

# Children and Youth Behavioral Health Initiative

December Update



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## A Message from CYBHI Director Melissa Stafford Jones

*"When a therapist finally shared or understood my identities, it was so much less explanation... I could be very straight to the point... without fear of judgment." - Youth*

As part of California's [Master Plan for Kids Mental Health](#), the [Children and Youth Behavioral Health Initiative \(CYBHI\)](#) is dedicated to reimagining and transforming the way California serves the emotional, mental and behavioral health needs of children and families. Building the behavioral health workforce we need is critical to that transformation.

California's behavioral health providers make tremendous impacts in the lives of our kids and the CYBHI seeks to grow our state's behavioral health workforce, including with the creation of the new Wellness Coach (previously known as Behavioral Health Coach) role described further in this update. This effort is intended to help make the workforce more reflective of our state's diverse kids and families. Youth have told us they want and need a workforce that looks like them, speaks their languages, and understands their experiences and communities.

In this month's update, you'll have a closer look at how together – with input and expertise from our partners – we are growing the behavioral health workforce for children and youth. You'll also learn how the CYBHI Equity Working Group is helping CalHHS and its departments embed advancing equity into the work of the initiative.

Lastly, this month's update also provides information on a grant opportunity for increasing parent and family supports through the first phase of implementing the workstream to scale Evidence-Based and Community-Defined Evidence Practices.

Thank you to everyone who has joined us in this effort. I am grateful for your dedication, creativity and collaboration.

In Partnership,

Melissa Stafford Jones, Director,

Children and Youth Behavioral Health Initiative

## Workstream-specific Updates

### HCAI - Wellness Coach Role

As part of the Children and Youth Behavioral Health Initiative, the Department of Health Care Access and Information (HCAI) is creating a new, certified position to help support the behavioral health needs of California youth in a wide variety of settings.

The Wellness Coach (previously known as Behavioral Health Coach) role is designed to increase California's overall capacity to support the growing behavioral health needs of our youth. It is also designed to help build a larger and more diverse workforce with lived experience that has the training and supervision needed to engage directly with young people where they live, study and work.

Young people consistently tell us that having a workforce that looks like them, speaks their language, understands their communities and has shared experience with them is crucial to making their support effective. As one youth shared, "it's difficult to consider accessing services from people that don't really have the same cultural values as you, or have the same lived experiences as you, because it makes it all much harder for them to understand."

Operating as part of a care team and under the direction of a Pupil Personnel Services (PPS) credentialed or licensed professional, Wellness Coaches will offer non-clinical services that support youth behavioral health and well-being, such as wellness promotion and education, screening, care coordination, individual and group support, and crisis referral. They will be able to work in many settings, such as schools and community-based organizations.

The [Wellness Coach model](#) is designed to supplement and support existing behavioral health roles, fill gaps in the current behavioral health workforce and create a larger and more diverse workforce of qualified adults with whom youth can connect. By handling broader, non-clinical services, Wellness Coaches will allow licensed or PPS credentialed staff to focus on youth who may have more complex needs or require higher levels of support.

The role is inspired by successful programs and models from across the state and country, such as the [Alaska Native Tribal Health Consortium's Behavioral Health Aid Program](#), which created a new role to provide culturally-relevant support for behavioral health and substance use needs.

Wellness Coaches will earn either a Wellness Coach I or II certification. These new certifications are being developed by the Department of Health Care Access and Information (HCAI) and will each require the completion of 52 hours of classroom education, 400 hours of on-the-job training and either an associate's (Wellness Coach I) or bachelor's degree (Wellness Coach II) in a related field.

As we build out the behavioral health workforce continuum, the Wellness Coach role fills a critical gap in the workforce between peer support and positions that require post-graduate degrees. By placing certification at the undergraduate level, the Wellness Coach role will serve as a career stepping stone for those interested in supporting youth mental health, ensuring a consistent level of training for entry-level employees and allowing them to work in the field without waiting to earn a master's degree.

HCAI is aiming to have the first cohort of Wellness Coaches entering the workforce in the beginning of 2025. To learn more and sign up for updates on the development of the Wellness Coach role, visit [HCAI's CYBHI webpage](#).

## DHCS - Scaling Evidence-Based and Community-Defined Evidence Practices

This month, the Department of Health Care Services (DHCS) released the first in a series of grant opportunities designed to help scale **Evidence-Based and Community-Defined Evidence Practices (EBPs/CDEPs)** that have robust evidence for effectiveness, will impact racial equity, and promote sustainability. The EBP/CDEP grant workstream is designed to identify and scale statewide approaches that are proven to improve behavioral health outcomes for children, youth, and families.

In total, DHCS will disburse \$429 million in grants to improve access to critical interventions, including those focused on prevention, early intervention, and resiliency/recovery for children and youth, with a specific focus on children and youth from Black, Indigenous, and People of Color (BIPOC) and LGBTQIA+ communities.

With input from a wide range of partners, DHCS selected a limited number of evidence-based practices and/or community-defined evidence practices to scale across multiple funding rounds that will be announced in 2023.

During Fiscal Year 2022-2023, DHCS will scale-up the identified practices through six competitive grant rounds in the following areas of focus:

- Round 1: Parent/caregiver support programs and practices (December 2022).
- Round 2: Trauma-informed programs and practices (approximate timeline for release: January 2023).

- Round 3: Early childhood wraparound services (approximate timeline for release: February 2023).
- Round 4: Youth-driven programs (approximate timeline for release: March 2023).
- Round 5: Early intervention programs and practices (approximate timeline for release: March/April 2023).
- Round 6: Community-defined programs and practices (approximate timeline for release: April 2023).

For the first round of EBP/CDEP grant funding, DHCS seeks proposals from various individuals, organizations, and agencies to scale parent and caregiver support and training services to parents, caregivers, and children and youth with emerging or existing mental health and/or substance use disorders. The aim is to strengthen positive parenting practices and improve caregiver-child relationship and caregiver related stress. Applicants can apply under three separate tracks: training for individuals; operational expansion for organizations seeking to expand or scale delivery of EBP/CDEP or related adaptations; and start-up funding for organizations that seek to newly implement EBP/CDEP or related adaptations.

Interested parties are encouraged to apply for funding using [this application form](#). The application deadline is January 31, 2023, at 5 p.m.

DHCS will discuss this grant opportunity in their next [monthly webinar](#) on December 7 from 3-4:30 p.m.

To learn more about CYBHI EBP/CDEP grant opportunities, visit the [DHCS website](#).

## Initiative-wide Updates

### [Equity Working Group](#)

To build a behavioral health system for children and youth that addresses current inequities, the [CYBHI Equity Working Group \(EWG\)](#) was formed to advise CalHHS and its departments on embedding efforts to advance equity in the work of the initiative.

On October 19, 2022 the CYBHI Equity Working Group held its second meeting. The **Equity Definition Committee** presented a draft definition, which includes multiple components related to health equity, behavioral health specifically, and the recognition of the socioeconomic drivers of inequity. The committee will continue to refine the definition guided by the input of the full working group and will provide a final proposed definition in January 2023. The **Equity Framework Committee** presented and facilitated

a discussion on draft pillars of an equity framework. In addition to developing an Equity Framework to recommend to the CYBHI, the committee will also develop a toolkit to support CalHHS and its departments in applying the framework to the work of the CYBHI.

### Quarterly Webinar

In the CYBHI October webinar, CalHHS and Departments provided updates on the progress that the initiative has made over the past quarter, workstream updates from the Department of Health Care Services (DHCS) and Department of Managed Health Care (DMHC), the Department of Health Care Access and Information (HCAI), the California Department of Public Health (CDPH) and the Office of the California Surgeon General (OSG), and deep dives on Evidence-Based Practices/Community-Defined Practices (DHCS) and Trauma-Informed Training for Educators (OSG).

For detailed information about this work, view the [Webinar Video](#) and [Presentation](#).

### CYBHI 101 & FAQ

Do you want to learn more about the Children and Youth Behavioral Health Initiative, our approach, focus areas and workstreams? Would you like to educate someone else about our work, strategies and goals?

Visit our website and view our [CYBHI 101 presentation](#) and [Frequently Asked Questions](#) for up-to-date information, answers and messaging.

## **Upcoming Meetings and Participation Opportunities**

### **December 5, 2022 – 3-5 p.m. – Fee Schedule Workgroup Meeting (DHCS)**

The Department of Health Care Services (DHCS) in collaboration with the Department of Managed Health Care (DMHC) will virtually host the second public Fee Schedule Workgroup Meeting. Register to join the [December 5 Fee Schedule Workgroup Meeting](#).

### **December 7, 2022 – 1-2:30 p.m. – Substance Use Disorder Earn and Learn Webinar (HCAI)**

This webinar will include information on the grant opportunity for Substance Use Disorder Earn and Learn providers who furnish education and paid job

experience for students receiving Substance Use Disorder certification. Register to join the [December 7 Substance Use Disorder Earn and Learn Webinar](#).

**December 7, 2022 – 3-4 p.m. – DHCS Monthly Webinar (DHCS)**

This webinar will include information on the Scaling Evidence-Based and Community-Defined Evidence Practices grants program, implementation of the Behavioral Health Virtual Services Platform and various school-linked behavioral health services work streams. Register to join the [December 7 DHCS Monthly webinar](#).

**December 8, 2022 – 4 p.m.-5:15 p.m. – Safe Schools Webinar**

This webinar will focus on caring for the mental health and wellbeing of K-12 students in the school community in the wake of COVID-19. Register to join the December 8 [Caring for Students in the Wake of COVID-19 Webinar](#).

**December 13, 2022 – 10 a.m.-3 p.m. – Behavioral Health Task Force Meeting**

The meeting will focus on substance use disorder services, including for youth. Register to join the December 13 [Behavioral Health Task Force Meeting](#).

**January 18, 2023 – 3-5:30 p.m. – CYBHI Equity Working Group**

Information and an agenda will be available on the [CYBHI home page](#).

## Stay Engaged

The CYBHI welcomes all input. To provide thoughts or comments or to sign up to receive regular updates, please email [CYBHI@chhs.ca.gov](mailto:CYBHI@chhs.ca.gov). To engage on workstream-specific topics, please use the following information:

- Department of Health Care Services:
  - Contact information for questions/feedback: [CYBHI@dhcs.ca.gov](mailto:CYBHI@dhcs.ca.gov)
  - Children & Youth Behavioral Health Initiative [Webpage](#)
  - Student Behavioral Health Incentive Program (SHIP) [Webpage](#)
  - Behavioral Health Continuum Infrastructure Program (BHCIP) [Webpage](#)

- CalHOPE Student Support [Webpage](#)
- Department of Health Care Access and Information (HCAI): [CYBHI@hcai.ca.gov](mailto:CYBHI@hcai.ca.gov)
- Department of Managed Health Care: [CYBHI@dmhc.ca.gov](mailto:CYBHI@dmhc.ca.gov)
- California Department of Public Health: [CYBHI@cdph.ca.gov](mailto:CYBHI@cdph.ca.gov)
- Office of the California Surgeon General: [info@osg.ca.gov](mailto:info@osg.ca.gov)

## About the CYBHI

The [Children and Youth Behavioral Health Initiative \(CYBHI\)](#) is a historic, five-year, \$4.7 billion initiative to reimagine and transform the way California supports children, youth and families. Managed by the California Health and Human Services Agency, the CYBHI focuses on promoting mental, emotional and behavioral well-being, preventing challenges and providing services, support and routine screening to ALL children and youth for emerging and existing needs connected to mental, emotional and behavioral health and substance use. Built on a foundation of equity and accessibility, the initiative is designed to meet young people and families where they are to create an ecosystem that can help them when, where and in the way they need it most.

## Past Updates & Information

- October Quarterly Webinar [presentation](#) and [video recording](#)
- [September CYBHI Update](#)
- [August CYBHI Update](#)
- July Quarterly Webinar [presentation](#) and [video recording](#)
- [June 2022 CYBHI Update](#)
- [March 2022 CYBHI Update](#)
- March Kick-Off Webinar [presentation](#) and [video recording](#)
- [February 2022 CYBHI Update](#)