

FY 25-26

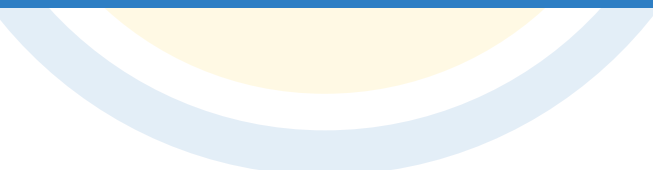
Junior Psych Academy

ANNUAL REPORT

UC San Diego Community Psychiatry
Junior Psych Academy
Health Professions Pathway Program



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OVERVIEW

Junior Psych Academy (JPA) is funded by the Health Care Access and Information (HCAI) grant through the Health Professional Pathways Program until 2027. HCAI and HPPP support and promote a diverse and competent behavioral health workforce in underserved communities in California.

JPA, under University of California San Diego (UCSD) Community Psychiatry Program, focuses on serving high schools and junior colleges in medically underserved areas (MUA) determined by the Health Resources and Service Administration (HRSA) to enhance current health-related curriculums and promote careers in behavioral health.



"Medically Underserved Areas (MUAs) may be a whole county or a group of contiguous counties, a group of county or civil divisions or a group of urban census tracts in which residents have a shortage of personal health services." (OSPHD, 2011)

MISSION

- Foster interest and exposure to careers in behavioral health and in the public mental health system
- Empower students to succeed in their respective goals through mentorship, comprehensive career support, training, and wellness.

"To inform and motivate minority and disadvantaged students to pursue health professional careers and provide support, encouragement, and training to minority health professionals to practice in health professional shortage areas of California." (HCAI, 2022)

GOALS

- Enroll 600 students/year across 7 high schools and 2 community colleges
- Provide educational, financial, and wraparound services
- Provide peer and faculty mentorship opportunities
- Expose student to behavioral healthcare careers
- Provide academic counseling/academic preparation
- Form institutional partnerships

OUTCOMES



In FY25-26, JPA has had the opportunity to connect with community members and foster collaborations with the San Diego Unified District, Sweetwater Union High School District, Grossmont Union District, and local community colleges. Our busiest month was May 2026, where we hosted 7 events that month.

MENTORSHIP

JPA expanded its mentorship program and established 13 mentor-mentee relationships. Through the program, JPA provided SAT/ACT prep to high school students and connected them with opportunities to obtain experience in their field of interest.



EDUCATIONAL TRAININGS

JPA provided funding for various educational classes and trainings to support students and staff. These include:

- 2 SAT/ACT preparatory courses
- 25 NCLEX UWorld subscriptions
- 2 Youth Mental Health First Aid (YMHFA) instructor trainings
- 1 National Association of School Psychologist conference



OUTCOMES

JPA served a total of 759 students from 2025 - 26. Through teaching health related curriculums, hosting career panels, funding lab activities, and participating in hands-on-learning, we were able to provide a variety of opportunities to promote behavioral health careers.

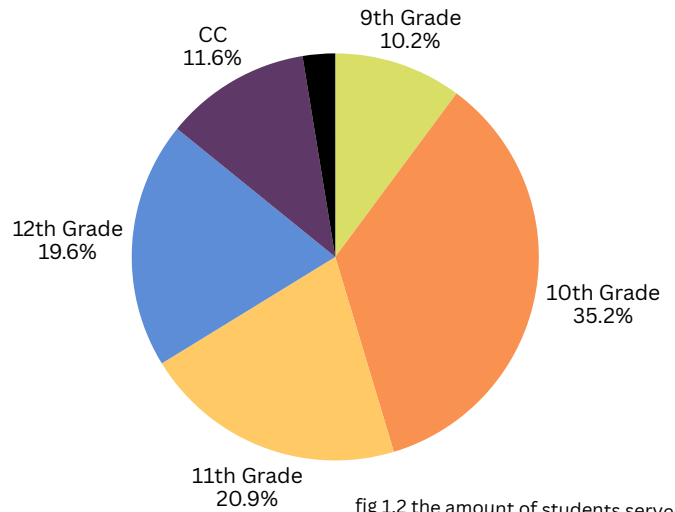


fig 1.2 the amount of students served. This is based on 699 completed surveys

CURRICULUMS

JPA Curriculum highlights include:

- Stigma around Mental Health
- Psychopharmacology of Psychiatric Medications
- Origami Workshop
- Dream Mapping Workshop
- Nursing Careers
- Behavioral Health Careers



CAREER PANELS

JPA hosted 9 Mental Health Career Panels. Our panel included:

- Psychiatrists
- Psychiatric Mental Health Nurse Practitioners
- Registered Nurses
- Psychologists
- Public Health Specialists
- Neuropsychologists
- Social Workers
- Marriage and Family Therapists

JPA funded school wide wellness fairs and zen zones across 2 schools to promote positive mental health.



ACTIVITIES

With a mission to serve students, JPA was invited by our partners to participate in student-led events, community science fairs, mock interviews, and career exploration activities. These events included:

Doc 4 A Day

College/Career Fairs

Project Based Learning Exhibitions

Senior Exhibition Presentations

Greater San Diego Science & Engineering Fair

Resume & Cover Letter Building Workshops



TESTIMONIALS



"Thank you for the incredible visit last week! My students had a great time and learned so much from your panel members!"
-SD High

"Our students [shared] how they loved our classes and have learned so much with our hands on lab approach and look forward to attending class each day. We would not have been able to do so many labs without your support!"
-Sweetwater HS

I want to sincerely thank you for all of the support you have provided to our Health Academy students and program this year. Your mentorship, presentations, donations, field trip opportunities, and encouragement have made a tremendous impact on our students and their future goals."
-Sweetwater HS

"Our students were highly engaged, and many benefited from hearing directly from professionals about the different pathways available after high school . . . Your insights helped make these opportunities feel more accessible and real for them."
-Launch Virtual Academy

"Thank you again for hosting such an awesome career panel! Your program align[s] so closely with our goals to provide high school students with the exposure and knowledge of many health career pathways."
-FACES for the Future

"Thank you for facilitating such an incredibly successful origami workshop with our students in December. It was a huge hit! Our students were highly engaged and had a wonderful time. Many of them have continued making origami creations . . it has been so special to see their enthusiasm extend well beyond the workshop itself."
- FACES for the Future

ACKNOWLEDGEMENTS

Junior Psych Academy would like to express our appreciation to University of California, San Diego Department of Psychiatry, UCSD Community Psychiatry Program, UCSD Psychiatric Mental Health Nurse Practitioner Student and Fellowship Program, community partners, and mentors for a successful year.

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