An Evaluation Pilot Study of Amplify, a headspace-Inspired Early Intervention Clinic

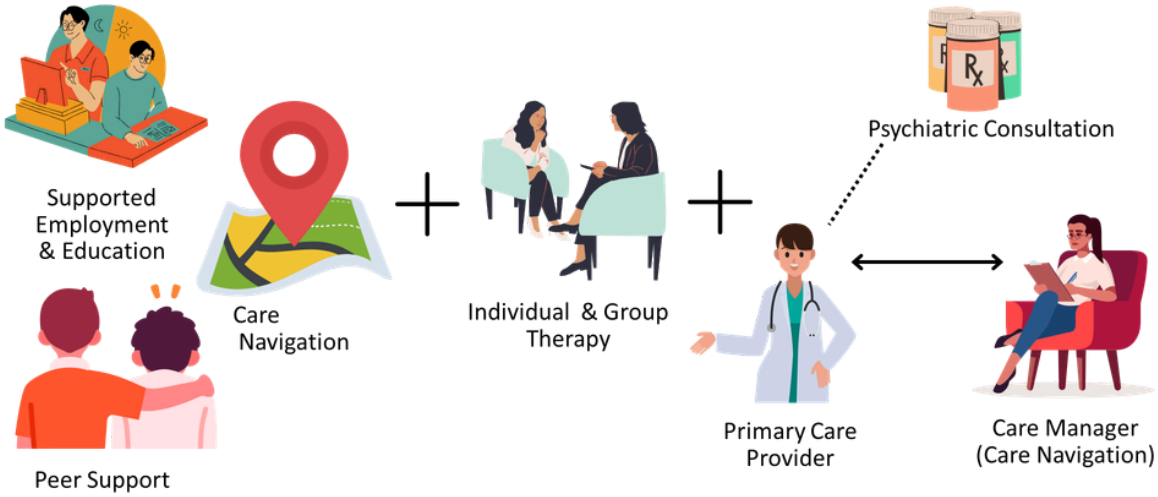
The US is experiencing a youth/young adult mental health crisis. Earlier detection and treatment is critical for preventing long-term struggles. Following Australia's success with headspace (an integrated youth services model), UT-Austin tested the feasibility and preliminary impact of a young adult specific integrated clinic (called *Amplify*) in a US context.

Features of Integrated Youth Services

- Physical space is separate from child or adult services
- Value of youth participation and co-design
- "One-stop shop" integrated care at highly visibility community location
- Flexible or "light touch" approach to diagnosis, especially in early fluid stages of mental illness

Amplify Design

"Amplify" was initially implemented in 2023 at Austin Community College with students ages 18-29. In year 1 of implementation, participants (n=60) completed online interest screening, an assessment with a licensed mental health professional at enrollment, & standardized measures while enrolled. Amplify provides the following types of services:



Study Findings

- Most Amplify participants had moderate to acute mental health distress at enrollment.
- Most participated in at least 2 service modalities while enrolled.
- Service satisfaction was high at 60- and 180-days enrolled.
- Mental health distress significantly decreased from enrollment to 60-days & 180-days.
- Amplify is feasible and promising for young adult community college students in US.

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See our article in ***Psychiatric Services*** for findings, practice & policy implications.
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