



CYBHI

Children and Youth
Behavioral Health Initiative



Quarterly Public Webinar

July 11, 2024



OFFICE OF THE
CALIFORNIA
SURGEON GENERAL



Agenda

Topic	Time	Sub-topics
Welcome and Today's Agenda CYBHI Initiative-Wide Updates	3:00 - 3:05	<ul style="list-style-type: none">• Dr. Sohil Sud, Director, CYBHI• Brittney Blake, Project Manager, CYBHI
Workstream Updates	3:05 - 4:30	<ul style="list-style-type: none">• Office of the California Surgeon General• California Department of Public Health, Office of Health Equity• California Department of Public Health, Office of Suicide Prevention• Department of Health Care Services & Department of Managed Health Care• Department of Health Care Access and Information
Youth Panel	4:30 - 5:00	<ul style="list-style-type: none">• Youth speak about their experience supporting CYBHI

Initiative Wide Updates

Dr. Sohil Sud (CalHHS/CYBHI)

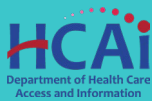


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New CYBHI Website

cybhi.chhs.ca.gov



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SURGEON GENERAL



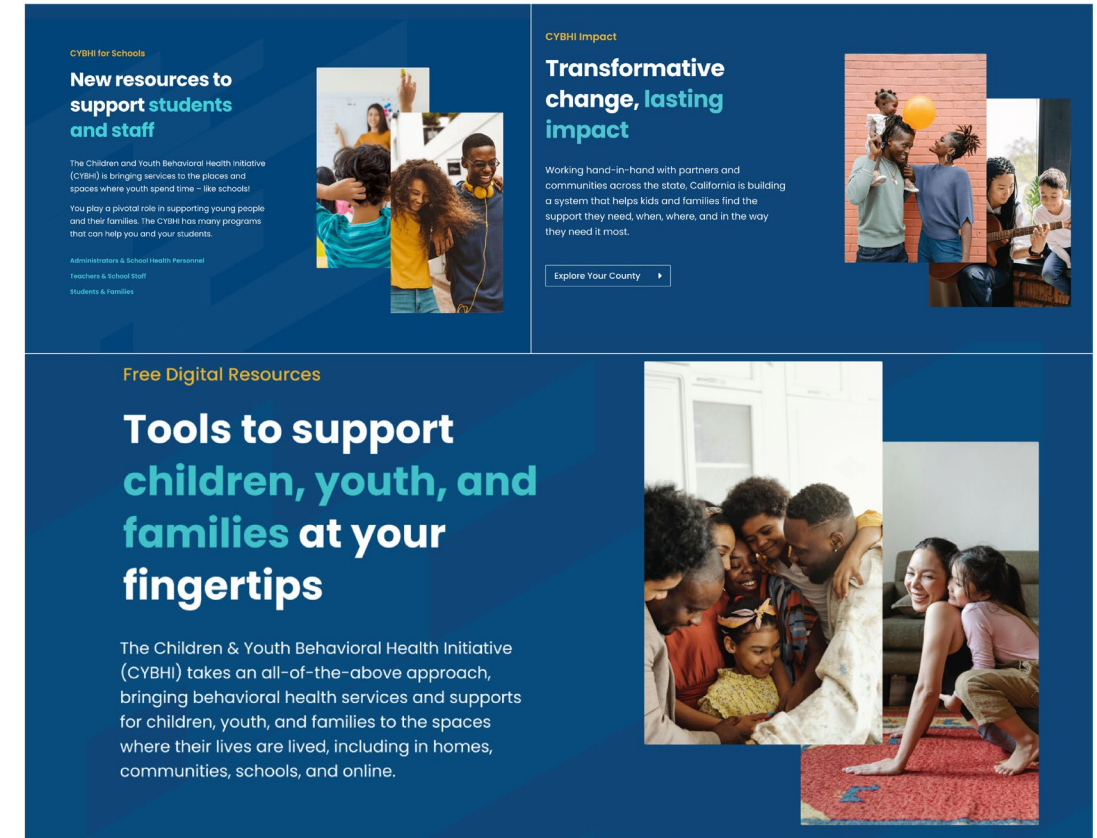
Introducing 3 New CYBHI Webpages

CYBHI for Schools: Learn about CYBHI resources and opportunities to support TK-12 administrators, educators, school staff, students, and families

Free Digital Resources: Access a variety of CYBHI-funded digital resources to support youth mental health

CYBHI Impact: Explore CYBHI's impact in local communities through stories and an easy-to-navigate, searchable database of grantees across the state

cybhi.chhs.ca.gov



CYBHI for Schools

Helps school communities understand what CYBHI is doing for them and what opportunities they can pursue.

Audiences:

- Administrators & School Health Personnel
- Teachers & School Staff
- Students & Families.

cybhi.chhs.ca.gov/education/

CYBHI for Schools

New resources to support students and staff

The Children and Youth Behavioral Health Initiative (CYBHI) is bringing services to the places and spaces where youth spend time – like schools!

You play a pivotal role in supporting young people and their families. The CYBHI has many programs that can help you and your students.

Administrators & School Health Personnel

Teachers & School Staff

Students & Families



ADMINISTRATORS & SCHOOL HEALTH PERSONNEL

To learn more about Multi-Tiered System Support (MTSS) tiers, [click here](#).

Certified Wellness Coaches

Certified Wellness Coaches provide care to young people through prevention and early-intervention services. These services support overall physical,

Increasing Access to Care Services

The Statewide Multi-Payer Fee Schedule provides a sustainable funding source for school-linked behavioral health services and creates a more

CYBHI Impact

Easy-to-navigate page tells CYBHI's impact in local communities through stories

An embedded map allows you to explore CYBHI grantees across the state

cybhi.chhs.ca.gov/impact/

CYBHI Impact

Transformative change, lasting impact

Working hand-in-hand with partners and communities across the state, California is building a system that helps kids and families find the support they need, when, where, and in the way they need it most.

Explore Your County ▶



Stories of Impact

From vision to action

California's reimagined behavioral health system is taking shape. Check out the stories.



Creating 'Safe Spaces' in Tehama

Amidst the natural beauty we



Meet Deziana, One of California's First Certified Wellness Coaches



KABC: Free mental health apps provide 24/7 help for teens and young children

Free Digital Resources

CYBHI resources for children, youth and families

Featuring:

- Mobile apps
- Toolkits
- Videos
- Trainings, and more!

cybhi.chhs.ca.gov/resource-external

Free Digital Resources

Tools to support children, youth, and families at your fingertips

The Children & Youth Behavioral Health Initiative (CYBHI) takes an all-of-the-above approach, bringing behavioral health services and supports for children, youth, and families to the spaces where their lives are lived, including in homes, communities, schools, *and online*.



Featured CYBHI Resources

BrightLife Kids

On-Demand Support App for Parents & Caregivers



Confidential behavioral health coaching, tools, and resources for parents or caregivers and children ages 0-12.

[Learn More](#) ▶

soluna

On-Demand Support App for Youth Ages 13-25



Confidential behavioral health support, multimedia resources, and peer communities for youth ages 13-25.

[Learn More](#) ▶

Don't miss out!

- Sign up for the **monthly newsletter**
- In the footer on every page of the CYBHI website
- Or scan this code to go to the [sign-up page](#)



- ***Be sure to check your spam folder so you don't miss your email***

A dark blue rectangular graphic with white and yellow text. At the top left is the CYBHI logo, and at the top right is a white hamburger menu icon. Below the logo is the text 'News & Community Impact' in yellow. The main text reads 'Stay up-to-date with CYBHI's progress and impact' in white. At the bottom, it says 'Subscribe to our newsletter:' followed by a white input field with the placeholder text 'Enter your email...' and a red 'Subscribe' button.

Workstream Updates

Office of the CA Surgeon General (CA-OSG)

California Department of Public Health, Office of Health Equity (CDPH-OHE)

California Department of Public Health, Office of Suicide Prevention (CDPH-OSP)

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

Department of Health Care Access and Information (HCAI)

Office of the California Surgeon General

Julie Rooney and Berit Mansour
CA Health & Human Services Agency



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Live Beyond Campaign Update

live
beyond

July 11, 2024

HEALING ISN'T
LINEAR

Campaign Launched May 1!

- Live Beyond campaign “officially” launched on Wednesday, May 1
- 293 online postings



MENTAL HEALTH WEEKLY

Essential information for decision-makers

California campaign targeting youths will heighten awareness around ACEs

(Editor's note: In each issue of MHW during Mental Health Awareness Month, we will feature an innovative initiative in mental health advocacy/promotion.)

Motivated by data showing that 6 in 10 Californians reported having at least one Adverse Childhood Experience (ACE), California health leaders this month launched an awareness campaign highlighting the effects of ACEs.

Leaders said they believe the Live Beyond campaign will resonate with its primary and young adults target of parents,

Bottom Line...

Numerous stories of personal trauma and healing have informed the content of California's newly launched Live Beyond campaign to broaden public understanding around Adverse Childhood Experiences.

campaign has been informed by more than 250 young Californians who have shared their personal stories of heartbreak and healing.

“We wanted to create something

La Opinión

Desde 1926

La Opinión > Latinwire

California lanza una campaña de concientización para jóvenes afectados por experiencias adversas en la infancia



Por Latinwire
03 Mayo 2024, 15:41 PM EDT

Puedes vivir mejor, una campaña creada con aportes de jóvenes de California

LO QUE NECESITA SABER: La Oficina del Cirujano General de California está lanzando la campaña *Puedes vivir mejor* para aumentar la conciencia y comprensión del público respecto a las experiencias adversas en la infancia (Adverse Childhood Experiences o ACE), el estrés tóxico y sus posibles impactos. La campaña ofrece recursos basados en la ciencia y centrados en la sanación.



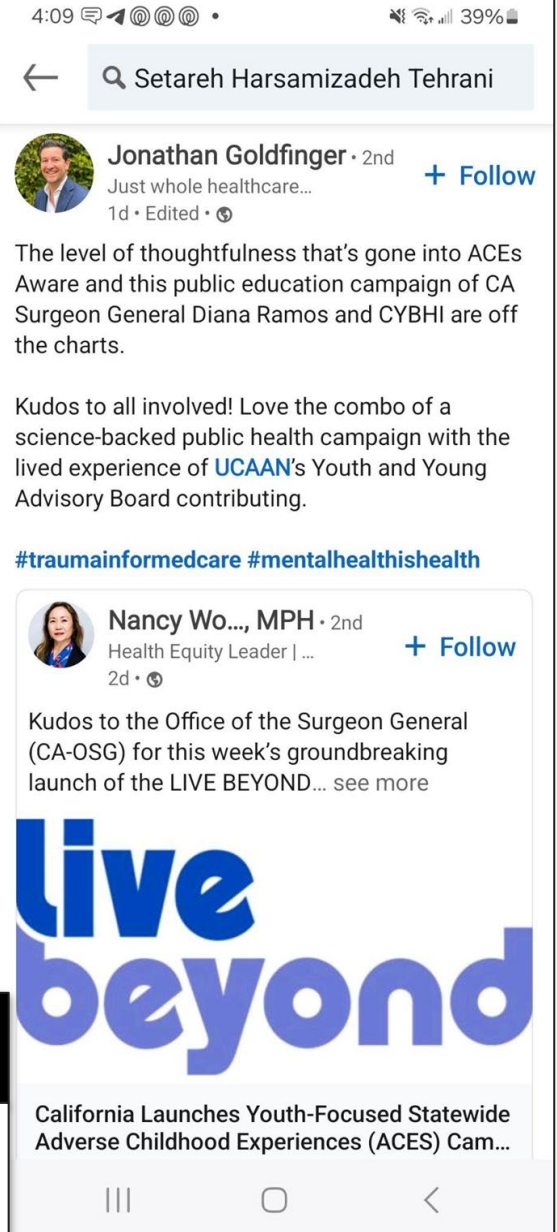
REFINERY29

ACEs Affect Nearly Two-Thirds Of Americans — So Why Aren't We Talking About It?

AP WORLD U.S. ELECTION 2024 POLITICS SPORTS ENTERTAINMENT BUSINESS SCIENCE FACT CHECK ODDITIES BEW

California Launches Youth-Focused Statewide Adverse Childhood Experiences (ACES) Campaign

live
beyond



Live Beyond launch and co-sponsorship at Youth Creating Change film contest in Los Angeles



12th annual youth-directed film contest with youth created films from across California, featuring themes of mental health, culture, and healing. May event featured ~800 attendees, primarily middle and high school students across the state.

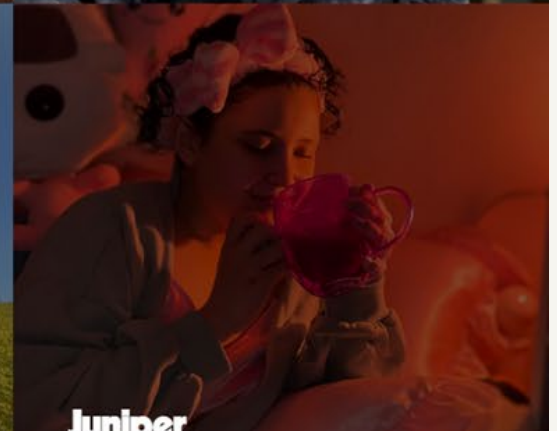
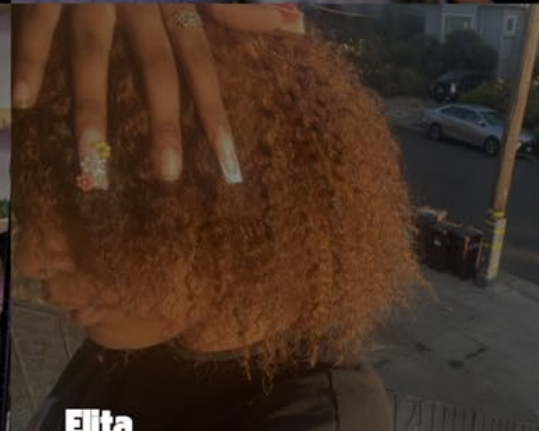
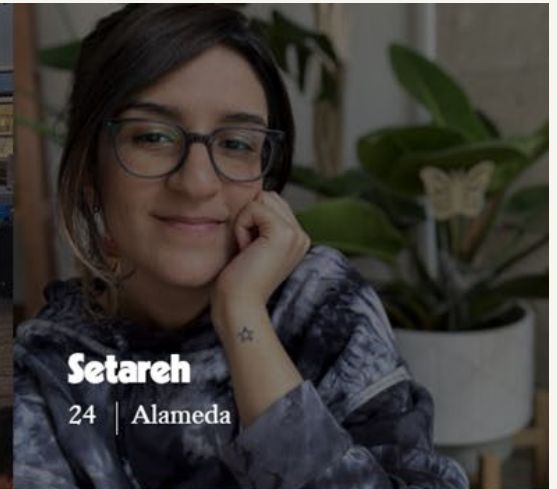
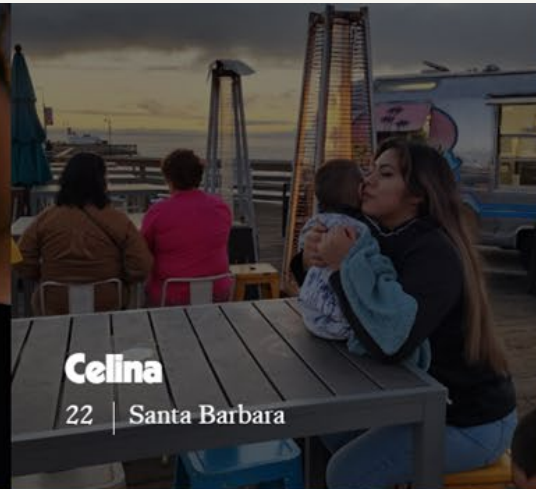
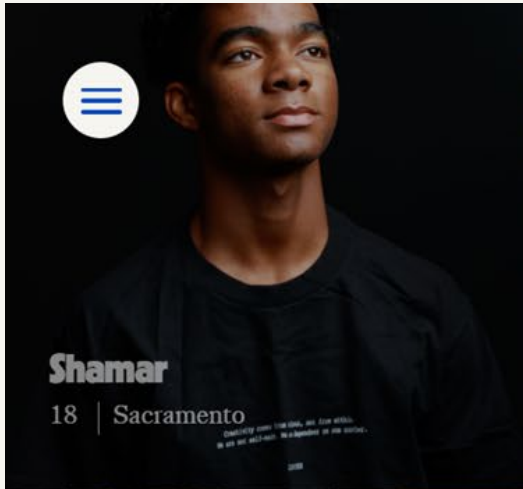


Website + Video + Creative

live
beyond



LiveBeyondCA.org - Featuring Youth!



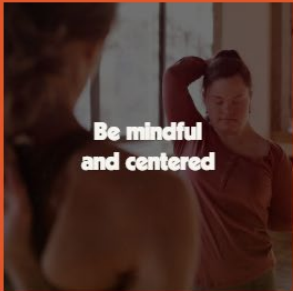
Co-Created By Youth, For Youth




Nancy, 24
Stanislaus
Youth Advisor for Live Beyond
Campaign

Start healing

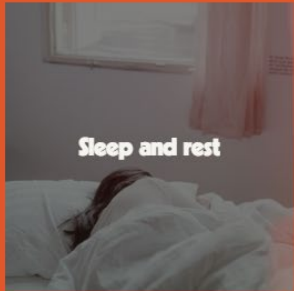
There are lots of ways to a better future. Here are some healing strategies, also known as Stress Busters, that can help you get there.




Be mindful
and centered



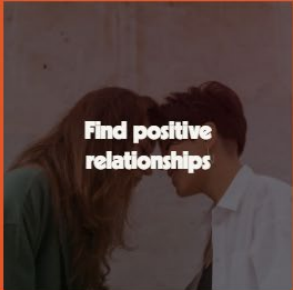
Eat well



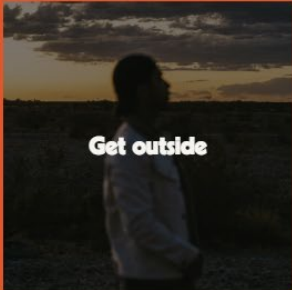
Sleep and rest




Move your
body



Find positive
relationships



Get outside



Care for your
mental health

< Back

Find supportive relationships

Did you know that supportive relationships and social activities are just as important to our health as quitting smoking, eating healthy, and getting exercise?



We thrive when we have meaningful connections. They lower our blood pressure, boost our immune system, release the brain chemical oxytocin, and reduce stress hormones. This response helps us stay calmer when stressful things happen.

3 ways to get support from relationships

1. Embrace your circle

Make a list of the people in your life who make you feel good when they're around, and bring out the best in you. They could be friends, family, a teacher or coach, someone at work or school, a neighbor.

2. Check your relationship

Make a call, send a text, get together for lunch, or take a walk. Keeping those connections active is key!

3. Help others to help yourself

Resources



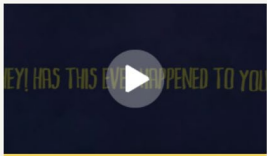
Relationship Spectrum

LEARN MORE



Healing from Traumatic Relationships

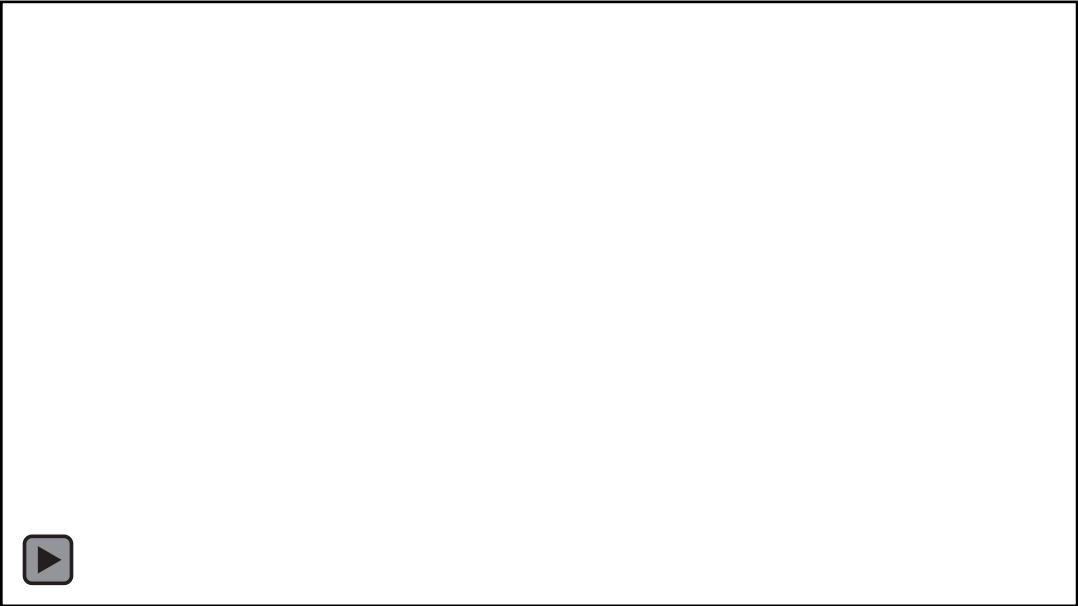
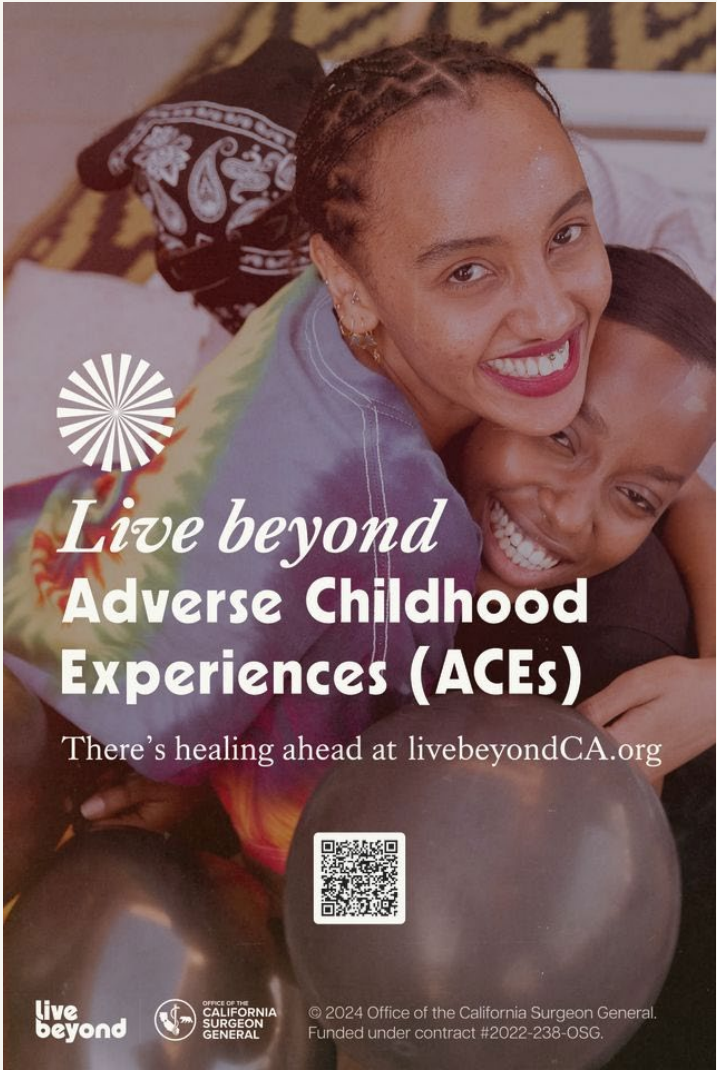
LEARN MORE



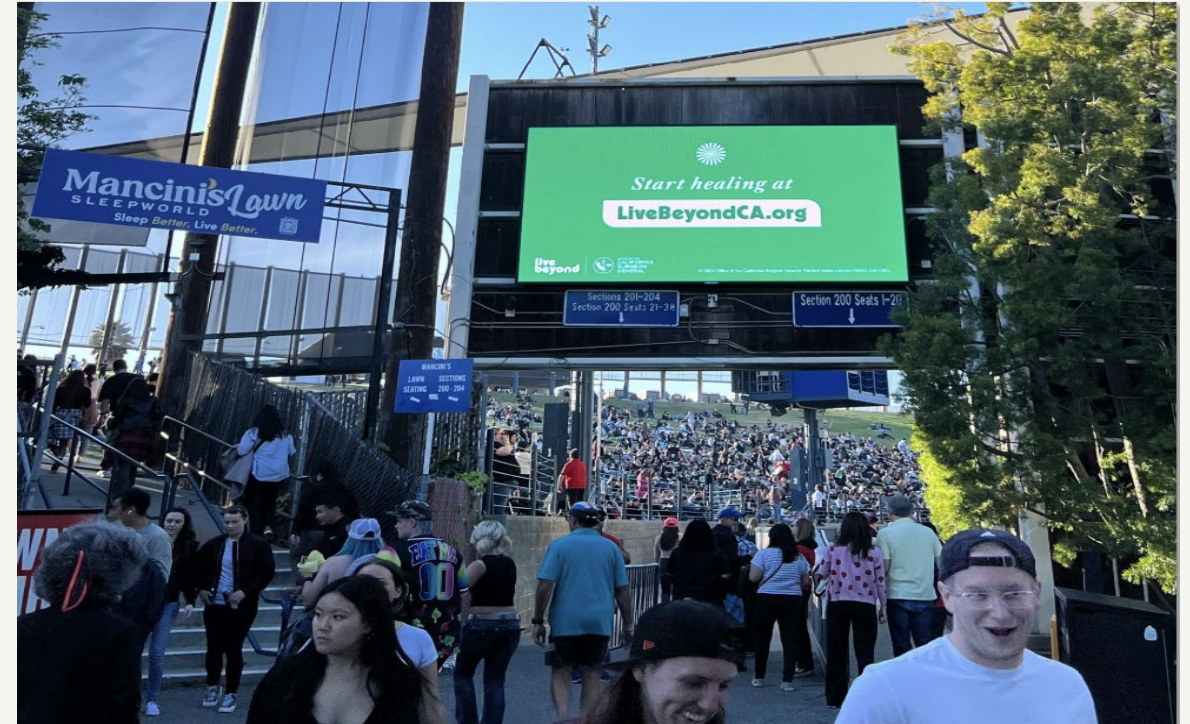
When It's More Than a Bad Day

LEARN MORE

Campaign Creative



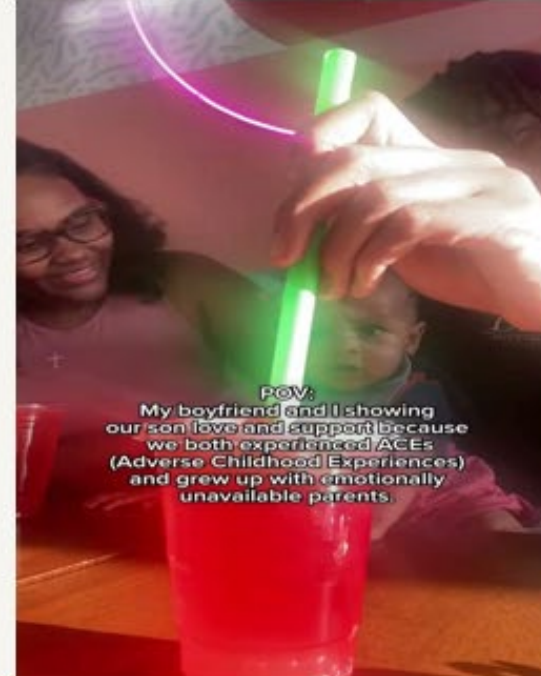
Live Beyond “in the wild” - Live Nation Concert Venues



Campaign Commercials & User Generated Social Content



Campaign Commercial – 30- second Caregiver Spot



Breaking Generational
Cycles



Growing from Adversity

Reaching Priority Audiences

live
beyond



Campaign Assets and Resources Available in Spanish



Puedes vivir mejor

Si el trauma del pasado todavía te duele, no estás solo.

Las experiencias adversas en la infancia (ACE en inglés) son comunes. Entre las ACE pudo haber abuso, negligencia, tener un cuidador que batalló con la salud mental o las sustancias, o haber vivido el divorcio o la pérdida de una figura parental. El estrés tóxico causado por las ACE puede impactar nuestra salud mental y física, y cómo nos relacionamos. Incluso hoy en día. Pero nunca es demasiado tarde para comenzar a sanar.

Puedes sanar y vivir mejor. Comienza tu camino en puedesvivirmejorCA.org.



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live beyond

Empezar a sanar hoy.





Podemos vivir mejor después de las experiencias adversas en la infancia (ACE)

APRENDE CÓMO

Puedes sanar y vivir mejor

La buena noticia es que nunca es demasiado tarde para conseguir apoyo y comenzar a sanar. Las actividades desestresantes, como dormir bien, mover el cuerpo y cuidar nuestra salud mental, pueden ayudarnos a sanar. Y no tenemos que hacerlo solos. También se puede recibir ayuda de pares capacitados, terapeutas de salud mental y personal médico. Para aprender más y encontrar otros recursos, visita puedesvivirmejorCA.org.

Estas son algunas maneras de poner en acción los desestresantes:

Enfócate en tus sentidos
Llevar un diario es una forma de preguntarnos a nosotros mismos cómo estamos y descubrir cómo nos sentimos. También puede ser calmante. Responde estas preguntas: ¿Cómo me siento hoy realmente? ¿Qué necesito en este momento?

Res-pi-ra...
...profundamente. Pon tu mano sobre tu vientre y respira profundamente, de modo que el vientre suba, y luego exhala

Escribelo
Llevar un diario es una forma de preguntarnos a nosotros mismos cómo estamos y descubrir cómo nos sentimos. También puede ser calmante. Responde estas preguntas: ¿Cómo me siento hoy realmente? ¿Qué necesito en este momento?



puedes vivir mejor

Hoja de consejos para actividades de la campaña

La campaña *Puedes vivir mejor* de la Oficina del Cirujano General de California para ayudar a los jóvenes y cuidadores de todo el estado a entender mejor las experiencias adversas en la infancia (ACE en inglés), el estrés tóxico y las estrategias basadas en la ciencia para sanar de sus impactos.

Te presentamos algunas maneras en que *Puedes vivir mejor* puede cobrar vida en tu comunidad.

Antes de que comiences...
Ten en cuenta que las personas se encuentran en diferentes etapas en sus caminos hacia sanar y están haciendo lo mejor que pueden. Los mensajes siempre deben combinarse asegurando que nunca es demasiado tarde para comenzar a sanarnos a nosotros mismos y(o) a brindar apoyo a los jóvenes bajo nuestro cuidado.

¡Descarga y distribuye los útiles recursos que te ofrece la campaña *Puedes vivir mejor*!

- Ficha técnica de la campaña
- Tarjetas de bolsillo desestresantes
- Mini-diario para sanar
- Tarjeta de mano, "Entendamos las ACE y el estrés tóxico"
- Calcomanías de la campaña
- ¡Y más!
- Separador de libros y lista de lectura

Descarga en livebeyondCA.org/campaign-resources.

Consejo rápido: comparte estas apps de salud mental gratuitas y confidenciales. Soluna permite a los jóvenes de 13 a 25 años chatear uno a uno con coaches profesionales y ofrece diarios, herramientas para desestresarse y foros. Brightlife ofrece coaching y apoyo de salud mental en inglés y español para cuidadores.

Consejo 1 para actividad: organiza un taller o evento educativo

Invita a tu comunidad a que aprenda sobre las ACE, el estrés tóxico y cómo sanar.

- Comparte nuestro video educativo, tarjetas de mano y actividades desestresantes basadas en la ciencia disponibles en el enlace de arriba.
- El mini-diario de *Puedes vivir mejor* ofrece un espacio para la autorreflexión, la exploración personal. Distribuye el mini-diario a los jóvenes de tu comunidad y organiza un almuerzo o una serie y dedica cada sesión a abordar un tema diferente en el mini-diario. Considera ofrecer un espacio para la autorreflexión, si puedes.
- Comparte los recursos locales para cuidar la salud mental y física.
- Organiza conversaciones sobre temas relevantes, como los ciclos generacionales de trauma sanar a través de la lente de las prácticas y tradiciones culturales.

Consejo 2 para actividad: crea un "rincón de libros"

- Forma una alianza con una biblioteca local, si puedes, o dedica un espacio para tener libros sobre estrés tóxico, la salud mental y cómo sanar los traumas. Descarga nuestra lista de lectura en livebeyondCA.org con recomendaciones para todos los grupos de edades.





Nuestro pasado no define nuestro futuro.

Las experiencias adversas en la infancia (ACE en inglés), como el abuso, negligencia, familiares en la cárcel o crecer viendo uso de sustancias, pueden causar estrés tóxico que impacta en tu vida y en cómo te relacionas hoy.

Las ACE no determinan lo que va a pasar. Tú puedes aprender cómo vivir mejor después de lo que pasó.

Empieza a sanar en puedesvivirmejorCA.org



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puedes vivir mejor

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Spanish Language Video Content

Commercial for Youth



Commercial for Parents and Caregivers



Animated ACEs Explainer Video



All Campaign Videos Available on *Live Beyond's*
YouTube Channel!

<https://www.youtube.com/@livebeyondca>.

Campaign Resources Also Available in AAPI Languages & Arabic

- Campaign fact sheet
- What are ACEs and Toxic Stress? Palm card
- Stress Buster pocket cards
- Campaign posters

Ano ang mga ACE?

Hindi kumakatawan sa atin ang mga nakaraang karanasan natin, ngunit maaaring magkaroon ng pangmatagalang epekto ang mga ito sa kalusugan ng ating pag-iisip at katawan, ating mga relasyon, at pag-uugali natin sa trabaho at paaralan.


Ang mga Adverse Childhood Experience (mga ACE) ay mga karanasang nagdudulot ng stress o na potensyal na nagdudulot ng trauma na nangyayari sa atin sa paglaki, bago tayo sumapit sa edad na 18. Kabilang sa mga halimbawa ang pagkakaron ng tagapangalaga na nakaranas ng pagsubok sa kalusugan ng pag-iisip o sa paggamit ng substance, pagkasaksi ng karahasan sa tahanan, o pagkaranas ng pang-aabuso o kapabayaang. Karaniwan ang mga ACE — sa California, tatlo sa limang tao ang nakaranas na ng kahit isang ACE man lang.

Ang tatlong url ng mga ACE ay:

Pang-aabuso
Pisikal, Emosyonal, Sekswal

Kapabayaang
Pisikal, Emosyona

Mga Pagsubok sa Sambahayan
Sakit sa Pag-iisip, Karahasan Laban sa Intimate Partner, Paghihiwalay o Diborsyo ng Magulang, Pagkakakulong, Maling Paggamit o Dependence sa Substance



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Live beyond



Nếu tổn thương trong quá khứ vẫn khiến bạn đau đớn thì bạn không đơn độc.

Trải Nghiệm Bất Lợi Thời Thơ Ấu (ACE) rất phổ biến. ACE có thể bao gồm việc bị ngược đãi, bỏ bê, có người chăm sóc phải vật lộn với vấn đề



صحيفة بيانات الحملة

تعد حملة الحياة ما بعد طفولة سلبية (ACEs) والتعافي من الضغوط الطفولية مكملة للولادات بهدف تطوير النهج المبتع في ولاية كاليفورنيا لدعم الأطفال، والشباب، والأسر. وهذه (CYBHI) - استثمار تاريخي نبذه ولاية كاليفورنيا. تركز مبادرة الصحة السلوكية للأطفال والآ الكالات والمؤسسات العاملة على خدمتهم حيث تعمل مبادرة CYBHI ضمن دعم احتياجاتهم

لقد طورت إدارة كبير أطباء ولاية كاليفورنيا حملة الحياة ما بعد التعافي (Live Beyond) مركز السلبية (ACEs) والضغوط الصارة وأثارها السلبية المستمرة في ظل تعزيز استراتيجيات التعافي والانتشار الإعلامي على تشجيع التعافي عبر اغراض المرونة ومهارات التكيف المرتكزة على الأمور، ومقدمي الرعاية، وشركاء المجتمع في أرجاء الولاية كافة.

تهدف الحملة إلى ما يلي:

زيادة الوعي بتجارب الطفولة السلبية (ACEs)، والضغوط الصارة، بناء مهارات علمي الكائن وراء تأثيراتها المحتملة في حياة الناس اليومية - توفير خطوات بما في ذلك الصحة البدنية والتعبية، وعلاقات التفاعل الاجتماعي، البيئة، الواقع بهدف التما وما إلى ذلك.

تعزيز التوجهات المؤثرة حول المعنى للحصول على المساعدة عبر مشاركة قصص التعافي

ما أهمية هذه الحملة

تجاربنا السلبية لا تحدث هزينا، ولكن قد يكون لها تأثير دائم. إن تجارب الطفولة السلبية (ACEs) التي قد يكون لها تأثير صادم وتقع قبل بلوغ 18 عاما، مماثل أن يكون للآراء مقدم رعاية أو تجربة العنف المنزلي، أو الإساءة، أو الإهمال.

تجارب الطفولة السلبية (ACEs) شائعة تظهر استطلاع أجريته مؤسسة RAND في عام 2016 أن 25% من البالغين في ولاية كاليفورنيا قد مروا بتجربة طفولة سلبية. أربع تجارب طفولة سلبية أو أكثر. والخبر الجيد هو أن التعافي ممكن، ولا يتأخر الوقت أبهر الخطوة الأولى تجاه تعافي مجتمعاتنا وإنهاء دورات الصدمات. يمكن أن تغير أنشطة كبح المرء عيشه، وأن يحصل على ما يكفي من النوم، والحركة، والتغذية الجيدة، والتقدير، والد ولا يلزمنا القيام بذلك كله بأنفسنا. كما يمكن التمتع بمساعدة الأقران الناضجين الشابين، ومع



“停止”技巧

1. 停止
问自己: 我现在是什么感觉?

2. 腹式呼吸
问自己: 我是呼吸过快还是屏住呼吸? 我可以深呼吸吗?

3. 观察
问自己: 我的身体还有什么感觉? 我的想法是什么?

4. 继续
问自己: 如果我能... 我可以接受结果吗? 决定以最适合自己的方式做出回应。

支持关系

如果您经历过有害或创伤性的人际关系，抽出时间疗愈抽出时间疗愈很重要。让自己身边有支持者相伴，展现自己最好的一面。成为支持关系的一部分有助于疗愈身心，缓解压力。列出生活中让您感觉良好的人，并采取措施尽快与之联系。

心理健康支持

有多种方式可以(24/7) 全天候获得免费、一对一的心理健康服务。训练有素的专业人员将提供安全空间和所需的支持。与咨询师或有类似经历的人士交流可以在您应对挑战时给您力量和鼓励。

Soluna 是一款专为加州青年和年轻人设计的应用程序，提供免费、保密课程，由实时辅导员和在社区提供服务。扫描即可开始。



盒式呼吸

正念是指专注于现在，不评判过去，也不担心未来。当生活中发生令人倍感压力的事件时，正念可以帮助我们平静身心。

盒式呼吸是一种特殊的呼吸方式，可以在您感到压力或焦虑时帮助身体放松。通过盒式呼吸，您可以放慢心跳，放松肌肉，整体感觉更平静。

音乐冥想

在 Spotify 上查看我们的 Live Beyond 播放列表。选一首您喜欢的、放松并问自己: 我的身体感觉如何? 这首歌唱给我带来怎样的情绪感受? 扫描即可播放。



聚焦感官

如果可以，去散步。格外关注您经历的景象、气味和感受。

放松，深呼吸，然后说出:

- 5 种可以看到的景象
- 4 种可以听到的声音
- 3 种可以闻到的气味
- 2 种可以触摸到的事物
- 1 种可以品尝到的事物





Co-Creating with Native American and Tribal Youth

- Working with partners to co-create campaign elements, messages, and designs to reach Native and Tribal audiences
- Indigenized StressBusters
- Updated stickers to include culturally specific imagery
- Campaign posters with Native youth representation
- Campaign outreach through local GONAs (Gathering of Native Americans) and local and regional Tribal events (e.g. SoCal Pow Wow)



Live Beyond's Drew League Partnership in Los Angeles

The Drew League provides the youth and residents of South Central Los Angeles a safe haven to develop and showcase their talent each summer at King/Drew Magnet High School.

- 30+ notable NBA players have come from the Drew League and continue to show support through mentoring and coaching
- Games streamed by the NBA bring the excitement of the league to fans throughout California

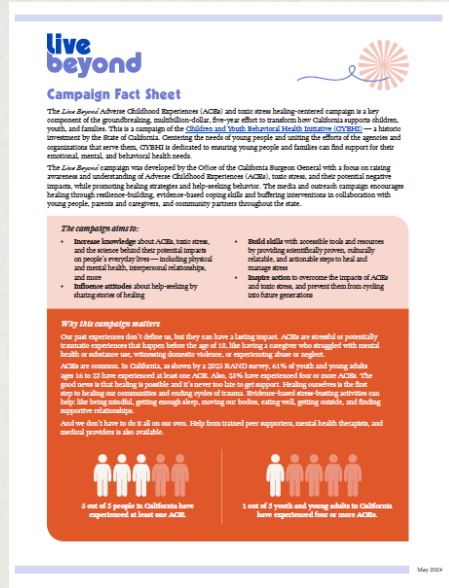


Resources + How to Support

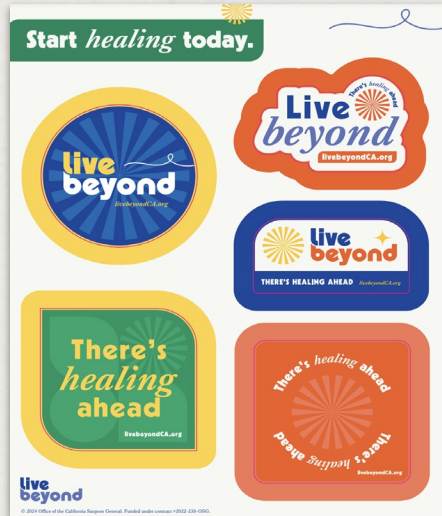




Healing journal



Fact sheet



Stickers

What are ACEs?

Our past experiences don't define us, but they can have a lasting impact on our mental and physical health, our relationships, and how we show up at work and school.

Adverse Childhood Experiences (ACEs) are stressful or potentially traumatic experiences that happen to us growing up, before we turn 18. Examples include having a caregiver who struggled with mental health or substance use, witnessing domestic violence, or experiencing abuse or neglect. ACEs are common — in California, three out of five people have experienced at least one ACE.

The three types of ACEs are:

- Abuse**
Physical, Emotional, Sexual
- Neglect**
Physical, Emotional
- Household Challenges**
Mental Illness, Intimate Partner Violence, Parental Separation or Divorce, Incarceration, Substance Misuse or Dependence

There's healing ahead

The good news is that it's never too late to get support and begin healing. Stress-busting activities like getting a good night's sleep, moving our bodies, and caring for our mental health can help us heal. And we don't have to do it by ourselves. Help from trained peer supporters, mental health therapists, and medical providers is also available. To learn more and find additional resources, visit livebeyondCA.org.

Here are some ways to put Stress Busters into action:

Spotlight your senses
If you're able to do so, go for a walk. Pay extra attention to the sights, smells, and feelings you experience. Check out apps like AllTrails for options near you — no matter where you live.

Write it down
Journaling can help us check in with ourselves, express our emotions, and find a sense of calm. Answer these prompts: How am I really feeling today? What do I need at this moment?

Move
Take three or more five-minute breaks throughout the day to get your body moving. Try taking the stairs, doing 25 jumping jacks, yoga, jumping rope, or just dancing around!

Breeeeathe...
...deeply. Put your hand on your belly and take a big long breath in, so that your belly goes up, and then exhale slowly through your mouth and feel your belly go back down.

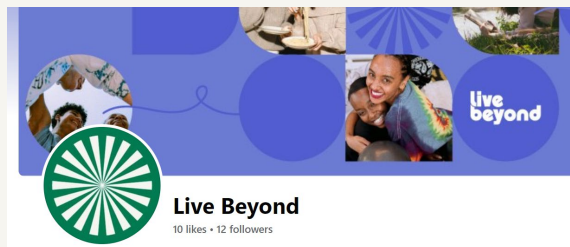
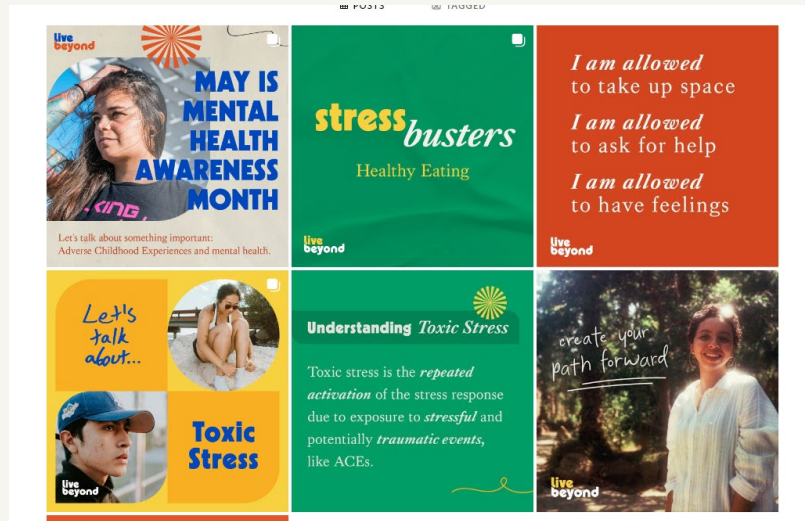
Palm Card

Bookmark with reading list

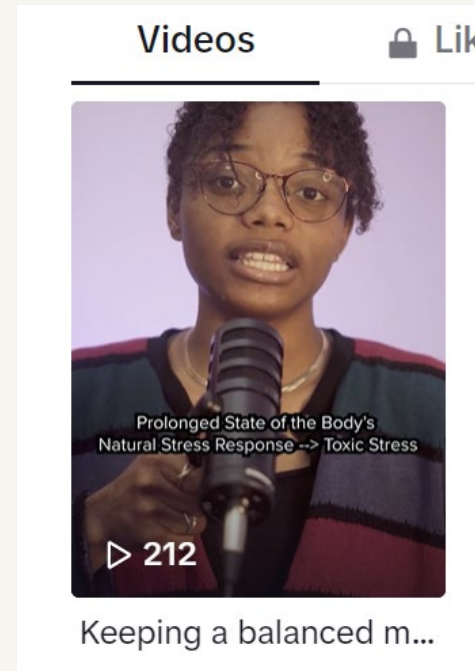


Follow *Live Beyond* on Social Channels!

IG: [Instagram.com/livebeyondca/](https://www.instagram.com/livebeyondca/)



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



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

live
beyond



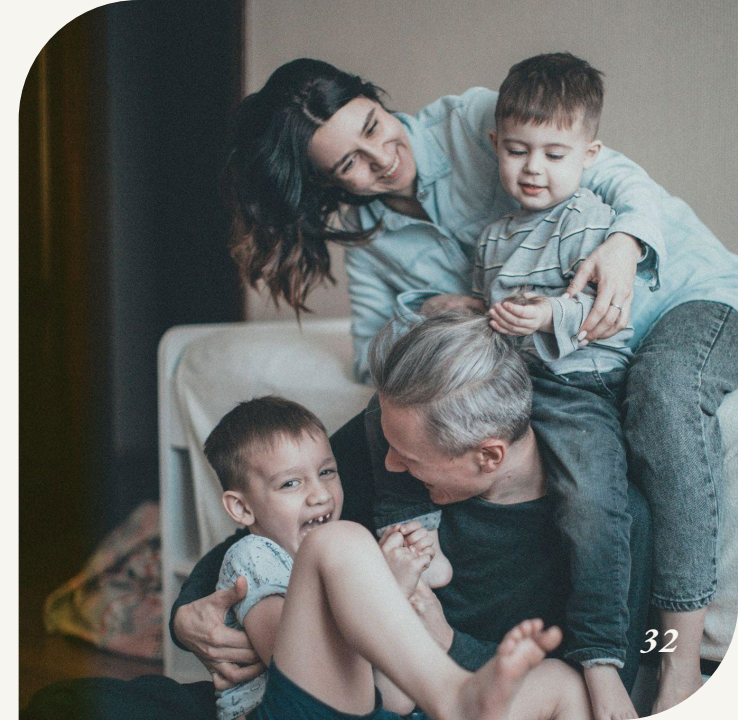
What's Next?

live
beyond



What's Next?

- New Campaign Assets: Parent, caregiver, and other adults supporting youth campaign creative refresh and resources
- Events: Partnerships with existing organizations and events across the state to promote smaller, awareness and healing-focused activations
- Library Partnerships: Curated campaign book list and partnership with libraries across state
- Health Care Provider and CBO Partnerships: Outreach to health care providers through ACEs Aware partnership and CBOs serving youth, through CYBHI Children, Youth, and Family Network, and beyond



Upcoming Webinar

**Join us Tuesday,
August 13, 12pm - 1:15pm**

for a webinar hosted by ACEs Aware
and the *Live Beyond Campaign*,
including current and former
California Surgeons General.

CE/CME credit available



HEALING ISN'T
LINEAR



Dr. Nadine Burke Harris



Dr. Diana Ramos



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CALIFORNIA
SURGEON
GENERAL

Thank *you*

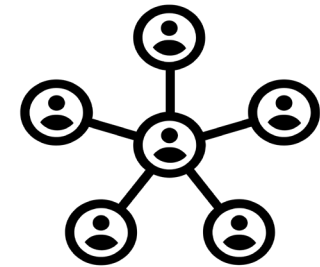
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beyond

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

Ana Bolanos, MSW
Assistant Deputy Director

Local Level Campaign Tribal & Community Based Organizations

- **28 grant contracts signed and executed**
 - 1st two grant payments disbursed to all 28 community grantee partners
- **1st Testing, Sharing and Learning Lab held: Learning and Evaluation**
 - Collaboration with evaluation partners: CDPH OHE and Sentient Research
 - Local evaluation plan launched with training
 - Small group TA and workshops
- **Learning and Evaluation Plans and Logic Models designed**
 - Equitable Evaluation
 - Alignment with CYBHI Campaign Pathway and Determinants
- **All Community Grantee Partners participating in 1:1 check-ins**
 - PHI TA Providers providing minimum monthly 1:1 meetings
- **1st Progress Report received from all 28 grantees**
 - Including local evaluation plans and logic models

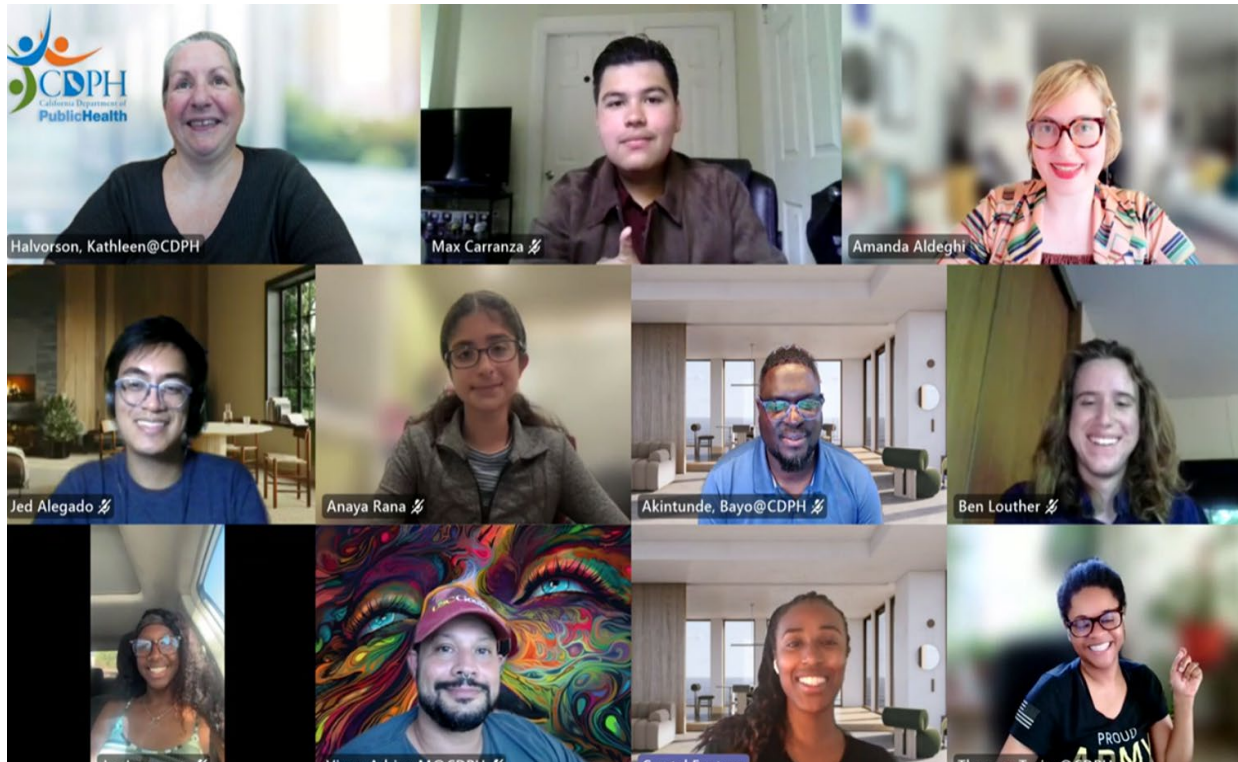


YOUTH Co-LAB

Empowering youth to lead the charge for reduced stigma, enhanced behavioral health awareness, and access to services that promote well-being.

Updates & Next Steps

- April 2024: Youth-Led Focused Outreach Planning
- May 2024: Kick-off Meeting & Cross-Collaboration Planning
- June 2024: Destigmatizing Emotions Workshop
- July 2024: Statewide Campaign Creative Design Session & Tackling Mental Health Stigmas in Youth Communities Workshop
- Upcoming: Continued focused outreach and recruitment & Youth Co-Lab integration with statewide and local level campaigns



Eve Valdez 5/30 5:40 PM

EV

i know thats hard to share thank you for being an example of bravery!



Rolling Recruitment



Youth Engagement Highlights



THANK YOU

For more information about CDPH-OHE CYBHI, please visit:

<https://www.cdph.ca.gov/Programs/OHE/Pages/CYBHI/Child-Youth-Behavioral-Health.aspx>

Contact: CYBHIMedia@cdph.ca.gov

California Department of Public Health (CDPH) Office of Suicide Prevention (OSP)

Sara Mann, MPH
Section Chief



CDPH/OSP Youth Suicide Prevention Media and Outreach Campaign: *Never a Bother*

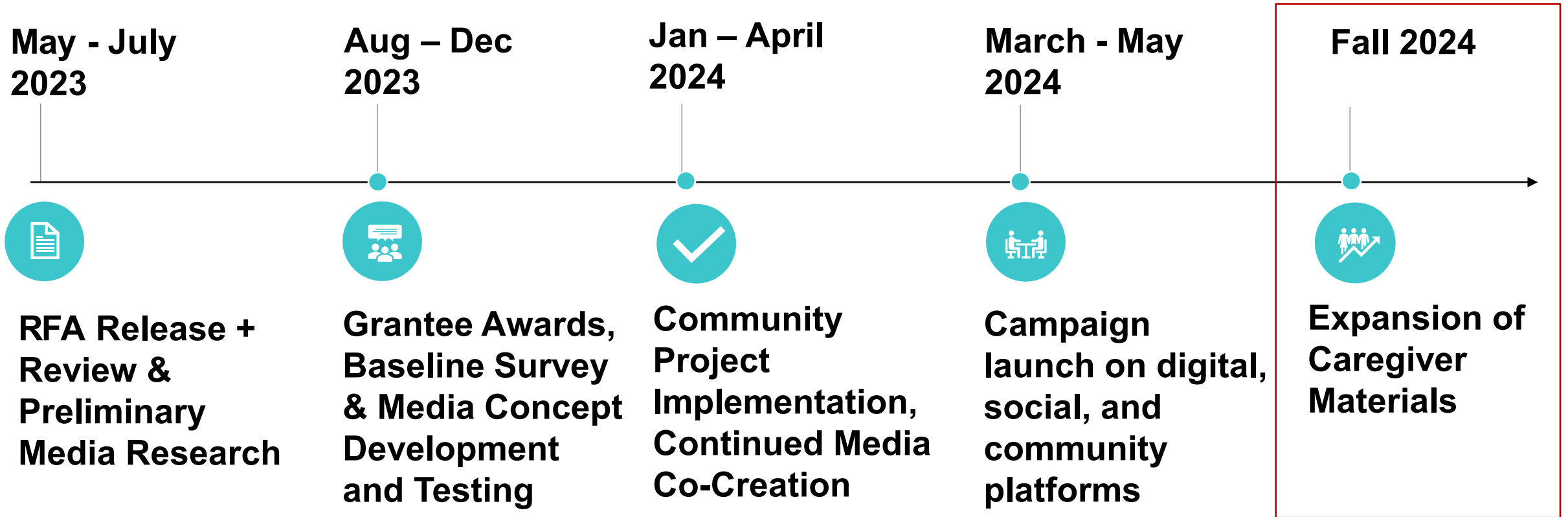
Campaign Goal: Reduce suicide ideation, attempts, and deaths by increasing awareness and utilization of resources, services, and supports among California youth up to age 25 who are disproportionately impacted by suicide.

Three main project components:

- A media campaign, [Never a Bother](#), co-created with youth. The primary audience includes youth who are Black/African American, Hispanic/Latinx, and/or American Indian/Alaska Native. Intersecting populations include youth from the primary audience who also identify as 2S/LGBTQIA+, having had mental health or substance use challenges, and/or having been involved in the foster care system.
- [Community-level suicide prevention projects](#) implemented by CBO and tribal entity grantees, who work to amplify and reinforce campaign messaging.
- Comprehensive evaluation to assess the overall impact of the project and identify promising suicide prevention practices.

CDPH/OSP Youth Suicide Prevention Media and Outreach Campaign

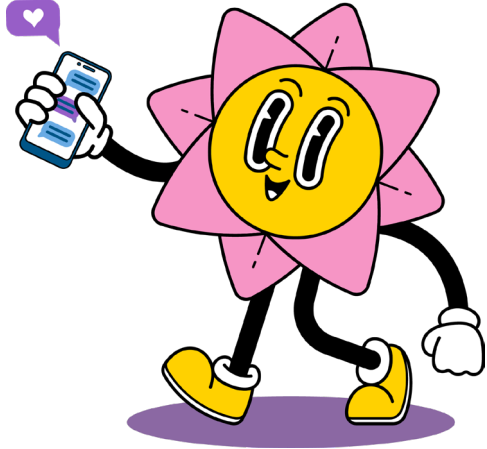
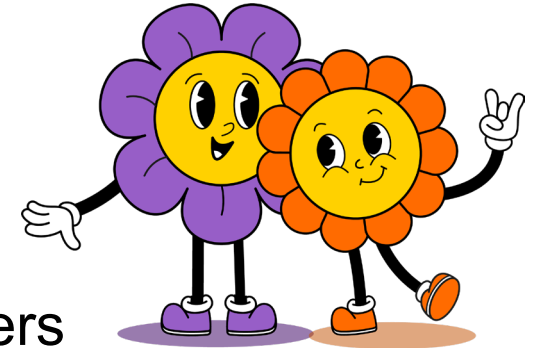
Timeline and Current Status





Follow the campaign for updates!

- NeveraBother.org for youth, their peers, and caregivers
- Neverabother.org/Get-Involved for community & education partners



- [Instagram](#) & [TikTok](#): @NeveraBother
- See our launch video and youth content on [You Tube](#)
- Check out the [Never a Bother Spotify Playlist](#)
- Directing Change [Hope and Justice Art and Film Contest](#)

**Never a
Bother**

**Nunca una
Molestia**



**una
Molestia**

**Nunca una
Molestia**

**Never a
Bother**

una



CDPH/OSP Youth Suicide Reporting and Crisis Response Pilot Program

Program Objective: Develop and test models for rapidly reporting and comprehensively responding to youth suicides and suicide attempts at the county level by providing crisis services and follow-up supports within school and community settings.

Ten counties selected to participate:

Alameda, El Dorado, Humboldt, Kern, Los Angeles, Riverside, Sacramento, San Diego, San Joaquin, and Solano

The pilot program will be designed by each county to:

- Complement and expand upon existing supports and services
- Identify and shrink gaps in rapidly reporting youth suicide deaths and attempts
- Strengthen rapid responses to suicide deaths and attempts to initiate crisis response services

CDPH/OSP Youth Suicide Reporting and Crisis Response Pilot Program

Timeline and Current Status

**Jan –
Feb 2023**



**Key Informant
Interviews,
Counties
selected**

**March –
Nov 2023**



**County Contracts
Executed,
Implementation
Plans Finalized**

**Dec 2023 –
May 2024**



**Local-level
Evaluation Plan
Development**

**May – June
2024**



**System Flow
Mapping**

**June 2024 –
June 2025**



**Continued
Development &
Implementation
of Activities**

Department of Health Care Services (DHCS) & Department of Managed Health Care (DMHC) CYBHI Fees Schedule

Autumn Boylan, Deputy Director

CYBHI Fee Schedule – Cohort Updates and Timeline

Cohort 1

- 46 local educational agency (LEA) participants completing required onboarding to begin billing through the fee schedule; claiming with dates of service starting 7/1/24

Cohort 2

- LEA participants announced July 3rd
 - 91 LEAs from 35 counties (including 15 new counties not included in Cohort 1)
- California Community Colleges participants to be announced by July 31
- Kick-off meeting and onboarding to begin in August

Cohort 3

- Readiness applications anticipated to open in August and will be due mid-September

CYBHI Fee Schedule – Additional Updates

- Revised guidance document reflecting stakeholder input to be released early August 2024
- Carelon Behavioral Health (CBH) is serving as the CYBHI Fee Schedule Third-Party Administrator (TPA)
- Required documentation:
 - Readiness application – Medi-Cal enrollment, billing infrastructure, etc.
 - Provider Participation Agreement (with DHCS)
 - Data-use agreement (with CBH)
 - Provider/practitioner data list
 - Student health insurance data
 - **Recommended:** MOU/data sharing agreement (with MCPs and county BH)

BrightLife Kids & Soluna User Data Highlights¹



Children and Youth Registered	48,019 Children and Youth registered on the platforms
Coaching Sessions Completed	7,916 Coaching Sessions completed on both platforms
Active Users in Under-Resources Communities	51% Of active users are from HPI quartiles 1 and 2 across all 58 counties

1. BrightLife Kids & Soluna user data from Jan. 1 - June 22nd

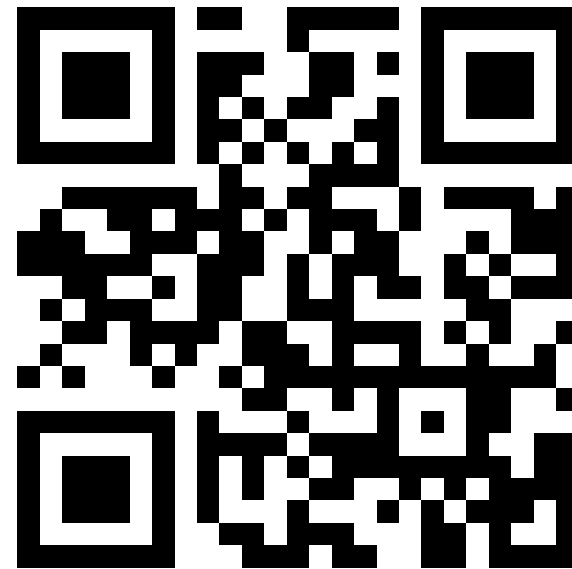
Q & A

BrightLife Kids
A CalHOPE program by Brightline



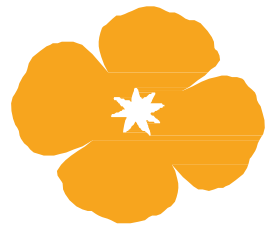
BrightLife.Kids/ca

 **soluna**
a CalHOPE Program by Kooth



SolunaApp.com

California Child and Adolescent Mental Health Access Portal



Cal-MAP

A CalHOPE program powered by UCSF

**Empowering Primary Care Clinicians to Assess and Treat
Mental Health Conditions in Primary Care**

What is Cal-MAP?

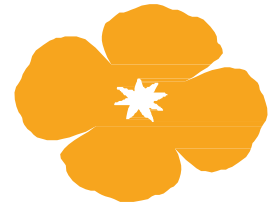
Through a partnership with the University of California San Francisco (UCSF),

DHCS launched the

California Child and Adolescent Mental Health Access Portal Cal-MAP

– a statewide behavioral health consultation service for primary care providers caring for California youth age 0-25– as part of CalHOPE, with funding from the CYBHI

<https://Cal-MAP.org>



Cal-MAP

Mission

We promote pediatric mental health and wellness through consultation, education, resource navigation and innovation throughout California's communities

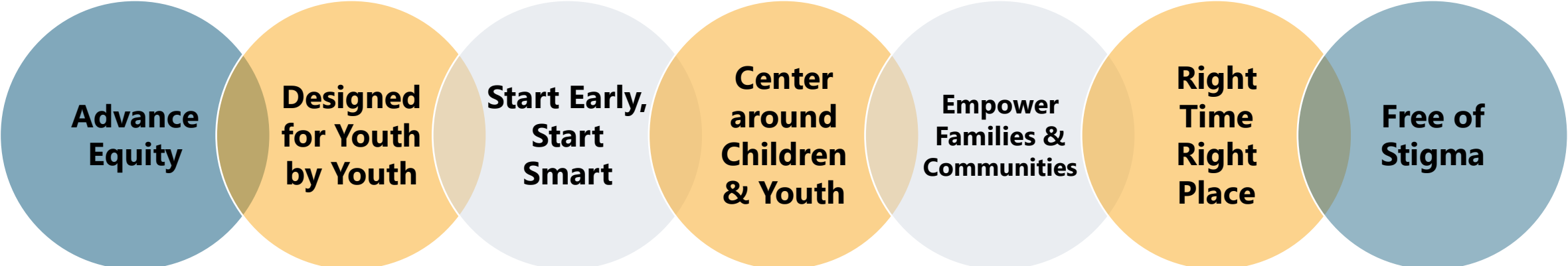
Vision

We are collaboratively transforming pediatric healthcare, in order to advance the health and emotional wellbeing for California's youth

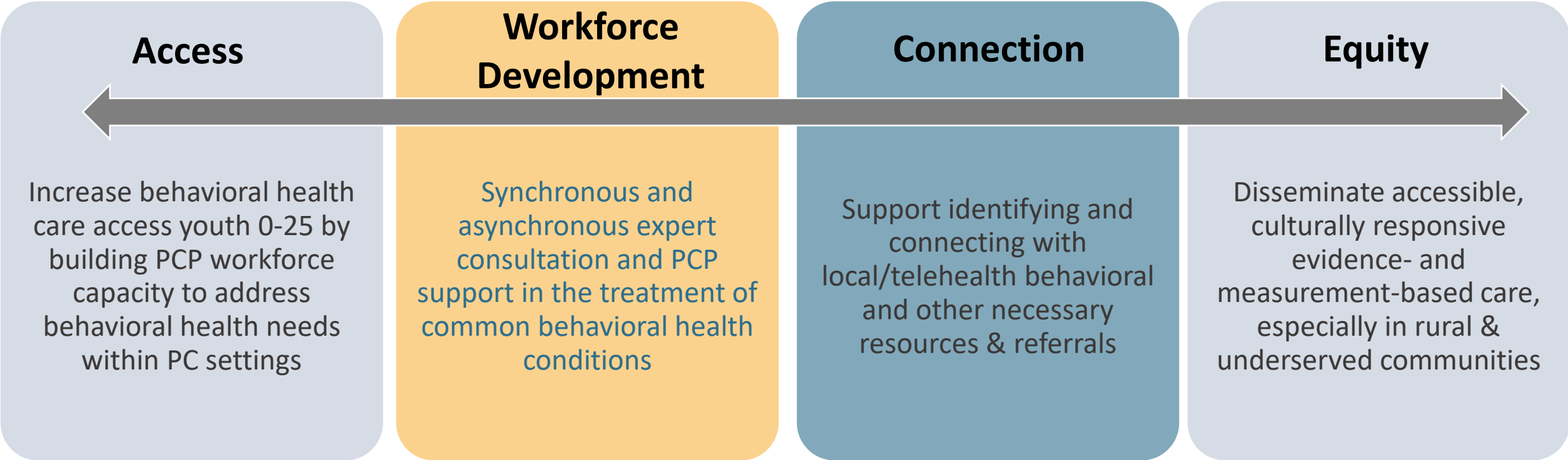
Values

We value equity, inclusivity, diversity, partnership, inter-professionalism, prevention, and stigma-free access to care for all

California's **Child Youth Behavioral Health Initiative** Aims



Cal-MAP Aims



Cal-MAP Services

Consultation

Real-time, no-cost, direct-connect **PCP-to-child and adolescent psychiatrist, psychologist or social worker consultation** for California-based primary care providers regarding screening, diagnosis, and treatment for **youth ages 0-25**.

Education

PCPs, school-based clinicians and staff can access no-cost trainings that offer accredited continuing medical education (CME) and continuing education units (CEUs).

- Topics:
 - Core & Advanced levels
 - Universal therapeutic skills

Resource Navigation

- Telephone or e-consultation with LCSW/MSW to provide guidance on resources and referrals to PCPs
- Direct support for families facing significant linkage barriers

Current Footprint



4221 consults on
3349 unique lives



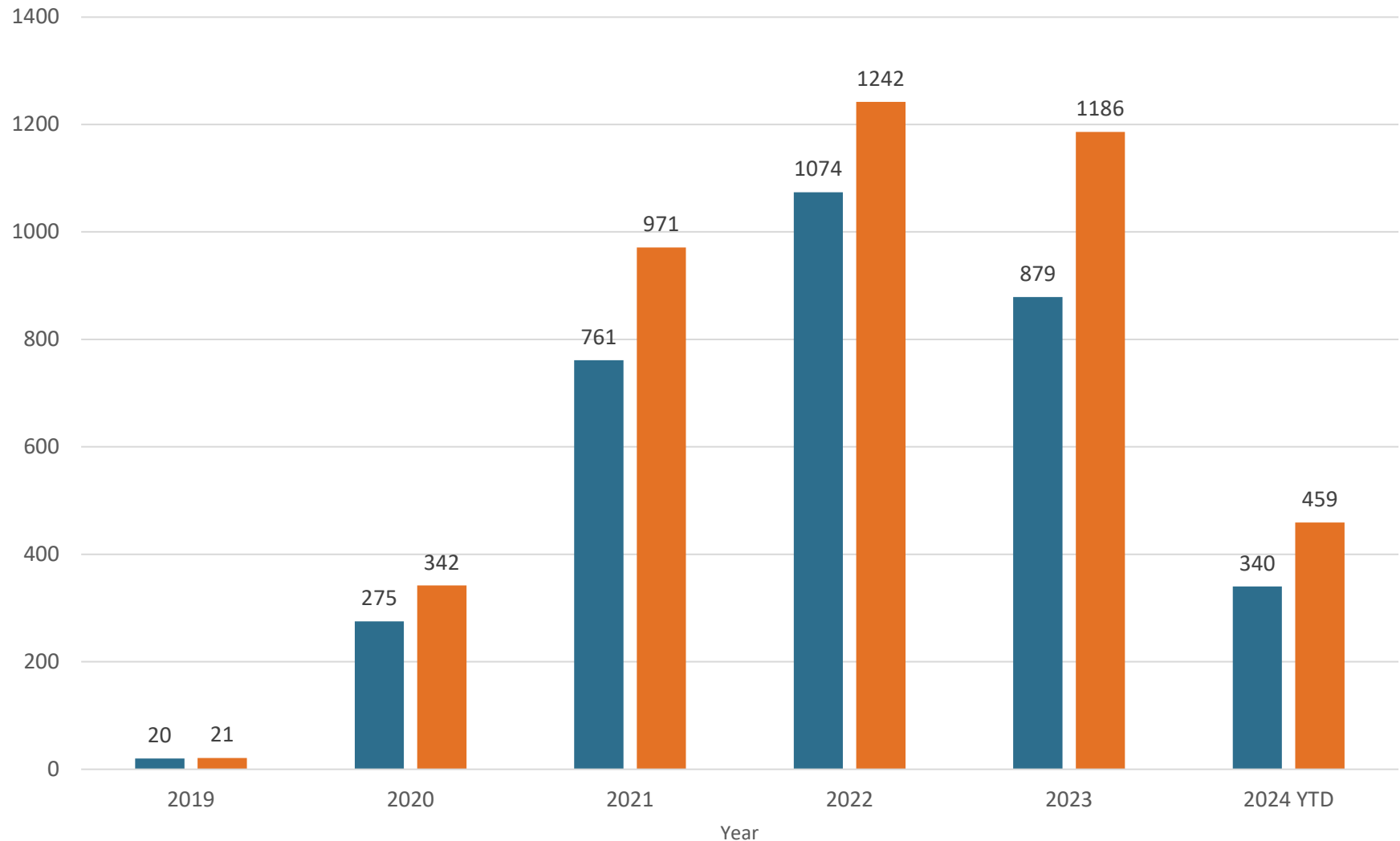
283 practices



2536 PCPs

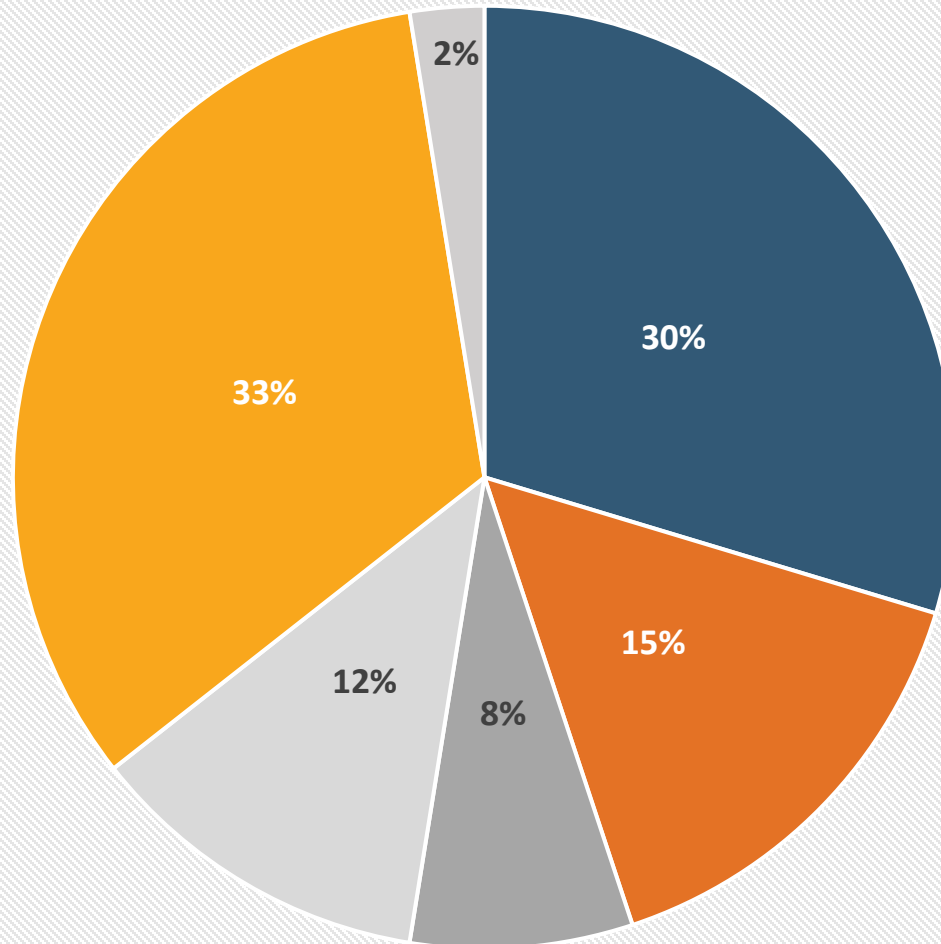


44 of 58 CA counties



Currently Enrolled PCPs & Practices

Practice Setting



■ FQHC

■ Solo Private Practice

■ Hospital based

■ Academic/community teaching

■ Group Private Practice

■ Community practice

Cal-MAP.org is live

Request a
[consultation](#)
today!



Cal-MAP

[Home](#)

[About Us](#) ▾

[Registration](#)

[Trainings](#) ▾

[Resources](#) ▾

Cal-MAP | A CalHOPE program powered by UCSF

Connecting for Care

The California Child and Adolescent Mental Health Access Portal (Cal-MAP) is a CalHOPE pediatric mental health care access program designed to increase timely access to mental health care for youth throughout California's communities, especially in the state's most underserved and rural areas.

[Learn More](#)

[Request a Consultation](#)



Request a Consultation

Consultation

Real-time guidance and coaching between PCP and Behavioral Health Consultant via telephone

Care Coordination: Systems-of-care **navigation support** and referrals for PCPs, and direct support for families facing significant linkage barriers to connect with services



Learn & Earn CMEs

Training/Education

Training

Project ECHO: "All Teach All Learn" Peer-to-Peer didactic and case-based tele-mentoring

Webinars: Didactic modules on common behavioral health conditions, with Continuing Medical Education (CME) credit eligibility



Helpful Resources for Providers and Families

Resources

Curated resources for PCPs and families with topic- and diagnosis-specific information

Clinician-to-Clinician Curbside Consultations

How to Access Consultation

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

1. Contact Us
[Online Consult](#)
[Request Form](#) or
call (800) 252-2103

2. Consultation
with Psychiatrist,
Psychologist, or
Social Worker

3. Consult Letter
with
recommendations



Connecting for Care

Sunflowers communicate with each other underground through their root system, in order to ensure optimal growth for all.

Similarly, we want to ensure we are connecting for care with you, in order to ensure optimal development for all of CA's youth



Photo: Greg Fulcher

Department of Health Care Access and Information (HCAI)

Dr. Sharmil Shah

Assistant Deputy Director

Office of Health Workforce Development



OFFICE OF THE
CALIFORNIA
SURGEON GENERAL



Wellness Coaches



OFFICE OF THE
CALIFORNIA
SURGEON GENERAL



Wellness Coaches: Centering on the “Why”

- Children and youth needs are at the center of this work. Many struggle with social and emotional challenges on a daily basis.
- By providing prevention and early intervention services, Wellness Coaches can reduce the number of children and youth who develop clinical mental health conditions.

Selah's Story

- *"I didn't really feel like there were a lot of places to go to. Even though I had help available, I didn't trust people to confide in... You never want people to feel like they have nowhere to go or that they're alone."*



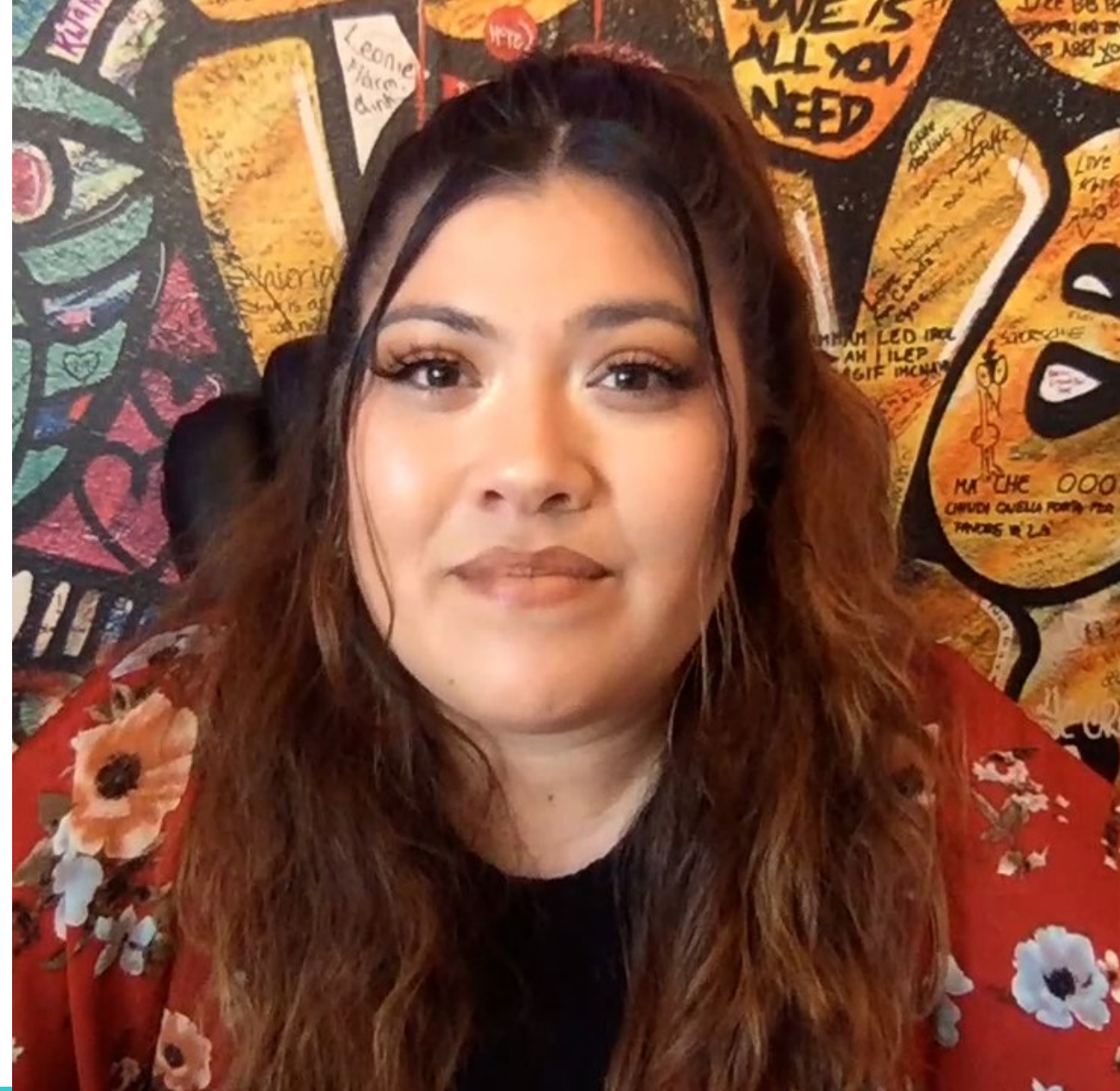


Wellness Coaches: Building & Formalizing the Workforce

- HCAI recognizes those who have paved the way for the formal Wellness Coach profession. Many schools and organizations have shared their success with Wellness Coach-like roles.
- HCAI has formalized this new profession by creating standardized education and certification. To build the workforce, HCAI is funding schools and their partner organization to hire coaches. HCAI is also offering scholarships to Wellness Coach students to expand the workforce.

Deziana's Story

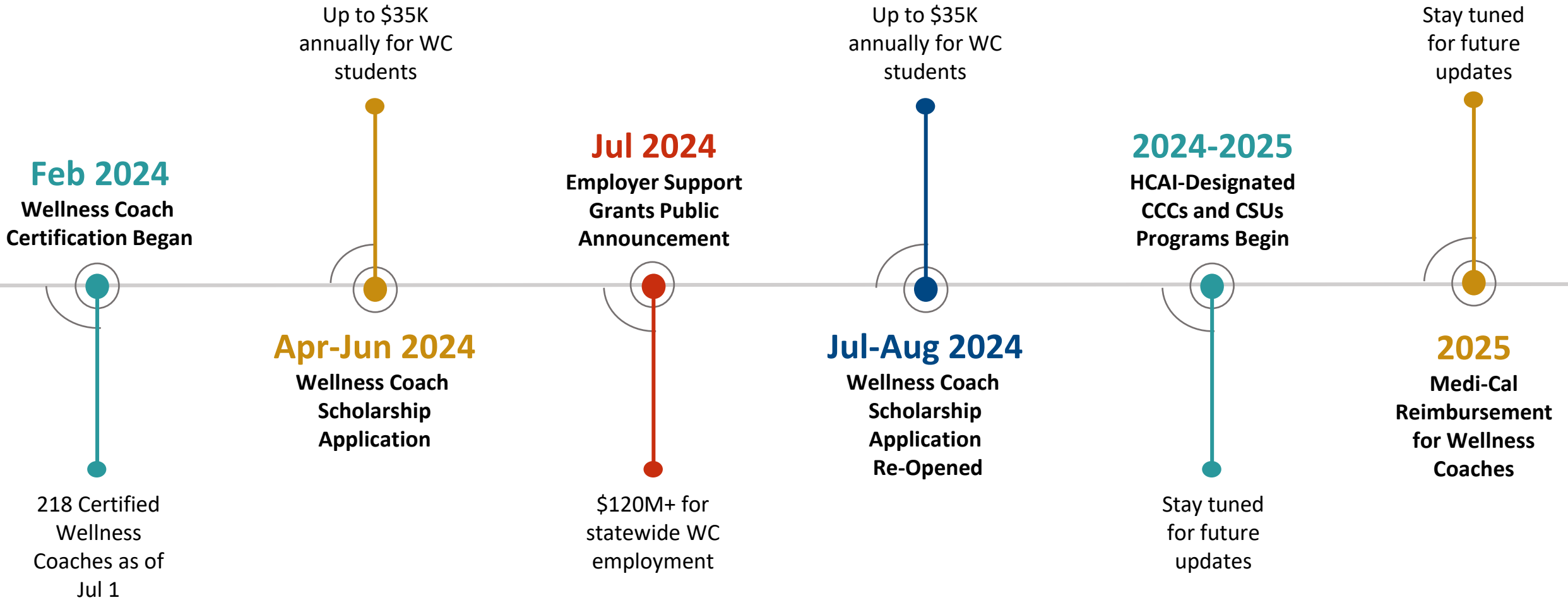
"I've seen the difference in people when I took time and space to provide a listening ear, to give them space to process the things that they have gone through that no one has asked them questions about."



Wellness Coach Scholarship Program (WCSP)

- **HCAI is pleased to announce that our new Certified Wellness Coach Scholarship application period has re-opened (Jul 8 – Aug 16)!** This scholarship provides up to **\$35,000** to students who will be enrolled or accepted into an associate or bachelor's level program in the fields of social work, addiction studies, or human services at a California college or university starting in the 2024-25 academic year.
- [Scholarship Flyer Link](#)
- [Register here](#) for the WCSP Webinar July 23, 2-3:30 p.m. PDT
- [Apply here for the scholarship](#)
- If you have any questions or need additional information about our scholarship program, please don't hesitate to contact us at WellnessCoach@hcai.ca.gov.

Wellness Coaches: Implementation Progress



Broad Behavioral Health Workstreams

Broad Behavioral Health

- Psychiatric Education Capacity Expansion (PECE)
 - Applications closed 4/8/2024
 - 8 Awards approved totaling \$17.2M
- Social Work Education Capacity Expansion (SWECE)
 - Applications closed 4/8/2024
 - 8 Awards approved totaling \$20.1M
- Behavioral Health Scholarship Program (BHSP)
 - Applications closed 5/24/2024
 - 1,323 applications being scored
 - Award recommendations to be presented by end of July

Charles Drew University PECE Grant Story

“We were able to hire faculty that speak various languages, that also represent the community, recruit students from the communities that speak different languages, different cultures, so that they can confidently go back and practice and do amazing mental health care for the individuals in their communities.”





Contacts and Resources

Sign Up to our Newsletter:



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

Contact Us:



BHPrograms@hcai.ca.gov for Behavioral Health program Questions



WellnessCoach@hcai.ca.gov for Certified Wellness Coach Questions

Visit Us:

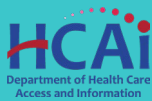


<https://hcai.ca.gov/workforce>



<https://cawellnesscoaches.org>

Youth Panel



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Youth Panel

- **Facilitator:** Khoa-Nathan Ngo, CYBHI Youth Fellow
- **Panelists:**
 - Mariah Dixon, CYBHI Youth Fellow
 - Selina Mendez, Youth Advisory Board, Never a Bother Campaign
 - Eve Valdez, Youth Leader, Stigma Reduction Campaign
 - Nancy Martinez, Youth Advisor, Live Beyond Campaign
 - Stephen Liu, DHCS Project Analyst, Soluna Platform

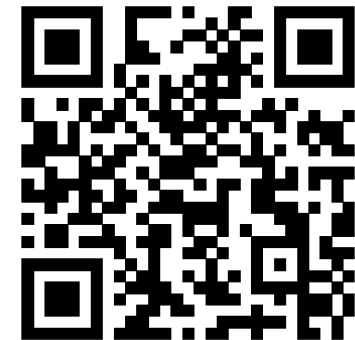
Join Us for the Next Quarterly Public Webinar

Thursday, September 12th, 2024

3:00pm-5:00pm PST

Sign up for the CYBHI Newsletter for updates and registration

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



CYBHI

Children and Youth
Behavioral Health Initiative

