

CYBHI

Children and Youth
Behavioral Health Initiative



Building Safe, Trauma-Informed, Healing Spaces for Students

August 9, 2023



Today's Agenda

1. Welcome to this new CYBHI Webinar Series!
2. Context and Background on CYBHI and Alignment with MTSS Framework
3. Building Safe, Trauma-Informed, Healing Spaces at School for Students
 - a. Local Example: Sonoma County Office of Education
 - b. Breakout Group Short Discussions
 - c. Overview of CYBHI Safe Spaces Training
4. Q&A
5. Applying Today's Webinar Information: Sense Making Discussion with Local Partners (in-person or virtual)

Office Hours on August 16, 2 pm - 3 pm!

Today's Speakers

- Melissa Stafford Jones, CalHHS
- Jami Parsons, Orange County Department of Education
- Mishale Ballinger, Sonoma County Office of Education
- Julie Rooney and Berit Mansour, Office of the California Surgeon General

CONTEXT AND BACKGROUND

Collective Vision and Shared Values

- Support our children and youth; we know they are struggling
- Value centering of whole child and equity
- Recognition that behavioral health and well-being affect school attendance, learning, and school success

ALL children and youth, especially those most underserved, have the supports and services they need to learn and thrive



Governor's Master Plan for Kids' Mental Health

Governor Newsom Announced Master Plan for Kids' Mental Health August 18, 2022

- \$4.7B so every Californian aged 0-25 has greater access to mental health and substance use support
- Whole Child, "All of the Above" Approach
- Multi-year, fundamental overhaul to invest in and build needed system infrastructure
- CYBHI at its core

Other investments and initiatives in California being implemented in coordination and collaboration

- \$4.1B on a community schools' strategy to connect kids and families to essential services including health screenings, meals and more, as well as expanded learning opportunities
- \$5B on a Medi-Cal CalAIM initiative to better integrate health and behavioral health services for low-income kids and improve child health outcomes, including prevention
- \$1.4B to build the healthcare workforce that expands our capacity to meet the health needs of Californians, including children and families
- State budget investments in school-based behavioral health workforce, such as school counselors

What is 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.

The initiative is:

- Reimagining a more integrated, youth-centered, equitable, prevention-oriented system
- Promoting mental, emotional and behavioral health and well-being
- Supporting prevention and early intervention while addressing emerging and existing needs
- Increasing access to mental health and substance use services and supports
- Addressing inequities for groups disproportionately impacted by mental health challenges and that face the greatest systemic barriers to wellbeing

Built on a foundation of **equity** and **accessibility**, the CYBHI 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.**

CYBHI Workstreams

| Workforce Training and Capacity | | Behavioral Health Ecosystem Infrastructure | | Coverage | Public Awareness |
|---|--|---|---|---|---|
| Wellness Coach Workforce (HCAI) | Trauma-Informed Educator Training (CA-OSG) | School-Linked Partnership and Capacity Grants (DHCS) | Student Behavioral Health Incentive Program (DHCS) | Enhanced Medi-Cal Benefits – Dyadic Services (DHCS) | Public Education and Change Campaigns (CDPH) |
| Broad Behavioral Health Workforce Capacity (HCAI) | Youth Mental Health Academy (HCAI) | Behavioral Health Continuum Infrastructure Program (DHCS) | Youth Suicide Reporting and Crisis Response Pilots (CDPH) | | ACEs and Toxic Stress Awareness Campaign (CA-OSG) |
| Behavioral Health Virtual Services Platform and Next Generation Digital Supports (DHCS) | | | | Statewide All-Payer Fee Schedule for School-Linked Behavioral Health Services (DHCS/DMHC) | Targeted Youth Suicide Prevention Grants and Outreach Campaign (CDPH) |
| Healthcare Provider Training and e-Consult (DHCS) | | | | | |
| Scaling Evidence-Based and Community-Defined Practices (DHCS) | | | | | |
| CalHOPE Student Services (DHCS) | | | | | |
| Mindfulness, Resilience and Well-being Grants (DHCS) | | | | | |
| Youth Peer-to-Peer Support Program (DHCS) | | | | | Parent Support Video Series (DHCS) |

School-Behavioral Health Partnership to Support Student Well-Being

Schools are a critical component of the ecosystem that supports the emotional, mental and behavioral health of California's children and youth. That's why the CYBHI includes:

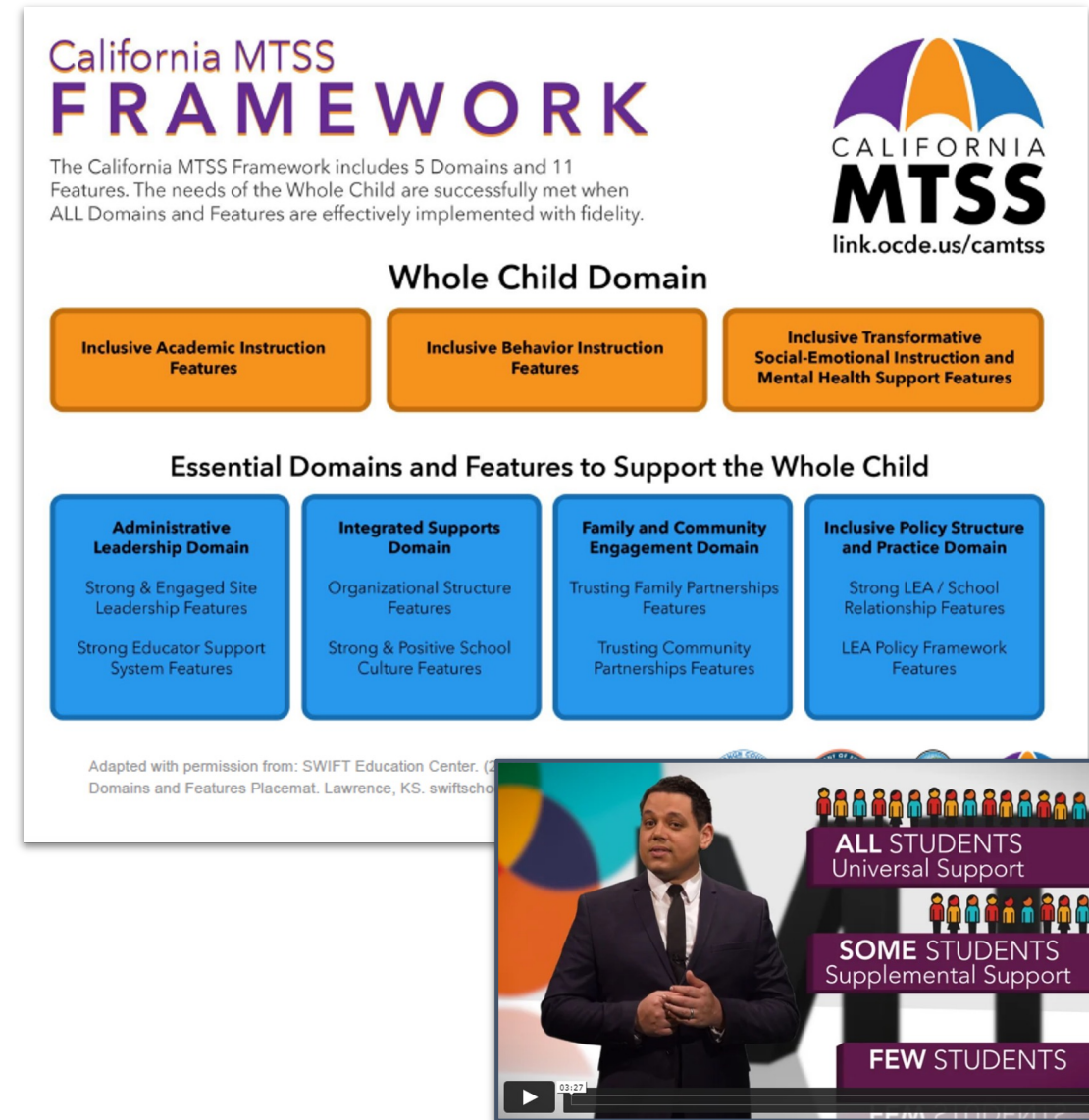
- **New statewide fee schedule** for school-linked behavioral health services reimbursement from Medi-Cal and commercial health plans
- **Behavioral health workforce investments** including a focus on career pipeline programs and developing a **new Wellness Coach role**, as well as investments beyond the CYBHI in school-based and overall behavioral health workforce
- **Building infrastructure** through school-linked partnership and capacity grants
- **Scaling of evidence-based and community-defined practices**, with an emphasis on racial equity, prevention, early intervention
- **Supporting partnerships** between Medi-Cal managed care plans and LEAs through SBHIP
- **CalHOPE Student Services program that provides tools and learning community opportunities** for schools for SEL
- **Supporting Wellbeing, Mindfulness, and Resilience of Students** through new grants
- **Providing training on trauma-informed care** to educators, school personnel and childcare providers.
- **Increasing access** to range of pre-clinical services and navigation to clinical services for students and families through new virtual services platform

What is CA MTSS?

Framework and Domains

California's Multi-Tiered System of Support (MTSS) is a comprehensive framework that aligns academic, behavioral, and social-emotional learning in a fully integrated system of support for the benefit of all students. CA MTSS offers the potential to create needed systemic change through intentional design and redesign of services and supports to quickly identify and match to the needs of all students.

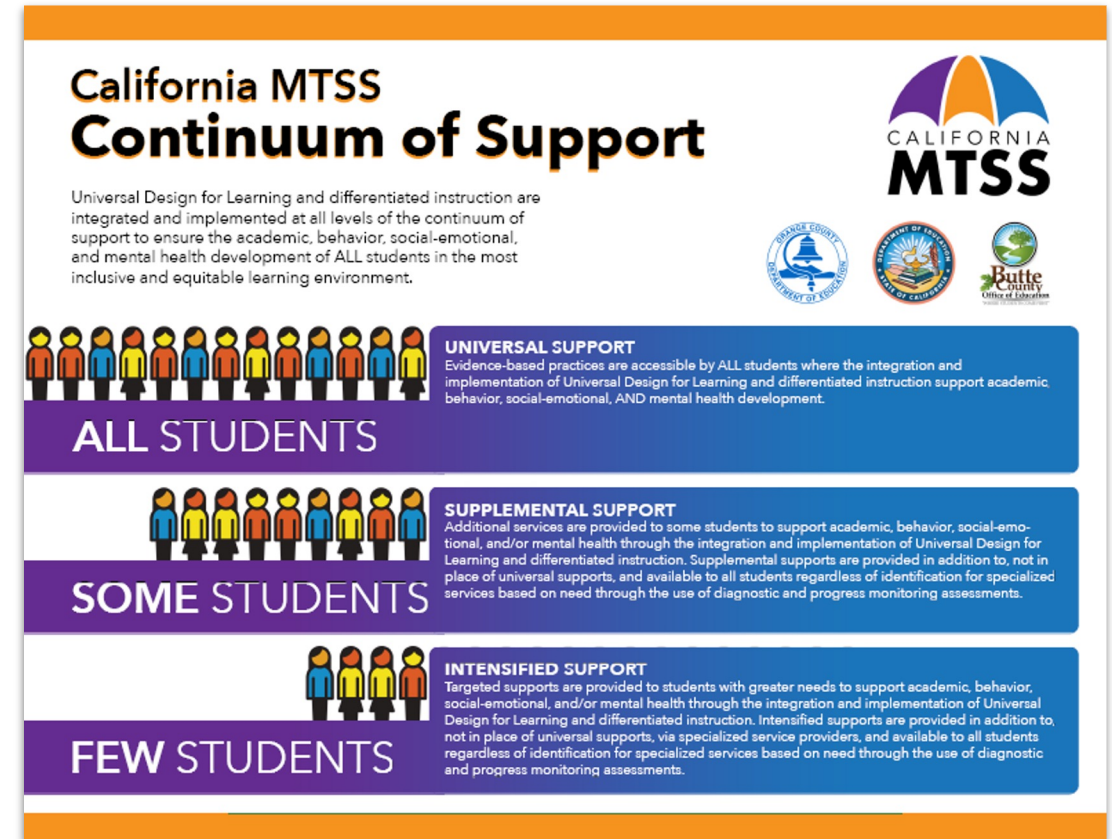
The evidence-based domains and features of the California MTSS framework provide opportunities for LEAs to strengthen school, family, and community partnerships while developing the whole child in the most inclusive, equitable learning environment thus closing the equity gaps for all students.



What is CA MTSS?

Continuum of Support

Excellence and equity for all students is about creating a system where all students are fully valued, welcomed, well supported, and engaged in learning. A continuum of support must be in place to ensure all students are benefiting from and engaged in learning.



Align New Opportunities With Existing Frameworks

- Utilize Integrated Systems Framework (ISF) /MTSS/PBIS/Community Schools as the organizing framework
- Implement CYBHI in the context of that framework
- Incorporate resources and tools of CYBHI to advance your goals

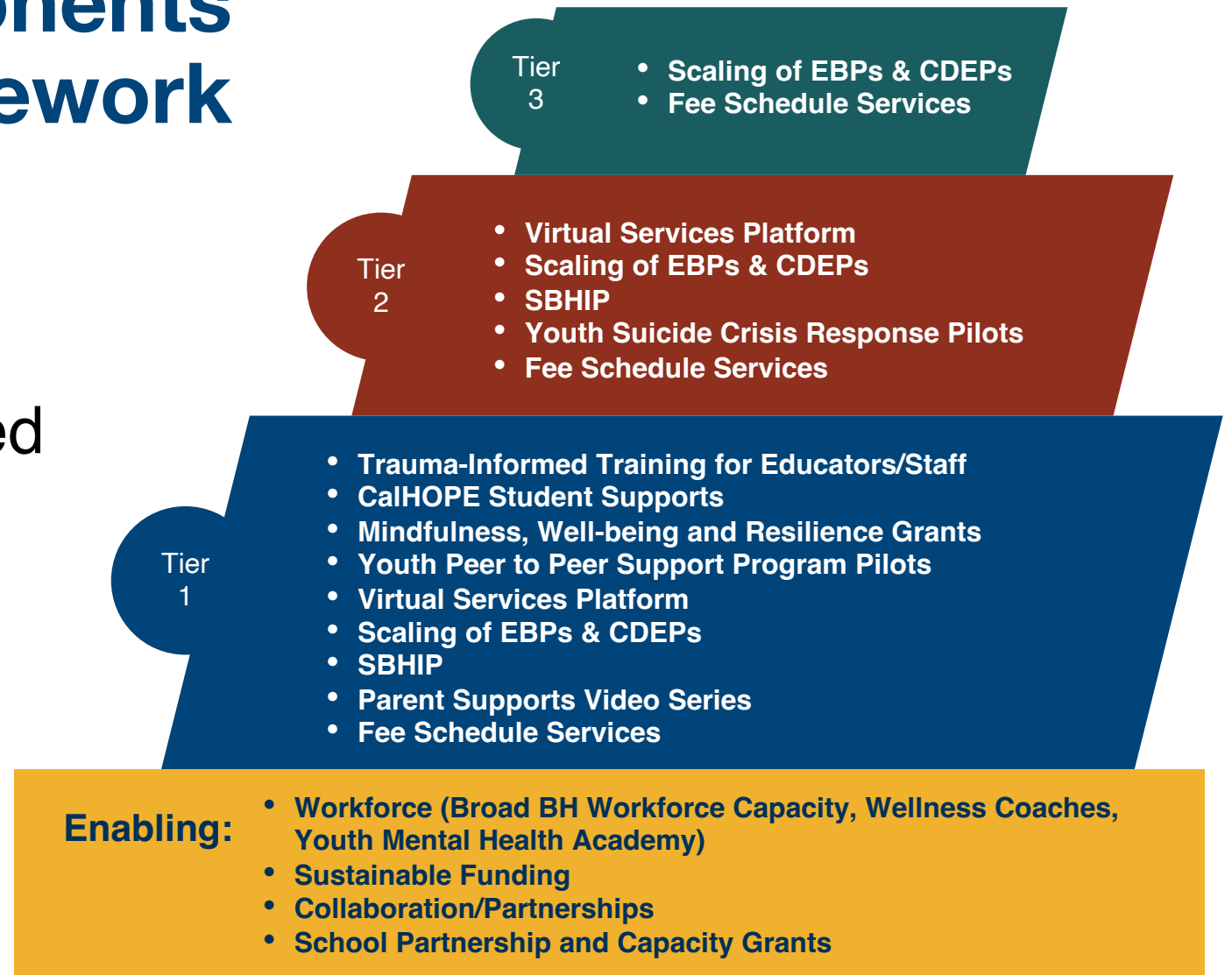
How can CYBHI be in service and partnership with schools to support the behavioral health and social and emotional well-being of children and youth so they can learn and succeed in school?



How CYBHI components fit into MTSS Framework

- **Values:**

- Whole Child
- Integrated/Coordinated
- Youth-Centered
- Equity-Centered
- Prevention and Well-being Oriented



Building Safe, Trauma-Informed, Healing Spaces at School for Students

Trauma-Informed Training in Action: Sonoma County

Mishale Ballinger, she/her/ella

*Program Coordinator at the
Sonoma County Office of
Education*



Trauma-Informed Schools: Sonoma County Snapshot

In the past 2 years, we have worked with:

- 30+ Schools
- 3 Colleges
- 10 Districts

Trauma-Informed Schools: Sonoma County Snapshot

Bright Spots

- Eagerness and willingness from teachers and staff to use Trauma Responsive Practices (TRP)
- Students with challenging behaviors **finding healing** through connection and being more able to learn

Trauma-Informed Schools: Sonoma County Snapshot

Challenges

- Limited time for prep
- Exclusionary discipline policies
- State mandates that don't align with TRP
- Need for coaching support

Small Group Discussion Question

What is a key strength or key gap you are seeing in school settings to build more trauma-informed, healing systems for students?

or

What is one thing you would most like to strengthen or add in your school/LEA to build more trauma-informed, healing settings for students?

NOW AVAILABLE!

Safe Spaces: Foundations of Trauma-Informed Practice for Educational and Care Settings





Goal 1: Provide greater awareness of the impact of stress and trauma on health, development and learning.

Goal 2: Provide key mindsets and strategies to respond with trauma-informed principles and help create the conditions for safe and supportive learning environments for everyone.

SAFE SPACES

Training helps adults recognize and respond to signs of trauma and stress.

1. Online
2. 2 Hours
3. 3 Age Groups
4. Self-Paced



Safe Spaces Curriculum

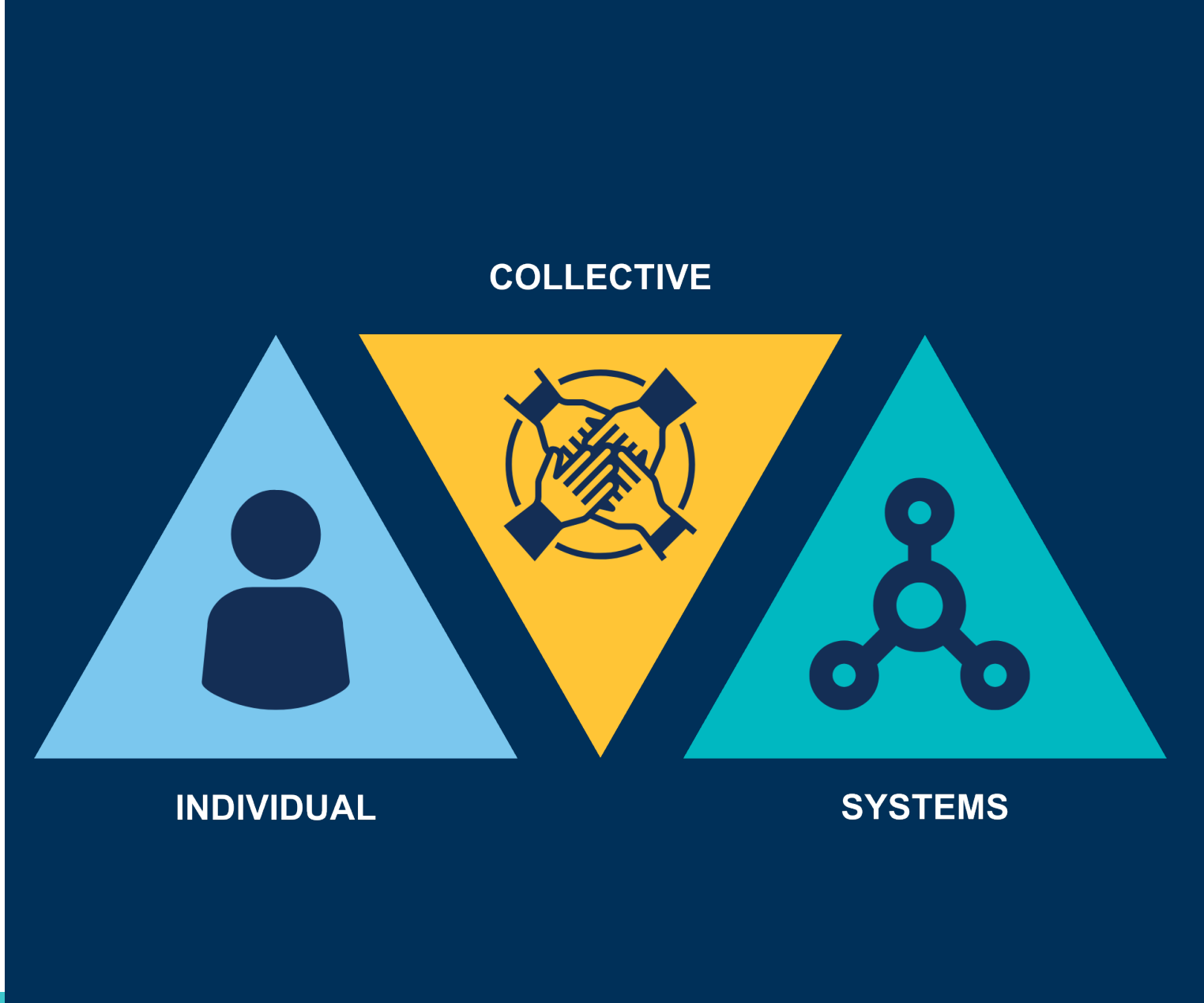
Sample Lesson Topics

- Identifying Activated Stress Responses
- Understanding Your Role in Promoting Resilience and Healing
- Responding to Students Who Are Stressed
- Regulate, Relate and Reason
- Self-Regulation for Adults: Pause, Notice, Name
- Conditions that Support Well-Being

The training is designed to engage the learner with examples, strategies and practices that vary according to developmental stage served.

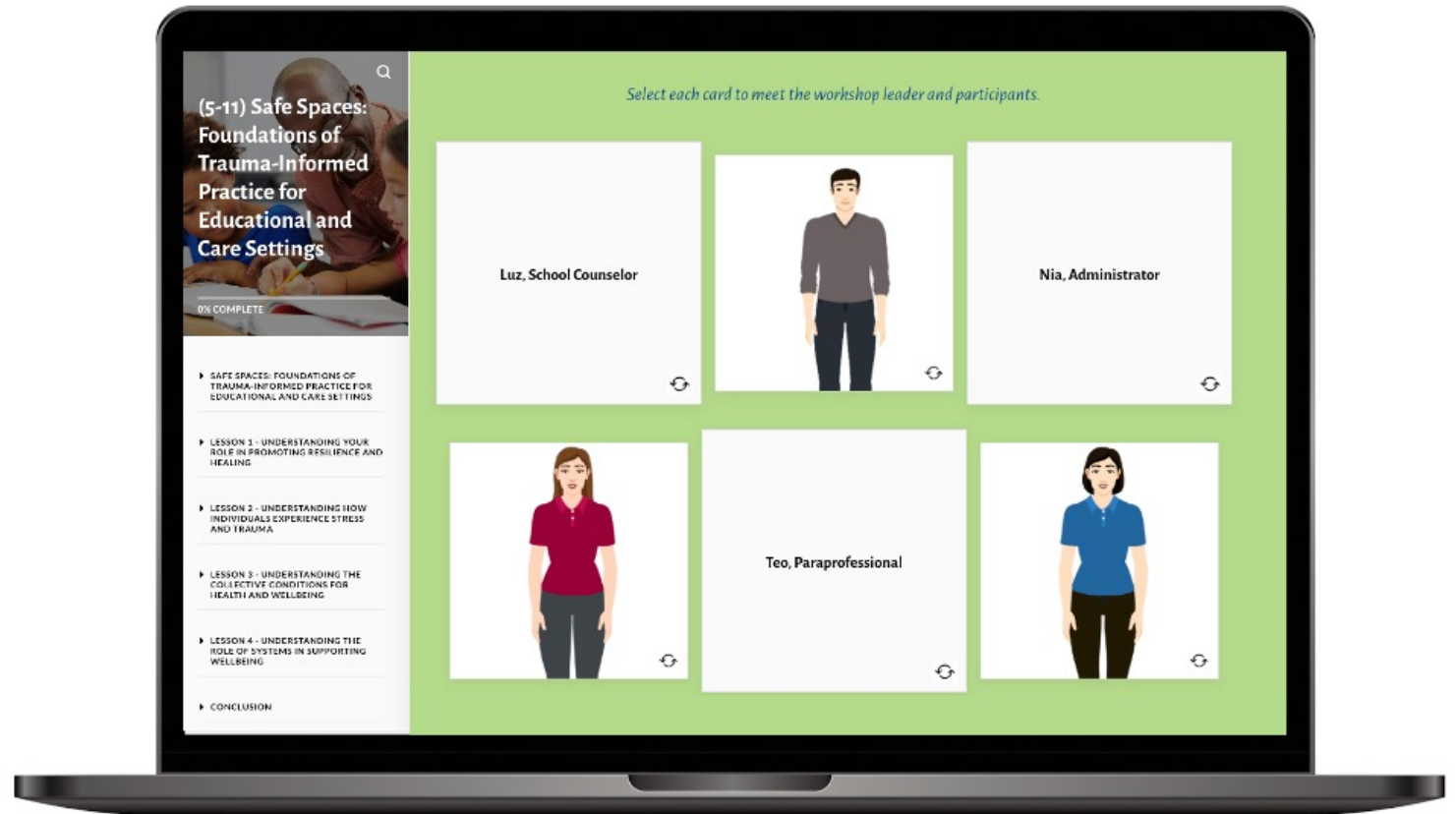
HOW TO UTILIZE

- PLC's
- Professional Development
- Team Building
- Staff Retreat Activity

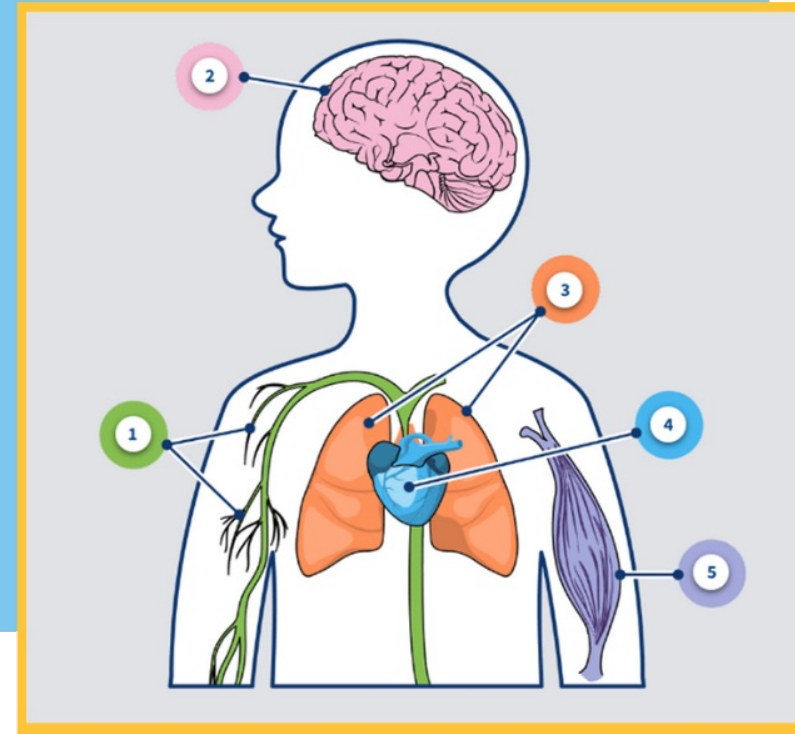
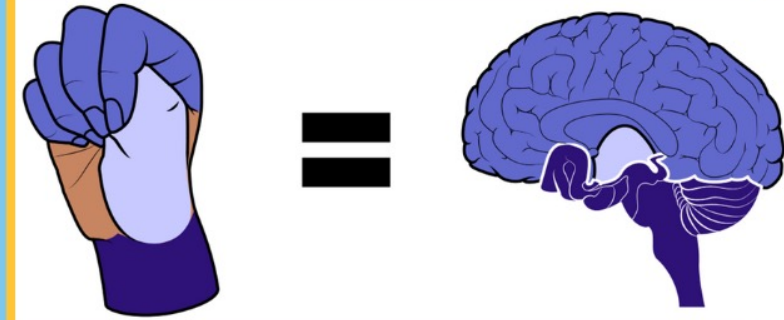


WHOLE STAFF APPROACH

- Educators
- Early Care Providers
- Classified Staff



THE SCIENCE EXPLAINED



REALISTIC CHARACTERS & SCENARIOS

MAYA

JAY

KAYLA

Age: 6 years old (kindergarten)

Background: Maya uses the pronouns "she" and "her." She lives with her grandma and dad who are always loving and supportive. Maya is very helpful. She always works in the garden with her grandma. Maya prefers spending time outdoors.

Interests: Maya plays soccer and T-ball and enjoys being active. Maya loves physical education and art.

Activators: Maya has difficulty ending a preferred activity without prior warning.

Stress Response: Maya becomes upset, cries, stomps her feet and yells.



Kaye: Wait, so if a student throws something on the bus, they shouldn't be punished?



Nia: Or if they run away from their teacher?



Teo: What if they physically hurt another student?

EXPERT REVIEW PANEL

- 12 members
- Experts in education, teacher training, youth trauma, brain development, mental health, early childhood, child development, and educational equity
- Youth voice includes one high school student and one college student



Beta Testing Complete

1. Field Partners: A small but representative group to provide feedback regarding the content, organization, flow, etc. of the module itself.
2. User Testers: Provided feedback regarding the functionality of the module (clicks, visual appeal, ease of use, accessibility, etc.).
3. Soft Launchers: A large group of testers designed to take the module at once (like a participant) and complete a short survey at the end. Testers were a representative sample of CA early learning/care providers and education personnel.
4. Expert Review Panel: Provided feedback on all of the above - both within the alpha module itself as well as at the upcoming Expert Review Panel meeting.
5. Dr. Nadine Burke Harris: ACEs pioneer and California's First Surgeon General Dr. Nadine Burke Harris provided feedback on all of the above.

Tester Feedback

1. 97% of participants strongly agreed or agreed that the training improved their knowledge base.
2. 99% of participants strongly agreed or agreed that the material provided useful information for their work.
3. 99% of participants strongly agreed or agreed that the content and objectives reflected the diversity of early learning and care providers and school personnel in California.
4. 94% of participants strongly agreed or agreed that they will reference/apply the material regularly for their work.
5. 96% of participants strongly agreed or agreed that they would recommend the training to a fellow colleague or educational/care personnel.

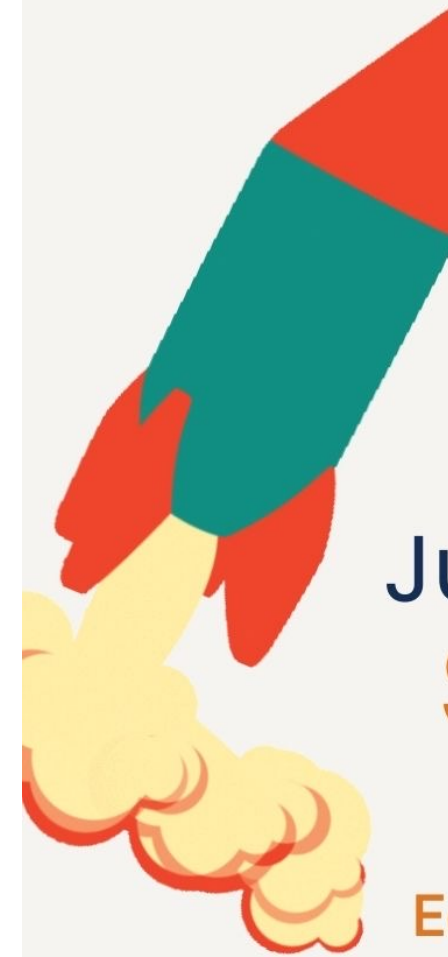
TESTIMONIALS

SAFE SPACES

- *“I just finished it and am blown away. I had many take aways, along with affirmations for our school model. I would love to continue to collaborate on this project.”*
- *“I found this course to be insightful in more ways than I anticipated. I believe in my heart this is part of a dire movement to support humanity in the shift from surviving to thriving authentically and in a healthy visceral manner!”*
- *“I have enjoyed the training and think it will be valuable in the field.”*

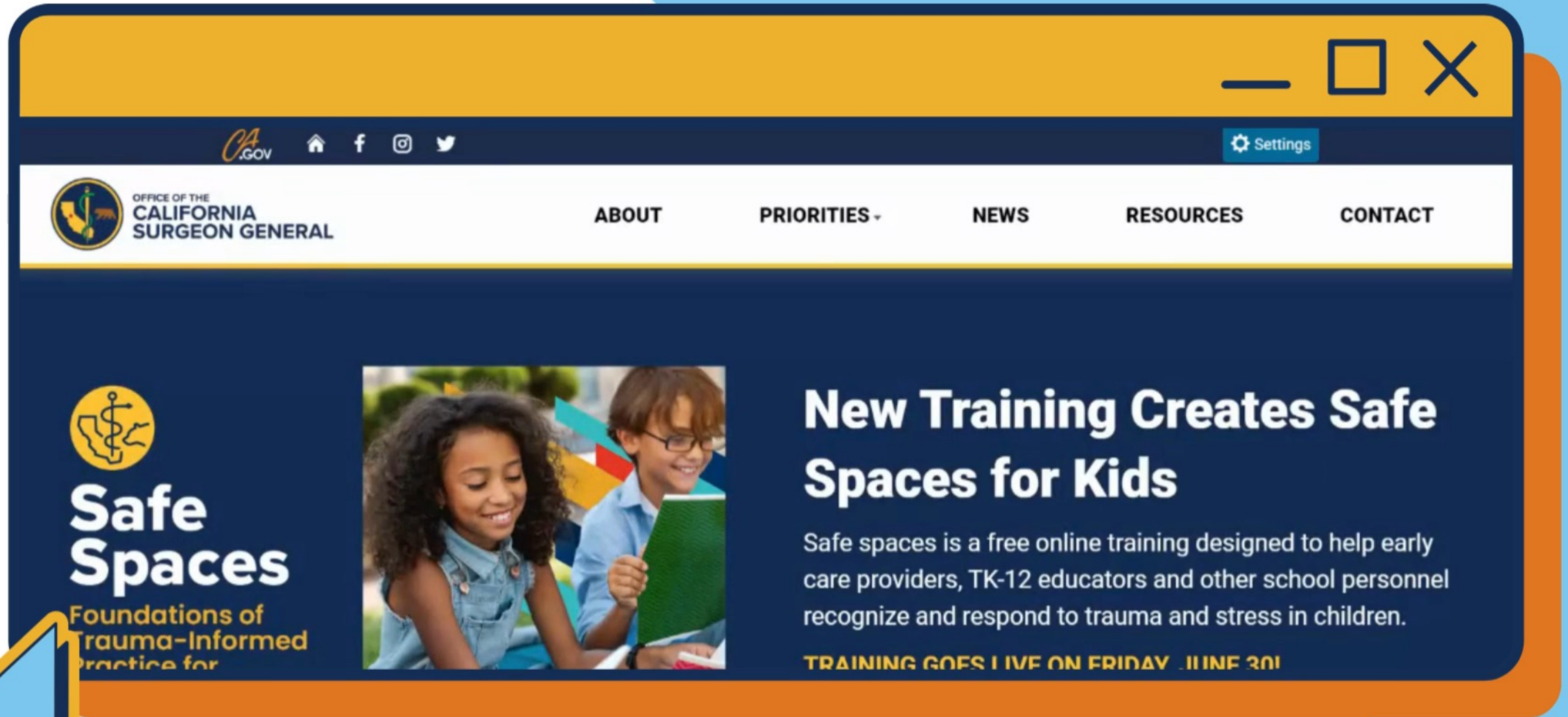
ACCESSING THE TRAINING

- K-12: Training link on any organization's website
- Early Learning and Care: CECO Online
- osg.ca.gov/SafeSpaces



Just launched!
Safe Spaces:
Foundations of Trauma-
Informed Practice for
Educational and Care Settings

OSG.CA.GOV/SAFESPACES



TOOLKIT

SAFE SPACES

Foundations of Trauma-Informed
Practice for Educational & Care Settings

SHARE NOW

OSG.CA.GOV/SAFE SPACE TOOLKIT



Safe Spaces
Foundations of Trauma-Informed Practice for Educational & Care Settings

Safe Spaces is a **free, online** professional learning module designed to help **early care and education** personnel respond to **trauma and stress** in children.

Professional Learning Format

- Online
- Self-Paced
- 2 Hours
- 3 Age Groups

Sign up for the two-hour module that aligns with your work:
0- to 4-year-olds
5- to 11-year-olds
12- to 18-year-olds

Is this professional learning right for me?
Anyone who works with children is invited to take the free, online professional learning. It includes early care providers, educators, and school personnel, both certificated and classified, including administrative staff, recreation leaders and coaches.

OFFICE OF THE CALIFORNIA SURGEON GENERAL

TAKE THE TRAINING

Safe Spaces
Foundations of Trauma-Informed Practice for Educational & Care Settings

OFFICE OF THE CALIFORNIA SURGEON GENERAL

- Online
- 2 Hours
- Self-Paced
- 3 Age Groups

TAKE THE TRAINING

Recién lanzado!
Espacios Seguros:
Fundamentos de la práctica informada sobre el trauma para entornos educativos y de cuidado

SIGN UP TO EVALUATE THE TRAINING!

Evaluation consists of:

- Pre-survey
- Training Module
- Post-survey
- Implementation survey (~6 weeks later)

Evaluators will receive **\$100 gift card** upon completion.



Local Sense-Making Conversations: In-Person or Virtual

Sense-making discussions among local partners: Discussion Questions

These are questions folks could use to help guide the discussion in the sense-making meetings they will have immediately after the presentation and Q&A.

- **Individual Reflection:** Give people some quiet, thinking time to reflect on a time when they responded to a student's behavior in a way, where looking back, it could have been useful to have additional information/training on other strategies/approaches to use for creating trauma-informed, healing spaces.
- **Discussion Questions:** How are the LEA and its community of partners collaborating to create a more trauma-informed, healing, joyful school experience for students? How might the LEA and partners utilize the Safe Spaces training to contribute to that effort and what are some ideas/next steps for how you might incorporate it, including with both educators and other staff (eg custodians, bus drivers, food service, ELOP, etc)?
- **Scenario Planning:** Two scenarios from the Safe Spaces curriculum are provided for your group to discuss how they might respond and how systems in their setting might need to grow and change to support individuals and the overall system to be more trauma-informed and healing centered.

Office Hours and Next Webinar

- **Office Hours** for Today's Webinar "Building Safe, Trauma-Informed, Healing Spaces at School for Students" Wednesday, August 16, 2 pm – 3 pm. [Register here.](#)
- **Next Webinar:** New Opportunity for Increased, Sustainable Funding for School-Linked Student BH Services through CYBHI Fee Schedule and School Partnership Capacity Grants: Wednesday, August 30, 2 pm – 4:30 pm. [Register here.](#)

WE WANT YOUR FEEDBACK!

Link to webinar feedback survey will be posted in chat.

