

RESOURCES FOR HEALTH CARE PROVIDERS

As a health care provider, you play a pivotal role in supporting the well-being of young people and their families. The Children and Youth Behavioral Health Initiative (CYBHI) has many programs that can help you, your clinical practice, and your patients.

Increase your clinical acumen

Consult with Experts

Cal-MAP offers primary care providers real-time, no-cost access and consultation with behavioral health specialists (e.g., psychiatrists, psychologists, and social workers) for questions regarding screening, diagnosis, and treatment, or anything else! CME and CE credit is available for trainings and webinars.

Request a Consultation

Become the Expert

UC Irvine's Train-New-Trainers (TNT) program offers Fellowship training to improve expertise, knowledge and comfort-level in specialized primary care-based child and adolescent psychiatry and/or addiction medicine. Scholarship are available for providers in medically underserved areas.

Learn more and Apply

Screen your patients for ACEs

The Becoming ACEs Aware in California provides free training to become trauma informed. Completion of the training is required for eligible Medi-Cal providers to be reimbursed for conducting ACE screenings.

Get started today.

Create Safe Spaces

Take a training to recognize and respond to signs of trauma and stress in children and youth. Learners can take one or all three trainings focused on ages 0-5, 5-11 and 12-18. CME and CE credit is available.

Take the Training.

Make behavioral health care more accessible

Care for the Caregiver, because children don't go to the doctor by themselves

Update your practice to offer family and caregiver-focused care, known as dyadic services. Services to parent(s) and caregiver(s) that directly benefit the child— such as specific behavioral / social / emotional assessments, screening, counseling, and brief intervention services— can be reimbursed under Medi-Cal Fee-for-Service and managed care plans.

Learn more

Provide services in partnership with local schools

Through the CYBHI Fee Schedule program, California is uniting healthcare and education to offer sustainable reimbursements for certain outpatient behavioral health services provided through schools for students aged 25 or younger.

Learn more

Expand your staff with Certified Wellness Coaches

Certified Wellness Coaches provide care through prevention and early-intervention services and supplement the efforts of existing mental health professionals, allowing them to focus on children with more complex needs. The Department of Managed Health Care encourage health plans to provide access to Wellness Coach services.

Learn more

Prescribe Support: tools for your patients in-between visits

For suggested language and QR codes to use in After Visit Summaries visit: cybhi.chhs.ca.gov



Soluna: a free, confidential app for 13-25 year olds to destress, bounce back, and reset. Use self-guided tools, share in carefully moderated spaces, and connect with trained coaches.



BrightLife Kids: a free app providing personalized support for California families and kids ages 0-12. Get expert coaching for sleep issues, worry, social skills, and more. Live, 1:1 video sessions, secure chat, and on-demand content.



Mirror: a secure, private journaling space for teens to write freely, explore their emotions, and develop self-awareness without fear of external judgment or criticism.

All of these resources are free and available in English and Spanish. Additionally, Soluna and BrightLife Kids offer telephone support for 17 other languages.

Soluna: (844) 582-2111
BrightLife Kids: (888) 224-7332



Never a Bother: resources focused on preventing suicide, with tips and tools about how to support someone before, during, and after a crisis.



Positive Parenting, Thriving Kids: an evidence-based video series (directed by Emmy Award winners) that offers practical ways to manage common parenting challenges.



Take Space to Pause: resources to improve a young teen's understanding about mental health, including ways to manage stress before challenges escalate.

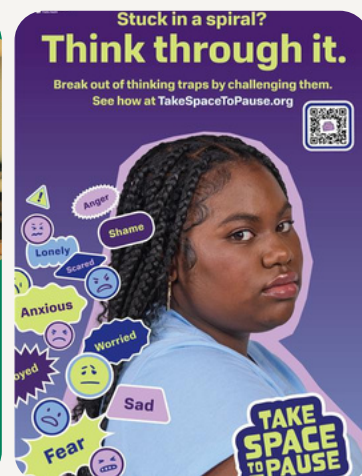


Live Beyond: a space for teens and young adults to learn more about adverse childhood experiences, toxic stress, and strategies to heal.

Give your clinic a poster makeover

Spread positive mental health messages to those in your waiting room with printable flyers and posters, available through many of the links above.

Selected materials can also be mailed to your office upon request, while supplies last. Reach out to cybhi@chhs.ca.gov for more info.



Work with trainees? Simply want to learn more?

Many of these resources can be incorporated into didactic teaching and clinical training to prepare the next generation of clinicians to meet the mental health needs of children, youth, and families.

For CYBHI presentation requests for spaces such as Internship/Clerkship orientation, Resident Didactics, and Grand Rounds, email Stefanie.Boltz@chhs.ca.gov.