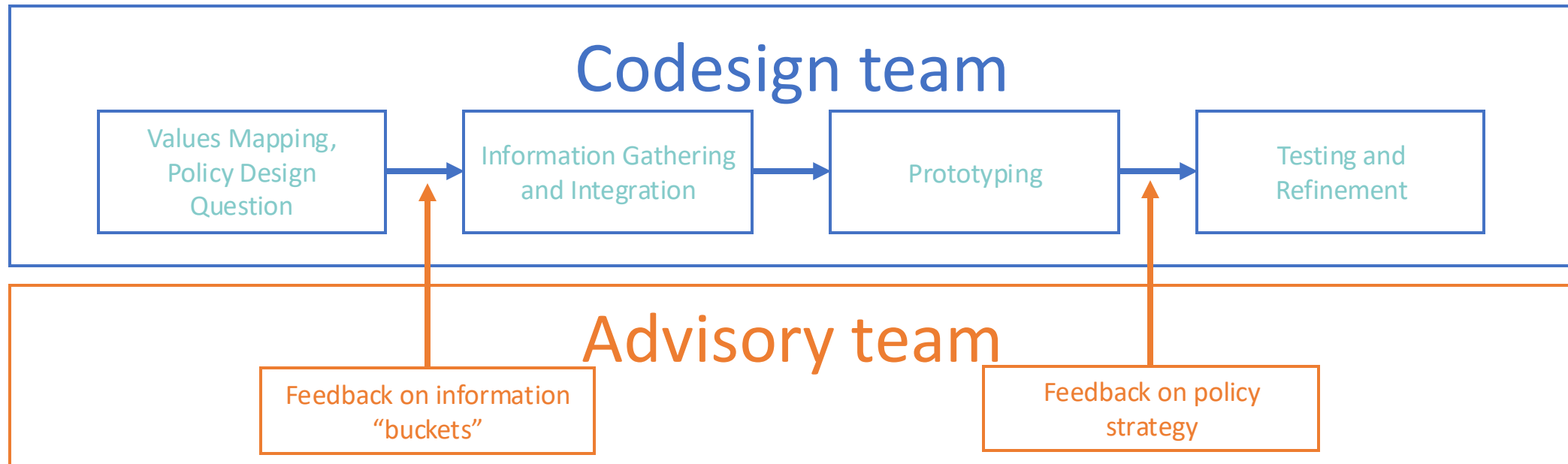
- Supported by **promising studies** in the U.S. & internationally
- Centers **youth and caregiver** voices & perspectives
- Connects **partners across sectors**
- Engages **community** — through existing and new opportunities



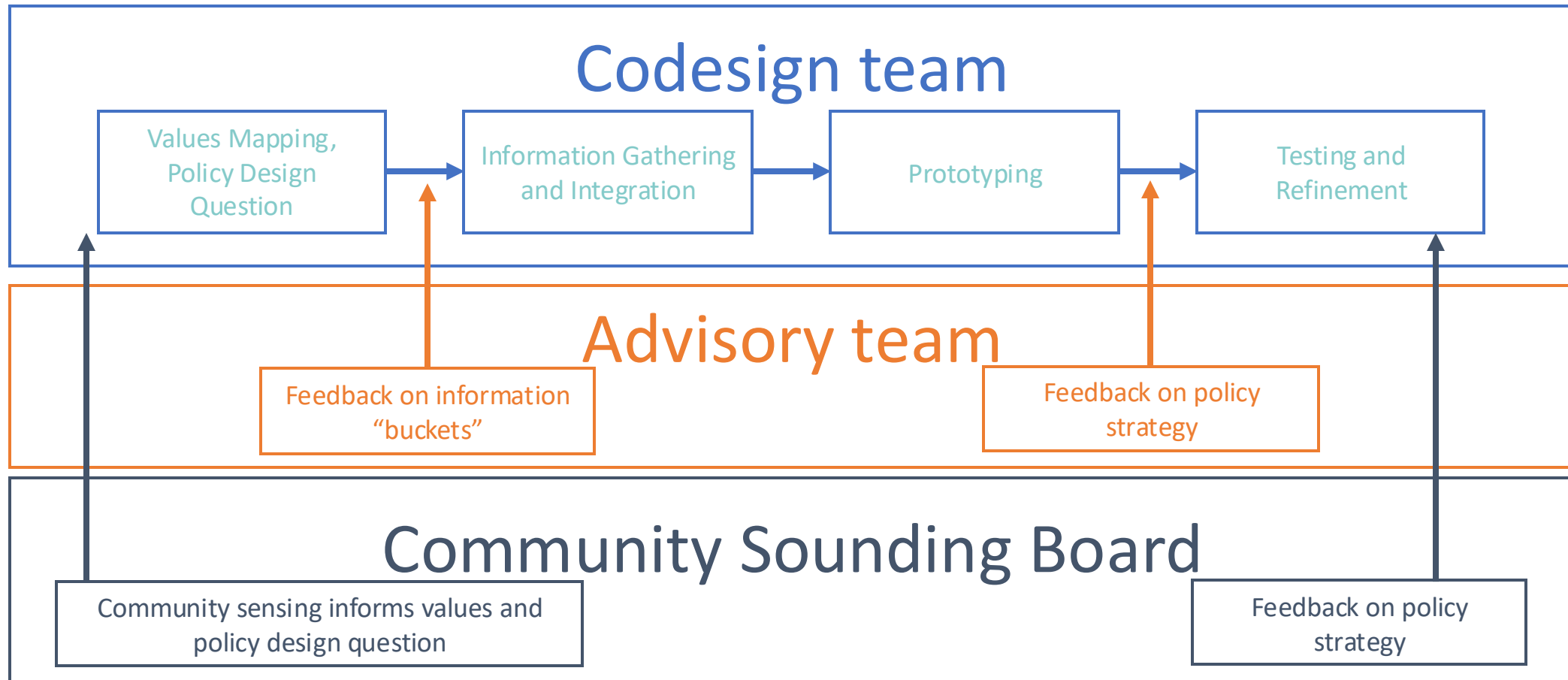
## Three key levels of involvement



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## Codesign team members develop the policy recommendation and implementation plan

- The codesign team consists of **10-15 multisector representatives**
- Design phase runs for **six to eight months**, with workshops happening roughly once every six weeks
- The estimated time commitment is about **25 hours total**



Codesign team members collaborate in a series of **six workshops**



Between workshops, the **advisory team** and **community sounding board** offer broader perspectives



The outcome is a **policy recommendation** tailored to final client





**Advisory team members** provide acceptability and feasibility checks on emerging ideas and policy recommendations

- **Comprised of 15+** multisector partners
- Meets **twice over the six months** in addition to being available to support codesign team members
- Codesign team members may reach out to advisory team members to **gather information or vet ideas**

# Results from Okanagan County

## Child, Youth and Family Centers (CYFC)

CYFC is the vision that youth all across the county will have the opportunity to engage in positive, out of school activities and be able to access youth friendly and supportive physical spaces.

A subgroup of the larger codesign team developed a draft strategic plan for achieving this vision, drawing from principles developed during the codesign process:

- Promote activities that promote creativity and celebrate youths' diverse cultures
- Youth voice and leadership
- Accessible hours for youth physical spaces

The CYFC strategy includes three levels of proposed implementation: county coordination, local coordination, and programming.

# Results from Okanagan County

## County level

- Support the North Central Washington regional library system to act as a system coordinator for local CYFC planning.
- Engage a youth ambassador team to advise on the county strategy

## Local Coordination

- Support graduated implementation of the CYCF strategy right-sized to each libraries' capacity.
- Local youth leadership

# Results from Okanogan County

## Additional Benefits

Building a regional system focused specifically on positive youth development and engagement through NCW Libraries provides secondary benefits for the Okanogan county community. These include:

- Raising regional awareness and interest in youth wellness as a county priority,
- Creating a path for the smooth dissemination of helpful information and materials from a centralized source directly to local communities,
- Building a bidirectional relationship between local ownership and a central coordinating hub through the youth ambassador program,
- Strengthening relationships between the county and local communities for other important social services like the juvenile court system.

## Results from King County

Policy principles and strategies were developed by a core team of multi-sector partners representing key system, community, research and policy viewpoints:

### Foundational Principles

- Racism is a public health crisis
- The current moment requires bold, disruptive action
- We need to look outside of current systems and approaches
- Youth are already actualized; it is the environments around them that need to change

## Results from King County

### **Community and cultural leaders and institutions should be at the heart of planning and implementation**

- Community-led governance of youth prevention strategies and approaches are integrated at the county and community level with good mechanisms for ongoing feedback and response.

### **Creativity and playfulness is at the heart of prevention and wellness**

- Creativity and playfulness guide funding and program decisions for community services and inspire leaders and decision-makers in their approach to planning, meetings and events.

### **Youth need opportunities to thrive through accessible, experiential, and supportive learning opportunities with attention to supporting health families and communities**

- The county and its partners aspire to create a system where all youth can access supportive, creativity and movement oriented activities. Families are recognized as a critical part of youth's development journey.

### **Youth empowerment and leadership are a critical part of planning**

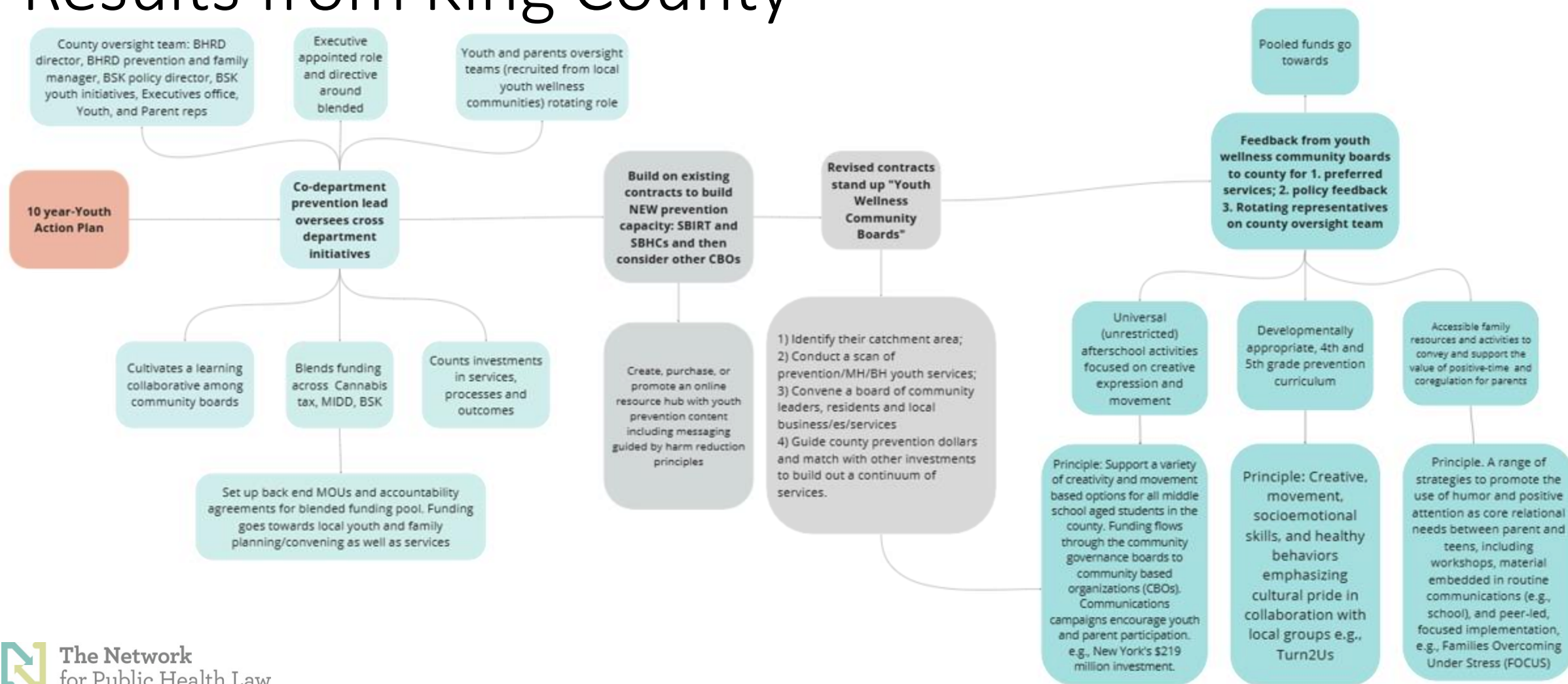
- Youth voice and leadership are promoted at all levels of service delivery, planning and governance. Adults are provided training and support to encourage and nurture youth leadership.

### **Developing a reliable prevention infrastructure will require oversight to connect, bridge and nurture a continuum of funding and approaches**

- The infrastructure for youth prevention at scale will need to be built starting with existing relationships and expanding to achieve a robust network of service providers, community leaders, and government supporters.



# Results from King County





## Contact

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Please take this survey to evaluate conference sessions.



THANK YOU