

Y-HOPE

Expanding Youth Mental Health Services and Advancing Career-Readiness
through the School Counseling Workforce Development

Overview

The **Youth Mental Health - Holistic Outreach Promoting Equity (Y-HOPE)** initiative is a 4-year, \$2.4 million federally funded program. It was awarded to Sacramento State through the Health Resources and Services Administration (HRSA) Behavioral Health Workforce Education and Training Program for Professionals (BHWET-Pro). Y-HOPE is housed in the School Counseling concentration of the Counselor Education program and responds directly to behavioral health workforce shortages and unmet mental health needs of Tk-12 students.

Key Program Goals

- **Expand the behavioral health workforce by** recruiting and training diverse school counseling trainees to address the mental health needs of Tk-12 students, especially in high-need, high-demand school districts across the Sacramento region.
- **Provide \$25,000 stipends** to full-time Y-HOPE trainees during their internship year to reduce financial barriers and support trainees' full participation.
- **Deliver high-quality, culturally responsive, and evidence-based training** on mental health literacy, trauma-informed counseling, social determinants of mental health, and creative and expressive arts in school counseling.
- **Partner with school districts** to increase access to experiential training in high-need settings to complete 900 hours of supervised clinical experience.
- **Expand and train clinical supervisors** through professional development opportunities to strengthen clinical supervisor capacity.
- **Strengthen interprofessional team-based care** to prepare school counseling trainees to collaborate across disciplines.
- **Support graduate employment in underserved communities** by offering job placement resources, facilitating alumni mentorship, and establishing employment pipelines through partnerships with school districts and community-based organizations.

For more information, please contact the School Counseling faculty leading the Y-HOPE initiative:

Project Director: Dr. Maiko Xiong, m.xiong@csus.edu

Co-Principal Investigators: Dr. HyunGyung Joo, joo@csus.edu and Dr. Elisabeth Liles-Lourick, eliles@csus.edu