

CYBHI

Children and Youth
Behavioral Health Initiative



April Update



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A Message from CYBHI Director Melissa Stafford Jones

In the coming month, people across California and the U.S. will join together to draw attention to the importance of mental health and wellness for our youth and families.

May is Mental Health Awareness Month, and Children's Mental Health Awareness Week is May 1-7, 2023. This is a time in which we shine a spotlight on the roles we can all play in raising awareness of youth mental health and substance use needs, reducing stigma and sharing information about vital resources and supports. The California Health and Human Services Agency has curated a list of key resources through the [Youth Mental Health Resource Hub](#), and we have put together a [digital toolkit](#) that partners can use to help spread the word.

The State of California leads the way in supporting youth mental health. The Master Plan for Kids' Mental Health and the Children and Youth Behavioral Health Initiative (CYBHI) represent a historic effort to transform the way we serve kids and families, reimagining our systems over the long term while addressing urgent current needs.

The CYBHI continues to make important progress. As part of our Workforce Training and Capacity strategy, the Department of Health Care Access and Information recently awarded over \$210 million in grants to build a diverse and culturally responsive healthcare workforce that can serve underserved areas, while the Office of the California Surgeon General (OSG) completed beta testing of Safe Spaces, a series of self-paced, online modules that help early care and education personnel recognize and respond to trauma and stress in youth. Through our Public Awareness strategy, OSG awarded a communications contract to launch a \$24 million healing-centered campaign focused on Adverse Childhood Experiences and Toxic Stress.

Mental Health Awareness Month and Children's Mental Health Awareness week are opportunities to reaffirm our commitment to children and youth and redouble our efforts to meet their needs. I am grateful to all our partners for all you have achieved and what we will collectively achieve in the work ahead. Thank you for your continued engagement, collaboration and commitment to building a healthier and more equitable future for our children, youth and families.

In Partnership,

Melissa Stafford Jones, Director, Children and Youth Behavioral Health Initiative

Current Funding Opportunities

Scholarship - Behavioral Health Scholarship Program (HCAI)

Funding opportunity opening on May 15, 2023.

The Behavioral Health Scholarship Program (BHSP) will open on May 15, 2023, with an informational webinar taking place on May 31, 2023 at 10am. BHSP aims to increase the number of appropriately trained allied and advanced behavioral health professionals providing direct patient care in California. Information is available on HCAI's Behavioral Health Scholarship Program [webpage](#).

Updates

Prioritizing Student Mental Health: Resources for Schools

Schools are leaders, and they play a critical role in supporting their students' behavioral health and well-being. The California Health and Human Service Agency (CalHHS) and the California Department of Education (CDE) recognize the wide array of efforts schools have underway to support the young people's social, emotional and mental health needs.

CalHHS and CDE value the opportunity to work in partnership with schools through a range of statewide efforts from CDE-provided [learning support](#) to California's [Safe Schools for All](#) hub and the [CalHope Student Services](#) program, which supports Local Education Agency (LEA) communities of practice to strengthen social emotional learning.

To continue building on these efforts and as part of Children's Mental Health Awareness Week, CalHHS and CDE will share a diverse group of resources to support student, staff and school mental health and well-being. From storytelling to suicide prevention toolkits and resiliency programs, these resources can help schools, staff and educators to further create a nurturing learning environment for students.

You can visit the Youth Mental Health Resource Hub for more information and additional resources for Children's Mental Health Awareness Week www.chhs.ca.gov/youthresources.

California Awards Over \$150 Million to Bolster Health Care Workforce

The Department of Health Care Access and Information (HCAI) awarded more than \$150 million in grants to strengthen the state's health care workforce.

The grants include \$117.7 million to help behavioral health providers at 134 nonprofit Community-Based Organizations (CBOs) support scholarships, loan repayments, stipends, and recruitment and retention incentives for as many as 5,000 eligible individuals through the [CBO Behavioral Health Workforce Grant Program](#).

HCAI also awarded \$33.7 million—\$30 million of which comes from the CYBHI—to the [California Social Work Education Center \(CalSWEC\)](#) to provide stipends and fellowships to 892 students pursuing careers in social work.

To learn more about the program and awards, read Governor Newsom's full [announcement](#).

Office of The California Surgeon General Awards ACEs and Toxic Stress Healing-Centered Campaign Contract

The [Office of the California Surgeon General \(CA-OSG\)](#) selected [Civilian](#), a San Diego-based social change and marketing agency, as its vendor partner to launch a \$24 million healing-centered campaign aimed at raising awareness of Adverse Childhood Experiences (ACEs) and providing support and healing strategies for individuals and communities across California. [ACEs](#) are highly stressful and potentially traumatic experiences that can occur before turning 18, such as witnessing domestic violence or experiencing abuse or neglect. Research shows that [two out of three adults](#) in the United States have been exposed to one or more ACEs.

To address this issue, the campaign will focus on reaching out to communities that are disproportionately impacted by ACEs, including economically disadvantaged communities, LGBTQ+, communities of color, immigrants, refugees, rural areas, justice-involved youth, child welfare-involved youth, and transition-age youth.

To learn more about the ACEs and toxic stress healing centered-campaign and other efforts from CA-OSG to enhance mental health for all Californians, visit their [website](#).

Beta Testing Complete for Surgeon General's Trauma-Informed Training

The CA-OSG recently conducted a statewide beta testing of its trauma-informed training, launching summer 2023.

[Safe Spaces: Foundations of Trauma-Informed Practice for Educational and Care Settings](#) is a free, voluntary, two-hour online learning opportunity that helps early learning and TK-12 personnel understand and incorporate trauma-informed practices into their work with children and youth.

More than 200 people tested the training and shared valuable feedback. Among the testers were personnel in the education and childcare fields, including TK-12th grade teachers, superintendents, principals, teacher aids, family childcare providers, and early childhood educators. Testers came from 31 counties, as far north as Eureka and all the way South to San Diego.

Feedback was positive, with 97 percent of participants agreeing the testing improved their knowledge and 99 percent agreeing the material provided useful information for their work. Additionally, 99 percent agreed the content and objectives reflected the diversity of early learning and care providers and school personnel in California.

Said one participant: *“I really like the way it presented all the material. Very short and precise. I like the characters, and the content is not only about our work but also about each of us. As a society, we need more compassion, more kindness and more love for ourselves and for our community.”*

The training focuses on raising awareness of the impact of stress and trauma on health, development and learning, and on sharing key mindsets and strategies to respond to trauma-informed principles and help create the conditions for safe and supportive learning environments for everyone.

The CA-OSG is making final edits to the training before it goes live in late June. To learn more about the training and the expert panel that helped inform the training, visit <https://osg.ca.gov/safespaces/>

Stories From the Field: The Power of Connection, Community, and Peer Support

Stories from the Field showcase the CYBHI’s values and vision and demonstrate how the initiative can build on existing efforts, learn from them, and work towards scalable and systemic change. This composite story—based on real youth experiences compiled by [The Social Changery](#)—speaks to some of the challenges identified by youth and families in the CYBHI [Youth at the Center Report](#) and the hopes they expressed for a reimagined behavioral health ecosystem..

Carlos first noticed he was different in middle school. One day, kids were playing together, and gender didn't matter. Then, everyone seemed to get sorted into gender-specific groups preoccupied with dating people from the other group. Carlos didn't know which group he belonged to or which he wanted to date. He didn't feel like he belonged anywhere.

In his early teens, Carlos started hanging out by himself. Alone, he didn't have to figure out where he belonged or why there wasn't a place for people like him. It was a good solution at first, but over time, he started to feel socially awkward. Eventually, he only interacted with his mom.

Over the years, Carlos got more depressed, and his mom grew worried. She tried to get him to see his school counselor, but the older lady with the wholesome-looking family photos on her desk didn't seem like she would understand. Once, he got so desperate that he called a hotline. Carlos liked the anonymity, and the person was a good listener, but it wasn't a long-term solution.

Carlos started spending a lot of time online, and the anonymity helped him open up. He started talking to some other players on an online game about more than just gaming. One person who really understood added him to a chat group of other people his age who felt like he did. There, Carlos connected to more people like him – non-binary people, LGBTQ+ people. Talking to people from his community who were like him, who understood what he had been feeling since he was a little kid, who could name it and bond over it, made a huge difference.

Looking back, Carlos wondered what would have happened if he had been surrounded by more LGBTQ+ people when he was younger. Maybe his depression wouldn't have gotten so bad and he wouldn't have felt like such an outsider. Today, Carlos' depression is a lot better. He still spends a lot of time on the internet—even getting his Bachelor's degree online—and he's finding people in real life who can be there for him, too.

Carlos isn't alone in his experience. Thousands of California youth struggle with depression, feel like they don't fit in and don't know where to go for help. Thinking about the mental health system, Carlos wishes it had more. More counselors in schools and the community who understand the experience of people like him. More safe spaces online to find community while you are still figuring out your identity. And more real-life places you can find people like you, who you can sit, hang out, play games and do creative things with. Not because it's their job, but because they need community too.

Carlos's story emphasizes the power of connection, community, and peer support—as well as safe online spaces and peer-led programs—in addressing youth behavioral

health needs. This aligns with the CYBHI's efforts to provide support that is culturally responsive and tailored to the unique circumstances of each individual. To learn more about the CYBHI's values and how they drive our efforts, visit the [CYBHI website](#).

Upcoming Meetings and Participation Opportunities

May 31, 2023 – 10-11:30 a.m. – Behavioral Health Scholarship Program Webinar

Registration information is available via the [Behavioral Health Scholarship Program webpage](#).

May 31, 2023 – 3-5:30 p.m. – Equity Working Group

Please RSVP via the [registration page](#).

June 9, 2023 – 2-4:00 p.m. – CYBHI Quarterly Webinar

Registration information will be available on the [CYBHI web page](#).

Stay Engaged

The CYBHI welcomes all input. To learn more about the CYBHI and to sign up to receive regular updates and engagement opportunities, please visit the [CYBHI webpage](#).

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
 - 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
- Department of Managed Health Care: CYBHI@dmhc.ca.gov
- California Department of Public Health: CYBHI@cdph.ca.gov
- Office of the California Surgeon General: info@osg.ca.gov

About the CYBHI

The [Children and Youth Behavioral Health Initiative \(CYBHI\)](#) is a five-year, \$4.7 billion initiative that is transforming the way California supports children, youth and families. Serving as the core of California's [Master Plan for Kids' Mental Health](#), the CYBHI works to reimagine a more integrated, youth-centered system where young people can find support for mental health and substance use needs where, when and in the way they need it most. Built on a foundation of equity and accessibility, the CYBHI is created by and for youth and families. Together with partners across sectors and systems, we are meeting young people where they are—such as schools—to provide access to mental health and substance use services and supports.

Past Updates & Information

- [March 2023 CYBHI Update](#)
- [February 2023 CYBHI Update](#)
- February 2023 Quarterly Webinar ([presentation](#) and [video recording](#))
- [January 2023 CYBHI Update](#)
- [December 2022 CYBHI Update](#)
- October 2022 Quarterly Webinar ([presentation](#) and [video recording](#))
- [September 2022 CYBHI Update](#)
- [August 2022 CYBHI Update](#)
- July 2022 Quarterly Webinar ([presentation](#) and [video recording](#))
- [June 2022 CYBHI Update](#)
- [March 2022 CYBHI Update](#)
- March 2022 Kick-Off Webinar ([presentation](#) and [video recording](#))
- [February 2022 CYBHI Update](#)