

# CYBHI

Children and Youth  
Behavioral Health Initiative



## Quarterly Public Webinar

March 12, 2026



OFFICE OF THE  
CALIFORNIA  
SURGEON GENERAL



# Agenda

Topic	Time	Sub-Topics
<b>Welcome and Today's Agenda</b>	3:00 – 3:10	CYBHI Initiative Wide Updates CYBHI Digital Data Dashboard
<b>Behavioral Health Services Act Overview</b>	3:10 – 3:20	Proposition 1 Overview
<b>Department of Health Care Services, Department of Managed Health Care</b>	3:20 – 3:30	The California Child and Adolescent Mental Health Access Portal (Cal-MAP)
<b>California Department of Health Care Access and Information</b>	3:30 – 3:50	Certified Wellness Coaches BH-CONNECT Broad Behavioral Health
<b>Department of Health Care Services, Department of Managed Health Care</b>	3:50 – 4:15	BrightLife Kids and Soluna CYBHI Fee Schedule Program Updates Peer to Peer Youth Mental Health Pilot
<b>California Department of Public Health Office of Health Equity</b>	4:15 – 4:30	Take Space to Pause Grantee Spotlight: Aspiranet
<b>Office of the California Surgeon General</b>	4:30 – 4:40	Live Beyond
<b>California Department of Public Health Office of School Health</b>	4:40 – 4:55	Safe Spaces Training Recognize, Respond, Connect



# CYBHI Initiative Wide Updates




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# CYBHI Digital Data Dashboard

**Evaluating California's Children and Youth Behavioral Health Initiative**

[Read the reports](#) [Learn more](#)



## Welcome to the CYBHI Evaluation Hub

### Elevating Voices. Driving Change.

California's Children and Youth Behavioral Health Initiative (CYBHI) is a historic multi-year \$4+ billion effort to transform the state's approach to the behavioral health and well-being of children, youth, and families. To ensure this work lives up to its promise, CYBHI is being comprehensively evaluated—tracking progress, identifying challenges, and elevating the voices of those most impacted.

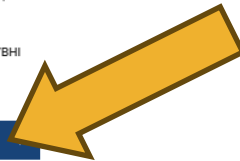
**This site is your go-to resource for reports and insights generated from formal independent evaluations about CYBHI and its impact across California.**

Whether you're a policymaker, researcher, provider, advocate, or community member, you'll find data, stories, and lessons to support your work and deepen your understanding of CYBHI's impact.

Select the button below to view our most recent evaluation product, the CYBHI Data Dashboard, offering insights into recent trends in child and youth behavioral health in California.

[Explore our CYBHI Data Dashboard](#)

[Or our Evaluation Reports Library](#) →



<https://cybhi.chhs.ca.gov/evaluation-hub/>






## CYBHI Data Dashboard

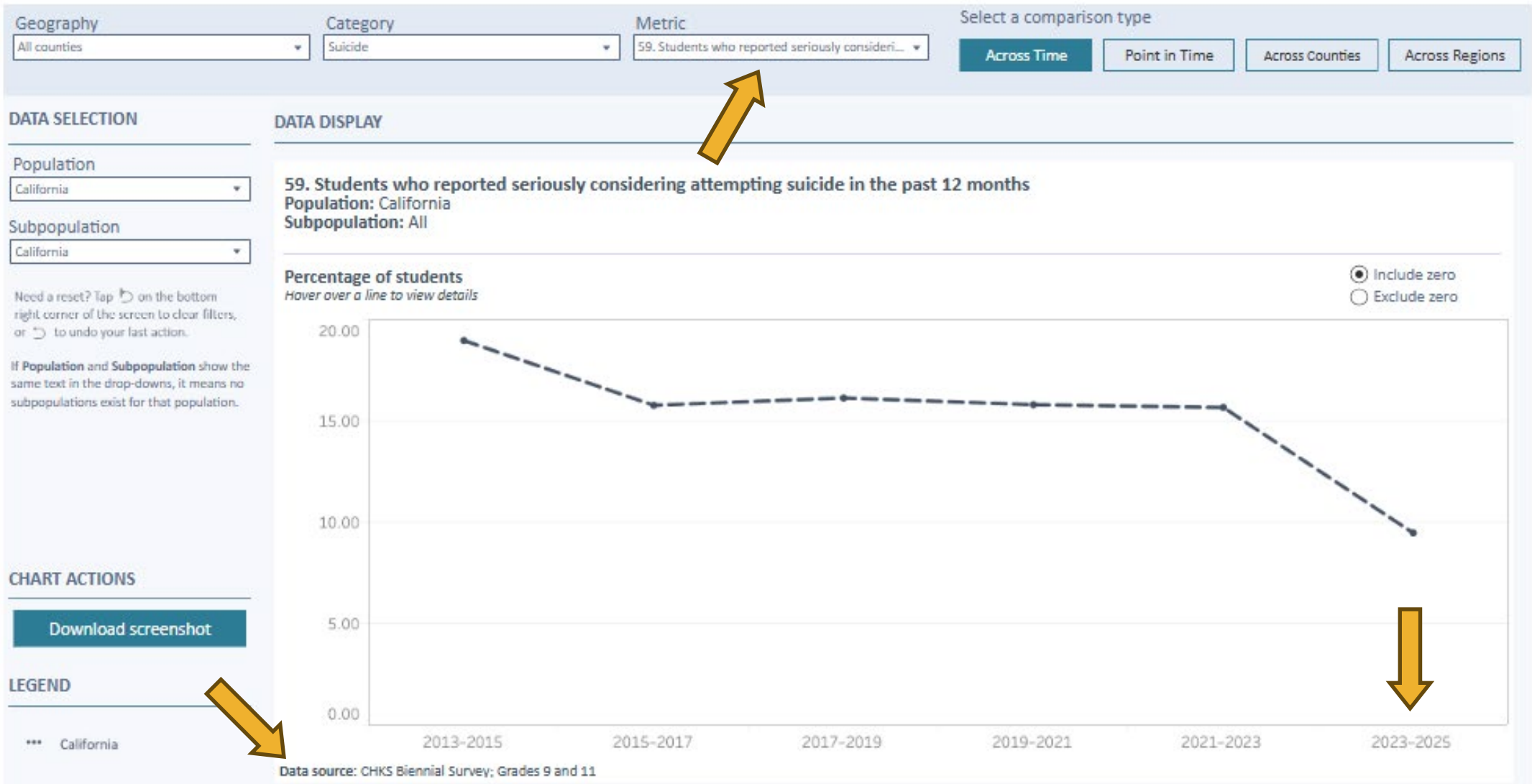
The Children and Youth Behavioral Health Initiative (CYBHI) Data Dashboard offers insights into recent trends in child and youth behavioral health in California. The data align with CYBHI outcome objectives, which reflect CYBHI's goals for improving the behavioral health system for all children and youth in California. Users can explore trends over time, differences across populations, and results by county and region. Refer to the [Data Availability Excel file](#) to see which metrics are available by geography and population group.

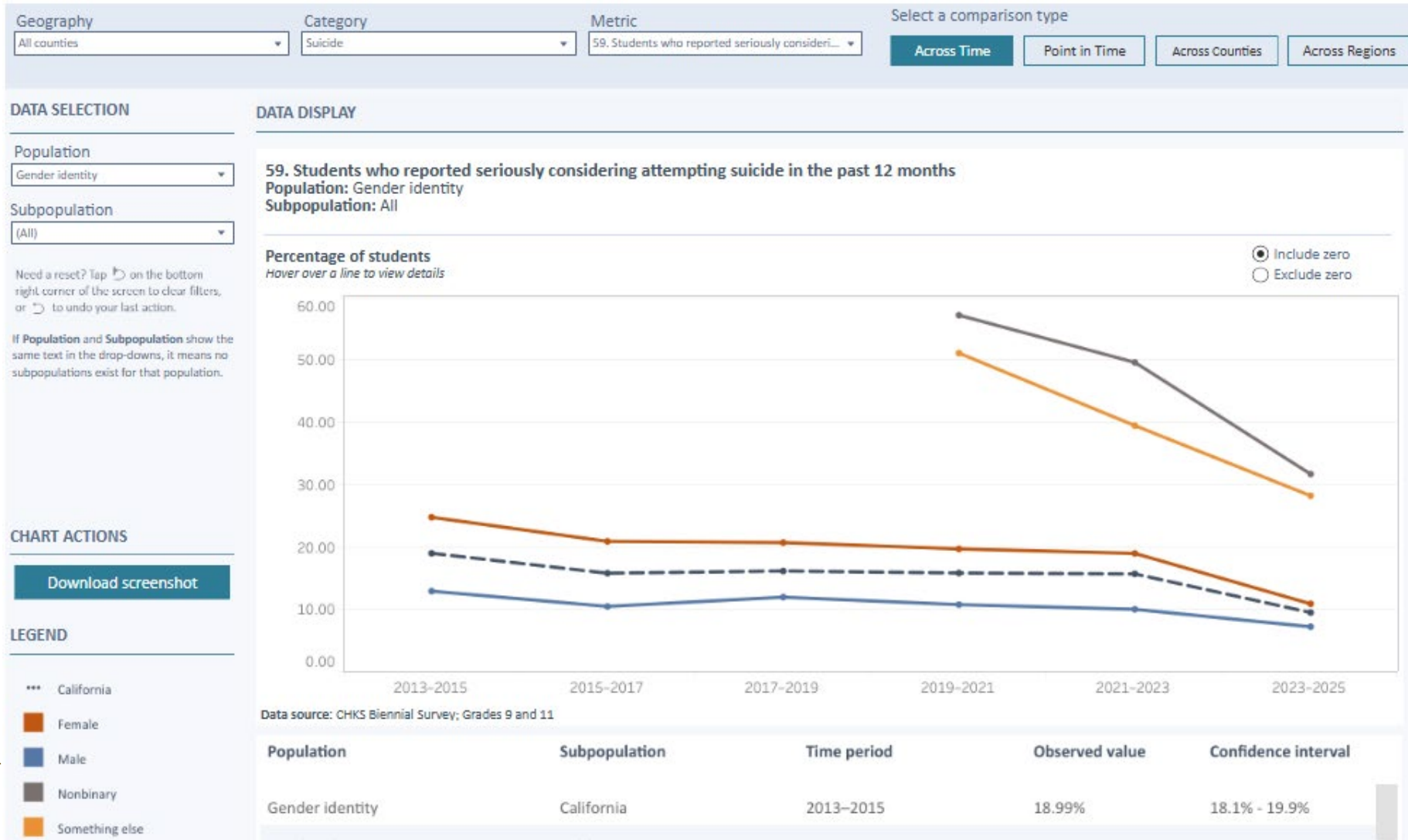


### How to Use the Dashboard

Use these tips or watch a [brief explanatory video](#) to learn how to navigate the dashboard. Click on each step below for more details.

1. Use the first drop-down menu to select your preferred geography 
2. Use the second and third drop-down menus to choose a category (a group of related metrics) and a specific metric. 
3. Choose one of the display options—Across Time, Point in Time, Across Counties, or Across Regions—to view the data 
4. Select a population and subpopulation using the left-hand filters 
5. What if results are not displaying? 







Geography: Orange | Category: School absenteeism | Metric: 32. Students who were chronically absent | Select a comparison type: Across Time | Point in Time

DATA SELECTION

Population: Across county | Subpopulation: (All)

Need a reset? Tap on the bottom right corner of the screen to clear filters, or to undo your last action.  
If Population and Subpopulation show the same text in the drop-downs, it means no subpopulations exist for that population.

CHART ACTIONS

Download screenshot

LEGEND

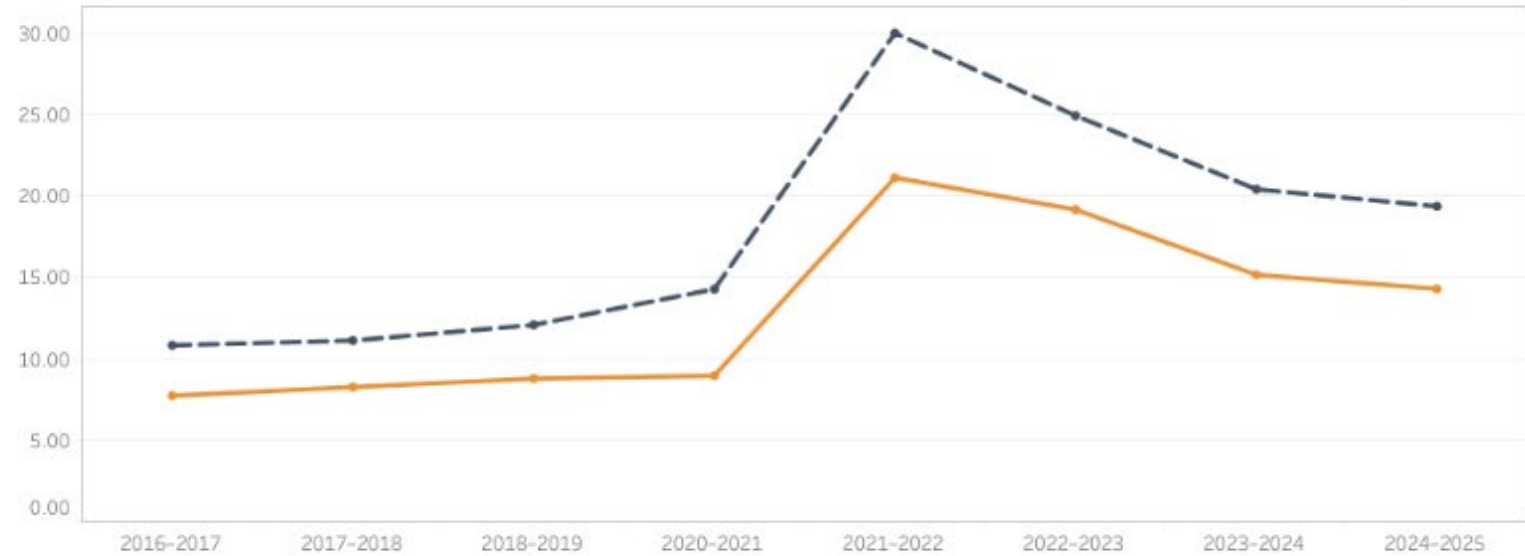
- \*\*\* California
- Orange

DATA DISPLAY

32. Students who were chronically absent  
Population: Across county  
Subpopulation: All

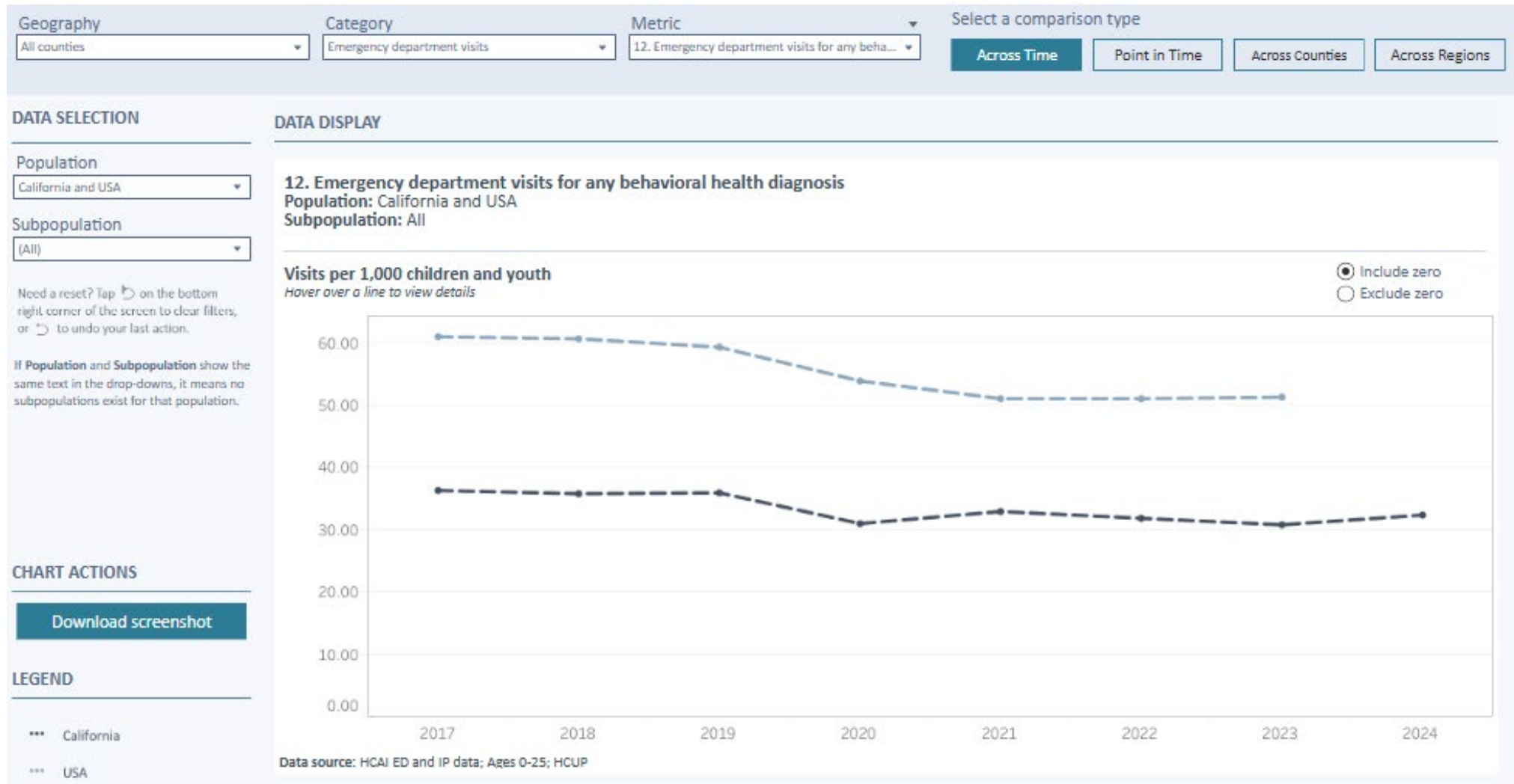
Percentage of students  
Hover over a line to view details

- Include zero
- Exclude zero



Data source: California Department of Education; Grades K-12

Population | Subpopulation | Time period | Observed value | Confidence interval



# Behavioral Health Services Act



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# Proposition 1 Overview



*March 12, 2026*

# Building Out California's Behavioral Health Continuum of Care



## BUILDING BLOCKS OF TRANSFORMATION \*



**FY 2020-21**  
 Legislation to further equality between mental and physical health services (SB 855)

**FY 2021-22**  
 Behavioral Health Continuum Infrastructure Program (BHCIP)  
 Children and Youth Behavioral Health Initiative (CYBHI)  
 California Advancing & Innovating Medi-Cal (CalAIM)

**FY 2022-23**  
 Miles Hall Lifeline and Suicide Prevention Act (AB 988)  
 CalAIM Justice-Involved Reentry Initiative  
 Medi-Cal Peer Support Services  
 Behavioral Health Bridge Housing Program  
 Community Assistance, Recovery, and Empowerment (CARE) Act

**FY 2023-24**  
 Medi-Cal Mobile Crisis Services Benefit  
 Proposition 1 (Behavioral Health Services Act and Behavioral Health Bond)  
 Certified Wellness Coaches

**FY 2024-25**  
 Behavioral Health Community-Based Organized Networks of Equitable Care and Treatment Demonstration (BH-CONNECT) Includes Workforce

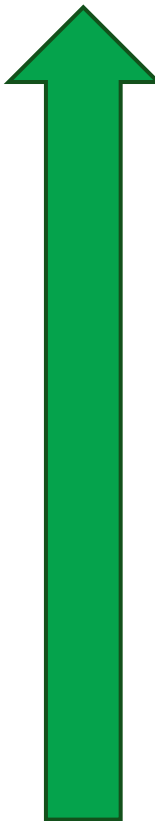
**FY 2025-26**  
 On-going Implementation of Behavioral Health Initiatives  
 CalAIM waiver Renewal  
 Federal Administration Changes




\* Not intended to be a comprehensive list of all behavioral health initiatives

# Achieving Transformation: Measure Impact

## Goals for Improvement

- 
- Care Experience
  - Access to Care
  - Quality of Life
  - Engagement in School
  - Engagement in Work
  - Social connection
  - Prevention & Treatment of Co-Occurring  
Physical Health Conditions

## Goals for Reduction

- 
- Suicides
  - Overdoses
  - Untreated BH Conditions
  - Homelessness
  - Institutionalization
  - Justice Involvement
  - Removal of Children from home

# Proposition 1/ BHSA

## Key Opportunities for Transformational Change

# Prop 1 – Behavioral Health Transformation

In **March 2024**, California voters passed Proposition 1, a **two-bill package**, to modernize the state’s behavioral health care system:

## Behavioral Health Services Act (BHSA)

- **Reforms behavioral health care funding** to provide services to Californians with the **most significant behavioral health needs**
- Expands the behavioral health **workforce** to reflect and connect with California’s diverse population
- Focuses on **outcomes, accountability, and equity**

## Behavioral Health Bond

- Funds behavioral health treatment **beds, supportive housing, and community sites**
- Directs funding for housing to **veterans** with behavioral health needs

# Behavioral Health Services Act Key Opportunities

## Sustainable Investment in Workforce

3% of funds are allocated to the California Department of Healthcare Access & Information (HCAI) to support the behavioral health workforce statewide.



## Inclusion of Substance Use Disorder (SUD)

BHSA expands eligible services beyond those with serious mental illness to include SUD treatment for children, youth, adults & older adults.



## Housing is Health

Housing is an essential component of behavioral health treatment, recovery & stability.



## Supporting Children & Youth

Supports children & youth who have serious mental illness & behavioral health needs. Intervening early in the life course reduces the possibility of having mental illness or SUD in the first place.



## Measuring Progress & Impact

Counties are required to submit *Integrated Plans and Behavioral Health Outcomes, Accountability, and Transparency Reports*, which must cover ALL behavioral health services—including those funded by BHSA, Medi-Cal, county realignment & other funds.



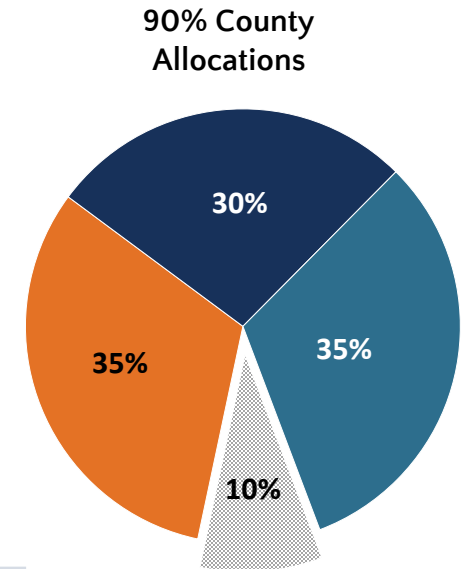
# Behavioral Health Services Act Funding Breakdown

**90%** of total funding allocated to **counties**. Of this amount:

**30%** **Housing Interventions**  
Interventions include rental subsidies, operating subsidies, shared housing, **family housing for eligible children and youth**, and the non-federal share of certain transitional rent.

**35%** **Full Service Partnership Services**  
Comprehensive and intensive care for **people at any age** with the most complex needs (also known as the “whatever it takes” model).

**35%** **Behavioral Health Services and Supports**  
Includes **early intervention (EI)**, outreach and engagement, workforce, education and training, capital facilities and technological needs, and innovative pilots and projects.



Of the 35 percent, counties are required to **use 51 percent** of funds for EI Programs.

- Of that, **51 percent** of the funds for EI Programs must be used to serve BHSA eligible individuals who are 25 years of age and younger.

## County Integrated Plan for Behavioral Health Services & Outcomes:

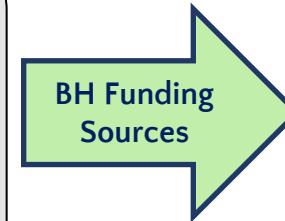
EVERY 3 YEARS:  
First Draft by March 31, 2026  
First Final Due by June 30, 2026

Must include **ALL county behavioral health needs, funding, service & outcomes.**

- All local, state & federal behavioral health funding & behavioral health services
- Budget of planned expenditures, reserves & adjustments
- Alignment with statewide/local goals & outcomes measures
- Workforce strategies

Must be developed:

- With consideration of each Medi-Cal Managed Care Plan's **population needs assessments**
- In collaboration with local health jurisdictions on **community health improvement plans**
- Informed by **local stakeholder input**



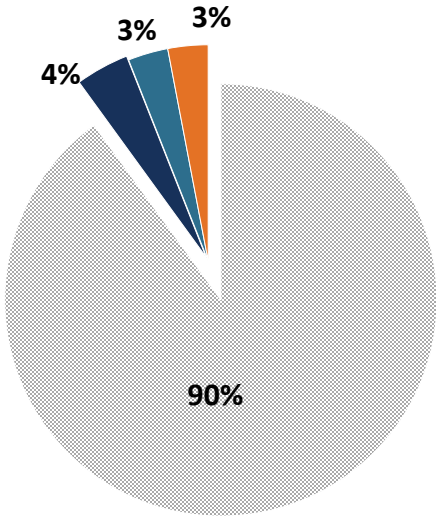
- 1991 Realignment
- 2011 Realignment
- Medi-Cal behavioral health programs
- Federal block grants (e.g. Community Mental Health Services Block Grant)
- BHTSA funds
- Any other federal, state, or local funding directed towards county behavioral health department services (eg Opioid settlement funding, commercial/private insurance, county general fund)

# Behavioral Health Services Act Funding Breakdown

10% of total funding allocated for **statewide investments**. Of this amount:

- 3%** | **Statewide Oversight and Monitoring Activities**  
State entities will develop statewide goals, oversee county outcomes, train and provide technical assistance to counties and providers, research and evaluate, and administer programs.
- 3%** | **Workforce**  
The Department of Health Care Access and Information (HCAI) will expand and support a culturally competent and well-trained statewide behavioral health workforce.
- 4%** | **Population-Based Prevention**  
The California Department of Public Health (CDPH) will administer statewide **prevention services** to reduce the risk of people developing mental health conditions or SUDs.

10% Statewide Investments



# Defining Population Based-Prevention & Early Intervention



## Population-Based Prevention

- Focus can include the **population as a whole**, as well as **specific groups experiencing higher risk**
- Aims to prevent a mental health or substance use disorder **from ever developing**



## BHSS Early Intervention

- Targets **those at risk of or showing early signs** of a mental health or substance use disorder
- Aims to prevent mental health or substance use disorder **from becoming severe and disabling**

# Population-Based Prevention Programs

Population-based prevention programs must:

- Incorporate **evidence-based practices** or promising **community defined evidence practices**
- Meet one of the following:
  1. Benefit the **entire population** of the state, county, or particular community
  2. Serve identified populations at **elevated risk** for a mental health or substance use disorder
  3. Aim to **reduce stigma** associated with seeking help for mental health challenges and substance use disorders
  4. Serve populations disproportionately impacted by **systemic racism and discrimination**
  5. **Prevent suicide, self-harm, or overdose**
- Strengthen population-based strategies

Prevention funding **cannot** be used for early intervention, diagnostic services, or treatment for individuals

# Components of the BHSA Early Intervention programs

**Outreach:** process of engaging, encouraging, educating, training, and learning about ways to recognize and respond effectively to early signs of mental health and substance use disorders.

**Access and Linkage to Care:** to ensure that care can be provided by county behavioral health programs as early in the onset of behavioral health conditions as practicable, and that referrals for medical and social services are provided as needed.

**Mental Health and Substance Use Disorder Services and Supports:** Any treatment services and supports provided under Early Intervention must be proven to reduce the duration of untreated serious mental health illnesses and substance use disorders and assist people in quickly regaining productive lives.

# Key Components of the Population-Based Prevention Program Final Plan

On March 11<sup>th</sup>, California Department of Public Health released their Population-Based Prevention Program Final Plan

- **Statewide Policy Initiatives** – to address new and emerging behavioral issues and threats, and novel and emerging substance use
- **Focused Statewide Behavioral Health Strategies** – includes the investment in CalHOPE and an established set of focused strategies
- **Statewide Awareness Campaigns** – includes investment in maintenance of ongoing campaign assets (Never a Bother; Take Space to Pause; Live Beyond and Facts Fight Fentanyl) and development of three new awareness campaigns:
  - Suicide and Self-Harm Prevention – focused on young adults, older adults and veterans
  - 988 Suicide and Crisis Lifeline and Behavioral Health Services
  - Substance Use Prevention

# Key Components of the Population-Based Prevention Program Final Plan (ctd)

- **Training and Technical Assistance** – supports CDPH expertise to ensure success of policy work and implementation of prevention strategies
- **Community Engagement** – includes development of an Implementation Workgroup
- **Statewide Evaluation** – dedicated staff and resources to monitor the effectiveness of all BHSa population-based prevention activities, including those within CDPH. This includes data collection, analysis, and reporting to ensure transparency and continuous improvement in behavioral health outcomes.

To view the Population-Based Prevention Program Final Plan, [follow this link](#)

## Next Steps:

- CDPH will also be releasing any specific funding announcements related to the various funding opportunities mentioned in this Plan during the **early part of 2026**.
- For more information on forthcoming funding announcements, please continue to monitor the [CDPH Website – Transforming Behavioral Health](#) for more information. You may also sign up for continued updates [here](#).

# Major Milestones 2026

- » First **Draft County Integrated Plan** due (March 2026)
- » **Bond BHCIP Round 2** award announcements (March 2026)
- » HCAI to launch **two additional BH-CONNECT Workforce Initiatives**: the Medi-Cal Behavioral Health Scholarship Program and the Medi-Cal Behavioral Health Community-Based Provider Training Program
- » **CDPH** released its **final Population-Based Prevention Program Guide** (March 2026)

- » **BHSA Go Live** for new BHSA funding components (July 1, 2026)

2026 Q1

2026 Q2

2026 Q3

2026 Q4

On the Horizon

- » First **Final County Integrated Plan** due (June 2026)
- » HCAI to publish final **Workforce Education and Training (WET) Plan**
- » HCAI to launch the **Medi-Cal Behavioral Health Recruitment and Retention Program**

- » **Behavioral Health Outcomes, Accountability, and Transparency Report (BHOATR)** Draft submitted to DHCS (January 30, 2028)

# Get Connected on Prop 1/BH Transformation



» Visit [CalHHS's BHT website](#)



» Visit [www.mentalhealth.ca.gov](http://www.mentalhealth.ca.gov)

## Behavioral Health Services Act Resources



- » Visit [DHCS's BHT Website](#)
- » [Sign up](#) for DHCS's BHT Newsletter



- » Visit [CDPH's BHSA Website](#)
- » [Sign up](#) for CDPH's BHSA newsletter



- » Visit [HCAI's BHSA Website](#)

## Behavioral Health Bond Funding Resources



- » Visit [BCSH's Homekey+ website](#)



- » Visit [HCD's Homekey+ website](#)



- » Visit [DHCS's Bond BHCIP Website](#)

# BHT Resources:

## Infographics

- Overview of Behavioral Health Transformation changes, [linked here](#).
- Overview of the Community Planning Process and local stakeholder engagement, [linked here](#).
- Overview of behavioral health settings, services and funding sources, [linked here](#).

## Helpful FAQs

- [Behavioral Health Services Act FAQ](#)
- [Integrated Plan & County Portal FAQ](#)
- [Behavioral Health Services Act and Behavioral Health Community-Based Organized Networks of Equitable Care and Treatment \(BH-CONNECT\) Evidence Based Practices Overlap FAQ](#)
- [Behavioral Health Services Act Housing Interventions & Medi-Cal Community Supports FAQ](#)

# BHT Resources (ctd)

- Link to [the BHSA County Policy Manual](#)
- [BHSA Myths vs Reality](#) clarifies and dispels frequent misconceptions or “myths” about the BHSA

## Data:

- [CalMHSA Data Explainer Series](#) includes data dashboards for the statewide BH goals

## Funding:

- [BHSA FY 2025-26 Prudent Reserve Funding Levels](#)
- [County Funding Sources for Integrated Plan](#)

## Community Planning Process:

- [CalMHSA/BHSA Meaningful Engagement Guidebook](#) (May 2025)
- Engaging in the Community Planning Process Webinar [slides](#) and [recording](#)

[CalMHSA Medi-Cal Provider Training](#)

# Thank you

# Department of Health Care Services (DHCS) & Department of Managed Health Care (DMHC)

The California Child and Adolescent Mental Health Access Portal  
(Cal-MAP)



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# The California Child and Adolescent Mental Health Access Portal (Cal-MAP)

*A Children and Youth Behavioral Health Initiative CalHOPE program powered by UCSF.*

*Empowering California Primary Care Providers to Assess and Treat Mental & Behavioral Health Conditions in Youth 0-25*

Lisa Fortuna MD MPH MDiv, UC Riverside, Cal-MAP

Petra Steinbuchel, MD, Director, Cal-MAP

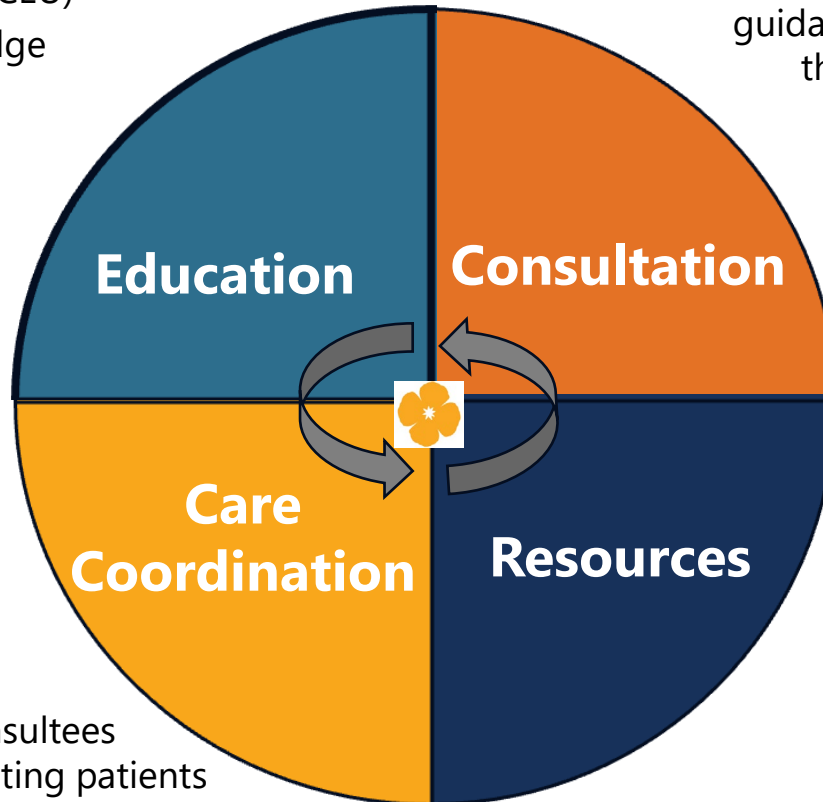
# Mental Health Access Programs

**Continuing education and practice transformation assistance,**

Awareness  
Incentivize (FREE CME / CEU)  
Impart Didactic Knowledge  
Establishes  
Relationship  
Expertise  
Credibility

Office Hours and **real-time consultation** with behavioral health expert consultants

Consultation provides coaching, guidance & 'teachable moments' that over time serve to build **knowledge, skills & confidence** that can be applied to many patient encounters



Resources  
Referral navigation  
Care coordinators support consultees accessing referrals and connecting patients to higher levels of care when needed.

Website  
Tip Sheets  
Tools for Screening & Communications & Assessment  
Behavior management

## Applications

- » Pediatrics
- » Perinatal
- » Substance Use
- » Early Childhood
- » Eating Disorders
- » Autism
- » Emergency



Cal-MAP

# CALIFORNIA CHILD & ADOLESCENT MENTAL HEALTH ACCESS PORTAL

A CalHOPE program powered by UCSF

## Do you need help managing the behavioral health needs of your patients aged 0-25?

California primary care clinicians now have free access to expert mental and behavioral health consultations for patients aged 0-25.

**Cal-MAP** provides free CME\*-eligible education and resources and clinician-to-clinician consultation with expert psychiatrists, psychologists and social workers regarding best practices in evidence-based, trauma-informed, culturally responsive care.



## What Cal-Map Offers



### Mental Health Curbside Consultation [↗](#)

Schedule a free consultation with a child psychiatrist, psychologist or care coordinator for patient care recommendations



### Education [↗](#)

Access free CME\* & CEU\*\* eligible trainings online and in-person



### Resources [↗](#)

Explore and download curated resources and tip sheets for primary care providers and families with topic- and diagnosis-specific information

\* CME: Continuing Medical Education

\*\* CEU: Continuing Education Units



**"The program has been an absolute godsend... Everyone has been so supportive. I have learned so much and my patients' psychiatric care has dramatically improved."**

-Barbara Botelho, MD, Pediatrician

**Get your behavioral health questions answered today with a Cal-MAP consult**



**Or Call (800) 253-2103**

Monday - Friday, 8:30am-4:30pm

# CONSULTS as of February 15, 2026



**7,236** Total Completed Consults



Completed  
Psychiatry



Completed  
Care Coordination



Completed  
Psychology



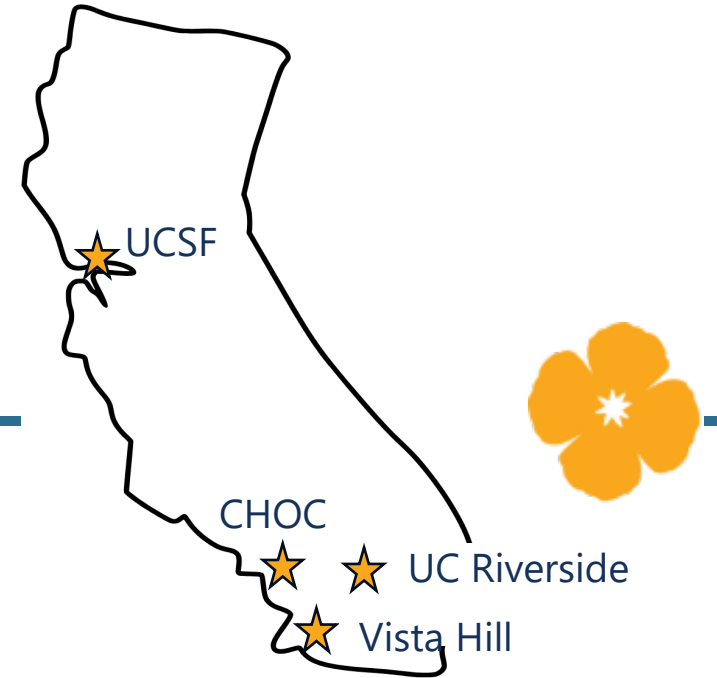
# Cal-MAP Partner Site Expansion

**April 2024**

CA DHCS  
CYBHI  
launches  
Cal-MAP

**March 2025**

★ **UC Riverside  
launches as Cal-  
MAP Partner  
Site**



**September 2024**

Cal-MAP  
platform launches

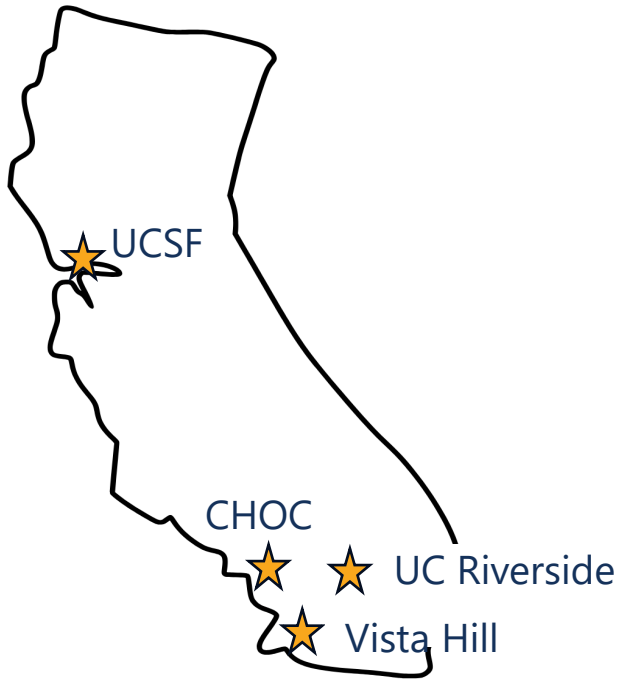
**June 2025**

**Launch Partner Sites**  
★ **Children’s Hospital of  
Orange County  
&  
San Diego Vista Hill**

Further expansion planned -  
The best is yet to come!



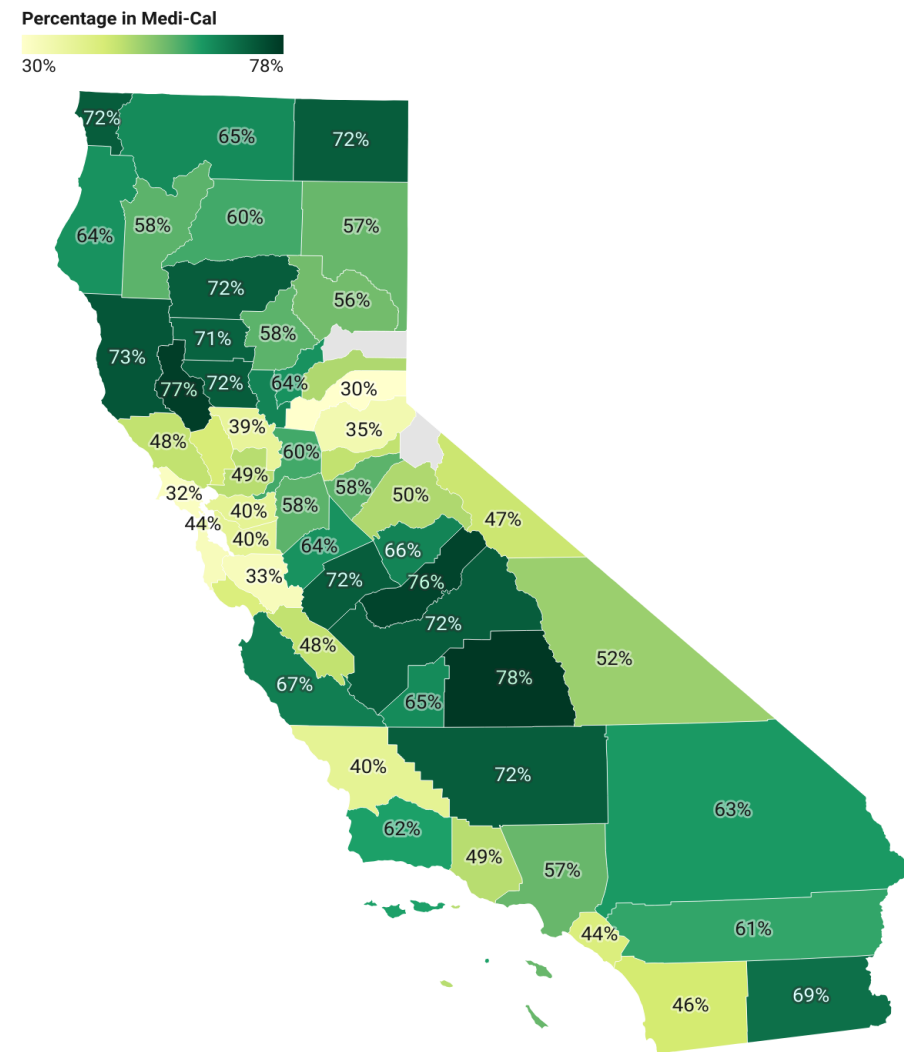
# Cal-MAP Partner Site Hubs



Cal-MAP hubs are comprised of local child & adolescent psychiatrists and care coordinators familiar with the local and regional landscape and context, and who are not only familiar to, but considered recognized and trusted behavioral health and care navigation experts who can best meet user needs

# Regional Partner Expansion in High-Needs Areas

	Number / Percentage of CA Population age 0-18 <sup>1</sup>	Number / Percentage CA Population age 0-18 with Medi-Cal <sup>2</sup>
Statewide	8,386,716	5,265,811
Northern 48 Counties	~30%	30-78%
Orange	8%	44%
Riverside	7%	61%
San Bernardino	6%	63%
San Diego	9%	46%
Los Angeles	23%	57%



1. <https://www.kidsdata.org>

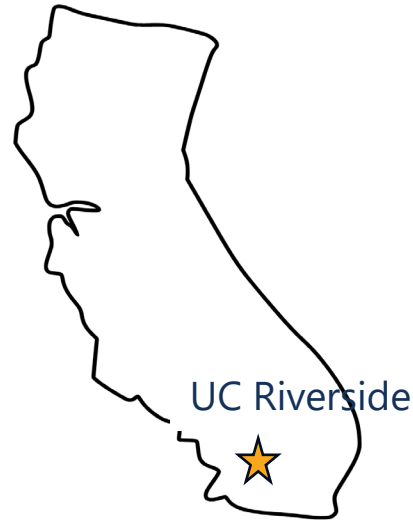
2. <https://laborcenter.berkeley.edu/medi-cal-enrollment-among-children-and-teens-by-district-and-county-2024/>



# Cal-MAP UC Riverside

## Inland Empire Landscape

- » 4.68M population
- » >50% Latinx
- » Suicide rates > CA average
- » >60% 0-18 Medi-Cal insured



## Outreach

- » Residents & Faculty through UCR Health
- » Inland Empire Health Plan
- » FQHCs
- » Loma Linda Health
- » Community Hospital of San Bernardino
- » Riverside University Health System
- » Family Physician Network

“You have no idea how much it means to me that I can talk with someone...To know that when it goes beyond my comfort zone, I am able to reach out and get help.”

-Irmgard Tackie, MD, FAAP | Fontana, CA



**Dinery Eagan MFT**



**Lisa Fortuna MD MPH MDiv**



**Adwoa Osei MD FAAP**



**Maribel Torres LCSW**



**Toshia Yamaguchi MD**



# Cal-MAP 2025 Growth by Region

Region	2025	% Growth Since 2024	2025	% Growth Since 2024
Inland Empire	113	<b>390%</b>	29	<b>2900%</b>
Orange County	160	<b>1600%</b>	30	<b>n/a</b>
San Diego – Imperial	275	<b>5500%</b>	23	<b>n/a</b>
Central Coast	78	<b>31%</b>	79	<b>226%</b>
Northern San Joaquin Valley	57	<b>24%</b>	83	<b>62%</b>
Southern San Joaquin Valley	58	<b>28%</b>	70	<b>24%</b>
North Coast	94	<b>21%</b>	95	<b>27%</b>
Northeast / Superior California	103	<b>22%</b>	136	<b>156%</b>
Los Angeles County	294	<b>210%</b>	84	<b>290%</b>
San Francisco Bay Area	516	<b>44%</b>	1451	<b>35%</b>



## **ACCESS & EQUITY IMPACT**

- Significant reach across Medi-Cal and safety-net providers
- Service expansion into rural and medically underserved regions
- 992 Care Coordination consults,
  - 74% Medi-Cal insured,
  - 23% rural/ medically underserved,
  - 3,499 referrals
  - linkage rates at 83.6% at two weeks and 93.8% at two months

## Supports California-Wide Goals

CYBHI	CaAIM	Behavioral Health Transformation	Rural Health Transformation
Increase <b>timely, quality access</b> to care	Increase <b>timely, quality access</b> to care	Increase <b>timely, quality access</b> to care	Sustainable <b>Access</b>
<b>Improve experience</b> accessing and receiving BH care	Value-based initiatives to <b>improve outcomes and quality</b>	<b>Improve care experience</b>	<b>Innovative Care</b> Tech Innovation
Decrease behavioral health challenges, suicidal ideation, emergency department visits	Behavioral health screening	Decrease untreated BH conditions	Workforce Development

# Users Endorse Feeling Supported, Positive Experience

*"This was such a successful and efficient consult-  
I am so thankful for the assistance!"*

*"Timely response and very helpful consultation.  
Very happy with this service."*

*"I appreciate the detailed care that the provider  
offered, listened very carefully. thank you"*

EXPERIENCE = 4.54/5

SATISFACTION = 4.6/5

# Connecting For Care

Most plants communicate with each other underground through their root system to ensure optimal growth for all.

Similarly, we want to ensure we are connecting with you to ensure optimal development of California's youth.



Thank You.



# Department of Health Care Access and Information (HCAI)



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# Certified Wellness Coaches



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# Certified Wellness Coach Celebration

- February 19, 2026, celebrating over 4,000 Coaches statewide!
- Engaging speakers included the First Partner (via video), CalHHS Secretary Kim Johnson, CYBHI Director Dr. Sohil Sud, and HCAI leadership



- The hybrid event drew 500+ virtual attendees via Zoom, and 60+ in-person attendees
- Moving stories from Coaches, educators, employers, and youth
- Testiment to the values gained in providing support to California's children and youth

# Certified Wellness Coach Celebration Quotes

"I am so impressed with the amazing passion all the presenters have shared and the amazing work to create this Program!"

"This is filling my heart with joy! Amazing."

"Congratulations to HCAI and this awesome initiative — IMPACT!"

"Youth can tell when you genuinely care. Keep the good work and connecting with them. You are the model they need."



# Certified Wellness Coaches Celebration Videos



# HCAI Designated Education Programs

## Contracted Programs

- 25 CCCs
- 13 CSUs
- 1 private nonprofit

39 institutions currently developing CWC education programs.

## New Awardees

- 7 CCCs
- 6 private nonprofits

13 new institutions awarded funding to begin development of CWC education program



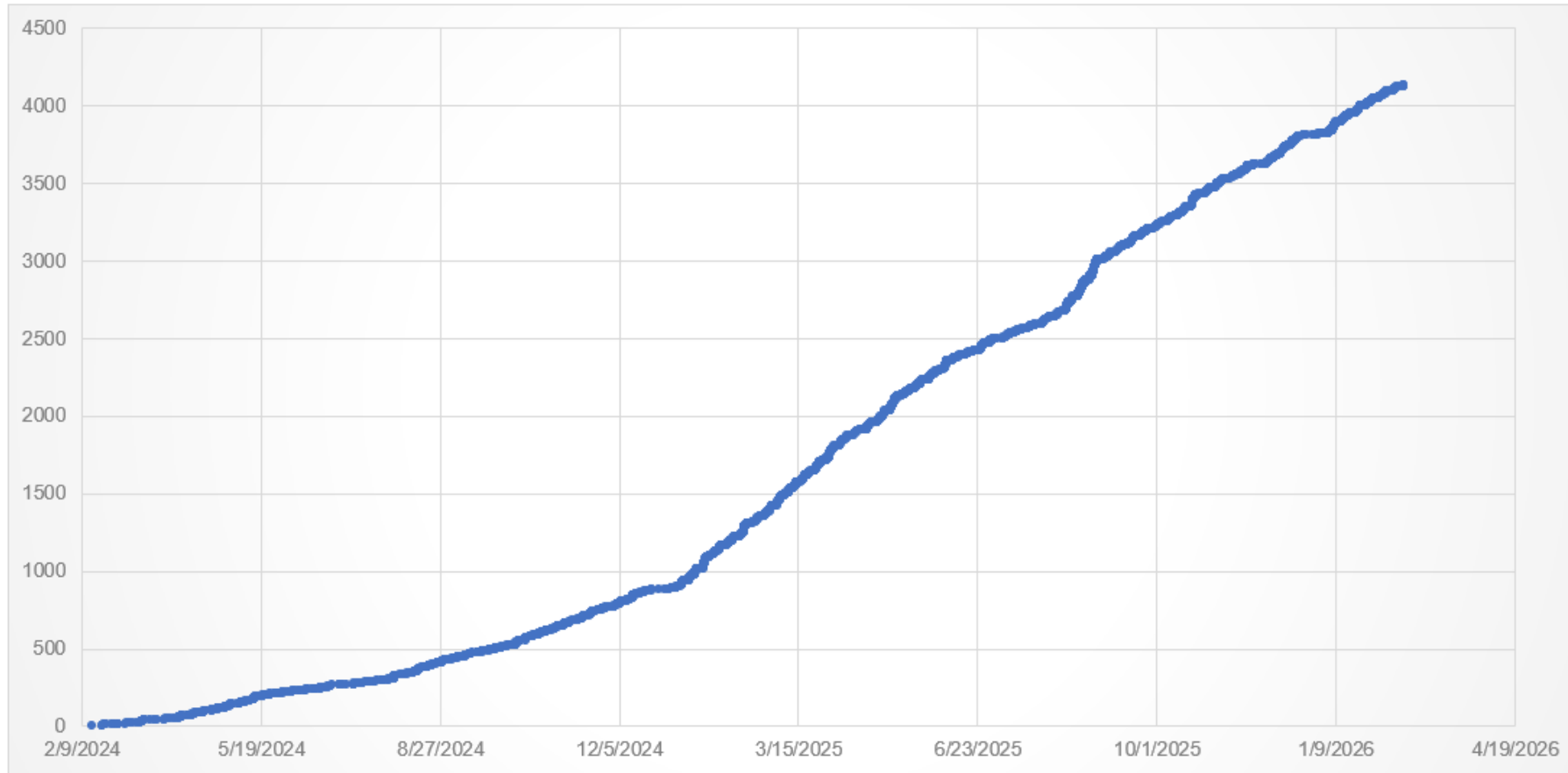
# Certified Wellness Coach Apprenticeship

In partnership with the California Community College Chancellor's Office (CCCCO), HCAI is funding a demonstration project to stand up CWC apprentices throughout the state.

Investing in this infrastructure and promoting scalability will provide long-term sustainability mechanisms for training apprentices to enter the workforce as CWCs.

- 3-year standards submitted to both the Department of Apprenticeship Standards (DAS) and the Department of Labor (DOL).
- Launching apprenticeship programs at three community colleges with a combined enrollment capacity of at least 45 apprentices by September 2026.
- Securing formal partnerships with both employers and union organizations to support placement, supervision, and employment of apprentices.

# Cumulative # of Certified Wellness Coaches



4,181  
Certified Wellness  
Coaches  
(as of 3/2/2026)

# Behavioral Health Community- Based Organized Networks of Equitable Care and Treatment (BH-CONNECT)



OFFICE OF THE  
CALIFORNIA  
SURGEON GENERAL



# Medi-Cal Behavioral Health Scholarship Program (MBH-SP)

- Provides support for tuition and fees to aspiring behavioral health professionals in California that wish to serve in a Medi-Cal Safety-Net setting
- **Award Amounts:** Up to \$240,000 depending on anticipated profession
- **2026 Application Cycle:** opens February 2, 2026 & closes March 16, 2026
  - As of February 23, 2026: 458 applications are submitted and 1,064 applications are in progress



# Medi-Cal Behavioral Health Student Loan Repayment Program (MBH-SLRP)

- Provides educational loan repayment to behavioral health professionals in California that are serving in a Medi-Cal Safety-Net setting
- **Award Amounts:** Up to \$240,000 depending on profession
- **2026 Application Cycle:** May 1 - 29, 2026
- Questions? Contact us here:

[MBHSLRP@hcai.ca.gov](mailto:MBHSLRP@hcai.ca.gov)



# Broad Behavioral Health



OFFICE OF THE CALIFORNIA SURGEON GENERAL



# Open Doors

- Open Doors provides free training to help non-medical personnel who work with at-risk youth recognize and respond to substance use and behavioral health concerns, strengthening communities' capacity to support youth across California
- **Core Training Program:** For adults who work with youth and lack clinical training
  - As of February 2026, 725 participants have completed the Core Training Program & we are currently scheduling into September 2026
- **Train-the-Trainer Program:** This training equips aspiring facilitators who are passionate about youth engagement with the skills to deliver Open Doors training across California
  - Program launched on February 19, 2026, with 10 cohorts currently identified

- Visit the Open Doors Training website to learn more: <https://opendoorstraining.org/>



# Youth Mental Health Academy (YMHA)

## What is Youth Mental Health Academy (YMHA)?

- The Youth Mental Health Academy (YMHA) is a 14-month, community-based career development program offering paid internships, mentorship, and project-based learning to equip students with knowledge and real-world experience in mental health.
  - In the first summer, students explore key mental health topics and wellness practices.
  - In the second, they gain real-world experience through internships in clinical, research, or media settings.
- Visit the Youth Mental Health Academy (YMHA) website to learn more: <https://childmind.org/youth-mental-health-academy/>

# Youth Mental Health Academy (YMHA) – cont.

## Current Updates

- Overall Program Reach
  - 2400+ students
  - 480+ Capstone projects
  - 700+ interns across 103 placements (cohort 1 & 2)
- Cohort 3 Internships
  - 947 placement opportunities have been identified including:
    - 697 direct placements w/ external partners
    - 250 in-house curriculum-based placements at the Child Mind Institute

## Cohort 4: Los Angeles Only (Summer 2026)

- YMHA anticipates that this funding will be able to cover ~400 participants during the summer of 2026
  - Student applications are closed on February 28, 2026
    - Current admissions status as of 2/20/26: 148 applicants accepted & 18 applicants waitlisted (based on daily program availability)
  - The program is anticipated to run from June 22 – July 23, 2026

# Contacts and Resources

## Sign Up to our Newsletter:

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<https://hcai.ca.gov/mailling-list/>

## Contact Us:

---



[BHPrograms@hcai.ca.gov](mailto:BHPrograms@hcai.ca.gov) for Behavioral Health program Questions



[WellnessCoach@hcai.ca.gov](mailto:WellnessCoach@hcai.ca.gov) for Certified Wellness Coach Questions

## Visit Us:

---



<https://hcai.ca.gov/workforce>



<https://cawellnesscoaches.org>

# Agenda

Topic	Time	Sub-Topics
<b>Department of Health Care Services, Department of Managed Health Care</b>	3:50 – 4:15	BrightLife Kids and Soluna CYBHI Fee Schedule Program Updates Peer to Peer Youth Mental Health Pilot
<b>California Department of Public Health Office of Health Equity</b>	4:15 – 4:30	Take Space to Pause Grantee Spotlight: Aspiranet
<b>Office of the California Surgeon General</b>	4:30 – 4:40	Live Beyond
<b>California Department of Public Health Office of School Health</b>	4:40 – 4:55	Safe Spaces Training Recognize, Respond, Connect

# Department of Health Care Services (DHCS) & Department of Managed Health Care (DMHC)



# Building a brighter future for California families



Today's Speaker:  
**Noa Oldak-Moradian** (*she/her/hers*)  
Director, Community Engagement



# BrightLife Kids

A CalHOPE program by Brightline

0 - 12 years

BrightLife Kids, a CalHOPE program by Brightline, provides **free behavioral health coaching** to all California kids ages 0–12. **No costs attached. No insurance required. No referrals needed.**

- Private 1:1 coaching via video and secure chat
- Diverse coaches offering bilingual support
- On-demand digital resources
- Coach Specialists for complex needs and referrals
- Peer communities

# soluna

a CalHOPE Program by Kooth

13 - 25 years

Soluna, a CalHOPE program by Kooth, is a confidential mental health platform for California teens and young adults — built to offer flexible, stigma-free support that's **easy to access and always free.**

- 1:1 coaching via video, phone, or secure chat
- Diverse, bilingual coaches for inclusive support
- Interactive tools for self-guided growth
- Moderated forum for safe peer connection

# Making an Impact for California Youth: Soluna and BrightLife Kids

**500k+**

user registered to connect with the support they need

**110k+**

coaching sessions delivered to California families and youth

**over 50%**

of users report never having accessed mental health services before

**over 50%**

of users identify as BIPOC

**more than 55%**

of users are from under-resourced communities as defined by the Healthy Places Index



Reporting Period: January 2024 - January 2026

# BrightLife Kids

A CalHOPE program by Brightline

**350,00+ children enrolled**  
across all 58 CA counties  
in first two years of program

- **77%** are engaging in behavioral health care for the first time with BrightLife Kids
- **89% of children** see symptom improvement<sup>1</sup>
- **83% of caregivers** experience less strain<sup>2</sup>
- **99% of families** satisfied



# BrightLife Kids

A CalHOPE program by Brightline

## The Self-Love Letter Project



### Project kick-off

In this season of hearts, the Self-Love Letter Project came to California schools, inspiring hundreds of students and families to celebrate themselves and build self-esteem.



### Community impact

The results were heartwarming. At Stone Lake Elementary and Home Gardens Academy, kids lit up as they shared what makes them special — from basketball skills to kind hearts. In English and Spanish, these letters sparked meaningful conversations and reminded families that kindness starts within.

BrightLife Kids The Self-Love Letter Project



It builds confidence, kindness, and a strong sense of self.



Try it at home!  
[brightlife.kids/ca](https://brightlife.kids/ca)

# Upcoming webinars

## March



### **Fueling Healthy Families: A Wellness Guide**

Tue, March 24th  
12:00-12:30 PM PST

## April



### **Autism Essentials: Tools & Support for Caregivers**

Thu, Apr 23rd  
12:00-12:30 PM PST

Actionable insights and strategies delivered live by BrightLife Kids Coaches

Open to all

Visit  
**[brightlife.kids/partners](https://brightlife.kids/partners)**  
to register or view past recordings

# Offering families multiple pathways to support



**1:1 or Group Coaching**



**Digital Tools**



**Care Coordination**



**BrightLife Kids Communities**

“

“I’m so thankful for a service like this! It was so easy to get started and the provider was so helpful in providing tips and tricks to help my child. It was nice to have someone to talk to and bounce ideas off of. The times were so flexible to fit into my busy life. I tell any parent I know to try it out.”

**- Caregiver of child in coaching**

# BrightLife Kids

A CalHOPE program by Brightline

We have developed  
**1900+ partnerships**  
across the state of California

- **41** County Offices of Education, **200+** School Districts and their departments and **330+** schools
- Partnerships with agencies across sectors including **community-based organizations, public health departments, providers, libraries, and coalitions**
- Development of an **Affiliate Network**, trusted cohort of organizations that provide care to BrightLife Kids members beyond the program (e.g. CalAIM Enhanced Care Management, social determinants of health needs)



# Affiliate Network Partners as of January 2026

- Bay Area Clinical Associates (BACA)
- Berkeley Food Network
- Brain Health USA
- Castle Rock Family Services
- Center for Family Health & Education (CFFHAE)
- Child Guidance Center
- Children's Health Council
- Claris Health
- Counseling4Kids
- Equip
- Evolve Treatment Center
- Foresight Mental Health
- Fundamental Health
- Grow Through Life Counseling
- Heartland Child & Family Services
- Kohan Foundation Counseling Center
- Leavitt Marriage and Family Therapy
- LifeStance Health
- Manatee
- McKinley- Family Resource Center
- Norooz Family Clinic
- Pair Team
- Palomar Health - Healthy Development Services (HDS)
- Parish Health and Wellness (PHW)
- Psychological Services of Riverside (PSR)
- SHARK Clinic
- The Stepping Stones Group
- Tarzana Treatment Center
- Trust Mental Health
- TURN Behavioral Health Services
- UC San Diego Health - Eating Disorders Center for Treatment and Research
- Victor Community Support Services
- We Care Services for Children
- Zócalo Health



# Grateful for our partners



“

Help Me Grow LA partners with BrightLife Kids because their virtual coaching is accessible, practical, and supportive for families. We refer families frequently and hear consistent reports of progress in behavior, communication, and daily routines. BrightLife Kids is a trusted resource in our community

**Los Angeles Dept of Public Health –  
Help Me Grow LA Program**

## Partner Resources

Visit [brightlife.kids/partners](https://brightlife.kids/partners) for downloadable flyers, videos, social media posts and more!



Introducing...

# soluna

A CalHOPE Program

Dr. Tully, Ph.D. (they/them)

VP, Partnerships

tully@kooth.com



 soluna · kooth ·  DHCS · CalHOPE

# Soluna supports the youth you serve

A free, state-funded digital mental health resource for California youth ages 13–25.



## What is Soluna?

Soluna provides **self-guided tools, safe peer spaces, and 1:1 coaching** to help young people manage stress and build resilience.

*Funded by the CA Department of Health Care Services.*



## How can you integrate it?

- Bookmark Soluna ([web.solunaapp.com](http://web.solunaapp.com)) on youth-accessible devices for easy access
- Incorporate Soluna into social emotional learning instruction, psychoeducation etc.
- Share Soluna with your community (i.e., wellness centers, restrooms, website, newsletter)
- Host a youth workshop or family information session
- Include Soluna as a no-cost referral resource



## How can you get involved?



**Book a Training or Workshop:**  
ce@solunaapp.com or  
partnerships@solunaapp.com



**Order Materials (no cost):**  
solunaapp.com/resources



**Share with Youth:**  
Scan QR code or visit  
[solunaapp.com](http://solunaapp.com)



**Tell Your Community:**  
[Download the Digital Tool Kit](#)

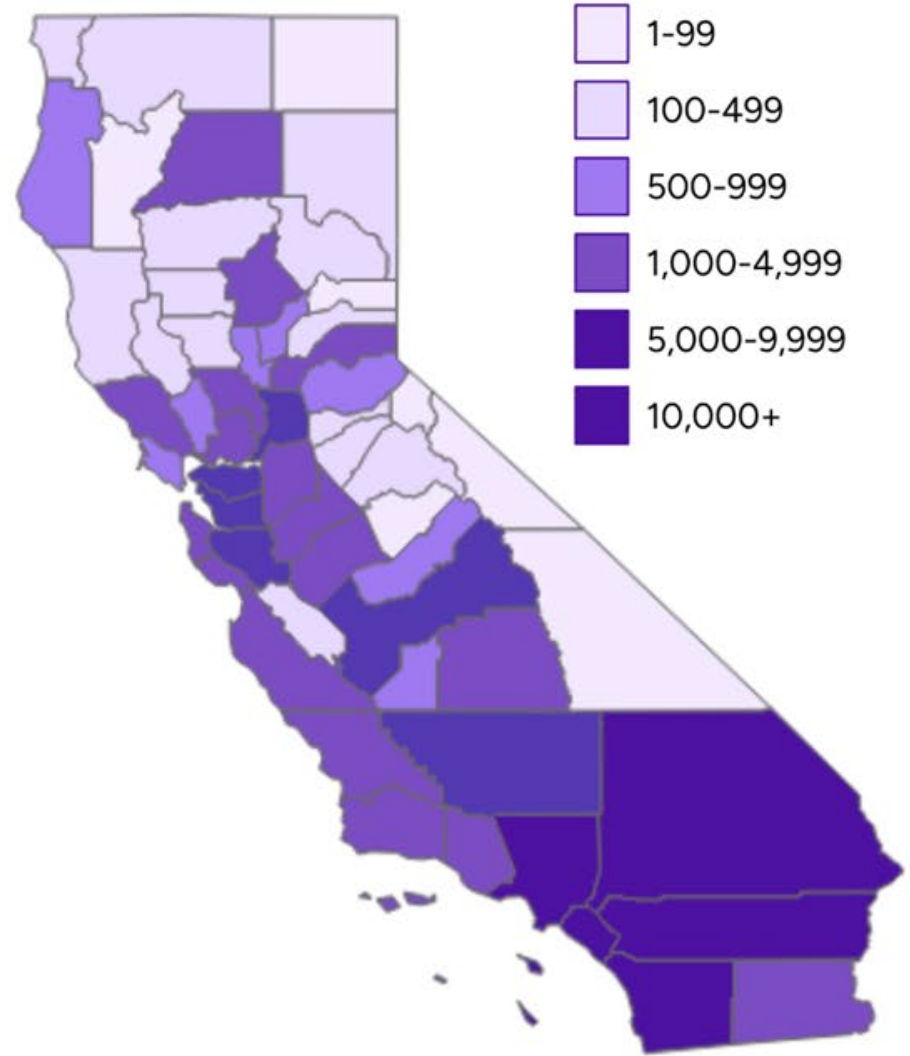
**soluna**  
a CalHOPE Program

**HCS**



Help empower youth and shape futures - go to [solunaapp.com](http://solunaapp.com) for more information and access to exclusive merch and materials!

Since its launch in January 2024, Soluna has reached Youth in all 58 counties in California



**150k+**

CALIFORNIAN YOUTH ON SOLUNA

**53k+**

COACHING CHATS DELIVERED

## Soluna has meaningfully increased access to mental health supports and youth report Soluna has had a positive impact on their mental health

### 44%

of coaching sessions occur outside of 9-5pm<sup>1</sup>

### 1 in 2

Users wouldn't have access to mental health support without Soluna<sup>2</sup>

### 50%

Of users report Soluna is their first time accessing mental health services<sup>2</sup>

### 86%

of returning users report they can better support someone struggling with their mental health<sup>2</sup>

### 87%

of respondents report Soluna helped them get the support they wanted<sup>2</sup>

### 86%

of respondents learned they are not alone in feeling the way they do<sup>2</sup>

### Service users love Soluna coaching:

### 98%

of coaching users reported they would recommend Soluna to a friend<sup>1</sup>

### 85%

of coaching users meet at least one need during a single coaching session<sup>1</sup>

1 - Reporting period Jan 1, 2024 - Dec 31 2025

2 - Soluna User Feedback Survey [Stellar] 2024 & 2025 eligible users in California

## LA County Board-Directed Integration of Soluna Across Youth Serving Departments

### Supervisors Horvath and Mitchell Lead Unanimous LA County Board of Supervisors Motion to implement Soluna across youth serving systems:

The motion directs all youth-serving County departments to explore **opportunities to promote and integrate Soluna** and to report back **within 120 days with their implementation plans**.

**Named departments include:** Departments of Mental Health, Public Health, Public Social Services, Youth Development, Child and Family Services, Parks & Recreation, Probation, Library, Office of Child Protection, LA County Office of Education, and the LA County Youth Commission.



# Empowering Youth Voice in Systems of Care

Two Soluna Young Adult Ambassadors partnered with the CDPH Office of School Health to drive:

- **School Health Awareness:** Educated 200+ school leaders and health staff on bridging formal care and students' "in-between" moments.
- **School-Based Referrals:** Equipped educators to normalize support and use simple recommendations to catalyze care.
- **Low-Barrier Entry Options:** Positioned Soluna as an accessible option for the 1-in-5 youth experiencing mental health challenges.



*"As someone with OCD and autism, I know the struggle to verbalize feelings. Soluna helps youth feel less alone and more in control."*

*-Katie Kersnick, SDSU*



*"It's important for health department staff to hear about Soluna through a youth voice because it attaches lived personal experience on how Soluna is a useful resource."*

*-Oden Allmon, Cal Poly Humboldt*

## Partner with Soluna at no cost: choose the pathway that fits your needs.



### Pathway 1: Order Resources & Invite Us to a Community Engagement

Support outreach and awareness with youth-facing materials and event participation.

- Request print or digital Soluna materials
- Invite Soluna to attend tabling or community events

Contact our Community Engagement Team: [ce@solunaapp.com](mailto:ce@solunaapp.com)



### Pathway 3: Receive Closed-Loop Referrals

Join the Soluna Affiliate Network to receive vetted referrals and closed-loop referrals at no cost.

- Low-barrier onboarding
- Clear referral coordination
- Alignment on programs and services

Get started: [aserna@kooth.com](mailto:aserna@kooth.com)

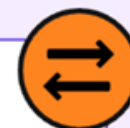


### Pathway 2: Request Virtual Staff Training

Equip frontline staff, supervisors, and leadership to confidently introduce and refer youth to Soluna.

- How Soluna works and when to refer
- Scripts, registration support, and key features

Schedule a training: [partnerships@solunaapp.com](mailto:partnerships@solunaapp.com)



### Pathway 4: Establish Bi-Directional Referral Partnership

Explore deeper collaboration through operational or technical referral workflows.

- Bi-directional referrals
- Compliance-aligned data sharing
- Explore integration with existing programs or systems

Schedule a partnership conversation




# Thank you!




**BrightLife Kids**  
A CalHOPE program by Brightline  




-  [solunaapp.com](http://solunaapp.com)
-  (844) 582-2111
-  [ce@solunaapp.com](mailto:ce@solunaapp.com)

-  [brightlife.kids/ca](http://brightlife.kids/ca)
-  (888) 275-5357
-  [ce@helloworldbrightline.com](mailto:ce@helloworldbrightline.com)

# Children and Youth Behavioral Health Initiative (CYBHI) Fee Schedule Program Update

# Monthly Claims Submission Breakdown

*CYBHI Fee Schedule program claims update (as of 3/2/2026)*

- **143 LEAs/IHEs** (including 7 school-linked providers) have submitted claims.
- **\$5.55 million** in unique clean claims (includes all in-process and approved claims) have been submitted to the TPA for reimbursement.
- **73,685 claims** have been reimbursed, **totaling \$4.9 million** in **new revenue** for LEAs and IHEs.
- **22,363 unique students** have received services submitted for reimbursement.
- **36 Managed Care Plans/Insurers** are represented in the claims data.

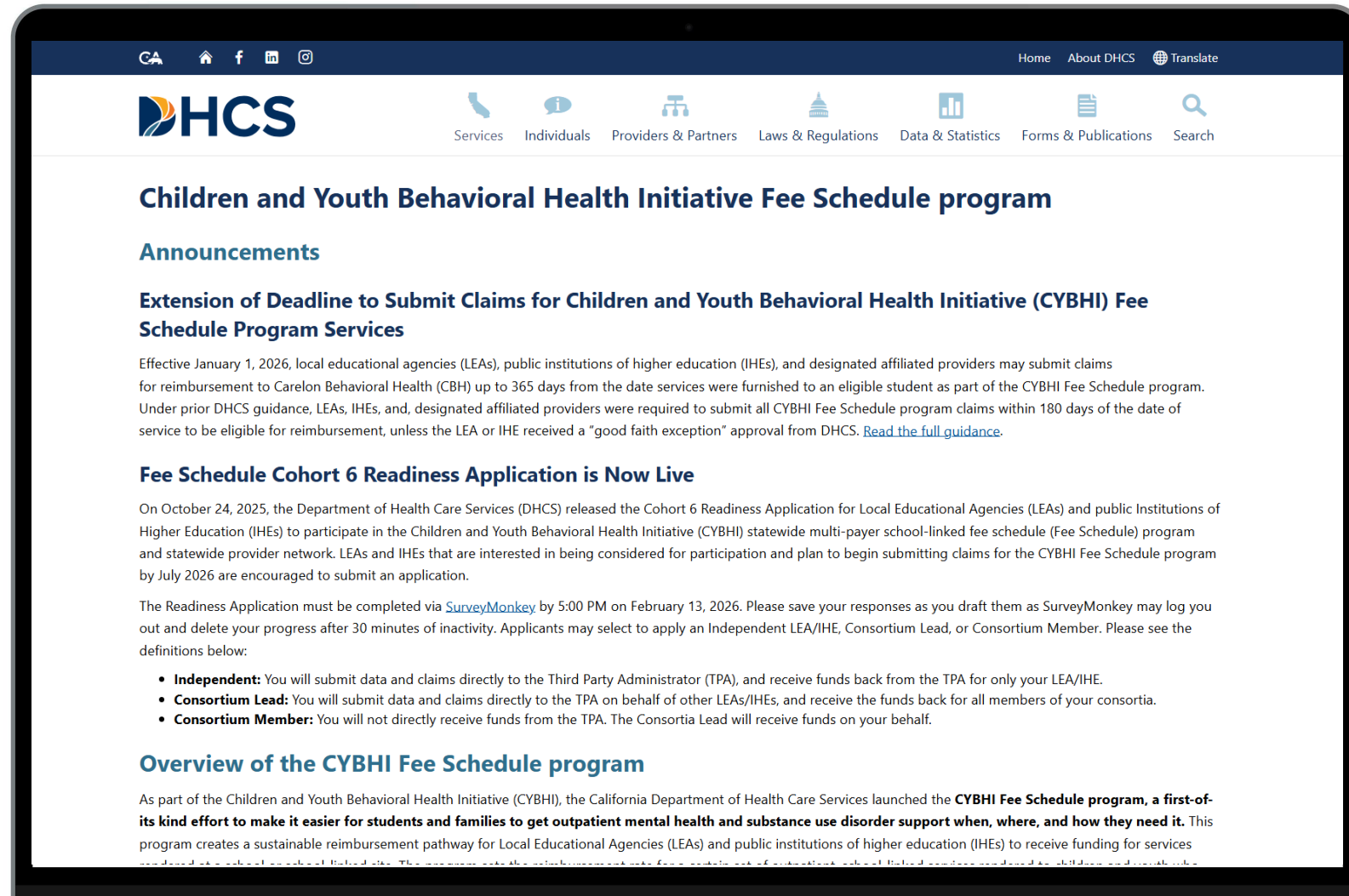
# Upcoming – CYBHI Fee Schedule Working Group

- DHCS is hosting a CYBHI Fee Schedule Working Group meeting on **March 18, 2026**
  - 3 PM - 5 PM
  - [Link to Register](#)
- **Purpose:** To obtain input about the implementation of the CYBHI Fee Schedule program from key stakeholders, including:
  - Medi-Cal MCPs, health care service plans, and insurers
  - Medi-Cal behavioral health plans
  - LEAs, labor representatives of school employees, and members of the educational community

# Cohort 6 Announcement

- » On February 27, 2026, the Department of Health Care Services (DHCS) announced the local educational agencies (LEAs) and public institutions of higher education (IHEs) approved to participate in the sixth cohort of the Children and Youth Behavioral Health Initiative (CYBHI) statewide multi-payer school-linked fee schedule (Fee Schedule) program and statewide provider network. Cohort 6 will be able to begin reimbursing services under the Fee Schedule as early as July 1, 2026.
- » See [list of selected Cohort 6 participants](#).

# CYBHI Fee Schedule Program Website





# Peer-to-Peer Youth Mental Health Pilot

## Year 1 Findings | November 2025

Participating Schools:

Antioch • Da Vinci RISE • Nevada Union • El Cerrito • Mission Hills • Oakland Tech • Sierra • Serrano

936 Students Served in Year 1



# What is it?

- **The Peer-to-Peer Youth Mental Health High School Demonstration Pilot is a school-based youth-driven mental health grant opportunity.**
- **As part of this effort, The Children's Partnership is the steward of a multi-year Children and Youth Behavioral Health Initiative effort in collaboration with the Department of Health Care Services. This initiative funds eight California high schools participating in our Peer-to-Peer Youth Mental Health High School Pilot Demonstration.**

# What the Programs Look Like (By Site)

## Peer Counseling Courses (school credit):

- Antioch
- Mission Hills
- El Cerrito

## Restorative & Alternative Discipline Models:

- Nevada Union (RAYS – alternative to suspension)
- Antioch (restorative mediation)
- Serrano (peer leaders & de-escalation)

## Wellness Centers / Dedicated Spaces:

- Mission Hills ("Zen Den")
- Oakland Tech (Mini Wellness Center)
- Sierra (Sunshine Crew space)
- Serrano
- El Cerrito (James Morehouse Project)

## Hybrid Model with Leadership & Career Exposure:

- Da Vinci RISE (apprenticeships, podcasting, certification pathways)

# Student Impact

- 96% of students felt better after using peer support services.
- 88% were comfortable opening up to their peer mentor.
- 85% would recommend the program to a peer.

## Gateway to professional support:

- Escalation rates ranged 35–46% at some sites (e.g., higher-need contexts like Nevada Union, Antioch)
- 0–2% at others, suggesting either strong peer resolution or under-referral

Language access remains limited (2–8% Spanish delivery across sites), highlighting opportunity at Serrano and El Cerrito where bilingual support exists.

**936 students  
accessed services**

140 peer leaders  
mobilized

(Schools ranged from  
<15 to 40 peer leaders  
each)

# Cultural Shift

## Restorative Culture Growth

- a. Nevada Union (RAYS model)
- b. Antioch (conflict mediation & restorative practices)
- c. Serrano (daily peer interventions)

## Wellness Center Demand

- a. Mission Hills
- b. Oakland Tech
- c. Sierra
- d. El Cerrito

## Leadership Pipeline Development

- a. Da Vinci RISE (college & certification partnerships)
- b. Antioch (career exploration)
- c. Sierra (peer leadership training)

## Challenges noted across sites:

- a. Funding delays (impacting all sites early Year 1)
- b. Staffing variability (e.g., counselor ratios ranged widely)
- c. Data fragmentation
- d. Sustainability planning needed in Years 2–3

# Thank You/Closing



**Across Antioch, Da Vinci RISE, Nevada Union, El Cerrito, Mission Hills, Oakland Tech, Sierra, and Serrano:**

**Peer-led models are strengthening belonging, expanding access, and shifting discipline culture — with 936 students served in Year 1 alone.**

**The next phase: strengthening fidelity, sustainability, and policy alignment to scale impact statewide.**



# Contact



**Ebony Durham**

**Senior Community Engagement  
Associate**

**[Edurham@childrenspartnership.org](mailto:Edurham@childrenspartnership.org)**

**Angela Vazquez**

**Advocacy Director, Mental Health**

**[Avazquez@childrenspartnership.org](mailto:Avazquez@childrenspartnership.org)**

# CYBHI Webinar

## **PEER TO PEER COUNSELING**

Presented by Mission Hills High School

# Mission Statement

Our peer-to-peer counseling program is dedicated to creating a welcoming and inclusive community where students can connect, support, and mentor one another in a judgment-free, safe-space environment.



We strive to cultivate understanding through communication, acknowledge each individual's experiences, and enhance mental well-being through compassion, empathic listening, and nurturing support.

By educating our peers and providing resources, we aim to break down communication barriers to reduce the stigma surrounding mental health and encourage a culture of helping others with openness and respect.



# Objectives of Peer to Peer Counseling



## OBJECTIVES

- Enhance Student Support
- Improve Behavioral Health
- Ensure every student feels welcomed and supported

## ACHIEVEMENTS

- Preliminary findings suggest that students are engaging meaningfully with wellness center resources, utilizing coping tools, and reporting positive emotional changes after accessing peer counseling support services.

# Mental Health Services Offered

Individual Check Ins

School Wide Events

Tours of the Wellness Center and  
Peer-to-Peer Program

Outreach Activities

Appointments

Classroom Presentations

Workshops

Collaborate with staff to address  
student needs.


# Peer Counseling Course



**Peer Counseling is not simply a class, it's the training ground that makes student-led wellness possible.**

- Peer Counseling is a year-long, intensive training program designed to prepare students with the professional skills required to support their peers in the Wellness Center.
- Students complete structured instruction in ethics, confidentiality, boundaries, active listening, empathy, conflict resolution, mental health awareness, and crisis intervention, including suicide prevention and referral protocols. Through extensive role-plays, simulations, leadership development, and supervised practice, students demonstrate competency before providing peer support.
- The success of the Wellness Center is directly dependent on the depth and quality of this training.

**Peer Counseling students built and sustain this program through their preparation, professionalism, and leadership.**



# Course Structure & Benefits

## **DUAL ENROLLMENT:**

Students participating in the program will earn dual credits—credits from CSUSM and San Marcos Unified School District (SMUSD)

## **FIELD EXPERIENCE:**

Peer mentors gain valuable field experience hours by working in the student-led wellness center during school hours as a period in their schedules.

## **COLLABORATIVE LEARNING:**

The course's collaborative teaching model integrates diverse perspectives from higher education and counseling, enriching the learning experience.



## DATA

Quantitative Data (Sept-Dec):

- 689 students visited the Wellness Center between September and December.
- 630 students completed self-reflection surveys, answering questions such as:
  - *Do you feel better prepared to return to classes, participate, and learn?*

## OUTCOMES

- Data shows a consistent improvement in emotional well-being after visits, with students frequently reporting feeling calmer, more grounded, and better equipped to return to class.





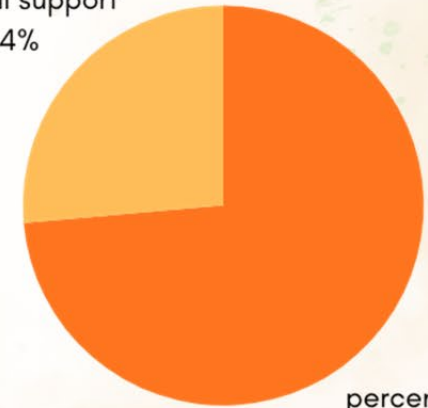
# The Need at MHHS



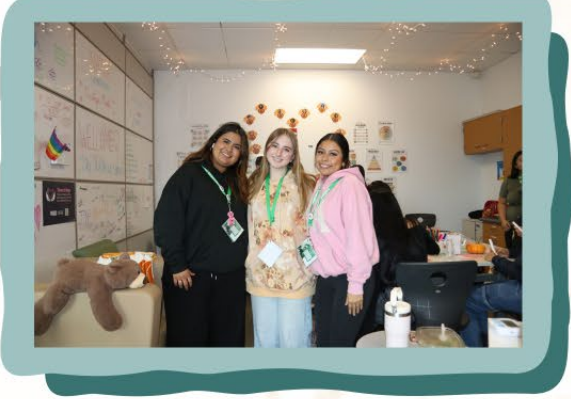
In just one semester, we have provided over 600 peer support sessions. Nearly 73.6% of students who report feeling better after they have utilized peer support services.

This reflects not only demand, but trust. We have trained 39 student leaders who are now equipped with foundational mental health support skills, creating both immediate campus impact and a long-term leadership pipeline.

students who need additional support  
26.4%



percent of students feeling better  
73.6%





# Conclusion



The Peer Counseling Program and Wellness Center initiative have demonstrated meaningful impact through both data and student experiences.

What began as a grant-supported initiative has become embedded into the fabric of our campus. The Wellness Center is actively utilized resource for all students on campus.

Students are returning because they trust the over all goal of the program. This program expands access, reduces stigma, and builds the next generation of mental health advocates. Continued investment into the program ensures this work remains sustainable and accessible to every student who needs it.

# Thank You



# California Department of Public Health (CDPH) Office of Health Equity (OHE)



OFFICE OF THE  
CALIFORNIA  
SURGEON GENERAL







To-date, *Take Space to Pause* has reached millions of teens across all 58 counties—elevating trusted voices, delivering trauma-informed, culturally grounded messages, and sparking real behavior change.

This year's goal is to expand the campaign's momentum, deepening our impact in underserved communities, amplifying youth-created content, and scaling our reach.

# Baggage

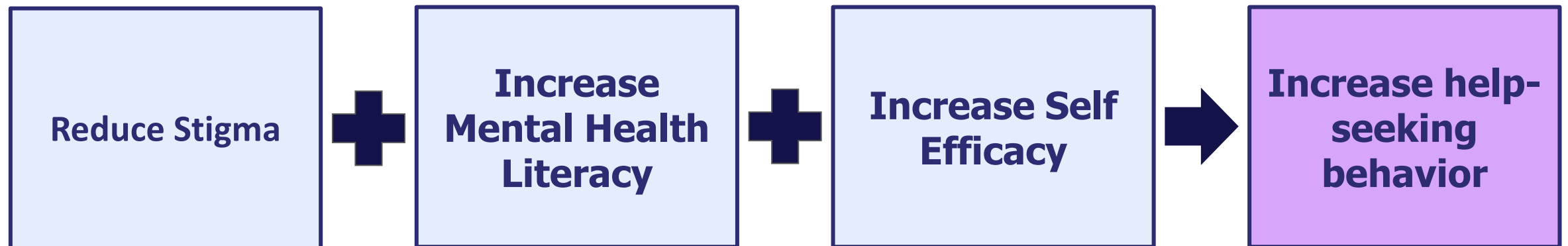
# Campaign at a Glance

## Priority Audience Groups

### California Teens, ages 13–17

African Americans/Black, Native Americans/Alaskan Natives, Asians and Pacific Islanders, Latinos, and LGBTQ+communities, with special consideration for transitional-age youth, persons with disabilities, justice and foster impacted youth and those living in rural areas.

## Project goals



# Baggage Campaign Strategy

## Goal #1

For CA youth to be able to recognize their own low-level signs or causes of stress that contribute to breaking points.

## Goal #2

For CA youth to correctly label the signs in their body as related to stress and do not minimize.

### Signs of stress

**Physical:** Tension, pain, stiffness in your body

**Emotional:** irritable, angry, frustrated, sad, lonely, anxious.

**Actions:** Isolate, scroll or game for hours, sleep more, lack of focus.

### Causes of stress

Stress and negative emotions can come from unexpected places:

Daily things  
Large stressors  
Negative thoughts.

### Do a Body Scan

Start at your head and move slowly down your body to your toes. Notice physical, emotional, and action signs of stress in your body.

### Negative coping

Positive ways to offload stress and negative emotions in your body: Move/Think/Talk Through It

CTA: Switch out negative (maladaptive) coping with a pause plan

**CTA: Understanding your signs of stress is the first step to offloading it. Learn more at the URL.**

# Baggage Campaign in Market



## Campaign Timeframe:

February

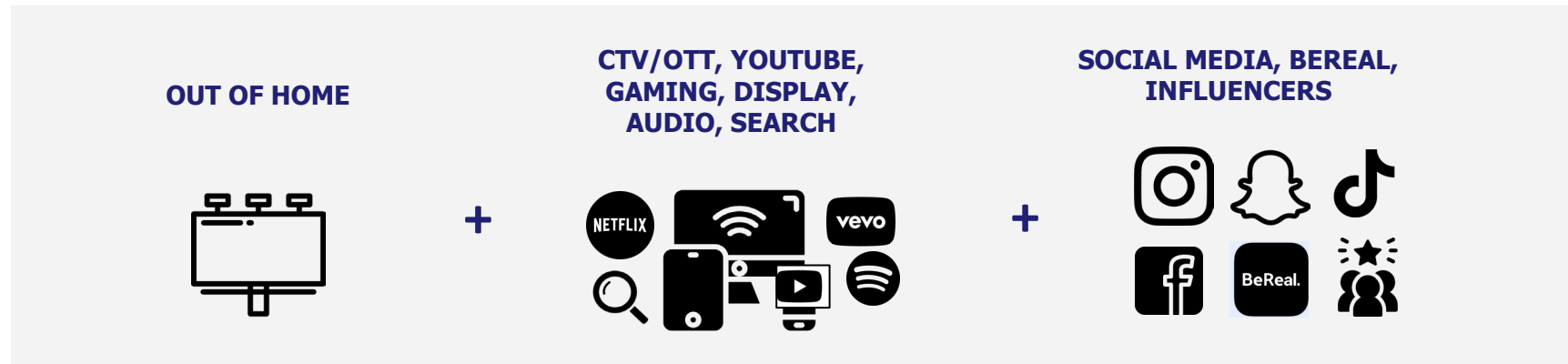
April



March

May

## Media Channels:



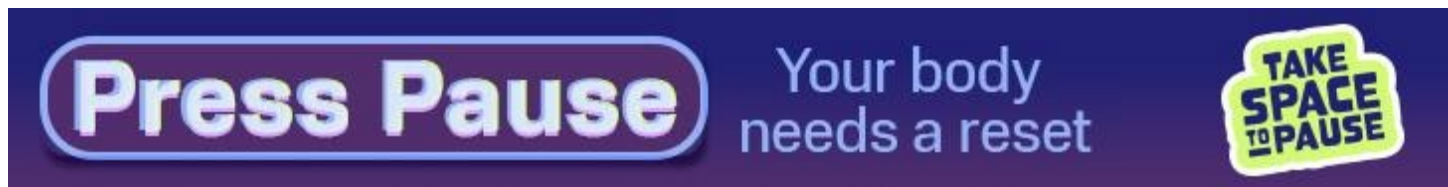
# Creative Advertisements

## Flagship Video 'How to Offload the Baggage of Stress'

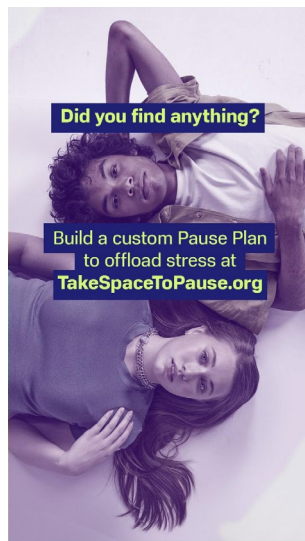
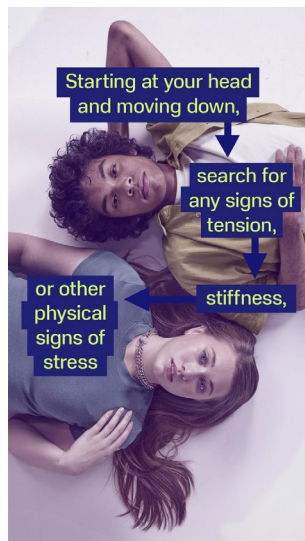
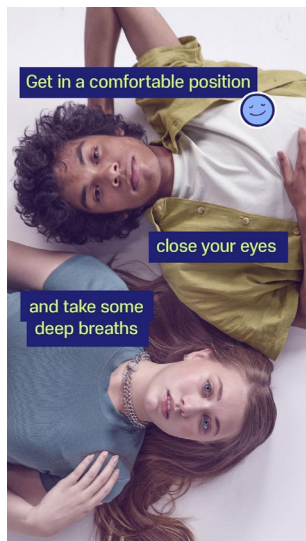
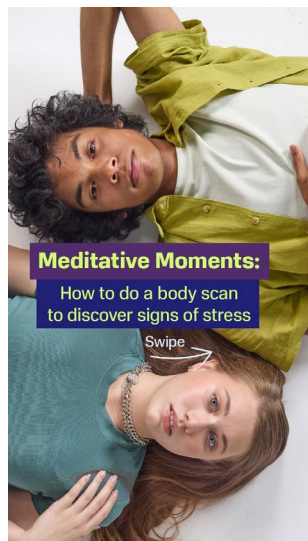




# Baggage Creative



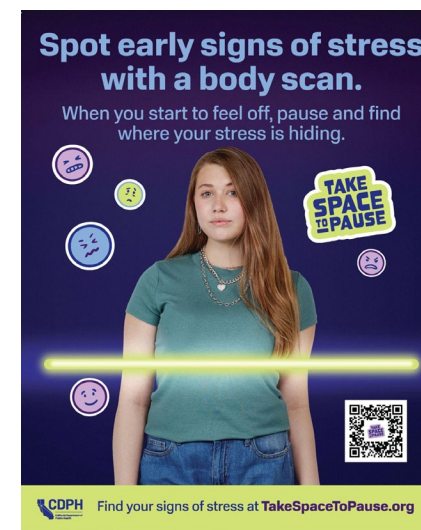
In-Game Display Ad



Social Media Carousel



YouTube Video Thumbnail



Out of Home Posters



# Grantee Spotlight

Aspiranet Director-Luis Madrid  
Program Coordinator—Dustin Pack  
Media Coordinator-Dr. Jamel Pugh



# Digital Outreach:

[Aspiranet.org/Thrive](https://Aspiranet.org/Thrive)

Launched the Thrive Together digital hub, centralizing local directories, mindfulness tools, educational content, and state and national mental health resources for youth and families.

Built and sustained a growing digital presence with 780+ Instagram followers, 126+ posts across Instagram and TikTok, 11–13 monthly feed posts, and 16–30 monthly Stories, driving consistent visibility and community engagement.

Produced 13 youth-centered mental health reels addressing depression, anxiety, suicide, and self-harm to normalize conversations, reduce stigma, and promote help-seeking.

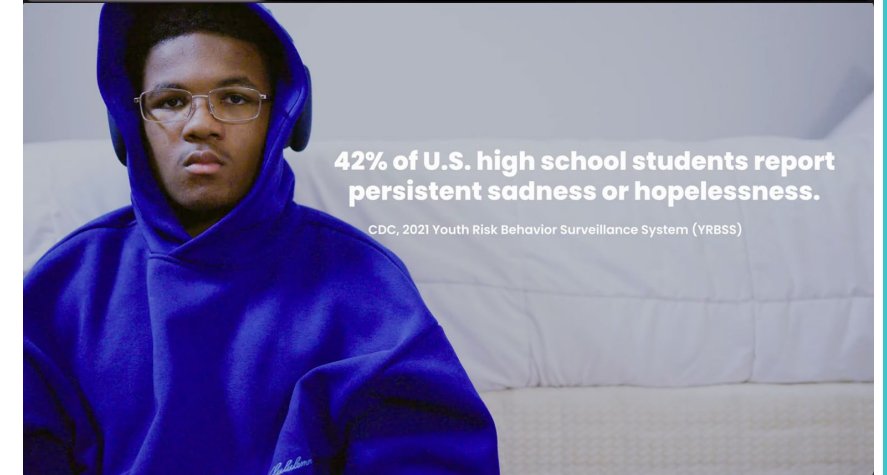
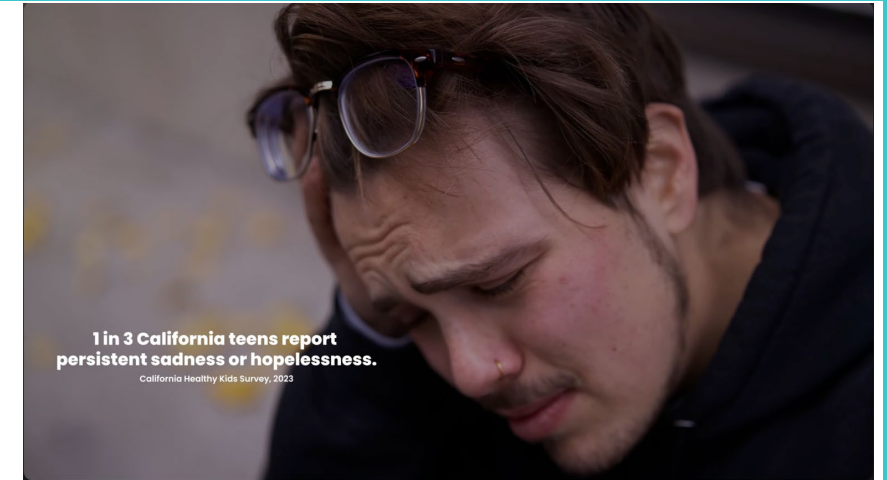
@thrivetogetherCA



# Movie Theater Ads: 1.7 Million Views!

We expanded the campaign's media footprint by producing 4 movie theater ads, including

**I Need You!**  
**Don't Look Away,**  
**What I Don't Say Out Loud,**  
**and Connection is the Intervention**  
—powerful short-form films (30-60 Seconds) designed to spark reflection, reduce stigma, and promote help-seeking behaviors among youth and families.



## Distributing 6,000 Copies

- Student-led, youth-informed guide created by the Advisory Council and co-written by a council member to ensure authentic teen voice and relevance
- Helps teens reflect, manage stress, and build healthy coping strategies
- Includes practical tools such as goal-setting exercises and stress-management activities
- Provides direct access to trusted mental health resources and support systems
- Information on how to obtain a copy, please email Dustin Pack – [dpack@aspiranet.org](mailto:dpack@aspiranet.org)

## A TEEN WELLNESS WORKBOOK

THRIVE  
TOGETHER

**Build the Courage to Heal  
& the strength to Thrive**

Authored By:

**DR. JOSEPHINE PUGH**

**JADA ALLRED**

Aspiranet's Thrive Together Campaign Youth Council



# Print-based community outreach

Executed a six-month regional transit campaign across 11 buses and 11 bus shelters throughout Stanislaus and San Joaquin Counties, maximizing daily visibility and embedding the message directly into the community's everyday movement.

# Lessons Learned & Challenges

## Lessons Learned

Consistent bi-monthly meetings and real-time social media feedback are essential to maintaining strategic alignment and campaign agility.

Youth-led content creation significantly increases authenticity, relatability, and peer engagement.

Integrating content production, outreach, and commercial media into one coordinated strategy strengthens reach, consistency, and impact.

## Challenges We Encountered

Sustaining consistent student participation across the academic year

Adapting to social media algorithm changes and fluctuating engagement

Aligning multiple stakeholders while preserving youth voice

Balancing professional production quality with authentic peer tone

# Questions?

**Luis Madrid**

lmadrid@aspiranet.org

**Dustin Pack**

dpack@aspiranet.org

**Dr. Jameel Pugh**

Jameel@XTGMedia.com



**Aspiranet.org/Thrive**

TAKE  
SPACE  
TO PAUSE

THANK YOU

*TakeSpaceToPause.org*

*Aspiranet.org/Thrive*

# Office of the California Surgeon General (OSG)



OFFICE OF THE CALIFORNIA SURGEON GENERAL



# *Live Beyond*

CYBHI Quarterly Public Webinar

**live**  
**beyond**



OFFICE OF THE  
CALIFORNIA  
SURGEON  
GENERAL

03/12/2026

HEALING ISN'T  
LINEAR

# Key Partnership and Event Highlights

live  
beyond



# California Community College Partnership

*Live Beyond* partnered with all 115 community college Basic Needs Centers and shipped toolkits to Basic Needs Coordinators, who conduct outreach and ensure students are connected to necessary resources—including food, housing, health care and mental health support.

*Live Beyond* toolkits include healing journals, palm cards, guides on accessing help for the impacts of ACEs and toxic stress, information on Soluna, and additional CYBHI supports.



# Rising Scholars Network Partnership

- *Live Beyond* conducting outreach to Rising Scholars Regional Coordinators within the Network across the state at California Community Colleges, sharing campaign resources and fulfilling orders for toolkits.
- Network expands the number of justice-involved students participating and succeeding at California community colleges, and now serves almost 20,000 justice-involved students both on campus and federal or state prison, county jail, juvenile facility, or other correctional institutions.

*“I believe it will be immensely beneficial for our students, perhaps beginning by giving them language to better understand and process what they have experienced in life.” -David Lujan, RSN Program Specialist, Modesto Junior College*



Mission College Rising Scholars Program

**live  
beyond**



# Ongoing Outreach Events and Sponsorships

*Live Beyond* advisor Shae providing resources at Bring Change to Mind Mental Health Summit event in San Diego on February 7th

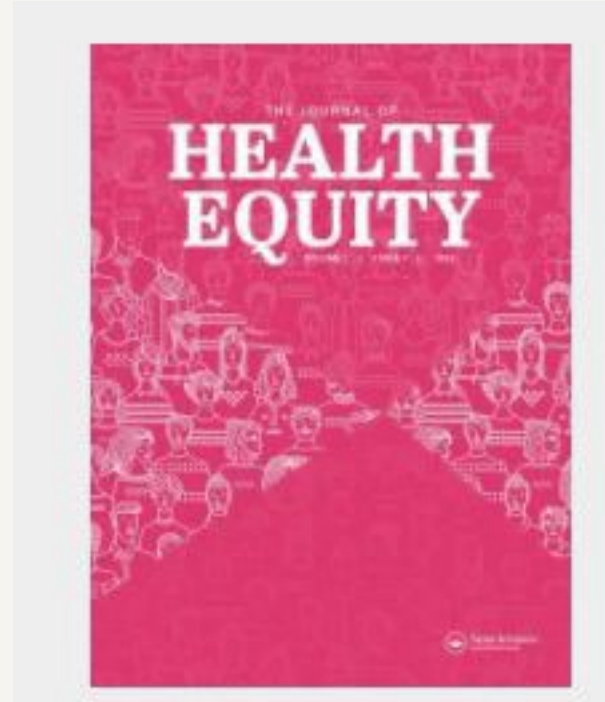


*Live Beyond* at the California Afterschool Network (CAN) Site Coordinator Symposium in Long Beach, CA on Feb 27-28 with Social Changery

Photo credits: Emily Ferreyra & Bring Change to Mind

# Evaluation of Youth Advisory Board in Developing *Live Beyond*

‘We just want to see people like us’: lessons learned engaging youth advisory groups for public health awareness efforts”



**Journal of Health Equity** >

Volume 3, 2026 - [Issue 1](#)

We said we wanted [people who looked like us in the campaign], and they delivered. And not only did they deliver, but they gave us the opportunity to submit pictures and videos, and then they put us in the campaign. We’re in the campaign, and I love that. I really love that they listen to us on that, and they also listen to the vibes we wanted for the campaign. – Youth and Young Adult Council Member

# Future Events

March 24th: *Live Beyond* presenting on webinar with CDPH Office of School Health, discussing Supportive Adult and Positive Childhood Experiences (PCE) toolkit and materials.

April 27-28: *Live Beyond* providing sponsorship and tabling with youth advisors at April California School Health & Behavioral Health Conference.



# Noteworthy Campaign Highlights

As of December  
2025...

153

*Live Beyond* events held where campaign was primary sponsor, partner, or tabler

2,237,034

Cumulative *Live Beyond* website views

36%

website views in Spanish

1.3B+

cumulative campaign impressions on paid media

1.5M

cumulative campaign impressions on organic social media



*Data points also available in CYBHI Quarterly report*

# Follow *Live Beyond* on Social!

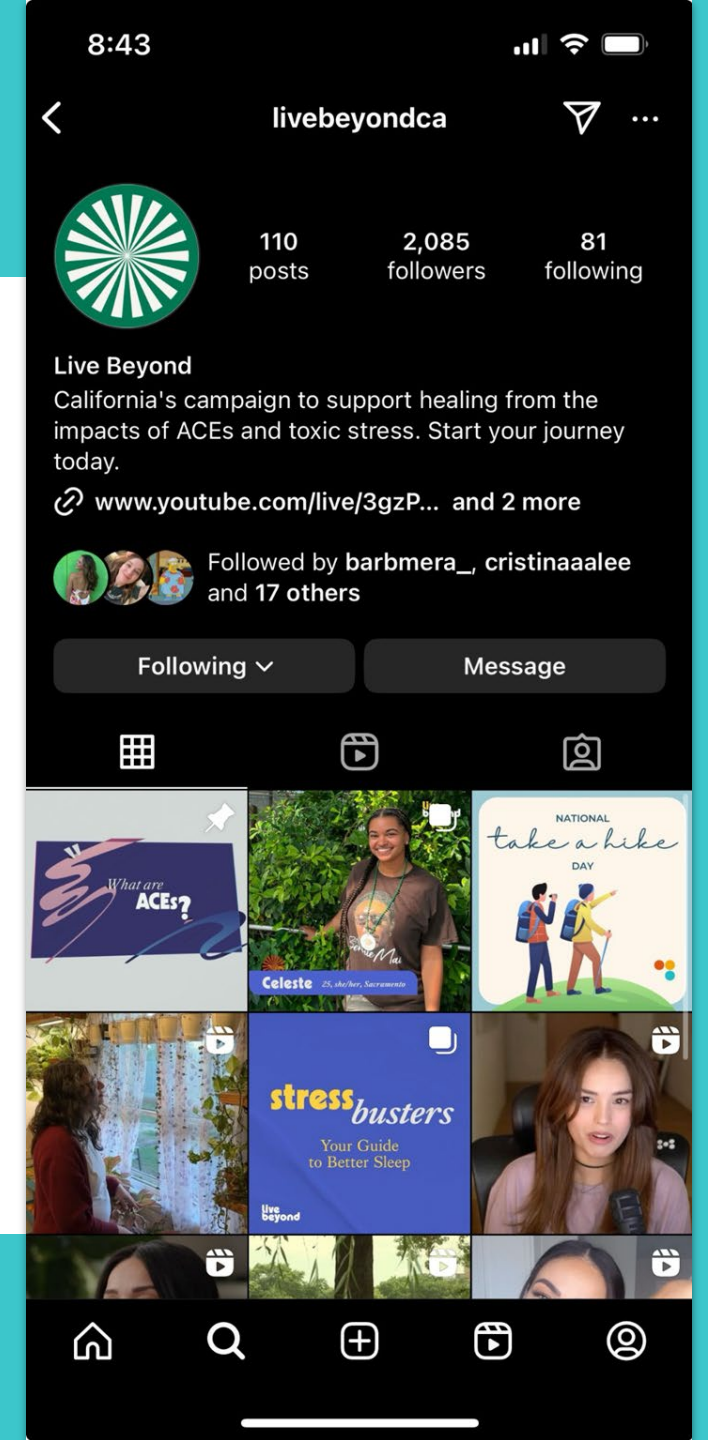
Visit our expanded website: [livebeyondCA.org](https://livebeyondCA.org)

Instagram: [@LiveBeyondCA](https://www.instagram.com/LiveBeyondCA)

TikTok: [@LiveBeyondCA](https://www.tiktok.com/@LiveBeyondCA)

Facebook: [Live Beyond Campaign](https://www.facebook.com/LiveBeyondCampaign)

YouTube: [@LiveBeyondCA](https://www.youtube.com/@LiveBeyondCA)



OFFICE OF THE CALIFORNIA SURGEON GENERAL



# California Department of Public Health (CDPH) Office of School Health (OSH)



OFFICE OF THE  
CALIFORNIA  
SURGEON GENERAL



# CDPH School Health

## CYBHI Public Webinar

Email: [SafeSchoolsTeam@cdph.ca.gov](mailto:SafeSchoolsTeam@cdph.ca.gov)

School HUB: [Schools.CDPH.CA.gov](https://Schools.CDPH.CA.gov)

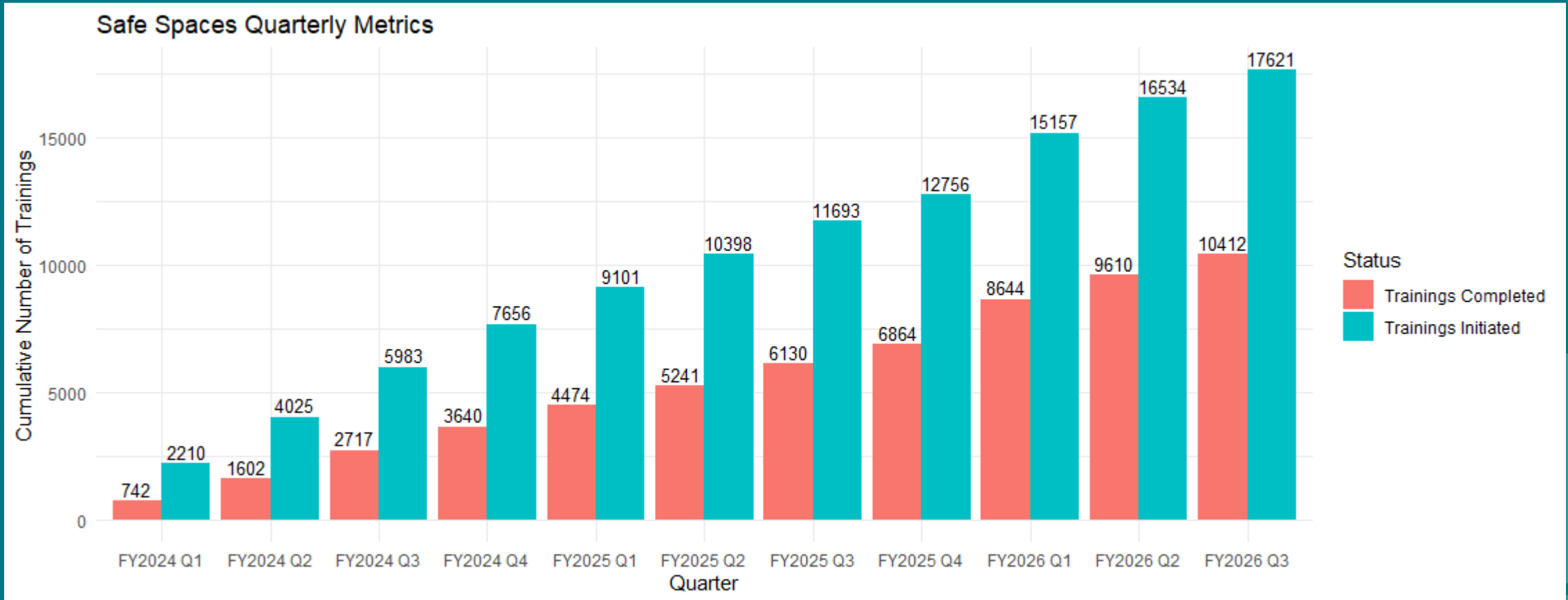
# Updates on Safe Spaces Training and Recognize, Respond, Connect



# Safe Spaces Training Updates

- For early care providers, TK-12 educators, and others who work with children/youth to recognize and respond to trauma and stress while creating nurturing environments for learning and development.
- Originally developed by Office of California Surgeon General.
- Training 2 hours, is free, online, and self-paced.
- Modules for adults who work with children/youth ages 0-5, 5-11, 12-18.
- Available in English and Spanish.
- Continuing professional education credits available (CME/CE).

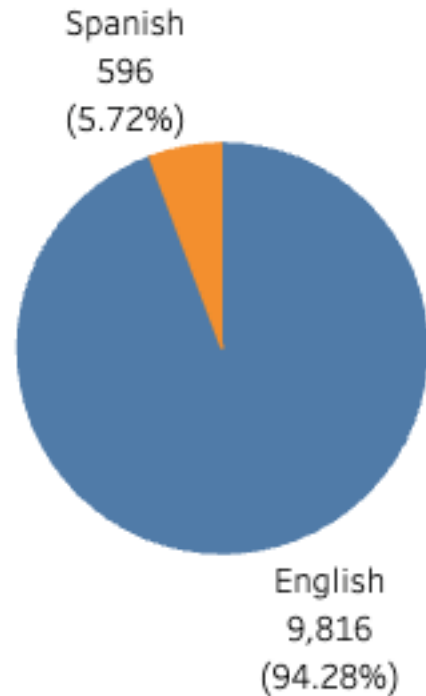
# Safe Spaces Cumulative Data



Data are through 01/31/2026

# Safe Spaces Cumulative Data

Number of Modules Completed by Language



Module	Status	Count
Module 1 (ages 0-5)	Initiations	9,098
	Completions	5,289
Module 2 (ages 5-11)	Initiations	5,329
	Completions	3,428
Module 3 (ages 12-18)	Initiations	3,194
	Completions	1,695

Data are through 01/31/2026

## Safe Spaces Evaluation Data

Over 93% of learners say they plan to implement changes in their practices based on the training or that their current practices were reinforced by the training.

Over 90% of learners say they are at least somewhat confident they will be able to make intended changes to their practices.

# Safe Spaces (ages 12-18) Testimonial

“This was without a doubt one of the most effective asynchronous development opportunities I've experienced. Thank you profusely to your team for taking the time and effort to build interactive professional development rather than stand-and-deliver video approaches. In addition to the format, the use of several different stakeholder perspectives (classroom teacher, elective teacher, administrator, bus driver, counselor) was extraordinarily valuable to identify diverse approaches, in addition to different case studies among students. I also appreciate you separating this by age groups.”

Learn more online!



Take the training today!  
Scan the QR code or visit  
[training.ACEsAware.org](https://training.ACEsAware.org)



# Become a Safe Spaces Trainer!

- Learn once. Train many. Bring Safe Spaces to your community.
- What you receive
  - Free 6-hour interactive Train-the-Trainer workshop
  - Certification to deliver Safe Spaces trainings
  - Complete facilitation toolkit (slides, guides, activities)
  - Ongoing technical assistance and coaching
  - Unlimited ability to train staff in your school or district
- Cost
  - \$0 to attend
  - \$0 to train others
- Free certificates and applicable CE/CME credits for all Train-the-Trainer participants

Ready to get started?

[questions@acesaware.org](mailto:questions@acesaware.org)



# Introducing: Recognize, Respond, Connect

Supporting the  
Behavioral Health  
of Our Students



# Recognize, Respond, Connect: Supporting the Behavioral Health of Our Students

- 50-minute training
- Online, self-paced
- Free!
- Aligned with aligned with the requirements of California Education Code Section 49428.2(c)
- Free CE/CME provided for physicians, psychologists, social workers, nurses, and physician assistants

**Recognize,  
Respond,  
Connect**

Supporting the  
Behavioral Health  
of Our Students

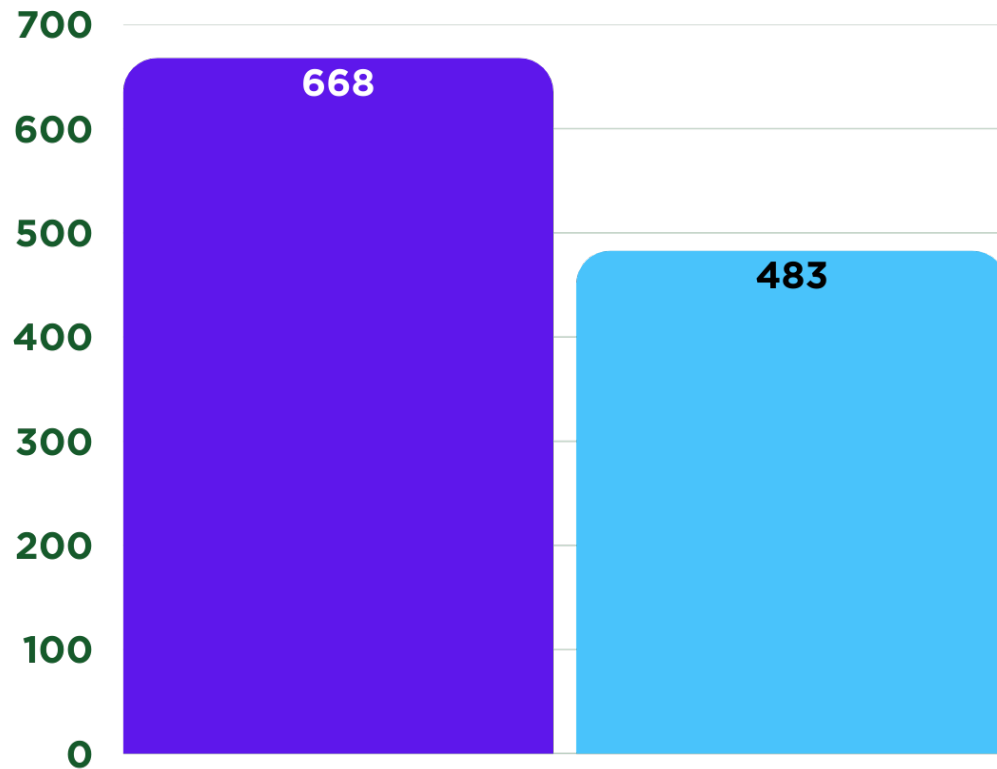
**CDPH**  
California Department of  
Public Health

**aces aware**  
SCREEN. TREAT. HEAL.

# RRC Completion Data

February 2026

● Initiations ● Completions



Course Launched in December 2025

Data are cumulative through 02/19/2026

## RRC Evaluation Data



Over 98% of learners said they either plan to make changes in how they interact with and support students, or believe their current practices already reflect the strategies taught in the training.

Among learners, 65% reported feeling very confident in their ability to make changes, 20% felt somewhat confident, and 15% indicated they are not planning to make any changes.

## RRC Testimonial



*“This training provided much needed information in an engaging format...I am grateful that in CA we are proactive in the well-being of youth and those in service to them.”*

## Take the Training Today!



Complete the 50-minute training and become a trusted adult in your school community.

[training.acesaware.org/rrc](https://training.acesaware.org/rrc)





**Thank you!**

**The Office of School Health is here to support you**

**[SafeSchoolsTeam@cdph.ca.gov](mailto:SafeSchoolsTeam@cdph.ca.gov)**

# Join Us for the Next Quarterly Public Webinar

Thursday, June 18th, 2026

3:00pm-5:00pm PST

Sign up for the CYBHI Newsletter for updates and registration information

- In the footer on every page of the CYBHI website
- Or visit the [sign-up page](#)
- Scan the code for the webinar registration page
- ***Be sure to check your spam folder so you don't miss your email***



# CYBHI

Children and Youth  
Behavioral Health Initiative



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