

# CYBHI

Children and Youth  
Behavioral Health Initiative



## Quarterly Public Webinar

June 12, 2025



OFFICE OF THE  
CALIFORNIA  
SURGEON GENERAL



# CYBHI Quarterly Public Webinar– June 12th, 2025

Now Viewing:

A clip about an allcove center in progress in Marysville, CA.

We will start the Webinar at approximately 3:05pm.



# CYBHI Quarterly Public Webinar— June 12th, 2025

Now Viewing:

“For Who You Are” shares a message about the importance of community for LGBTQIA+ youth.

The film was submitted to the Directing Change Film Contest, which asks youth to create 60-second films about mental health and suicide prevention.

**We will start the Webinar  
at approximately 3:05pm.**



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CALIFORNIA  
SUI...



# CYBHI

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Behavioral Health Initiative



## Quarterly Public Webinar

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SURGEON GENERAL



# Agenda

Topic	Time	Sub-topics
<b>Welcome and Today's Agenda</b> <b>CYBHI Initiative-Wide Updates</b>	3:05-3:15pm	<ul style="list-style-type: none"> <li>• <b>Celebrations:</b> Mental Health Awareness Month, Pride Month, &amp; Men's Health Month</li> <li>• Updated CYBHI Highlights &amp; Spotlights</li> </ul>
<b>Department of Health Care Services</b> <b>Department of Managed Health Care</b>	3:15-3:45pm	<ul style="list-style-type: none"> <li>• <b>Behavioral Health Virtual Services Platform:</b> <u>Brightlife Kids &amp; Soluna</u> Updates</li> <li>• <b>SEL Summit:</b> Recap from May 15-16 with SCOE</li> <li>• <b>CYBHI Fee Schedule:</b> Snapshot, Updates, Program Manual, &amp; Upcoming Webinars</li> </ul>
<b>Department of Health Care Access and Information</b>	3:45-4:05pm	<ul style="list-style-type: none"> <li>• <b>Certified Wellness Coaches:</b> Recertification &amp; Scholarships</li> <li>• <b>Broad Behavioral Health:</b> BHSP, JSIY/SUD, &amp; YMHA</li> </ul>
<b>CDPH, Office of Health Equity</b>	4:05-4:20pm	<ul style="list-style-type: none"> <li>• <b>Take Space to Pause:</b> Mental Health Awareness Month &amp; LGBTQ+ Pride Month</li> </ul>
<b>CDPH, Office of Suicide Prevention</b>	4:20-4:40pm	<ul style="list-style-type: none"> <li>• <b>Never a Bother:</b> Bother Me <u>Whensday</u></li> </ul>
<b>Office of the California Surgeon General</b>	4:40-4:50pm	<ul style="list-style-type: none"> <li>• <b>Live Beyond:</b> Mental Health Awareness Month, Pride &amp; What's Next</li> </ul>
<b>CDPH, Office of School Health</b>	4:50-4:55pm	<ul style="list-style-type: none"> <li>• <b>Safe Spaces:</b> Current and Future States</li> </ul>
<b>Closing</b>	4:55-5:00pm	

# Initiative Wide Updates

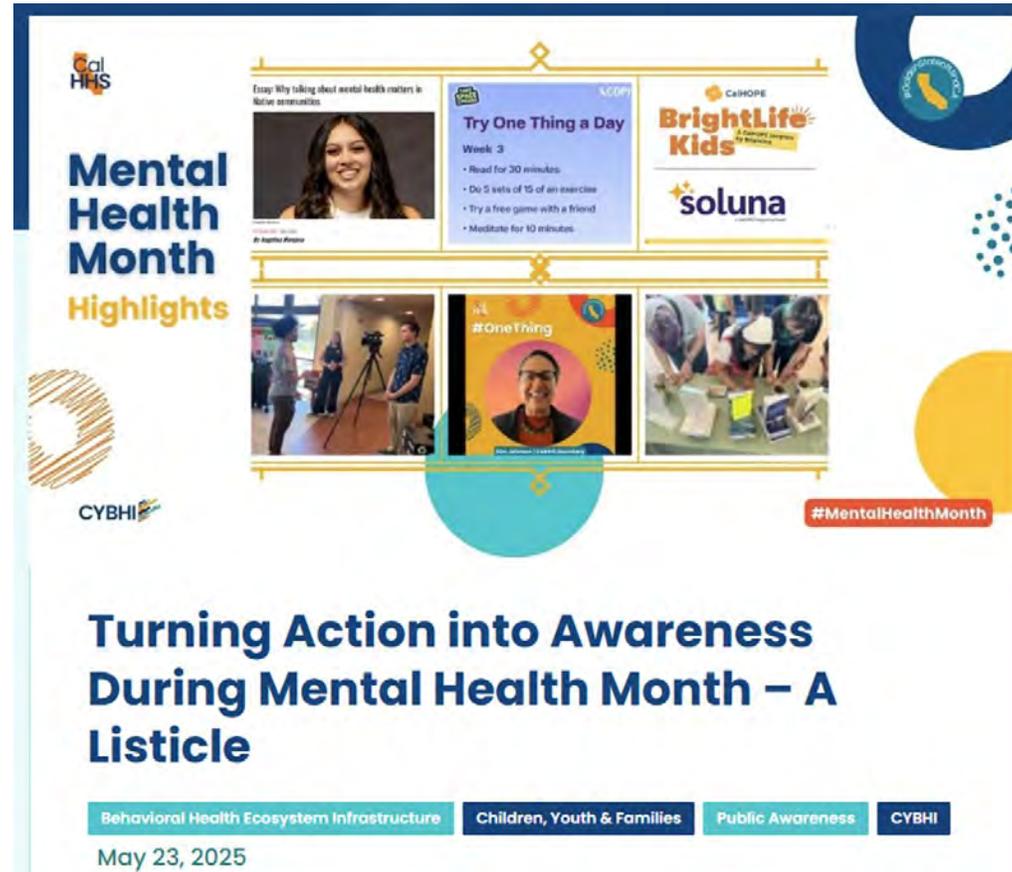
Dr. Sohil Sud (CalHHS/CYBHI)



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# Mental Health Awareness Month



The infographic features a central grid of six panels. The top-left panel shows a woman's portrait with the text 'Essay: Why talking about mental health matters in Native communities' and 'By Angelle Anderson'. The top-middle panel is titled 'Try One Thing a Day' and lists activities for 'Week 3': 'Read for 30 minutes', 'Do 5 sets of 15 of an exercise', 'Try a free game with a friend', and 'Meditate for 10 minutes'. The top-right panel is for 'BrightLife Kids' by CalHOPE and 'soluna'. The bottom row contains three smaller images: a person at a camera, a person with '#OneThing', and a group of people at a table. Logos for CalHHS, CYBHI, and a phone icon are also present.

**Mental Health Month Highlights**

Essay: Why talking about mental health matters in Native communities  
By Angelle Anderson

**Try One Thing a Day**  
Week 3

- Read for 30 minutes
- Do 5 sets of 15 of an exercise
- Try a free game with a friend
- Meditate for 10 minutes

**BrightLife Kids**  
CalHOPE  
soluna

**#MentalHealthMonth**

**Turning Action into Awareness During Mental Health Month – A Listicle**

Behavioral Health Ecosystem Infrastructure | Children, Youth & Families | Public Awareness | CYBHI

May 23, 2025

# Pride Month



## Finding Hope in Community: How Queer Youth Are Redefining Mental Health Support in Their Communities

Children, Youth & Families | Progress & Updates | CYBH | April 29, 2025

Growing up is a journey, full of ups and downs. LGBTQ+ youth can face additional challenges and they need safe spaces to find their way. Meet a few California youth who are finding support in their communities. [Read the story.](#)

# Men's Health Month

JUNE is  
**MEN'S HEALTH**  
MONTH



# 2024 HIGHLIGHTS

As of January 1, 2025

**132K+**

Persons using digital service platforms



**300+**

Districts onboarding into the fee schedule



**4,900+**

Individuals completed trauma-informed training



**700+**

Certified Wellness Coaches



**1.3B+**

Impressions\* from public awareness campaigns



**500+**

New Inpatient treatment beds

**77K+**

New treatment slots through construction projects

**1K+**

High school students participating in the youth mental health academy



**\$2B+**

Awarded to more than 850 organizations to conduct more than...

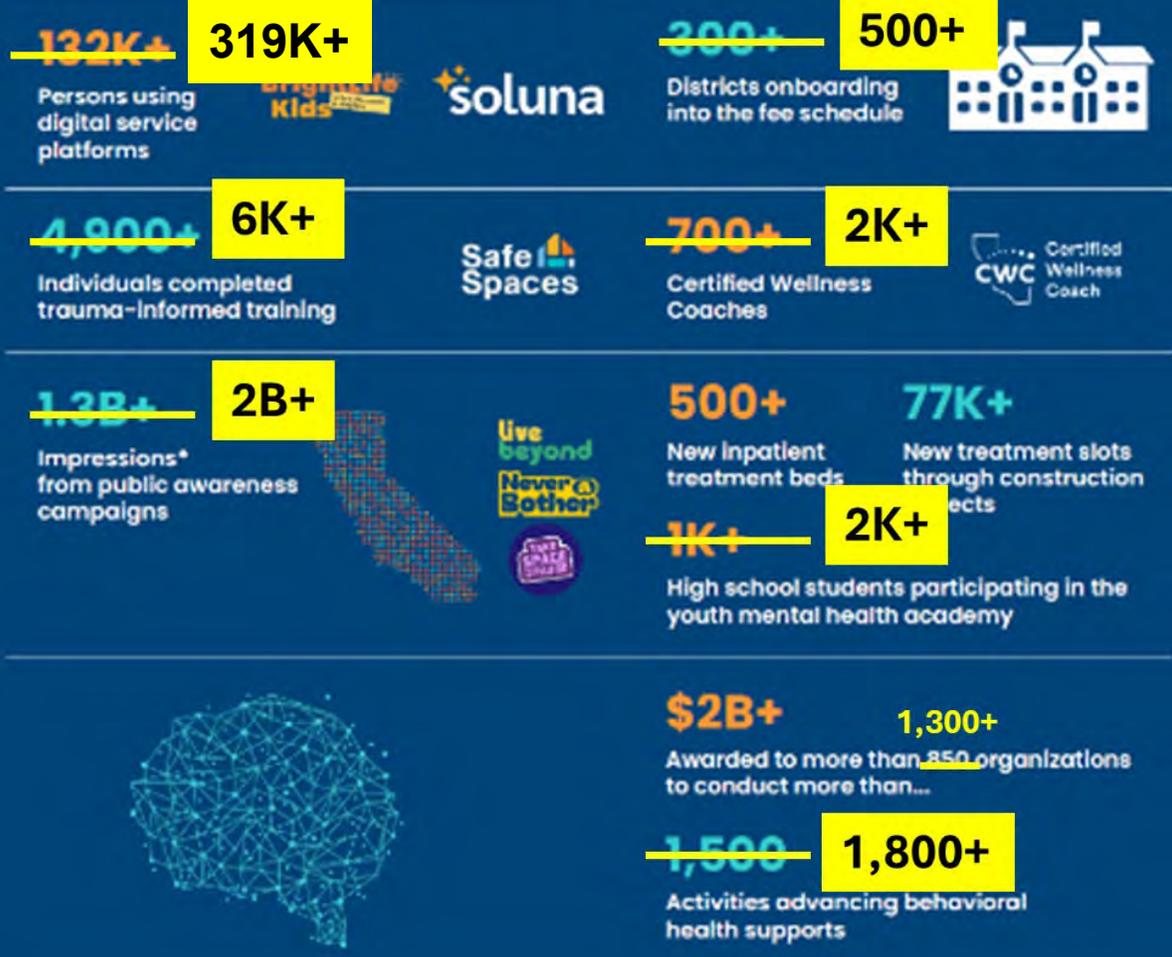
**1,500**

Activities advancing behavioral health supports

# 2024 HIGHLIGHTS

May 2025

As of January 1, 2025



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

Rebecca Sterling  
Assistant Deputy Director, Office of Strategic Partnerships



OFFICE OF THE CALIFORNIA SURGEON GENERAL



# BrightLife Kids and Soluna Impact Update

The screenshot shows the DHCS website with the following content:

- Header:** DHCS logo, navigation menu (Services, Individuals, Providers & Partners, Laws & Regulations, Data & Statistics, Forms & Publications), and utility links (Home, About DHCS, Translate).
- Section Header:** Behavioral Health Virtual Services Platform: BrightLife Kids and Soluna
- Sub-Header:** Latest News: BrightLife Kids and Soluna Impact Update
- Text:** In June 2025, the Department of Health Care Services released an [impact update](#) on BrightLife Kids and Soluna. The update highlights the platforms' impact since their January 2024. More than 319,000 youth and families are using the apps, more than 62,000 coaching sessions have been completed, and more than 77% of BrightLife Kids and 50% of Soluna consider it their first and only source of professional mental health support.
- Text:** [BrightLife Kids](#) and [Soluna](#) are free, statewide behavioral health platforms that offer children, youth, young adults, and families access to timely, culturally responsive, and confidential mental health support. Services are available to all California families, regardless of income, immigration status, or insurance coverage. The platforms are available in English and Spanish.
- Text:** The platforms are part of the Children and Youth Behavioral Health Initiative (CYBHI), a multi-year more than \$4 billion effort to reimagine behavioral health for California children and youth. They are available on iOS and Android devices and online at [CalHOPE.org](#).
- Image:** A graphic showing the integration of Soluna and BrightLife Kids with existing services, with buttons for Health Plans, Counties, and Schools, and a YouTube link.



<https://www.dhcs.ca.gov/CYBHI/Pages/BHVS-Platform.aspx>





0 - 12 years

BrightLife Kids, a CalHOPE program by Brightline, provides **free behavioral health coaching** to all California kids ages 0–12. **No costs attached. No insurance required. No referrals needed.**

- Private 1:1 coaching via video and secure chat
- Diverse coaches offering bilingual support
- On-demand digital resources
- Care Guides for complex needs and referrals



13 - 25 years

Soluna, a CalHOPE program by Kooth, is a confidential mental health platform for California teens and young adults — built to offer flexible, stigma-free support that's **easy to access and always free.**

- 1:1 coaching via video, phone, or secure chat
- Diverse, bilingual coaches for inclusive support
- Interactive tools for self-guided growth
- Moderated forum for safe peer connection

## California continues to set the national standard for behavioral health through the free, preventive, and early-intervention virtual services — **BrightLife Kids and Soluna.**

→ Hear directly from youth and families in the new **BrightLife Kids and Soluna Impact Update** (visit: <https://www.dhcs.ca.gov/CYBHI/Pages/BHVS-Platform.aspx>)

**99%**

of BrightLife Kids users are satisfied with their experience

**88%**

of children using BrightLife Kids reported meeting their behavioral health goals after using virtual coaching resources

**97%**

of Soluna users would recommend it to a friend

**82%**

of young people reported feeling less alone after using the Soluna app

**77%**

BrightLife Kids users report it is their first and only source of behavioral health support

**50%**

Soluna users report it is their first contact with behavioral health services



**319,000+**

California youth and families reached statewide

“

Soluna has a lot of resources that can better help me or others in one spot rather than going to different places...In the [Soluna] community, I find that I am, in fact, NOT alone or the only one struggling with mental health.”

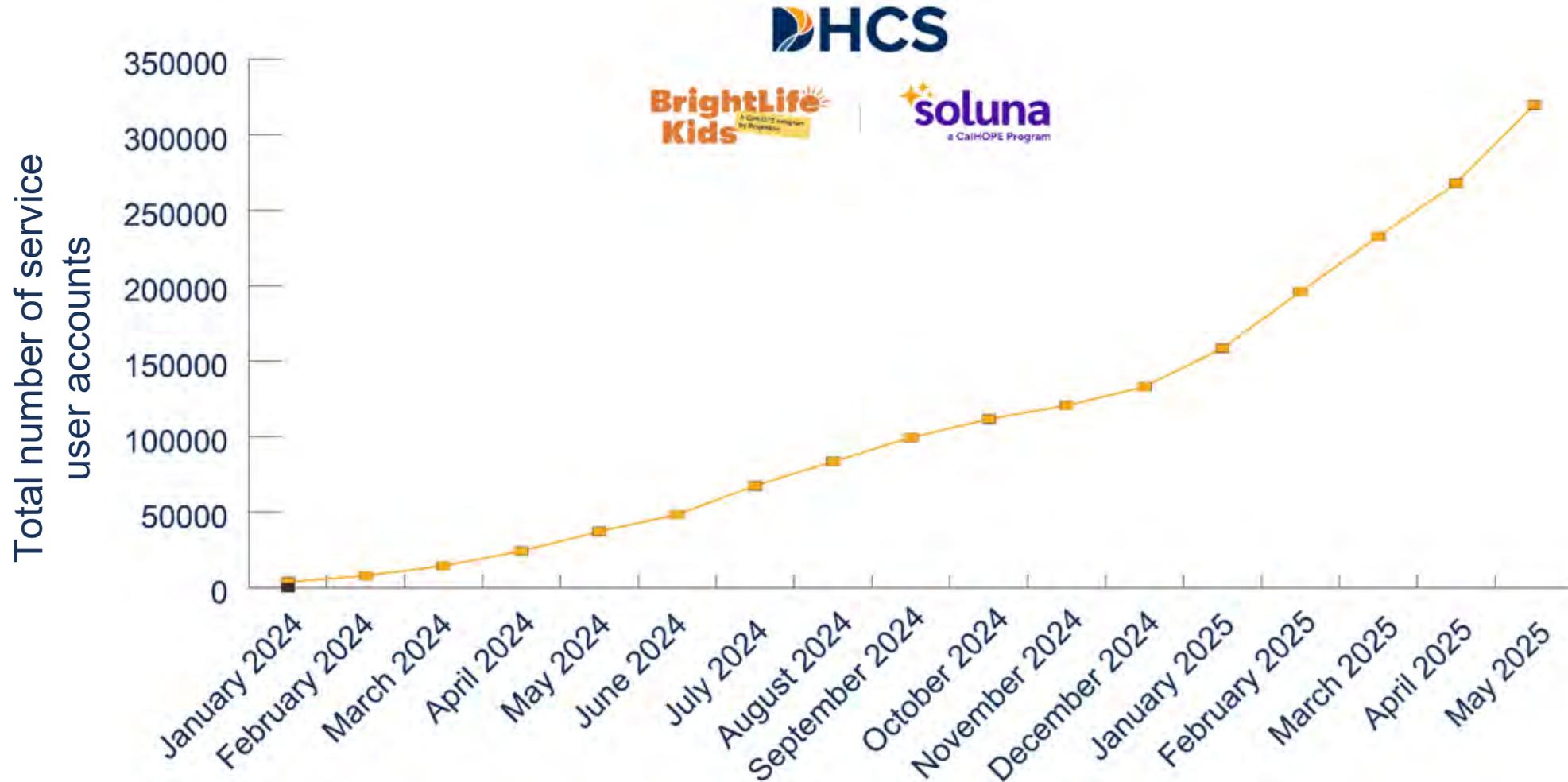
- 21-YEAR-OLD

“

Working with our BrightLife Kids coach has helped us move from anxious to more confident when our daughter is having a rough time. I encourage any parent to utilize this support. We don't have to do it ourselves.”

- PARENTS OF A 5-YEAR-OLD CHILD

BrightLife Kids and Soluna have already reached **319,000+ youth and families** statewide since launch in January 2024, with new users joining every day.



# Building a brighter future for California families

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Today's Speaker:  
**Malissa Watts** (she/her/hers)  
Senior Manager,  
Community Engagement



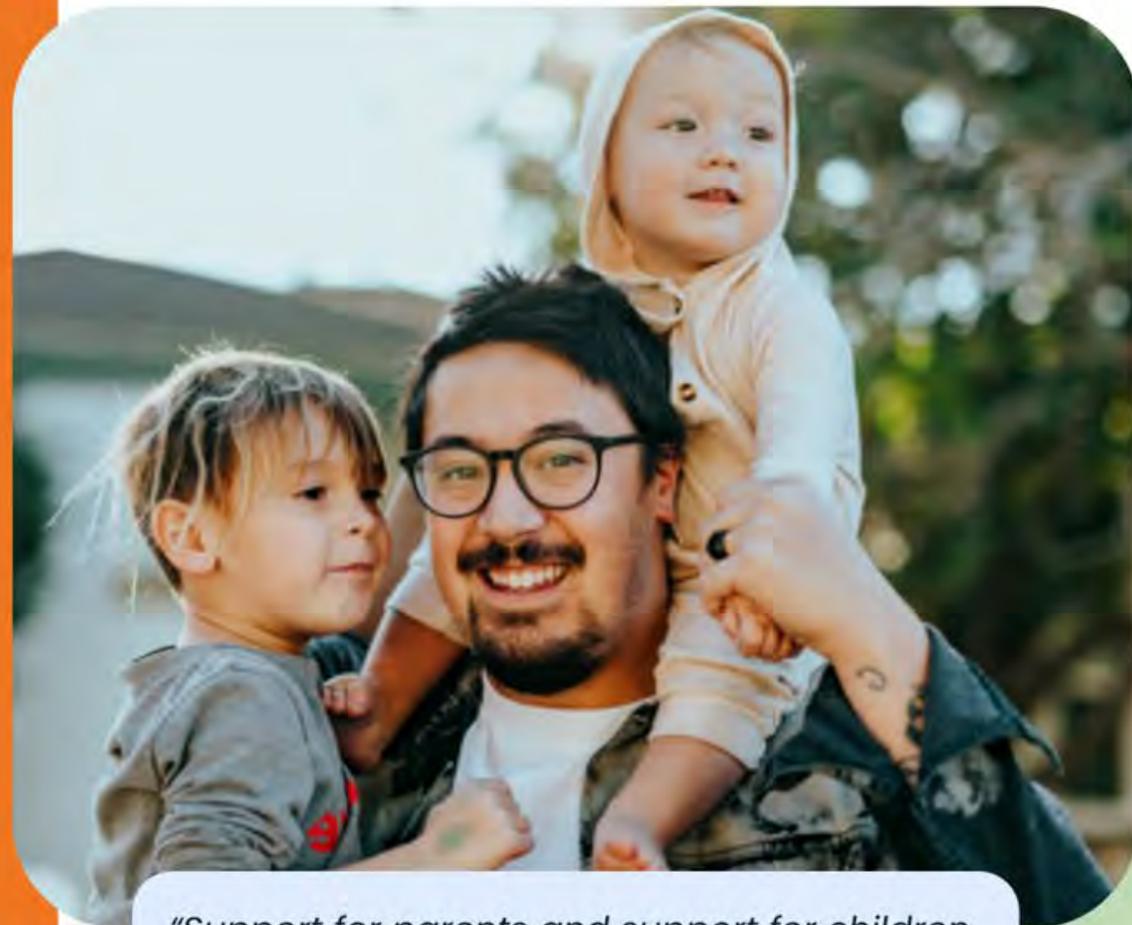
# BrightLife Kids

A CalHOPE program  
by Brightline

Launched January 1, 2024, BrightLife Kids provides free behavioral health coaching to all California families with kids ages 0–12. **No costs attached. No insurance required. No referrals needed.**

- Virtual 1:1 coaching, group coaching and peer communities
- Bilingual (English/Spanish) coaches + live translation services in 17 Medi-Cal languages
- Care Guides to manage complex needs and provide referrals to community resources
- On-demand digital tools tailored to age and concerns

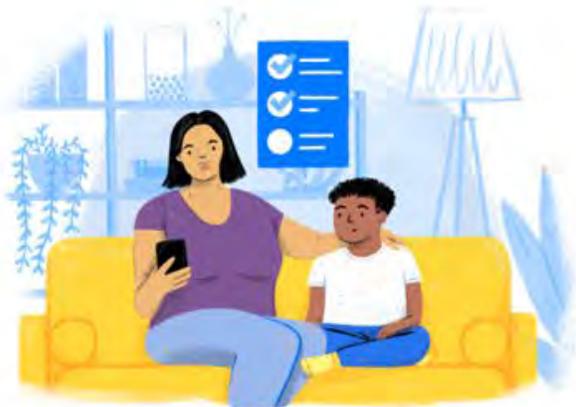
Learn more at [brightlife.kids/ca](https://brightlife.kids/ca)



*“Support for parents and support for children, great modern resource. Thank you!”*

– Caregiver of 3-year-old in Coaching

# What do families get with BrightLife Kids?



## Digital Tools

- Library of on-demand digital content
- Read about managing tantrums, making friends, building self-esteem, and how to get your kids to talk about their feelings



## Coaching and Chat

- Live 1:1 coaching sessions from coaches with diverse backgrounds
- Send/receive chats with dedicated coach for everyday challenges between sessions
- Bilingual (English/Spanish) coaches + live translation services in 17 Medi-Cal languages

# What do families get with BrightLife Kids?



## Care Coordination

- Coach specialists help identify complex needs
- Help finding the right level of care, guidance navigating community resources, and referrals to those resources if needed



**NEW!**

## BrightLife Kids Communities

- Digital peer community for caregivers to connect, ask questions, and get coaching tips
- Moderators online 24/7 to ensure a secure, safe space
- Age-group based communities + one for Spanish speakers

# Since launch, BrightLife Kids has increased access to behavioral health services for families across California



## Reaching Underserved Communities

- **200k+** registrations from 100% of CA counties
- **62%** in under-resourced communities
- **73%** identify as BIPOC
- **8%** from rural areas (compared to 5% in CA)



## Serving as a Key Entry Point to Care

- Families reporting waiting **3-5 months** on average for mental health services (due to cost, schedules, travel and wait times)
- **77%** have never accessed behavioral health support
- **Nearly 2,500** referrals to community supports

# We are delivering high quality care, and California families are grateful

**31k+**

Coaching appointments delivered

**1.6**

Avg wait time in days for appointment

**88%**

of Coaching goals met

**99%**

of Coaching feedback that is positive

“Working with a coach has been **truly life-changing for our family**. The support and guidance I received helped my daughter manage her anxiety and big emotions; tantrums have lessened, communication has improved, and our home feels so much more peaceful. If you're a parent struggling with similar challenges, I highly recommend [BrightLife Kids] – through the program **I got equipped with the tools to truly help my kid and I now feel so much more confident as a parent.**”

-Caregiver of child in BrightLife Kids coaching



# BLK x May MHAM 2025: Our strongest month yet!

✓ **Weekly newsletter and social media posts** Facebook and Instagram

✓ **Two webinars** including:

May 1: a webinar for Spanish-speaking families, *Navigating Fear and Uncertainty* in collaboration with the International Rescue Committee.

May 22: *Digital Wellness: Developing healthy habits for screens & social media* with our coaches and communities.

✓ A series of **in-person community engagement events** including:

5/3 Yolo County: Mindful Moments Mental Health Fair with Peach Tree Health

5/12 Los Angeles County: Take Action for Mental Health

5/17 Orange County: 4th Annual Mental Health Resource Fair at the Santa Ana Zoo

5/22 **BrightLife Kids Day with Live Well** in San Diego!

5/22 Riverside County: Riverside University Health System Mental Health Awareness Celebration

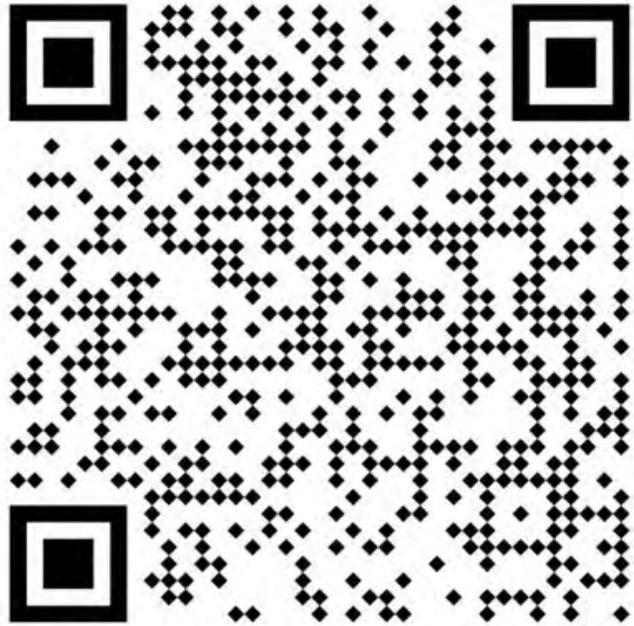
5/24 Sacramento County: 21st Annual International Kids Festival

✓ **Collaboration with Live Beyond and Never a Bother campaigns** to integrate 29 articles and videos into the BrightLife Kids platform



# BrightLife Kids

A CalHOPE program by Brightline



**Learn more**



 [brightlife.kids/ca](https://brightlife.kids/ca)  
 (888) 275-5357  
 [ce@hellobrightline.com](mailto:ce@hellobrightline.com)

 @brightlifekids  
 BrightLife Kids  
 @brightlife\_kids

**Stay in touch**

Introducing...

# soluna

A CalHOPE Program

Dr. Tully, Ph.D. (they/them)

VP, Partnerships

tully@kooth.com



 soluna · kooth ·  DHCS · CalHOPE

Soluna provides **free** mental health support to all 13-25 year olds in California via smartphone, tablet, or web. Available in English & Spanish, Soluna includes self-guided resources & coping tools, peer community, and 1:1 coaching.



**Self-guided**  
resources & coping  
tools



Moderated, safe  
community forum for  
**peer support**



**1:1 coaching**  
10am-10pm  
[chat, video, phone]

Available in English and Spanish + phone coaching available in 17 Medi-Cal Threshold Languages

## Soluna's Care Navigation Team connects youth to additional community supports

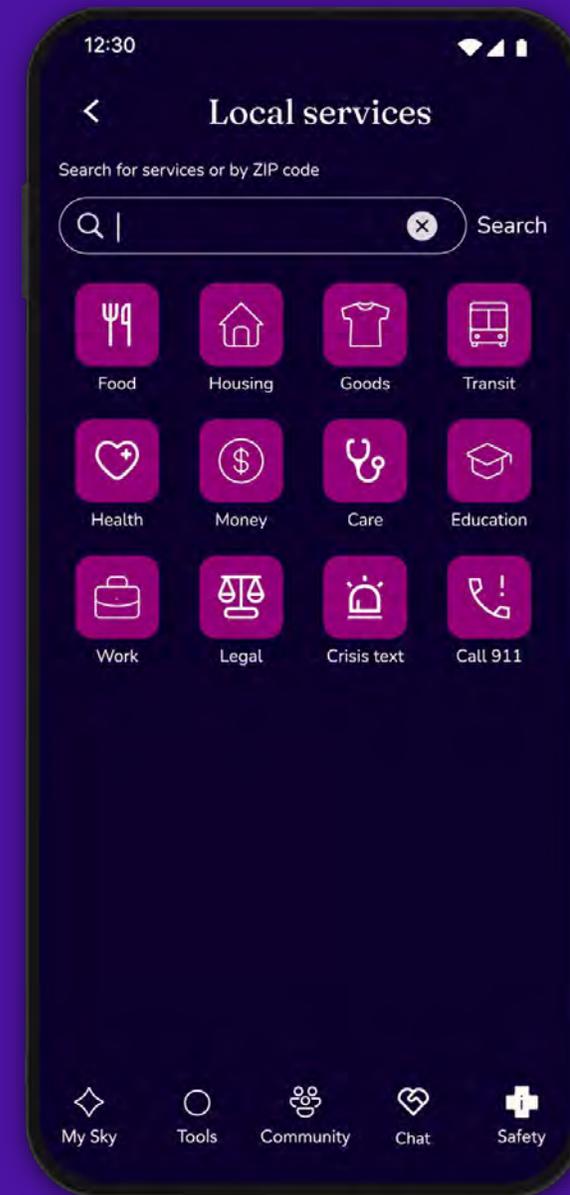
When service users need more support, trained care coordinators ensure they receive the care they need via warm hand-offs to community resources and vetted

### **Affiliate Network Partners**

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Soluna takes a whole-person approach to address Social Determinants of Health

- Transportation
- Traditional Healthcare
- Behavioral healthcare
- Financial supports
- Food supports
- Housing supports



## Soluna Expands Access to Behavioral Health Support

Since its launch in January 2024, Soluna has reached Youth in all 58 counties in California

# 117k+

Californian Youth on Soluna as of  
May 31, 2025

Reporting period Jan 1, 2024 - May 31, 2025



## COACHING IMPACT

Since launch, Soluna has delivered high-quality support in **over 34k coaching sessions<sup>1</sup>** and provided **concierge care navigation to over 900 youth<sup>2</sup>** to address clinical needs and social determinants of health.

1 - Reporting period Jan 1, 2024 - May 31, 2025

2 - Reporting period July 1, 2024 - May 31, 2025 (Care Navigation launched July 2024)

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**1,100+**

Care Navigation cases supported to help connect youth with community based resources<sup>2</sup>

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**91%**

of Care Navigation cases involve a connection to clinical supports<sup>2</sup>

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**More than 1 in 3**

coaching users returned for more than 1 coaching session since Launch<sup>1</sup>

## Since launching January 2024, Soluna has increased access to mental health supports for underserved California youth

46%

of coaching sessions occur outside of 9-5pm<sup>1</sup>

1 in 3

Users wouldn't have access to mental health support without Soluna<sup>2</sup>

50%

Of users report Soluna is their first time accessing mental health services<sup>2</sup>

58%

of users are from under resourced communities<sup>1\*</sup>

*\* Defined by the Healthy Places Index*

53%

of users identify BIPOC Youth<sup>1</sup>

47%

of users identify as Latine / Hispanic<sup>1</sup>

## Service Users love Soluna Coaching:

93%

of coaching users reported they would recommend Soluna to a friend<sup>1</sup>

85%

of coaching users meet at least one need during a single coaching session<sup>1</sup>

1 - Reporting period Jan 1, 2024 - May 31, 2025

2 - Soluna User Feedback Survey [Stellar] Fall 2024 eligible users in California

## What Soluna Users Say



I finally feel like I am able to talk to someone, and it takes a huge weight off my shoulders. Being able to talk to someone trained to help me for no charge is wonderful...”

– Soluna user, age 15



Soluna has given me tools and resources, but beyond that built trust in myself to use these resources when I need it.”

– Soluna user, age 25



# 82%

have learned that they aren't the only one going through certain things or feeling the way they do<sup>1</sup>



Soluna has helped me feel heard about my problems, learn how to change what I can and cope with what I can't.”

– Soluna user, age 20

Follow us on social for all the  
*info you don't want to miss!*

Visit [solunaapp.com/impact](https://solunaapp.com/impact) to learn more.



@soluna\_app



@soluna.app



@soluna

# Thank you!

Together,  
we can change lives

For more information go to:  
[www.solunaapp.com](http://www.solunaapp.com)

 soluna · kooth ·  DHCS · CalHOPE



# SEL & Wellness Summit May 15-16, 2025

June 12, 2025

# SEL & Wellness Summit

- » Hosted by the **Sacramento County Office of Education (SCOE)**
- » **May 15-16, 2025** at the SAFE Credit Union Convention Center in Sacramento, CA
- » The Summit convened California's SEL “Catalyzers”—the leaders and practitioners responsible for advancing equity-focused social and emotional learning across the state through the CalHOPE project. Specifically:
  - California County Office of Education leaders focused on SEL
  - District and community SEL leaders
  - Focal school leaders and staff
  - Each California county will receive a guaranteed number of registrations with remaining registrations open to California’s education workforce

# SEL & Wellness Summit

- » The 2025 Summit theme was **Relationship-Centered Schools**
  - Relationship-centered schools create environments where everyone feels known, respected, valued, and supported. Through feeling such connection, students and adults can together co-create vibrant, equitable learning communities. At the Summit, participants explored relationships as the foundation for equity, transformation, and integration.
- » **“No significant learning occurs without a significant relationship.”** – James Comer
- » This theme explored relationships as the foundation for **equity, transformation, and integration.**

# SEL & Wellness Summit

- » The SEL & Wellness Summit was funded through CYBHI's **Mindfulness, Resilience and Well-being** contract with SCOE
- » DHCS shared materials at the Summit for various CYBHI workstreams, such as the virtual services platforms Soluna and BrightLife Kids
- » Autumn Boylan, Deputy Director of the Office of Strategic Partnerships at DHCS, hosted a breakout session centered around the **CYBHI Fee Schedule program, Certified Wellness Coaches**, the **Never A Bother** campaign, as well as **Soluna** and **BrightLife Kids** in partnership with Noa Oldak-Moradian
- » Other breakout sessions focused on building sustainable school leadership, fostering belonging through dignity, healing through connection, mindfulness and educator well-being, peer-to-peer programs to support SEL and wellness, empowering equity, and more.

# CYBHI Fee Schedule Program Updates

June 12, 2025

# CYBHI Fee Schedule Program Snapshot

<b>494* LEAs and IHEs directly signed up for the program (as independent or Lead LEA/IHE)</b>	<b>209 additional LEAs participating as a Consortia member</b>	<b>COEs, LEAs, and IHEs from 56 counties</b>	<b>331 LEAs/IHEs have executed the PPA with DHCS</b>	<b>191 LEAs/IHEs executed DUAs with Carelon BH</b>
62 LEAs/IHEs have submitted provider roster data (i.e., SPI roster) to CBH	32 LEAs have submitted student health insurance data (i.e., student batch registration)	21 LEAs have submitted claims (as of 6/4/25)	Approximately \$539,000 is the total value claims of claims submitted (as of 6/4/25)	Over \$218k claims reimbursed (as of 6/4/25)

Check out DHCS' [Fee Schedule program webpage](#) for updates or email us at [DHCS.SBS@dhcs.ca.gov](mailto:DHCS.SBS@dhcs.ca.gov) to be added to our listserv and weekly newsletter distribution list!

\*Cohort 4 (196 LEAs/IHEs) starts in July 2025

# CYBHI Fee Schedule - Claims Submission Champions

The top 5 LEAs with the highest claims volume (as of 06/4/25) are:

1. Riverside County Office of Education (approx. \$139k)
2. Enterprise Elementary School District (approx. \$123k)
3. Fresno County Superintendent of Schools (approx. \$68k)
4. Monterey Peninsula Unified School District (approx. \$45k)
5. Santa Rose City School District (approx. 38k)

# Claims Submitted by Cohort

- » Below is the breakdown of claims submitted (% of total) by Cohort:
  - » Cohort 1: 79% of claims submitted
  - » Cohort 2: 12% of claims submitted
  - » Cohort 3: 9% of claims submitted

# Claims Submission Details

- » Approximately \$539k worth of claims have been submitted (**a 241% increase in claims submitted since 4/30/25**) by LEAs to Carelon Behavioral Health (CBH) for payment, including:
  - » Open (not yet adjudicated; approx. **\$277k or 51%** of total claims submitted),
  - » Paid (approx. **\$218k or 40%** of total claims submitted); and,
  - » Denied claims (approx. **\$44k or 8%** of total claims submitted)
- » CBH's average turn-around time from submission of a Clean Claim (i.e., a payable claim) to payment date (i.e., check date) is **10 calendar days**.
  - » CBH has up to 45 calendar days to pay the claims in accordance with state law.
  - » CBH has met the statutorily required claims payment timeline for **98% of claims paid**.

# Claims Denials

- » For denied claims (8% of total claims), the most common reasons for denial include:
  - Submission of duplicate claims (5% of denied claims);
  - Rendering provider (i.e., the individual person actually delivering services to a student) is not listed on the claim, as required (41% of denied claims);
  - Rendering provider's National Provider Identifier (NPI) is missing from the claim (31% of denied claims); and,
  - Service address, or location where the service was provided, was not included on the LEA/COE's roster submission (13% of denied claims).
- » For most of these denial reasons, the claims can be resubmitted once corrections are made by the LEA/COE. CBH's representatives are working with LEAs and COEs to make necessary corrections and resubmit. Of the denied claims (as of 5/14/25):
  - 44% have been resubmitted and subsequently paid
  - 22.5% are ineligible for payment (i.e., duplicate claim, misrouted claim/not CYBHI)
  - 34% can still be resubmitted for payment by the LEA once the claim is corrected

# Cohort 1 CYBHI Fee Schedule Progress

Steps to Submitting Your First CYBHI Fee Schedule Claim	Cohort 1 LEA Progress
Step 0: PPA executed with DHCS	41/46 LEAs
Step 1: DUA executed with CBH	41/46 LEAs
Step 2: Secure File Transfer Protocol (sFTP) account setup	42/46 LEAs
Step 3: Provider/Practitioner Roster (aka SPI file) <u>successfully</u> submitted to CBH	35/46 LEAs
Step 4: Student Batch Registration file <u>successfully</u> submitted to CBH	21/46 LEAs
Step 5: Claim submitted through Availity account	16/46 LEAs

# Fee Schedule LEA/IHE Progress Survey

- » In May 2025, DHCS sent a survey to all LEA/IHE Cohort participants to check-in on LEA expectations and progress toward implementing the Fee Schedule program

Number of LEAs / IHEs			
	August 2025	December 2025	2026
Estimated date of SPI file submission	113	27	5
Estimated first date of service (must be after SPI file submission unless in Cohort 1)	101	31	7
Estimated date of first claim submission	70	51	8

Total Cohort Respondents = 155

Cohort 1 = 20; Cohort 2 = 37; Cohort 3 = 24; Cohort 4 = 74

# 2025 CYBHI Fee Schedule Program Manual Update

- » DHCS released a draft version of the CYBHI Fee Schedule Program Manual for LEAs and IHEs in May 2025
- » DHCS is finalizing the Manual revisions based on feedback from LEAs and IHEs and anticipates posting the Manual by **Friday, June 20, 2025**, on the DHCS CYBHI Fee Schedule program webpage at <https://www.dhcs.ca.gov/CYBHI/Pages/Fee-Schedule.aspx>

# Participation of Community-Based Providers in the CYBHI Fee Schedule program

- » DHCS published [guidance for the participation of community-based providers](#) in the CYBHI Fee Schedule program
- » The guidance details requirements and pathways for community-providers in two categories:
  - **Embedded providers or practitioners** – including but not limited to community-based providers, clinics, or individual licensed behavioral health practitioners that are contracted to provide medically necessary services on behalf of the LEA or IHE; and/or,
  - **Affiliated providers or practitioners** – including but not limited to community-based providers, clinics, counties, or individually licensed behavioral health practitioners to which the LEA or IHE refers students for services but does not have a formal agreement or financial relationship (for direct services).
    - **NOTE: To clarify, a provider could still be considered an “affiliated provider” if it has a contract or formal agreement with an LEA or IHE, but the contract is not for direct services and/or does not provide for reimbursement for outpatient behavioral health services covered under the CYBHI Fee Schedule program**

# Steps to Participation for Community-Providers

NOTE: LEAs and/or IHEs must formally designate community-providers as eligible participants in the CYBHI Fee Schedule program

## Embedded Providers

- Have a contract with an LEA and/or IHE to provide direct [CYBHI Covered Services](#) to students enrolled in the LEA
- LEA/IHE adds the community-provider (individual, group, or organizational) to its SPI Roster
- Community-provider completes SPI roster with practitioner level detail
- LEA/IHE submits claims for reimbursement and pays community-provider in accordance with its contract

## Affiliated Providers

- Does **NOT** have a contract with an LEA and/or IHE to provide direct CYBHI Covered Services to students enrolled in the LEA
- LEA/IHE adds the community-provider (individual, group, or organizational) to its SPI Roster
- Community-provider completes a PPA with DHCS
- Community-provider completes DUA, SPI roster with practitioner level detail, submits student health insurance data, and completes all onboarding directly with CBH
- Community-provider submits claims for reimbursement to CBH

# Statewide Affiliated Providers

- » A “statewide affiliated provider” may be eligible to participate regardless of the status of the LEA or IHE’s participation in the CYBHI Fee Schedule program, meaning the “statewide affiliated provider” could be designated by an LEA or IHE that is not yet a part of an active cohort and/or has not yet started submitting claims as part of the CYBHI Fee Schedule program.
- » These statewide affiliated providers must meet the following criteria to be eligible:
  - » The provider must serve multiple LEAs across two (2) or more counties.
  - » The provider must not be located at a single fixed location but serving students at multiple sites (or via telehealth) across the state. For example, DHCS would not consider a provider that has only one clinic or facility-based site to be a “statewide” provider that meets this criterion even if that provider served multiple LEAs across 2 or more counties.
  - » The provider must submit to DHCS a letter from each LEA and/or IHE that “designates” the provider as an affiliated provider of the LEA. If the LEA or IHE signs a designation letter, they do not have to also add the provider to the LEA/IHE’s SPI roster.

# CYBHI Fee Schedule and CWC Services

## CWC Services - Procedure Codes and Rates

The table below details the procedure codes and rates for CWC Services.

Procedure code	Service description	Reimbursement Rate
0591T	Health and well-being coaching, face to face, individual initial assessment	\$66.24
0592T	Health and well-being coaching, face to face, individual, follow-up session, at least 30 minutes	\$41.08
0593T	Health and well-being coaching, face to face; group (2 or more individuals) at least 30 minutes	\$12.45

# Materials for Parents, Caregivers and Families about the CYBHI Fee Schedule program – How to Explain Health Insurance Requests

- » DHCS published a [flyer](#) and a [brochure](#) (in both English and [Spanish](#)) that aims to explain to parents and caregivers why LEAs are requesting their students' health insurance information as part of the CYBHI Fee Schedule program.
- » DHCS is also working with a creative firm called [attn](#) to develop campaigns that will be rolled out in August for Back-to-School via social media, radio, streaming, etc.
- » For all parent/caregiver facing materials, DHCS is working with COEs and LEAs to obtain feedback on messaging and content



## How does it work?

The State of California partners with schools and health plans to make sure that students can get mental health and emotional wellbeing support in schools across the state. Schools already offer an array of mental health services to meet the needs of students; however, securing funding for these services can be a challenge.

Under the Children and Youth Behavioral Health Initiative (CYBHI) Fee Schedule program, California's health plans and insurers are now required to reimburse public schools (including K-12 school districts, colleges, and universities) for covered mental health services provided to students under the age of 26.

State law prohibits health plans and insurers from passing any of the cost of these services on to families. This means that the health plan and

Si desea obtener más información sobre el Programa de Tarifas de CYBHI, póngase en contacto con el Departamento de Servicios de Salud (DHCS) escribiendo a [DHCS.SBS@dhs.ca.gov](mailto:DHCS.SBS@dhs.ca.gov).



*Todos los estudiantes merecen tener acceso al apoyo que necesitan.*

*Trabajemos juntos para mejorar el bienestar de los niños y jóvenes de California.*



**TEXTO DEL FOLLETO PARA PADRES Y CUIDADORES DEL PROGRAMA DE TARIFAS DE CYBHI**

# Cohort 5 Application is LIVE Now

- The fifth cohort of the CYBHI Fee Schedule program is open to all LEAs and IHEs that seek to **start billing in January 2026 (or upon completion of pre-requisite onboarding)**.
- The Readiness Application must be completed via [SurveyMonkey](#) by **5:00 PM on July 31, 2025**.
  - Please save your responses as you draft them as SurveyMonkey may log you out and delete your progress after 30 minutes of inactivity.
  - Applicants may select to apply an Independent LEA/IHE, Consortium Lead, or Consortium Member.
- Please see the definitions below:
  - **Independent:** You will submit data and claims directly to the Third Party Administrator (TPA), and receive funds back from the TPA for only your LEA/IHE.
  - **Consortium Lead:** You will submit data and claims directly to the TPA on behalf of other LEAs/IHEs, and receive the funds back for all members of your consortia.
  - **Consortium Member:** You will not directly receive funds from the TPA. The Consortia Lead will receive funds on your behalf.

# Upcoming CYBHI Fee Schedule Program Webinars

- » DHCS will host a public webinar to highlight CYBHI Fee Schedule program policy and programmatic updates:
  - **Thursday, August 7, 2 – 3:30 p.m.**
  - **Wednesday, September 10, 2 – 3:30 p.m.**
- » A link to sign up for each webinar will be posted in the chat and also available on the DHCS CYBHI Fee Schedule program webpage: <https://www.dhcs.ca.gov/CYBHI/Pages/Fee-Schedule.aspx>
- » Each webinar will offer the **same information-** feel free to choose the time that works best for you.
- » Both webinars will be recorded and the recordings will be made available to the public.

# Department of Health Care Access and Information (HCAI)

Dr. Sharmil Shah  
Branch Chief, Behavioral Health & Policy



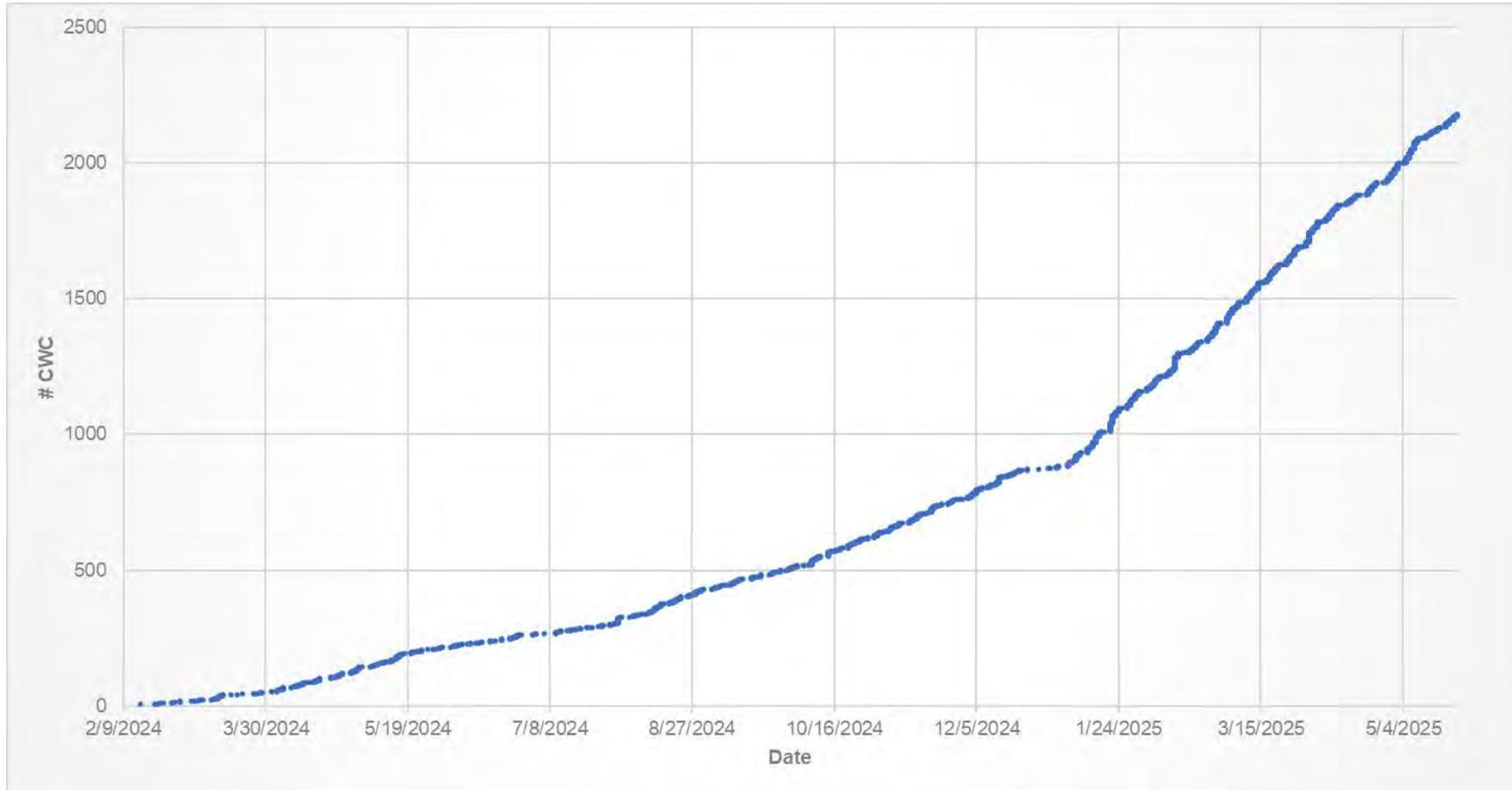
OFFICE OF THE CALIFORNIA SURGEON GENERAL



# Wellness Coaches



# Cumulative # of Certified Wellness Coaches



**2,178**  
**Certified Wellness**  
**Coaches**  
(as of 5/27/2025)

# Wellness Coach Recertification Update

- Wellness Coaches are required to recertify every **2 years** by completing **20 hours** of continuing education
- First cohort of Wellness Coaches will begin recertifying in early 2026
- HCAI providing numerous resources to inform Coaches and employers of this policy
  - Webpage scheduled to launch mid-June
  - Webinar targeted for late June / early July
  - Office hours to address questions and offer support
  - Customer service team to support with applications

# Wellness Coach Scholarship Cycle 2

- HCAI received a robust response to Cycle 2 of the Wellness Coach Scholarship. In April, HCAI notified 440 awardees.





# Broad Behavioral Health



# Behavioral Health Scholarship Program (BHSP)

- Provides financial support and educational assistance to aspiring and current behavioral health professionals in California
- **Award Amounts:** Up to \$35,000 for undergraduate students; up to \$25,000 for certificate and graduate students
- **2025 Application Cycle:**
  - **Awardees and funding:** 491 individual awardees, totaling \$12.7M



# JSIY/SUD BH Training

## What is Open Doors?

- 4-year project grant-funded by Department of Health Care Access and Information (HCAI)
- Component of Children and Youth Behavioral Health Initiative (CYBHI)
  - **Grantee:** The Catalyst Center
  - **Advisors:** National Council on Mental Wellbeing



# JSIY/SUD BH Training

## What is Open Doors?

- Training to build communities' capacity to support all youth across California
- Offered at no cost to adults who encounter youth in their daily lives with an emphasis on those adults without clinical training
  - Open Doors is developed with a special focus on those who serve youth at risk of or currently impacted by:
    - Substance use disorder
    - Juvenile Justice system
    - Child Welfare system
    - Housing insecurity



# JSIY/SUD BH Training Types

- Core Training Program

- The core training program is intended for adults who regularly interact with children and youth and do not have medical or behavioral health training.
- Program launched on March 31<sup>st</sup>
- Core Training is currently booked through October 2025

- Train-the-Trainer Program

- The train-the-trainer training program is intended for adults who have the desire and ability to develop the skillset necessary to provide the core training to the intended audience.
- Program anticipated to launch on August 27<sup>th</sup>

# JSIY/SUD BH Training

- Visit the Open Doors Training website to learn more: <https://opendoorstraining.org/>
- Sign up for program updates using the interest form: <https://opendoorstraining.org/interest/>



# Youth Mental Health Academy (YMHA)

## What is Youth Mental Health Academy (YMHA)?

- To address the national shortage of diverse mental health clinicians, the Child Mind Institute (CMI) partnered with HCAI/CYBHI through a \$25M contract to launch the Youth Mental Health Academy (YMHA).
- The Youth Mental Health Academy (YMHA) is a 14-month program for students interested in mental health careers.
  - In the first summer, students explore key mental health topics and wellness practices.
  - In the second, they gain real-world experience through internships in clinical, research, or media settings.
  - **Note:** This is the third and final summer of this program.

# Youth Mental Health Academy (YMHA)

## Summer 2025

- YMHA has received over 6,000 applicants including 1,500 students
- Over 45 classrooms (including virtual classrooms via Kumospace)
- Expanded to cover the entire state of California including locations in the following Counties: Los Angeles, Riverside, San Bernardino, San Diego, Alameda, Contra Costa, Sacramento, Kern County

# Youth Mental Health Academy (YMHA)

- Summer I: Academic Enrichment Details

- Staff Training (Virtual)
  - **Dates:** June 10<sup>th</sup> – June 20<sup>th</sup>
- Summer I: Academic Enrichment
  - **Dates:** June 23<sup>rd</sup> – July 24<sup>th</sup>
  - **Capstone Presentations:** July 24<sup>th</sup>

- Kumospace

- Kumospace will serve as the designated platform for the YMHA virtual pilot, offering an engaging and interactive environment designed to foster learning, connection, and community-building among students in a dynamic manner.
- This pilot will also enable a thorough evaluation of the platform's effectiveness in enhancing virtual engagement and promoting accessibility

# Youth Mental Health Academy (YMHA)

## Internships

- 2025 Internship Details

- **Dates:** July 7<sup>th</sup> – August 8<sup>th</sup>
- **Placements:** 102
- **Intern Spots:** 723 (avg. 7 interns/placement)
- **Location:** Placements offered statewide across Southern, Central, and Northern California, as well as virtual internships accessible to all.

- Project AQUA: Classroom Interns

- The YMHA team created Project AQUA, an AI tool designed to evaluate how consistently and effectively the summer curriculum is delivered across classrooms.
- YMHA interns will assist classrooms 3 days/week by recording discussions and observing engagement, while CMI will use AI to analyze the collected data and evaluations.



# Youth Mental Health Academy (YMHA)

- Visit the Youth Mental Health Academy (YMHA) website to learn more:  
<https://childmind.org/youth-mental-health-academy/>



# Contacts and Resources

## Sign Up to our Newsletter:

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

## Contact Us:

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[BHPrograms@hcai.ca.gov](mailto:BHPrograms@hcai.ca.gov) for Behavioral Health program Questions



[WellnessCoach@hcai.ca.gov](mailto:WellnessCoach@hcai.ca.gov) for Certified Wellness Coach Questions

## Visit Us:

---



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



<https://cawellnesscoaches.org>

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

Terica Thomas

Health Program Manager II, CDPH-OHE



# TAKE SPACE TO PAUSE

California Department of Public Health  
*Office of Health Equity*

Take Space to Pause Campaign

Public Webinar  
June 12, 2025





# Purpose and Agenda

**Purpose:** To share an update on the *Take Space to Pause* campaign, specifically work done for May Mental Health Awareness Month and LGBTQ+ Pride Month.

## Agenda

1. Campaign Goal
2. Campaign Strategy
3. Campaign Updates:
  - a. May Mental Health Awareness Month
  - b. LGBTQ+ Expansion including Pride Month Activations
  - c. Upcoming Sponsorships / Events
4. Closing



## Campaign Goal



**Global Goal:** To improve youth (13-17 yrs) mental health outcomes by:

- Reducing stigma surrounding mental health
- Increasing mental health literacy
- Promoting early help-seeking behaviors



**Expected Outcome:** To reach California youth and see a measurable increase in awareness, understanding, and positive behavioral intentions related to mental health over the next 12 months.



# Community Alliances for Local Impact (CALI)

*Working together to amplify all campaign efforts.*

- **May Mental Health Awareness Month**
  - 19 organizations participated
- **Radio interviews**
  - 7 grantees are participating
- **Campaign collaboration & amplification**
  - General campaign
  - LGBTQ+ Pride events



 **The Los Angeles Trust  
for Children's Health**



Indian Health Council



**Little Tokyo  
Service Center**



African Communities Public  
Health Coalition

**RAINBOW PRIDE  
YOUTH ALLIANCE**

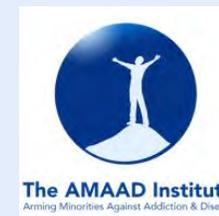


**SJPC**  
SAN JOAQUIN PRIDE CENTER

**CORE**  
Community Organized Relief Effort



**INSTITUTE FOR  
PUBLIC  
STRATEGIES**



**The AMAAD Institute**  
Arming Minorities Against Addiction & Disease



**SAN YSIDRO  
HEALTH**

# California's Comprehensive Youth Mental Health Model

*Each campaign has a unique focus but they work synergistically together to meet all needs.*



CALI



**Teens affected by past trauma (ACEs)**

**Teens struggling with negative emotions and behaviors**

**Youth (0-25) and caregivers of youth before, during, and after a crisis**

## CDPH-OSG

Campaign focuses on increasing public understanding of Adverse Childhood Experiences (ACEs) and toxic stress.

## CDPH-OHE

Statewide Campaign and Local-Level Campaigns focusing on reducing stigma surrounding mental health and increasing help-seeking behavior and wellness support amongst the most underserved and marginalized populations.

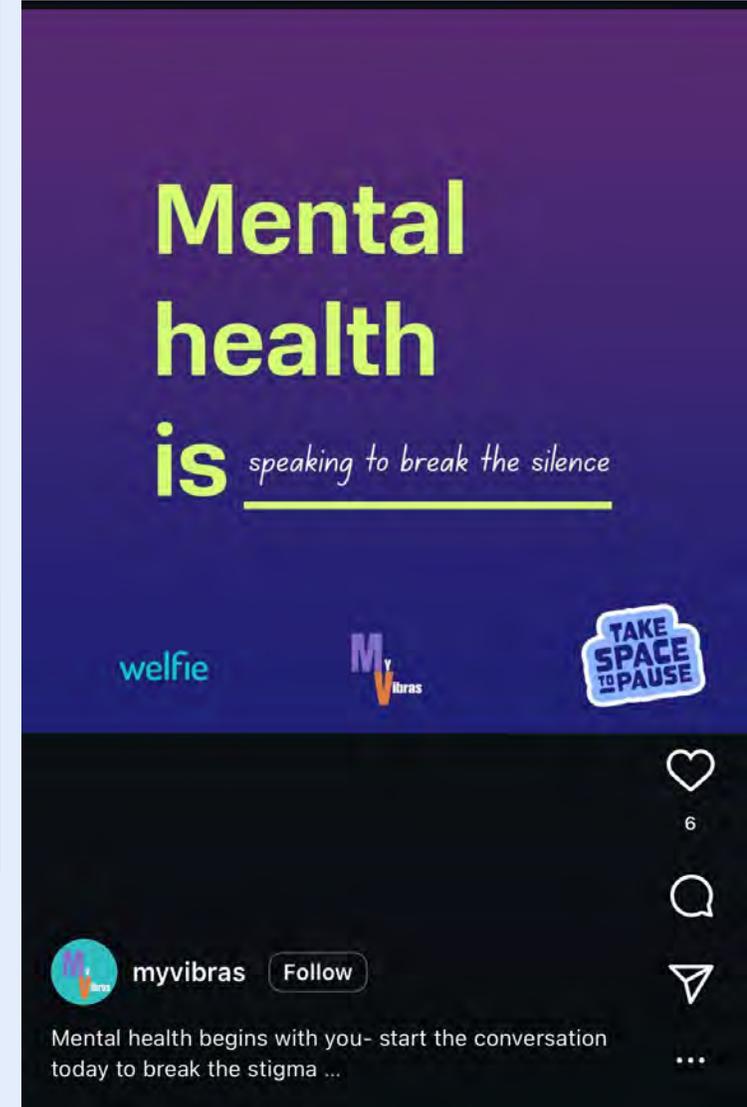
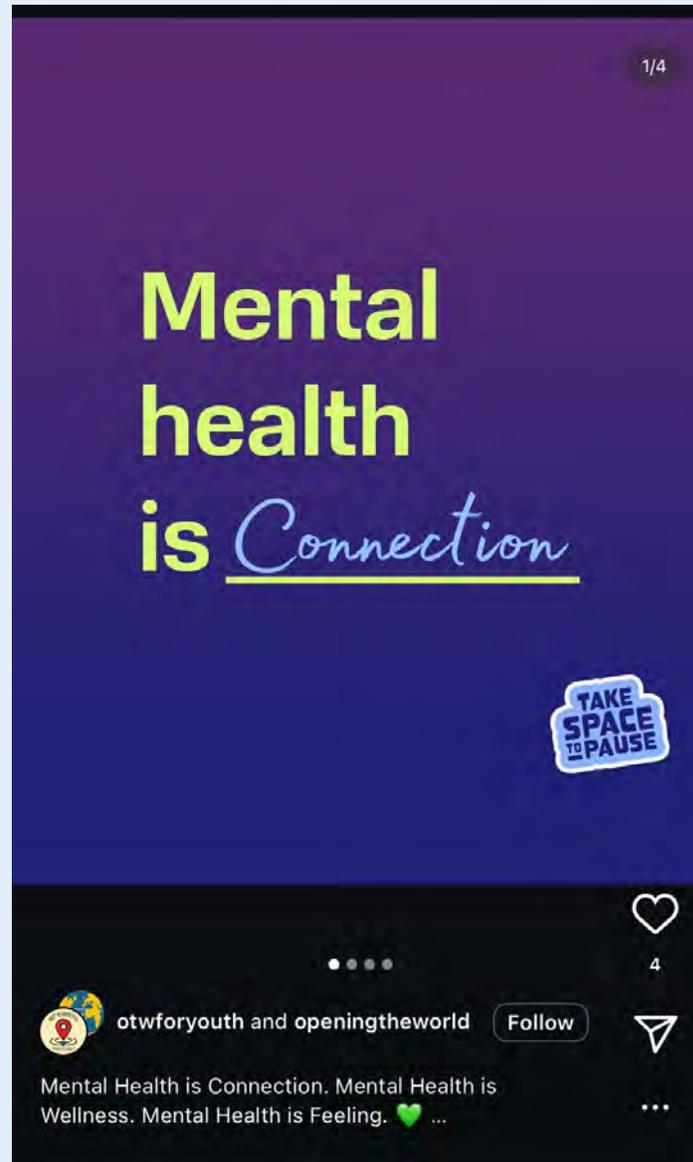
## CDPH-OSP

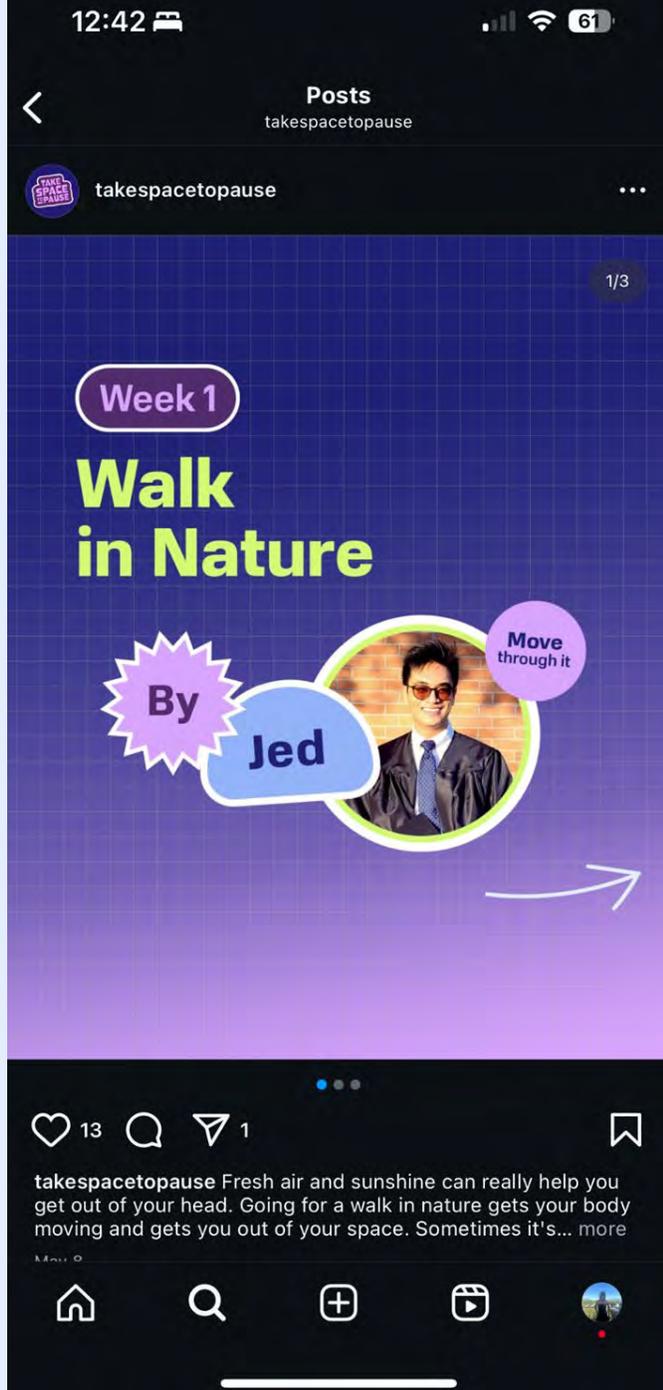
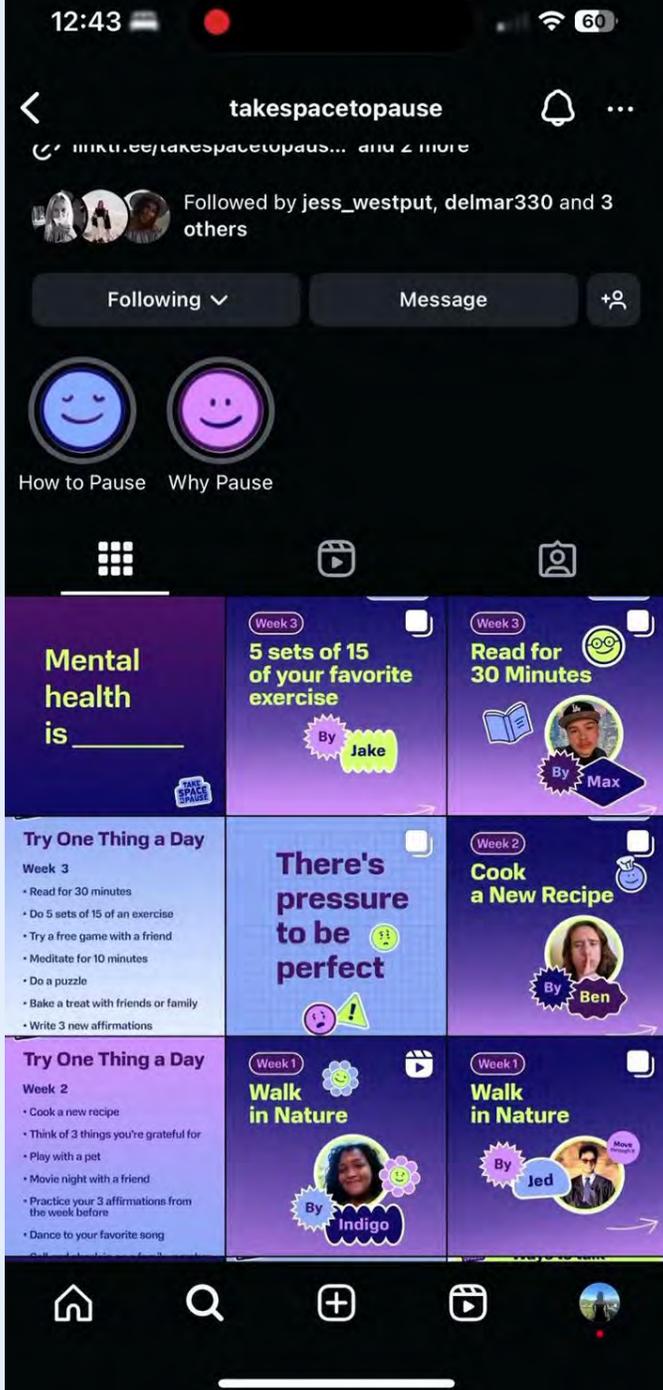
Increases knowledge and awareness of suicide warning signs, crisis lines, and other sources of supports among youth, young adults, and their caregivers through youth co-creation and storytelling.



## Mental Health Awareness Month

- *Take Space to Pause* Weekly #OneThing posts
- Youth Co-Lab #OneThing videos
- Grantee youth #OneThing videos
- Social Media Posts with Local-Level Grantees





**LGBTQ+**



# LGBTQ+ Outreach Plan

TSTP  
LGBTQ+  
Creative  
Extension

Paid Media  
Tactics &  
Channels

Pride  
Activation

Influencers

LGBTQ+  
Landing  
Page

Community  
Engagement





## LGBTQ+ Creative: Flagship Video

### Don't Store It

- Insight: Stress often feels manageable at first, but the more we ignore it, the more it piles on until we reach a breaking point.
- Human Truth: We don't realize how much we're holding onto until it's too much to bear.







# Offload stress in ways unique to you

Build a plan to feel more in control at [TakeSpaceToPause.org](https://www.TakeSpaceToPause.org)

CDPH  
California Department of Public Health

TAKE SPACE TO PAUSE



Instagram + Snapchat Single Image Ad



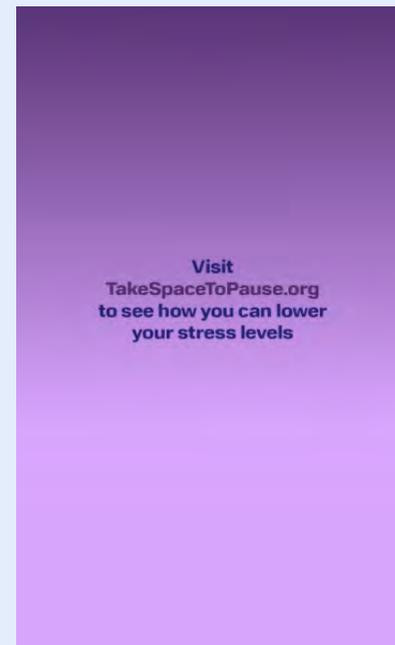
1



2



3



4

Confidential - Low

Snapchat, Facebook, Instagram Instagram Carousel

# LGBTQ+ Influencers



[jeffreyte](#)



[jakobejay](#)



[muabymax](#)



[sativadiva1997](#)



[barleybim](#)



[xreyyexo](#)



[cashmonetdrag](#)



[jesse jagers](#)



[davidjohnbier](#)



[amandaxquach](#)



## Pride Events



- WeHo (5/30 - 6/1)
- Sonora (6/1)
- Chico Pride (6/7)
- Turlock (6/7)
- Sac Pride (6/14 - 6/15)
- Ceres (6/14)
- Modesto (6/21), Coulterville (6/21), Merced Youth Prom (6/21)
- Merced Pride (6/22)
- Waterford (6/28)
- San Diego Pride (7/19 - 7/20)
- Sonora TGI Pride (08/01), Merced TGI Pride (08/23), Modesto TGI Pride (08/30), Murphy's Pride (09/07), CalPride Anniversary Pride (10/11)

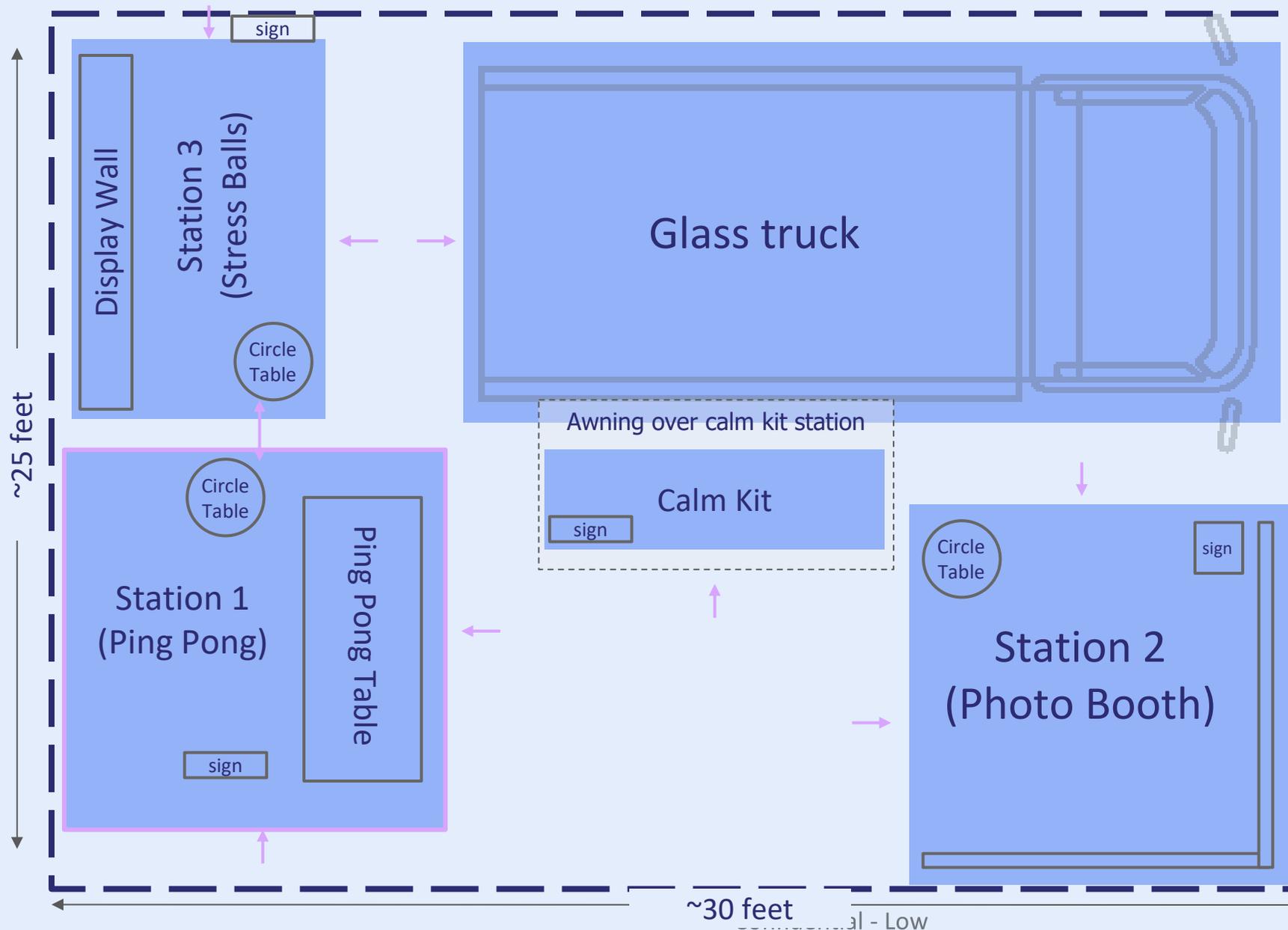


**WEHO PRIDE**

**SAC PRIDE**



# Event Activation 30x30 Footprint Flow





**MAP OF LGBTQ+ SPONSORSHIPS**

Del Norte ATL Pride 6/21

Southern Humbolt Pride:  
6/28

Redding Pride 6/8 - 6/14

**Chico Pride: 6/7**

*Partnering with Stonewall Alliance Center*

**Sacramento Pride: 6/14-15**

Stockton Pride: 10/4  
*San Joaquin Pride Center*

Modesto w/ CalPride: 6/21 & 8/30 (TGI)

Turlock w/ CalPride: 6/07  
Ceres w/ CalPride: 6/14

**WeHo Pride: 5/30-6/1**

**Dodgers Pride Night: 6/13**  
*Partnering with CORE/THRIVE*

**San Diego Pride: 7/19-20**

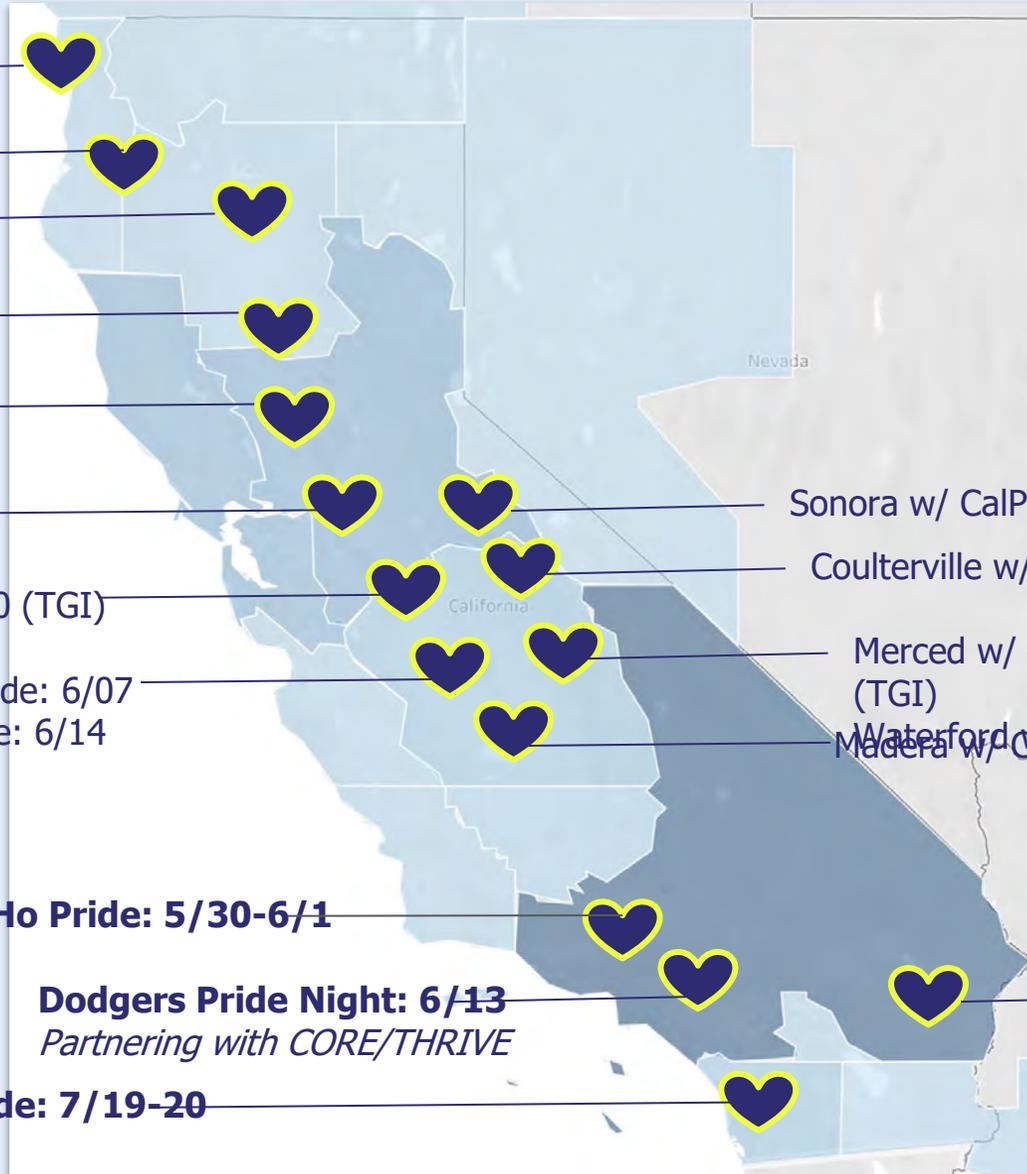
Sonora w/ CalPride: 6/1 & 8/1 (TGI)

Coulterville w/ CalPride: 6/21

Merced w/ CalPride: 6/22 & 8/23 (TGI)

Waterford w/ CalPride: 6/28  
Madera w/ CalPride: 6/22

Palm Springs Pride: 11/6-9





# Map of CALI Campaigns



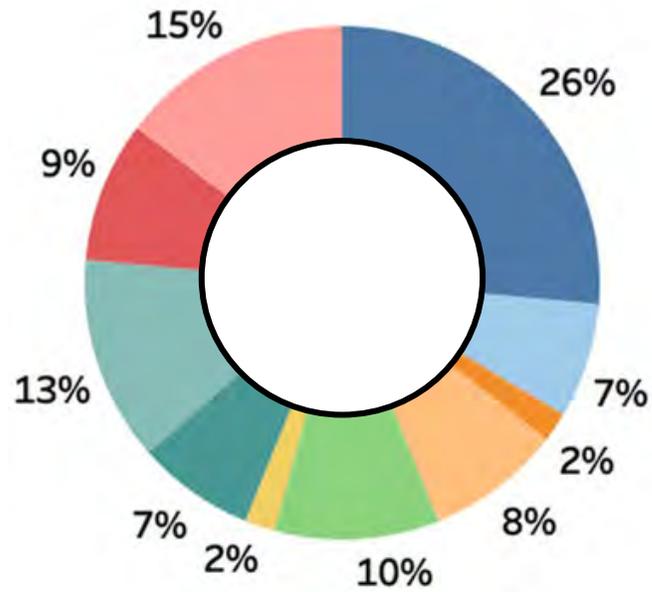


## Other Events



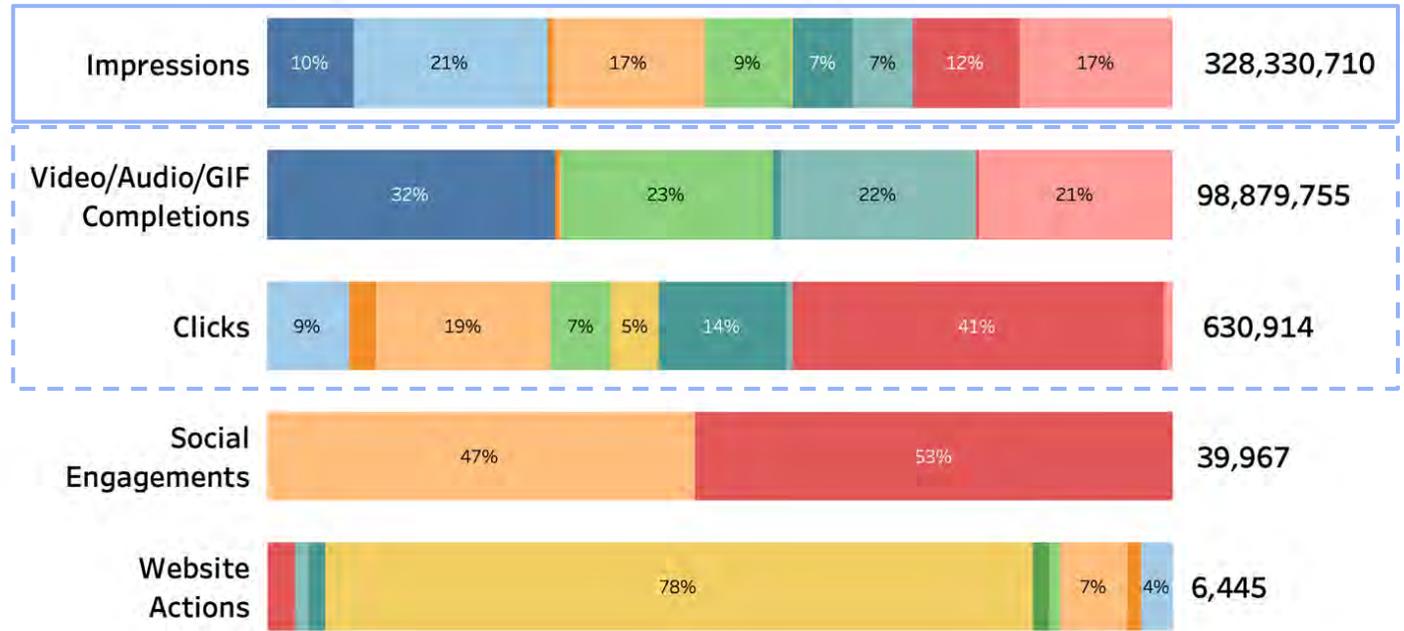
# Paid Digital Media Summary To Date

## Media Platforms



Media Platform  
 ■ Connected TV ■ Display ■ Gaming ■ Instagram ■ Online Video ■ Search ■ Snapchat ■ Streaming Audio ■ TikTok ■ YouTube

## Key Performance Indicators



Reporting Period: 11/18/24 - 5/4/25

## Preliminary Evaluation Results

- 47% of youth across California had already seen or heard of *Take Space to Pause*.
- Awareness among youth involved with the justice system — one of our highest-risk groups — reached an impressive 67%.
- The campaign is already reducing stigma and influencing behavior. We saw significant increases in key coping skills the campaign promotes.
- Youth who were exposed to the campaign were more likely to reframe negative thoughts, spend time being active or outdoors, and — most importantly — make a plan in advance for stressful moments, then actually use it when stress hits.
- That kind of early impact is powerful. *Take Space to Pause* is doing more than raising awareness — it's helping lay the foundation for a more mentally healthy generation of California youth.

# Toolkit Materials

## Campaign information & brand assets

- Brand guidelines
- Campaign overview document

## Campaign promotion

- Virtual meeting backgrounds
- Campaign posters
- Social media posts

## Audience handouts

- Conversation guide for caregivers
- Stress response 101
- Teen mental health resources
- Palm card



**To order Toolkit Materials, email [info@TakeSpaceToPause.org](mailto:info@TakeSpaceToPause.org)**

Visit Our New  Landing Page →

[TakeSpaceToPause.org/LGBTQ](https://TakeSpaceToPause.org/LGBTQ)

Follow us @TakeSpacetopause



Listen to our Spotify Playlist:  
Press Play, Take Pause



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# Questions?

Email [info@takespacetopause.org](mailto:info@takespacetopause.org)

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

Sara Mann  
Program Manager



OFFICE OF THE  
CALIFORNIA  
SURGEON GENERAL



# *Never a Bother:* Year 1 and Beyond

June 2025

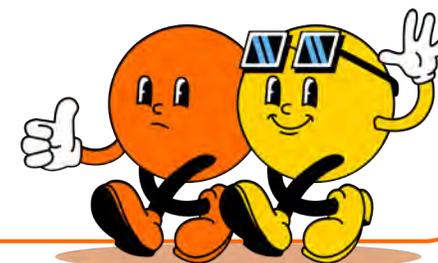


# Youth Suicide Prevention Media and Outreach Campaign

*Never a Bother* offers suicide prevention resources for youth, their peers, and caregivers via [campaign website](#).

- Videos on 988, youth suicide prevention PSAs, stories from youth with lived experience, and guidance for caregivers all found on the [Never a Bother YouTube page](#).
- Paid media and grantee project sunsetting June 30, 2025. For more information on local organizations working on mental health and suicide prevention, visit [The Center at Sierra Health Foundation](#) website.

***Website resources, including videos, toolkits, and printable material will remain available!***





***Thank you,  
Paris and Impact Sac!***





**Never a  
Bother**

[Never a Bother – Our Impact to Date](#)

Public

# Office of the California Surgeon General

Live Beyond Campaign Update  
Civilian Agency



OFFICE OF THE  
CALIFORNIA  
SURGEON GENERAL



# *Live Beyond* Campaign Update

Berit Mansour, CalHHS



OFFICE OF THE CALIFORNIA SURGEON GENERAL



# How has Live Beyond been doing?

- **1 billion+** paid and organic social media impressions since May 2024 launch
- **2 million+** individuals have accessed Live Beyond resources on our website, with 22% of traffic on Spanish language content.
- **40+** event sponsorships/activations across California diverse and rural communities, including Mental Health Awareness Month event series.
- More than **7,000** engagements across organic social media channels, including “likes”, shares, and comments.
- **20+ unique earned media placements** resulting in more than 700 million potential earned impressions, including:
  - The Bay Area Reporter ([Guest Opinion: How Californians can live beyond adversity](#))
  - The Sacramento Bee ([We survived some rocky childhood moments. Now, we're trying to help other Californians](#))
  - The Sacramento Observer ([PBS 'Library Guy' Mychal Threats Inspires Youth To 'Live Beyond'](#))

# Mental Health Awareness Month



OFFICE OF THE CALIFORNIA SURGEON GENERAL



# MHAM Resources

Both new and existing *Live Beyond* resources were provided as part of a MHAM toolkit, including:

- Posters for libraries about safe, supportive spaces
- Palm card about safe, supportive spaces and PCEs
- One-pager on how to activate a Live Beyond event at their site
- Bookmark with QR code to Palace for free e-books or audiobooks with library card
- ACEs and toxic stress palm card
- Stress Buster pocket card
- Journals
- Fact sheets
- Accessing Help Patient Guide
- Stickers

**We can *all* create Positive Childhood Experiences (PCEs) for our kids**

The impacts of adversity on children and teens can be reduced with positive experiences we create for them. Nurturing relationships, meaningful activities, and building skills to cope with challenges and tough times are important in helping people live beyond adversity. Whether you're that auntie, grandpa, mentor, teacher, or coach — we all play a role, and it's never too late to help. Here's how you can start.

Promote safe, stable, and supportive relationships within the family and with caring adults in the community.

Get involved with neighborhood projects or volunteering for a local cause.

Find ways to help your people participate in cultural traditions at home or in the community, and support their sense of belonging and identity.

We can help heal and build a healthier generation of young people.

Visit [livebeyondCA.org/stories](https://livebeyondCA.org/stories) to hear tips on how to start.

**live beyond**

**healing journal**

**live beyond**

**live beyond**

**Mental Health Awareness Month Positive Childhood Experience Challenge**

This May (and every day) let's come together to create positive experiences in our community!

The impacts of adversity on children and teens can be reduced with positive experiences we create for them, such as nurturing relationships, meaningful activities, and learning skills to cope with challenges and tough times.

Join us in raising awareness about Positive Childhood Experiences (PCEs), how to manage stress, and how to manage stress. Whether you're a library, school, or a community organization (CBO), these resources and activities can empower your community to live beyond Adverse Childhood Experiences (ACEs), their impact on our minds and bodies, and begin healing.

**Find these resources at [livebeyondCA.org](https://livebeyondCA.org):**

- **Journal:** A thoughtfully selected list of books to promote stories about mental health, trauma, and self-care.
- **Bookmark:** A useful, portable reminder to promote stories about mental health, trauma, and healing.
- **Additional resources:** Activity tip sheet, social media posts, healing journal, Stress Buster pocket card, and more!

**Challenge:** Host an activity - Share on social media using #LiveBeyondACEs

**It takes a community to heal and live beyond ACEs**

You don't have to do this alone! There's a village of people at schools and in the community who can be your allies in helping create PCEs for your child or teen. Here are a few options to check out:

**Boys & Girls Clubs** ↙  
Provides after-school programs and activities for young people.  
Find a local chapter at [bgclubsca.com](https://bgclubsca.com)

**Mirror app**  
A secure, private journaling space for teens to write freely, explore their emotions, and develop self-awareness without fear of external judgment or criticism.  
Free and confidential. [mirrorjournal.com](https://mirrorjournal.com)

**YMCA** ~~~  
Provides after-school activities, sports, camps, and other youth development activities for children and teens.  
To learn more and find your local YMCA go to [ymca.org/what-we-do/youth-development](https://ymca.org/what-we-do/youth-development)

**Soluna app** ↘  
Built for 13- to 25-year-olds in California, Soluna provides 1-on-1 chatting with professional coaches. Plus: free-writing journals, de-stressing tools, and forums where young people can get and give advice (or vent).  
Free and confidential. [solunaapp.com](https://solunaapp.com)

**Big Brothers Big Sisters of America** \*  
Makes meaningful and monitored matches between adult volunteers and children ages 5 through young adulthood.  
Enroll a child or become a mentor at [bbs.org](https://bbs.org)

**BrightLife app**  
For a parent, caregiver, or kid (up to age 12) in California, provides coaching and mental health support. English and Spanish coaches.  
Video or chat. Free and confidential. [hellobrightline.com/brightlifekids](https://hellobrightline.com/brightlifekids)

**We don't heal in isolation, but in community.**

— S. Kelley Harrell

**live beyond**

Find a curated list of books to help you *live beyond* your ACEs at [livebeyondCA.org/booklist](https://livebeyondCA.org/booklist).

Need books? Scan the QR code to access your local library's ebooks and audiobooks for free.

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**CALIFORNIA DEPARTMENT OF PUBLIC HEALTH SURGEON GENERAL**

# MHAM Activations

*Live Beyond* hosted a series of mental health awareness month events at libraries across the state, amplifying key mental health resources to overcome and help heal from the effects of ACEs and toxic stress. **1000+** people were reached at:

- Lincoln Public Library (north of Sacramento) in partnership with influencer ‘Mychal the Librarian’
- Mission Viejo Library (SoCal region)
- South San Francisco
- Fresno County Libraries
  - All 36 Fresno libraries provided physical materials and guidance for activating independently, including all Fresno libraries, Fresno school libraries, and juvenile justice system in Fresno.



# 'BookTok' Influencers Activated in May

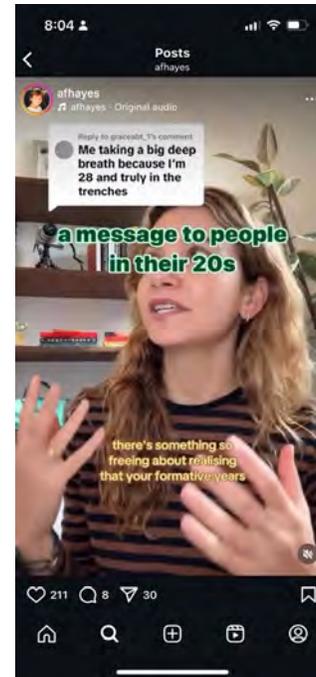
- In theme with MHAM library activations, *Live Beyond* activated 4 'BookTok' and other reading influencers, including Mychal the Librarian & Levar Burton!



@mychal3ts



@vinopapi23



@afhaves



@levar.burton

# Booklist Page Updates

- Booklist page includes curated books about overcoming adversity
- Recently evolved to include videos of youth discussing a book that helped them heal.
- Now also includes interactive quiz to guide people to book recommendation.
- *See more at [livebeyondca.org/booklist](https://livebeyondca.org/booklist)*



## How these books moved us forward



**Julio**  
Set Boundaries, Find Peace by Nedra Glover Tawwab



**Celina**  
What Happened To You? Conversations on Trauma, Resilience, and Healing by Bruce D. Perry and Oprah Winfrey

A great book can be like a flashlight for your journey. Whether you're looking for familiar characters, some guidance, or new practices, we can help you find your next good read.

Answer five quick questions and we'll match you with books that reflect what you're looking for.

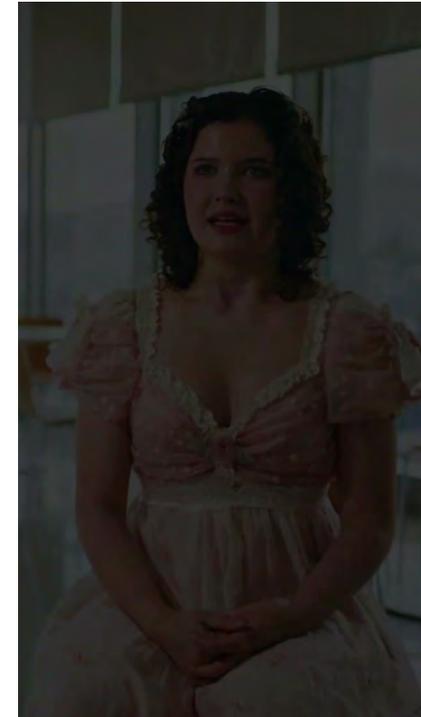
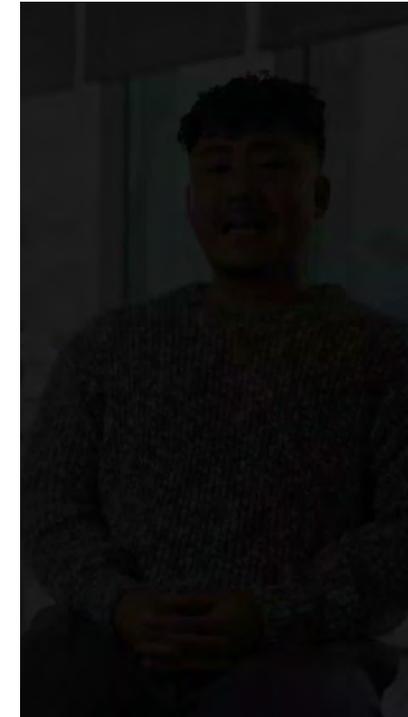
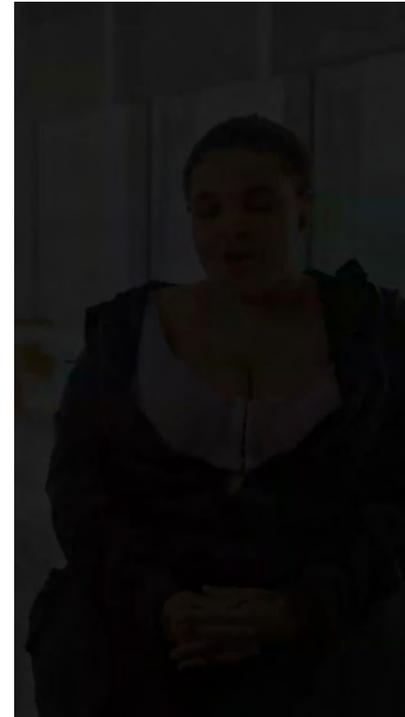
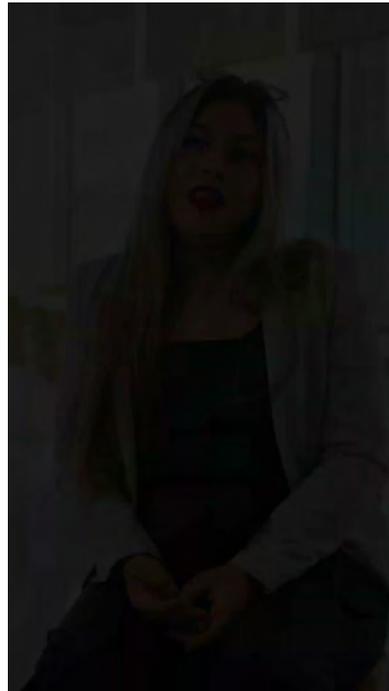
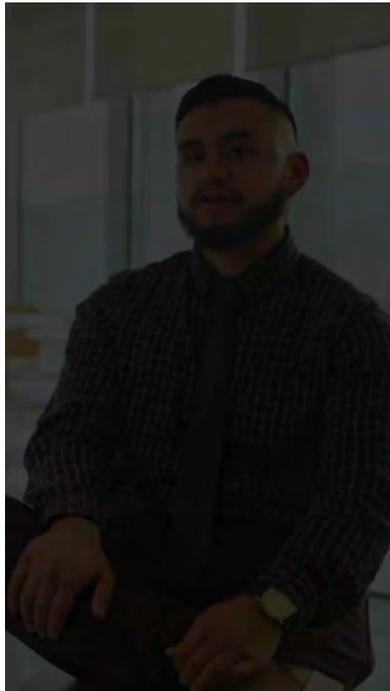
[TAKE THE QUIZ](#)

Based on your answers, you might like these books.

 <p><b>Braiding Sweetgrass for Young Adults</b> Robin Wall Kimmerer</p> <p><a href="#">LEARN MORE</a></p>	 <p><b>Making Love With the Land</b> Joshua Whitehead</p> <p><a href="#">LEARN MORE</a></p>	 <p><b>A Council of Dolls</b> Mona Susan Power</p> <p><a href="#">LEARN MORE</a></p>	 <p><b>Firekeeper's Daughter</b> Angeline Boulley</p> <p><a href="#">LEARN MORE</a></p>
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# Refreshed UGC on Social Media

- Mental health month clips from various youth advisors are shared on Live Beyond social media throughout May and beyond.
- *Check it out, and please share!*



# What's Next?





# Upcoming Events

- 
- CMHACY Conference: **6/10 - 6/13**
  - American Indian Summer Institute: **6/22-6/27**
  - UNITY Conference: **6/27-7/1**
  - SBCSS Wellness Conference: **7/9 - 7/11**
  - SistaBees Central California Leadership Summit: **7/18 - 7/20**
  - Catalyst Center Training: **7/24**
  - Fresno American Indian Health Project Gathering of Native Americans: **July**
  - RAND Evaluation of “Live Beyond” study results publish: **7/25**

# Follow *Live Beyond* on Social!

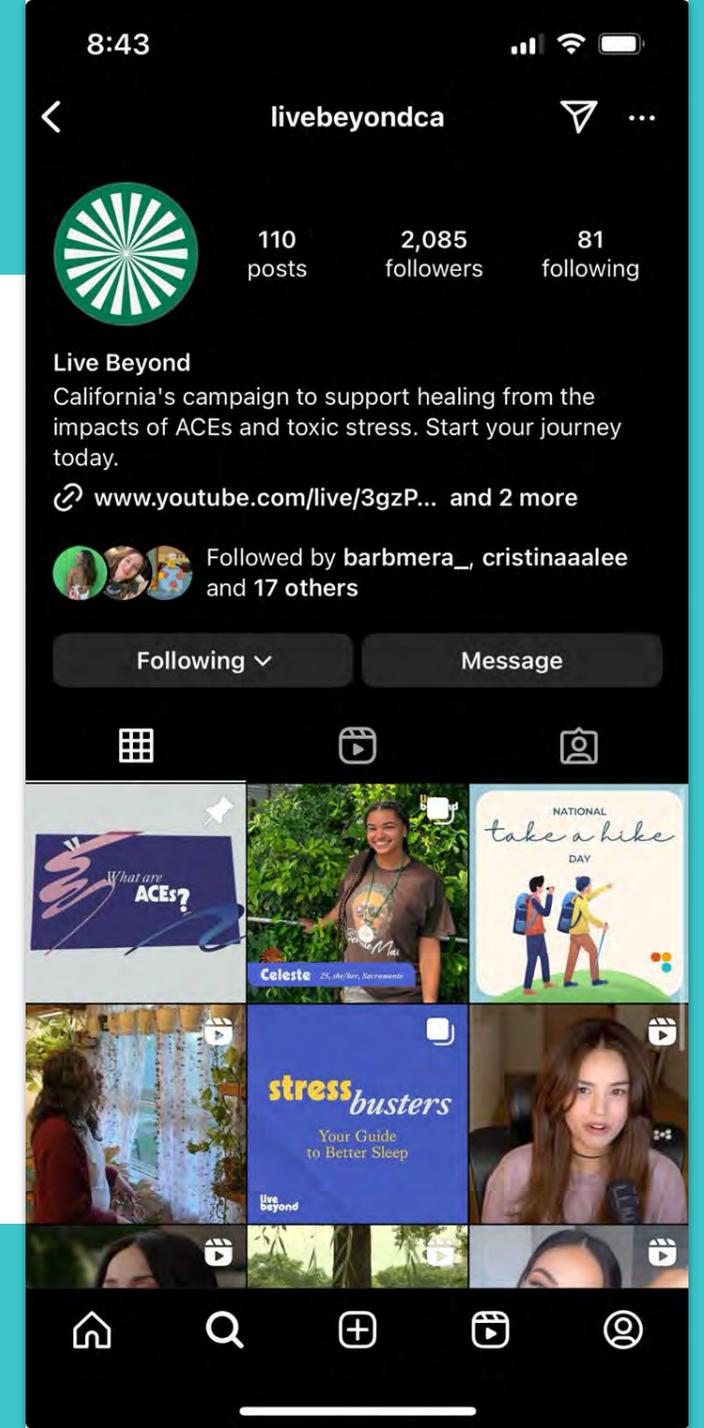
Visit our expanded website: **livebeyondCA.org**

Instagram: **@LiveBeyondCA**

TikTok: **@LiveBeyondCA**

Facebook: **Live Beyond Campaign**

YouTube: **@LiveBeyondCA**





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CALIFORNIA  
SURGEON GENERAL



**Thank** *you*

live  
beyond

# California Department of Public Health (CDPH) Office of School Health (OSH)

Dr. Amanda Mangurten  
Lead School Health Researcher





Office of School Health  
**Updates**

# Safe Spaces



**Foundations of Trauma-Informed  
Practice for Educational & Care Settings**



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GENERAL**



**CDPH**  
California Department of  
Public Health

# Office of School Health

Supporting local education and health partners to improve health, safety, and well-being for students, staff, and surrounding communities across California's 10,000+ schools.

## What We Do:

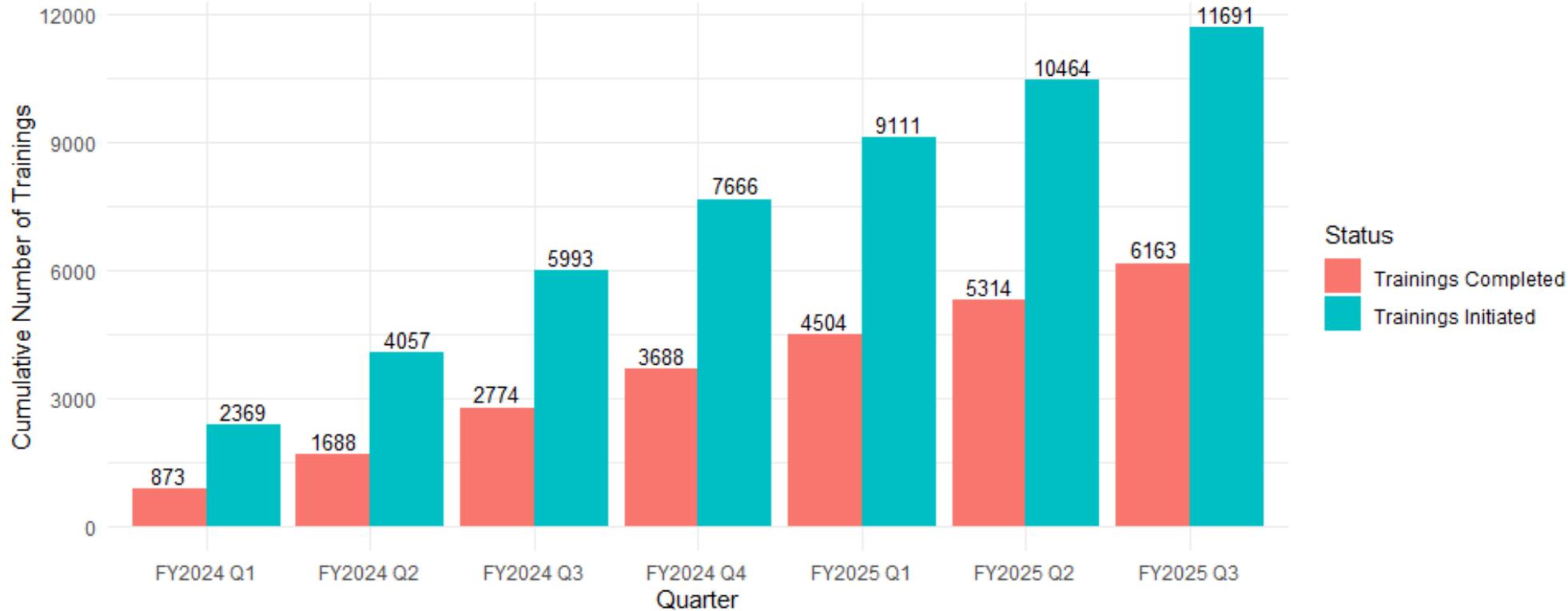
- Develop and provide scientific guidance and policies and statewide standing orders
- Support school-based and school-linked health centers
- Facilitate collaboration between and among state and local education and health partners
- School health information distribution email list, biweekly informational webinars, and technical assistance inbox

## Connect with Us!

- Email us: [SafeSchoolsTeam@cdph.ca.gov](mailto:SafeSchoolsTeam@cdph.ca.gov)
  - Ask to join our email list for weekly Notes emails and invitations to our Office Hours webinars, or send us questions about health, safety, and well-being in schools
- Visit our website: <https://schools.cdph.ca.gov/>
- Check out the resources and information on our School Hub: <https://schools.cdph.ca.gov/>

# Office of School Health – Safe Spaces Update

Safe Spaces Quarterly Metrics



# Coming Soon!

- 50-minute training to meet the requirements of [SB 153](#)
  - By July 1, 2029, 100% of certificated and 40% of classified school staff in settings that include any grades from 7 through 12 inclusive shall complete training that:
    - includes the unique risk factors and warning signs of behavioral health problems in adolescents,
    - builds understanding of the importance of early intervention,
    - and teaches employees how to help an adolescent in crisis or experiencing a behavioral health challenge, including guidance on when to make referrals
- Online, self-paced, free!
- Available Summer 2025



# SB153 – Training for School Staff– Welcome to Our World!

- 100% of Teaching Staff, 40% of Classified Staff by 2029
- Introduction to ACEs, Identification & Referral Process
- Increase confidence that school staff could be a caring adult in the life of a student in their school
- Change in school culture and opportunity to learn more!



# CDPH

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California Department of  
Public Health

# Join Us for the Next Quarterly Public Webinar

Thursday, September 18, 2025

3:00pm-5:00pm PST

Sign up for the CYBHI Newsletter for updates and registration information

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



# CYBHI

Children and Youth  
Behavioral Health Initiative



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