

## **Suggested CYBHI Phrases for After Visit Summaries**

*Make caring for your patient's behavioral health part of the routine advice dispensed through after-visit summaries (AVS). Suggested language for your electronic health records, that you can copy/paste into your existing template, can be found here.*

### **Suggested Phrase Name: SOLUNA**

Suggested use: After instructions to manage the primary issue, consider placing the text and image below in the AVS for every 13-to-25 year old patient you see

Life can be stressful.

In between visits to your care provider, check out Soluna for FREE confidential support. Chat 1:1 with a professional coach, use interactive tools to de-stress, or explore quizzes, videos, forums, and more. Available in multiple languages. For California youth ages 13 to 25 years. No cost. No insurance necessary. No pressure. Follow QR code or find it in Google Play or the App Store.

<https://solunaapp.com/>



### **Suggested Phrase Name: BRIGHTLIFEKIDS**

Suggested use = After instructions to manage the primary issue, consider placing the text and image below in AVS for every 0-to-12 year old patient you see

Get support for managing stress.

In between visits to your care provider, get FREE support from BrightLife Kids. Topics include building patience, identifying strategies for better sleep, expressing feelings in healthy ways, balancing alone time with social time, and more. Services include live, 1:1 video sessions with a professional coach, secure chat, and on-demand content. Available in multiple languages. For California families with kids ages 0–12 years. No costs, no insurance needed. Follow QR code or find it in Google Play or the App Store. <https://brightlife.kids/ca>



### **Suggested Phrase Name: BLK-NEWBORN**

Suggested use = Add the text and image below as one additional tip during routine newborn visits

Having a new baby can be stressful.

In between visits to your care provider, get FREE support from BrightLife Kids. Learn how to build

non-verbal communication skills, navigate milestones, manage separation anxiety, discover strategies for better sleep, and more. Services include live, 1:1 video sessions with a professional coach, secure chat, and on-demand content. Available in multiple languages. For California families with kids ages 0–12 years. No costs, no insurance needed. Find it in Google Play, the App Store, or at <https://brightlife.kids/ca>

