

CYBHI

Children and Youth
Behavioral Health Initiative



Quarterly Public Webinar

Oct 2, 2025



OFFICE OF THE
CALIFORNIA
SURGEON GENERAL



Agenda

Topic	Time	Sub-Topics
Welcome and Today's Agenda	3:05-3:15	Agenda CYBHI Initiative Wide Updates
Department of Health Care Services, Department of Managed Health Care	3:15-3:55	Scaling Evidence-Based & Community-Defined Practices – 15 min BrightLife Kids and Soluna – 15 min CYBHI Fee Schedule Program – 10 min
California Department of Public Health Office of Health Equity	3:55-4:10	Take Space To Pause Campaign CALI Campaign
California Department of Health Care Access and Information	4:10-4:25	Certified Wellness Coaches BH-CONNECT
California Office of the Surgeon General	4:25-4:40	Live Beyond Campaign
California Department of Public Health Office of School Health	4:40-4:55	Safe Spaces Training

CYBHI Initiative Wide Updates

Dr. Sohil Sud



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Back to School Flyers

Para estudiantes

La vida puede ser emocionante y estresante al mismo tiempo. Disponemos de recursos gratuitos para apoyar su salud mental durante todo el año. Usted no tiene que hacerlo solo.



For Students

Life can be both exciting and stressful. Free resources are available to support your mental health throughout the year. You don't have to go it alone.





Apoye su salud mental en sus propios términos. Soluna es una aplicación gratuita que ofrece apoyo personalizado para padres o cuidadores de niños de 0-12 años.



Support your mental health on your terms.



You are never a bother. Whether you're a parent, caregiver, or student, we've got you covered.





Healing strategies, also known as Stress Busters, can help you.





Find resources to balance your stress.





Mirror is a free, confidential digital journaling app.



For Parents

Life can be both exciting and stressful. Free resources are available to support your mental health throughout the year. You don't have to go it alone.



Para los padres

La vida puede ser emocionante y estresante al mismo tiempo. Disponemos de recursos gratuitos para apoyar su salud mental durante todo el año. Usted no tiene que hacerlo solo.





BrightLife Kids es una aplicación gratuita que ofrece apoyo personalizado para padres o cuidadores de niños de 0-12 años.





Soluna es una aplicación gratuita de salud mental que ofrece apoyo personalizado para padres o cuidadores de niños de 0-12 años.





Acceso a una serie de videos gratuitos en la que cuidadores, niños y expertos hablan sobre temas de salud mental.





Mirror es una aplicación de diario digital gratuita y confidencial desarrollada conjuntamente con CalHHS.



<https://cybhi.chhs.ca.gov/resource/back-to-school-season/>

CYBHI en Español

Recursos Gratis

**Herramientas
gratuitas de salud
para apoyar a los
jóvenes y sus
familias**



Bienvenido a Soluna: tu espacio para liberarte del estrés, recuperarte y renovarte. Totalmente gratuito y confidencial para adolescentes y jóvenes de California.

Aprender Más ▶



Formas parte de un poderoso movimiento para ayudar a los jóvenes a saber que no están solos, que es normal mantener conversaciones sobre salud mental y suicidio, y que deben pedir ayuda siempre que la necesiten.

Aprender Más ▶

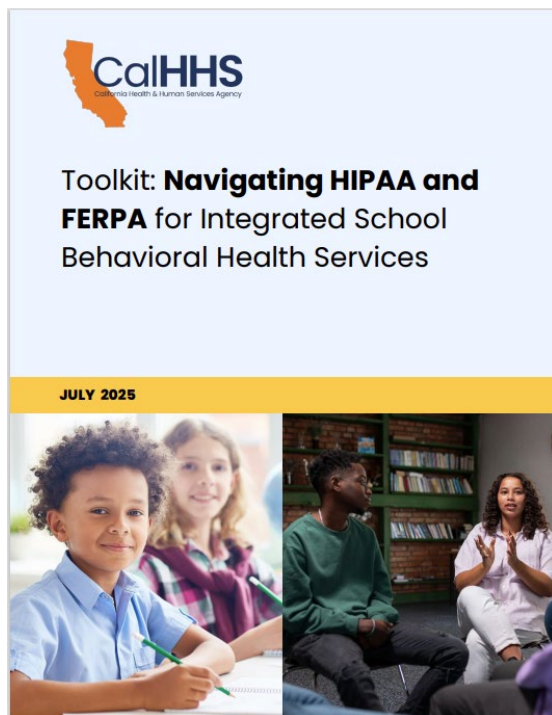


Detecta las señales de una respuesta hiperactiva al estrés y crea tu plan para pausar y aliviar estrés.

Aprender Más ▶

<https://cybhi.chhs.ca.gov/resource-external-espanol/>

HIPAA / FERPA Toolkit



Toolkit Sections

1. **FERPA & HIPAA Overview:** This section ensures that all partners have a shared understanding of FERPA, HIPAA, and key terms.
2. **Case Studies:** This section shows how FERPA and HIPAA apply in four different hypothetical network designs and illustrates the resulting implications on implementation using real-life case examples and process map visuals.
3. **Confidentiality and Information-Sharing Tools:** This section covers a few key tools—such as the ROI forms and agreements—often needed to manage confidentiality and information sharing.

<https://cybhi.chhs.ca.gov/resource/navigating-hipaa-and-ferpa/>

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



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CYBHI Scaling EBP/CDEP Grant Program

Scaling Evidence-Based & Community-Defined Evidence Practices

October 2, 2025



Scaling EBP/CDEP Program

The EBP/CDEP grant program supports organizations in expanding evidence-based and community-defined evidence practices that are equity-focused, sustainable, and enhance youth behavioral health.



California Institute for Behavioral Health Solutions (CIBHS)

Third- Party Administrator (TPA)

for Scaling EBP/CDEP Grant Program

Since 1993 the California Institute for Behavioral Health Solutions (CIBHS) has played a critical role in shaping and improving the California behavioral health landscape.

As the TPA, CIBHS provides and manages:

- **Grant Administration (*e.g. contracting/payments*)**
- **Training and Technical Assistance (TTA)**
- **Grant Monitoring**

California Institute for Behavioral Health Solutions (CIBHS)

Third- Party Administrator (TPA)

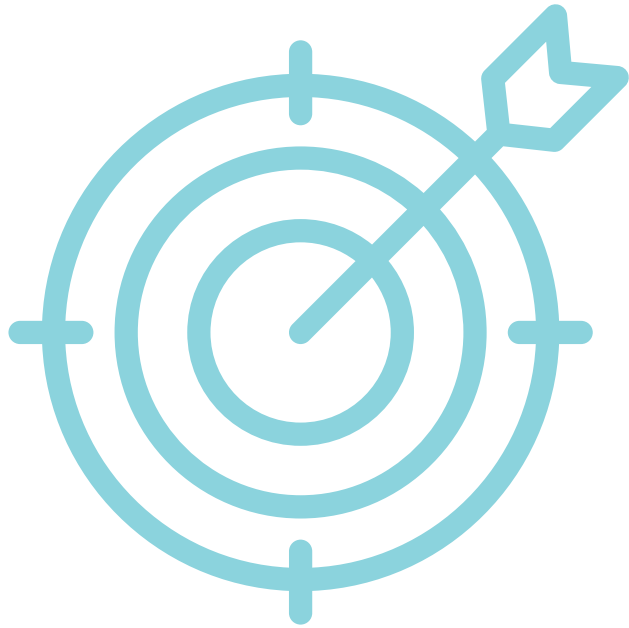
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- **Training and Technical Assistance (TTA)**
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Grant Administration



481 awards across five funding rounds



\$305 million awarded



100+ EBPs & CDEPs



50 counties served

Training & Technical Assistance

Learning Collaboratives

Community of Practice

Office Hours

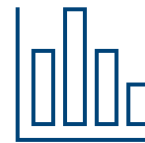
One-on-One Support/Coaching

Help Desk

Learning Management System



Implementation & Equity



**Data Collection and
Evaluation**



Sustainability

Implementation Highlights



+1000 newly hired staff delivering services



850,000 individuals engaged through outreach & services



38,800 individuals served

Program Impact

+

Grantee Data Element

Percentage of clients reporting high satisfaction

96%

Percentage of clients receiving services in preferred language

94%

Number of clients/participants who met treatment goals

61%



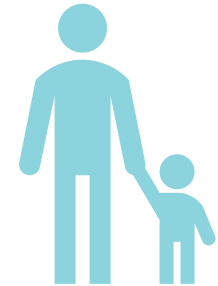
Trends: Demographics and Characteristics



Medi-Cal/Medi-Care
enrolled: 45%,
Unknown insurance status:
17%,
No insurance: 4%
Other: 34%



Hispanic/Latino: 53%,
White: 28%
Black/African American: 11%
Asian: 5%
Native American: 2%
Native Hawaiian/Pacific
Islander: 0.5%



Children ages 0-15: 47%
Youth 16-25: 28%
Parents/Caregivers: 26%

Success Story

Grantee: Sacramento Youth Center (SYC) (Round 5)

EBP/CDEP: Peer Specialist – Telehealth Hybrid Access for Youth

Participant Success Story

A young person struggling with mental health challenges and self-harm felt trapped among peers who used drugs to cope. Hesitant to seek help, eventually connected with SYC's case management program and a Peer Specialist trained in trauma-informed, strengths-based practices.

Through a safe, supportive relationship, they identified goals, explored career options, and built their confidence using evidence-based strategies. With weekly coaching and wraparound supports like transportation and job readiness training, they began engaging in workshops and pursuing opportunities that matched their strengths.

Today, they're on a career path toward stability and purpose—showcasing the transformative power of SYC's approach in helping youth overcome challenges and reimagine their futures.

Success Story

Grantee: First 5 Tehama

EBP: Positive Parenting Program (Triple P)

“Taking this class has been a great benefit to my child and I both. It reinforced some parenting techniques that I was already learning and equipped me with some new ones. Just in 8 weeks of this class I’ve noticed a lot of positive changes- less stress, less chaotic, & more peaceful and it’s brought my child, and I closer & strengthened our bond. Separate households has been a big change & hard to adjust to at first, but this class has helped me to help get them through it while laying the ground rules so they know what’s expected while they’re with me. This is all very new to me but with the great results already I know it’ll be beneficial as long as I keep putting forth the effort.”



Grantee Spotlight



California Association for Health
and Education Linked
Professions, JPA

Theresa Vaughan, LMFT
Program Manager



Thank you!



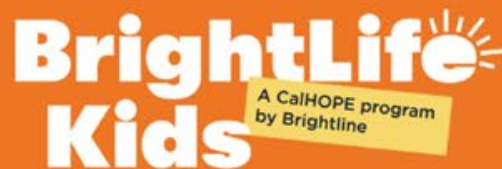
Danette McBride | Director

1760 Creekside Oaks Drive, Ste. 175, Sacramento, CA 95833



cibhs.org





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
- Coach Specialists for complex needs and referrals
- Peer communities



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

Building a brighter future for California families



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



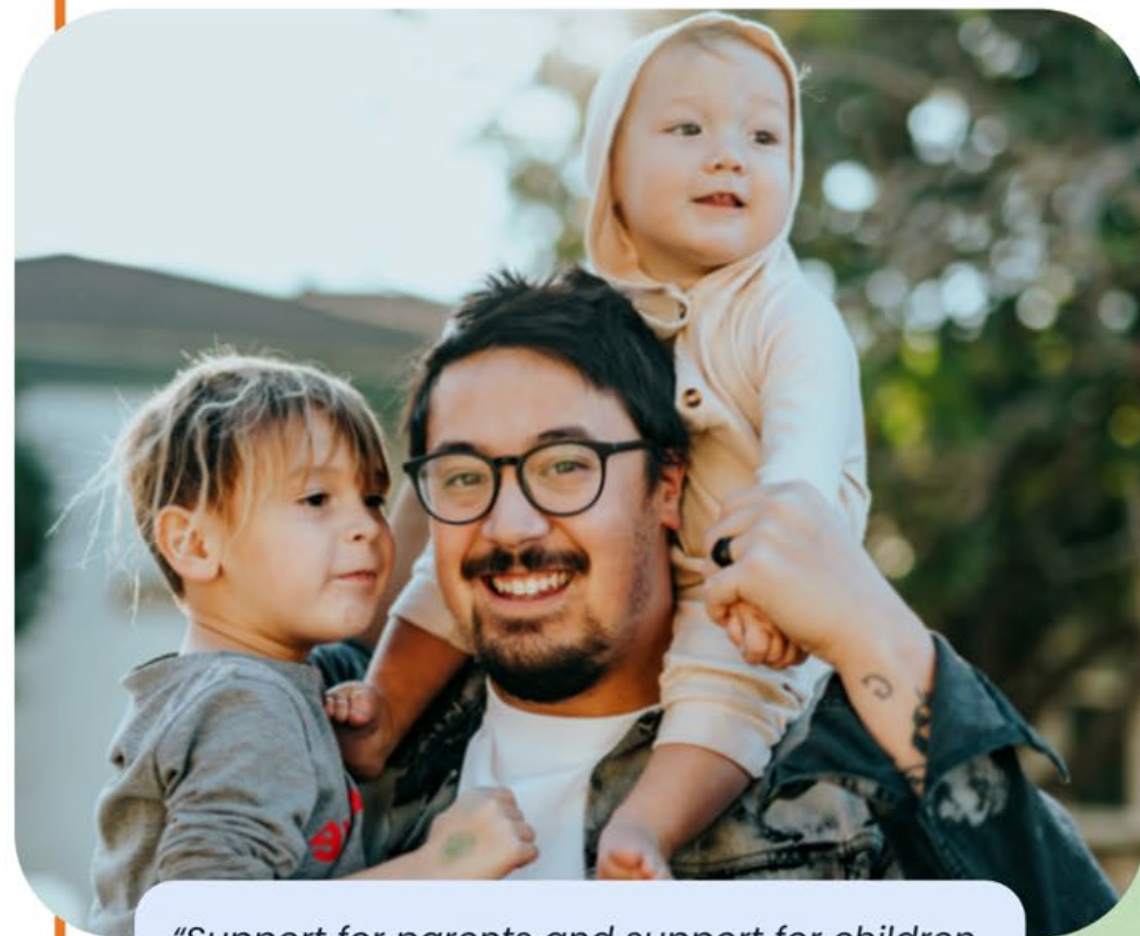
BrightLife Kids

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.**

- Live, virtual 1:1 coaching sessions and secure chat
- Bilingual (English/Spanish) coaches + live translation services in 17 Medi-Cal languages
- Coach Specialists to manage complex needs and provide referrals to community resources
- On-demand digital tools tailored to age and concerns
- Online peer communities

Learn more at brightlife.kids/ca



"Support for parents and support for children, great modern resource. Thank you!"

– Caregiver of 3-year-old in Coaching

BrightLife Kids

A CalHOPE program by Brightline

In August, we reached
250,000 children enrolled
since our January 2024 launch

- **77%** are engaging in behavioral health care for the first time with BrightLife Kids
- **63%** from under-resourced communities
- **73%** identify as BIPOC
- **88%** of coaching goals met
- **99%** of families satisfied with their experience



BrightLife Kids

A CalHOPE program by Brightline

We have developed
1600+ partnerships
across the state of California

- **40** County Offices of Education, **200+** School Districts and their departments and **270+** schools
- Partnerships with agencies across sectors including **community-based organizations, public health departments, providers, libraries, and coalitions**
- Development of an **Affiliate Network**, trusted cohort of organizations that provide care to BrightLife Kids members beyond the program (i.e. CalAIM Enhanced Care Management, social determinants of health needs)



Our Affiliate Network

EATING DISORDERS CENTER FOR TREATMENT AND RESEARCH

UC San Diego



Leavitt Marriage and Family Therapy
Expert Mental Health Counseling in California



Affiliate Network Partners as of Sept 2025

- ★ Bay Area Clinical Associates (BACA)
- ★ Berkeley Food Network
- ★ Brain Health USA
- ★ Castle Rock Family Services
- ★ Child Guidance Center
- ★ Children's Health Council
- ★ Claris Health
- ★ Counseling4Kids
- ★ Equip
- ★ Foresight Mental Health
- ★ Fundamental Health
- ★ Grow Through Life Counseling
- ★ Heartland Child & Family Services
- ★ Kohan Foundation Counseling Center
- ★ Leavitt Marriage and Family Therapy
- ★ LifeStance Health
- ★ Manatee
- ★ McKinley- Family Resource Center
- ★ Norooz Family Clinic
- ★ Palomar Health - Healthy Development Services (HDS)
- ★ Psychological Services of Riverside (PSR)
- ★ SHARK Clinic
- ★ Trust Mental Health
- ★ TURN Behavioral Health Services
- ★ UC San Diego Health - Eating Disorders Center for Treatment and Research
- ★ Victor Community Support Services

Guiding families to the right care: A care navigation story



Parents sign up at brightlife.kids/ca

- Child presents with trauma scores significantly above clinical threshold



Coach Specialist assesses family's needs

- Guided care session conducted with a BrightLife Kids Coach Specialist, with case review from CA-licensed psychologist
- Determination of therapy as appropriate level of care for child



Coach Specialist connects family to resources

- Family connected with 3 affiliate partners to identify a therapy provider (Trust Mental Health, Grow Through Life, and Castle Rock Family Service)
- Parents provided with BrightLife Kids support and resources in parallel with child's therapy



"If you need care, are having trouble finding care, or even if you need a little extra care, I would recommend [BrightLife Kids]."

– Caregiver of child in coaching

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 Expands Access to Behavioral Health Support

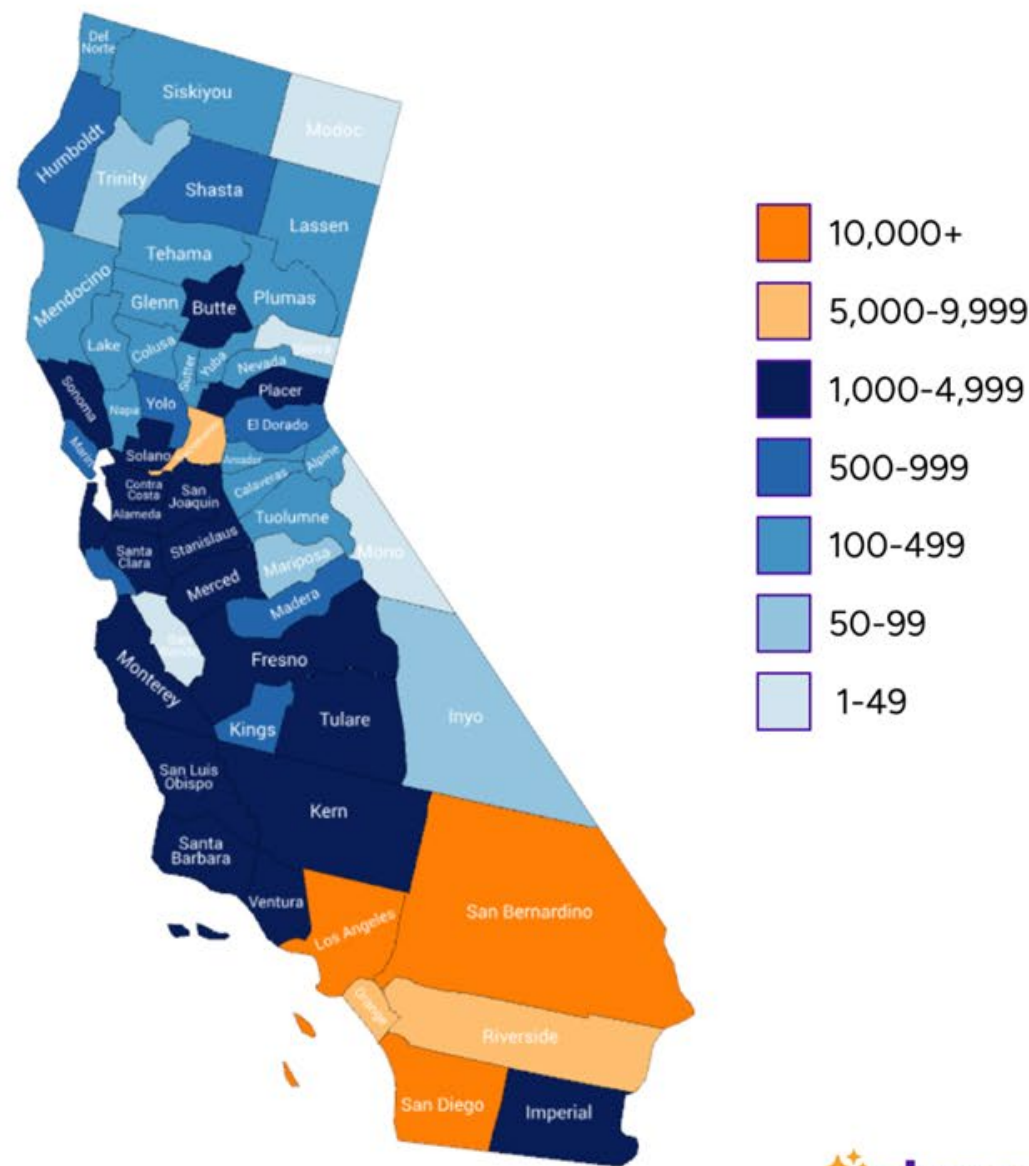
Since its launch in January 2024, Soluna has reached Youth in all 58 counties in California

131k+

Californian youth
on Soluna

43k+

Coaching chats
delivered



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

45%

of coaching sessions occur outside of 9-5pm¹

1 in 3

Users wouldn't have access to mental health support without Soluna²

50%

Of users report Soluna is their first time accessing mental health services²

57%

of users are from under resourced communities^{1*}

* Defined by the Healthy Places Index

53%

of users identify BIPOC Youth¹

48%

of users identify as Latine / Hispanic¹

Service Users love Soluna Coaching:

93%

of coaching users reported they would recommend Soluna to a friend¹

85%

of coaching users meet at least one need during a single coaching session¹

1 - Reporting period Jan 1, 2024 - June 30 2025

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

Affiliate Network Partners



UC San Diego
Eating
Disorders
Center



Affiliate Network Partners as of August 2025

A Home Within

Allcove

Bay Area Community Health
(Clinical Associates)

Berkeley Food Network

Blue Oak Counseling Services

Brain Health USA

Castle Rock

Charlie Health

Children's Health Council

Children's Institute

Daughters of Both Suns

Equip Health

Evolve Adolescent Behavioral Health

Foresight Mental Health

FundaMental Health

Grow Through Life Counseling

Hannah Fischer Counseling

Hearts and Hands Counseling

Inspiring Transformation Across
Generations (I-TAG)

Leavitt Marriage and Family Therapy

Lifestance Health

Lightfully Behavioral Health

Manatee

McKinley Children's Center

Norooz Clinic

Poppy Life Care

Psychological Services of
Riverside

Resources for Independence
Central Valley

Rim Family Services

San Diego Center for Children

Sedona Project

Seneca Family of Agencies

SHEKconnect

Tarzana Treatment Centers

Trust Mental Health

UCSD Eating Disorders Center

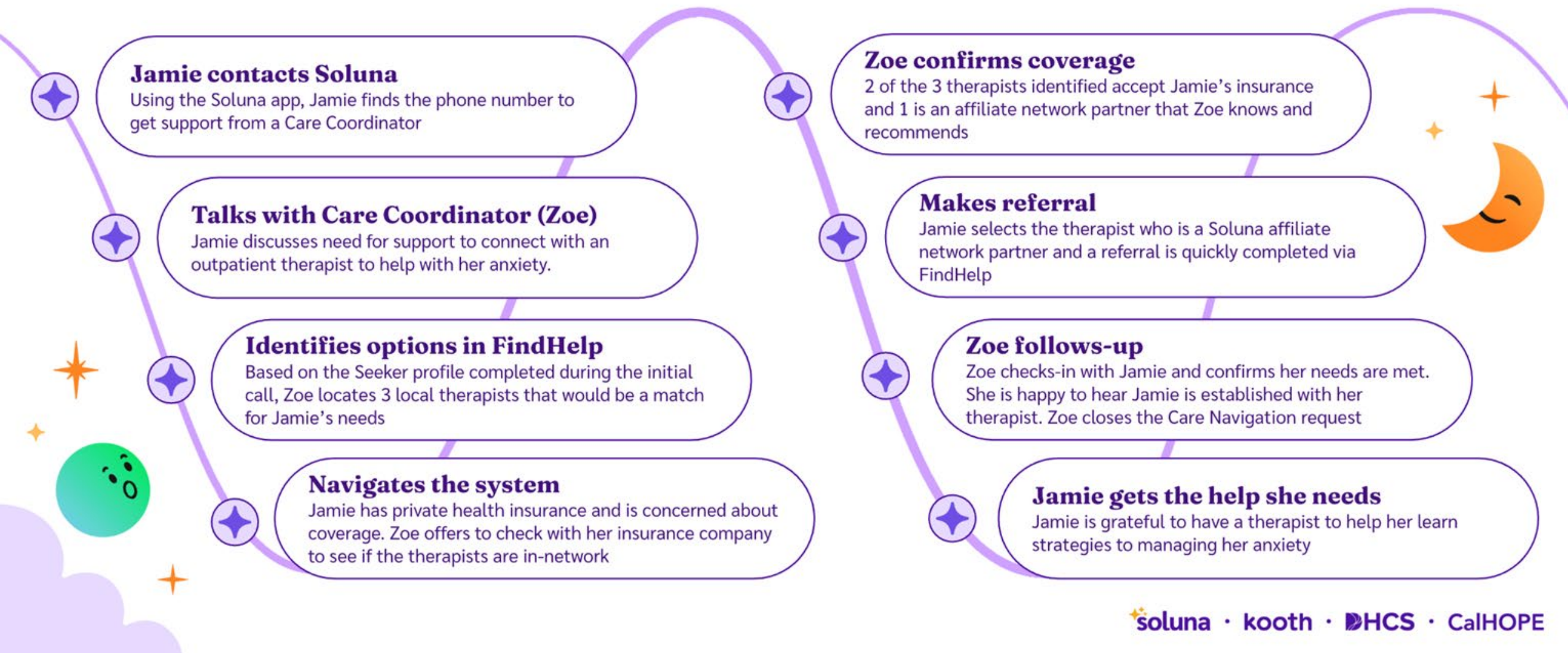
University of California Office
of the President

Valley Care Community
Consortium

Ventura College Student
Health Center

A Care Navigation Service User Journey: “Jamie”

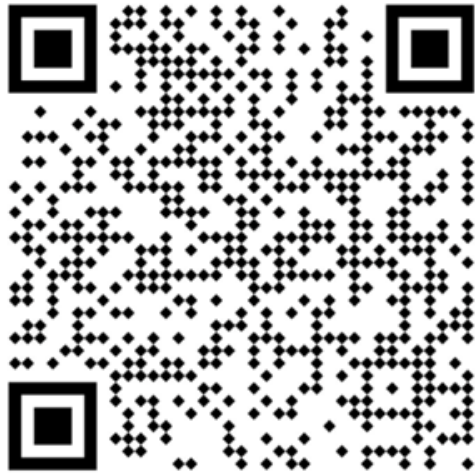
Jamie is a fictional, 17 year old Soluna Service User who is struggling in school and needing support with her mental health



Thank you!

BrightLife Kids

A CalHOPE program by Brightline



brightlife.kids/ca



(888) 275-5357



ce@hellobrightline.com

 **soluna**

a CalHOPE Program



solunaapp.com



(844) 582-2111



ce@solunaapp.com

Children and Youth Behavioral Health Initiative (CYBHI) Fee Schedule Program Updates

October 2, 2025

School Year (2024/25) Key Successes and Program Highlights

- Finalized [Provider Participation Agreement](#) and [Data-Use Agreement](#)
- Established extensive CYBHI Fee Schedule [program onboarding materials](#)
- Published CYBHI Fee Schedule Program Manual
- Approval of [State Plan Amendment \(SPA\) 23-0027](#) to add Pupil Personnel Services (PPS) Credentialed Providers for the CYBHI Fee Schedule program
- Approval of [SPA 23-0014](#) to add Certified Wellness Coach Services as a Medi-Cal reimbursable benefit
- Published [Parent and Caregiver Brochures/Flyers](#) in English and Spanish
- Published [Guidance for Community Providers](#)

Youth mental
health support at
school made easy!



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Behavioral Health Initiative



CYBHI Fee Schedule Program Claims

As of September 15, 2025



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Overview of CYBHI Fee Schedule program claims submission

- *Per weekly status update shared by Carelon Behavioral Health (as of 9/15/2025)*

Claims received *(includes denials)*



\$2,672,109



41 LEAs,
2 IHEs, 2 Affiliates
have successfully **submitted** claims

Claims reimbursed



\$1,479,523



30 health plans
(e.g., MCPs and insurers) cover
the above claims

CYBHI Fee Schedule Claims: Students Served

- Claims have been submitted for 3,936 unique students as of September 15, 2025
- The most common Diagnosis Codes among submitted claims:
 - Z55.4 – “ Educational maladjustment and discord with teachers and classmates”
 - Z65.9 – “Problem related to unspecified psychosocial circumstances”
 - F98.9 – “Unspecified behavioral and emotional disorders with onset usually occurring in childhood and adolescence ”

CYBHI

Children and Youth
Behavioral Health Initiative



CYBHI Fee Schedule Champion: Nevada Joint Union High School District



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CYBHI Fee Schedule Program Manual

CYBHI Fee Schedule Program Manual

- **On September 3, 2025, DHCS published an updated version of the CYBHI Fee Schedule Program Manual.**
- This manual will help Local Education Agencies (LEAs), public Institutions of Higher Education (IHEs), and program participants best navigate implementing the CYBHI Fee Schedule program at their school or school-linked site. Please see the CYBHI Fee Schedule Program Manual PDF.

Program Manual Overview

- Updated program guidance focuses on:
 - CYBHI Fee Schedule program requirements
 - Third-Party Administrator (TPA), MCP and Insurer Roles and Responsibilities
 - Conditions of Participation for LEAs, IHEs, and Designated Providers
 - Claiming and Billing Guidance
 - Reasons for Denials of Claims
 - Service Documentation Requirements
 - Other Information to Know Before Submitting a Claim
 - HIPAA/FERPA and Data Sharing

Questions?

For questions regarding the CYBHI Fee Schedule program, please **reach out to DHCS CYBHI Fee Schedule program at DHCS.SBS@dhcs.ca.gov** or **Carelon Behavioral Health at CYBHITPA@carelon.com** and they will work to provide responses.



CYBHI

Children and Youth
Behavioral Health Initiative



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

October 2025



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Agenda

Take Space To Pause

- Statewide Month of Action (SMOA) Overview
- Goals & Impact: Why SMOA Matters
- Getting Involved: Opportunities for Participation
- Resources & Toolkit Access

Community Alliances for Local Impact (CALI) Campaign

- Highlights
- Community Stories



**Statewide Month
of Action**

What is a Statewide Month of Action?

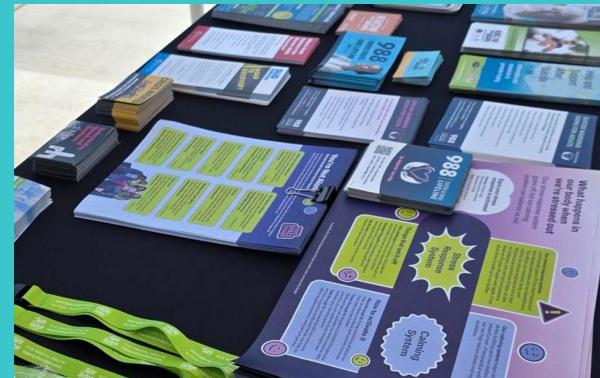
A **flexible, community-led activation** during the month of November, kicking off on National Stress Awareness Day with the *Take Space to Pause (TSTP)* webinar. This effort unites youth-serving organizations across California in support of teen mental wellness.

- Allows for multiple days of local activations, not a single statewide event
- Rooted in the TSTP campaign but empowers participating organizations to promote their own campaigns alongside TSTP, united by Children and Youth Behavioral Health Initiative's shared goals of increasing behavioral health literacy and reducing stigma.
- Unified theme, adaptable execution, collective statewide movement

GOAL

Amplify collective voices so that together we can create a stronger impact on youth mental wellness.

What is Statewide Month of Action?



Why is it Effective?

STRENGTH IN NUMBERS

Creates a "surround sound" effect, increasing message retention.

COLLECTIVE VISIBILITY

Boosts social buzz benefiting all participating organizations.

SHARED MOMENTUM

Generates urgency and energy, driving higher engagement and sharing.

CONSISTENCY = RECOGNITION

Strengthens recall and normalizes mental health conversations.

Getting Involved

Host a Digital Event

Lead a 4-week social media challenge designed for youth to share pause moments, spark conversations, and build collective visibility online.

Download the SMOA Toolkit

Access free files you can print and use right away

Order Toolkit Printouts

Request evergreen resources like palm cards, stickers, and handouts that can be used during SMOA or used year-round to support youth mental wellness.

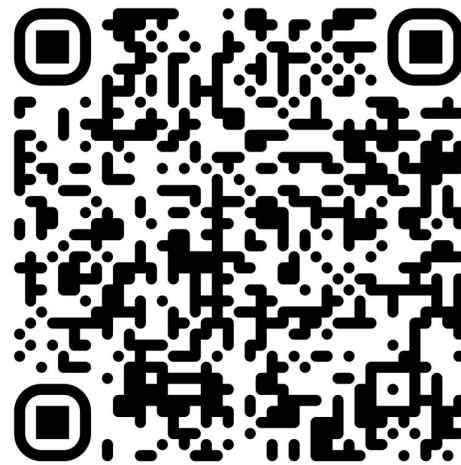
info@takespacetopause.org

From Awareness to Action: Insights from a CYBHI Youth Mental Health Campaign

November 5, 2025

10:00am-11:00am

**Briefing on OHE's Take Space to
Pause (TSTP) Campaign**



- ❖ Highlight examples of the TSTP campaign's materials
- ❖ Provide an overview of its development
- ❖ Feature youth voices
- ❖ Show how 28 local campaigns are woven into the statewide TSTP campaign
- ❖ Show early evaluation findings

CALI Campaigns

Community Alliances for Local Impact

The Los Angeles Trust
for Children's Health



CALI Campaigns!

- We have a new name created by our local grantees!
 - *Community Alliances for Local Impact* Campaigns
- All 28 CALI Campaign organizations will participate in the SMOA, so look out for them in your local communities!

CALI Campaign Website



Refreshed Website:
<https://centerforwellnessandnutrition.org/cybhi>



Stories & Spotlights

Hear directly from the communities driving change. Explore inspiring grantee highlights, youth-created materials, and the partnerships making a real impact across California.

READ STORIES & SPOTLIGHTS



Campaign Hub

Your go-to destination for tracking progress and accessing resources from the Children and Youth Behavioral Health Initiative – Community Alliances for Local Impact.

VISIT THE HUB



Events

Explore upcoming and past events that drive our shared work—from in-person convenings and virtual learning labs to local, grantee-led gatherings.

EXPLORE EVENTS



Resources & Tools

Whether you're looking for immediate support or simply need a moment to pause, this page is here to meet you where you are.

REVIEW RESOURCES

Social Media Interactions

Likes 12,489	Views 384,846	Follows 63,500
Comments 413	Click-Throughs 10,150	Shares 3,051

Social Media Topics



CALI Campaigns in Your Community

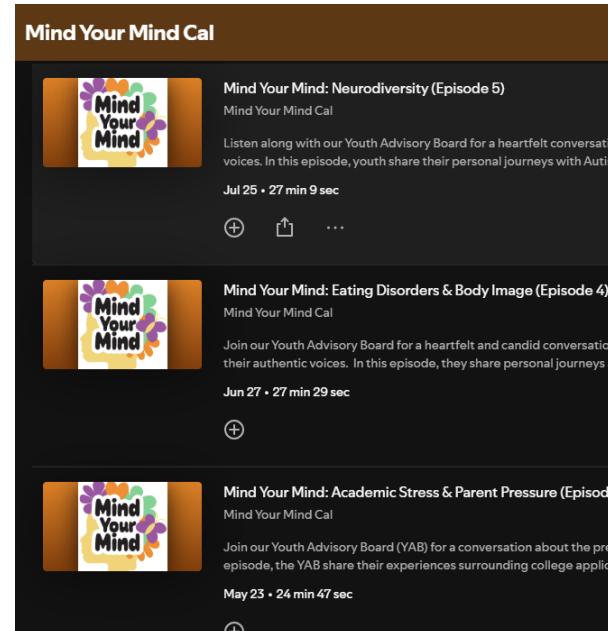
El Sol Neighborhood Education Center
Media: Comic Book
San Bernardino County



Rainbow Youth Alliance
Media: Digital Zine
San Joaquin County



CORE Response California
Media: Podcast
Los Angeles County



San Diego Refugee Communities Coalition
Media: Short Films
San Diego County



Questions?

CYBHI.Local@wellness.phi.org

info@takespacetopause.org



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CYBHI Public Webinar: HCAI Updates

Dr. Sharmil Shah

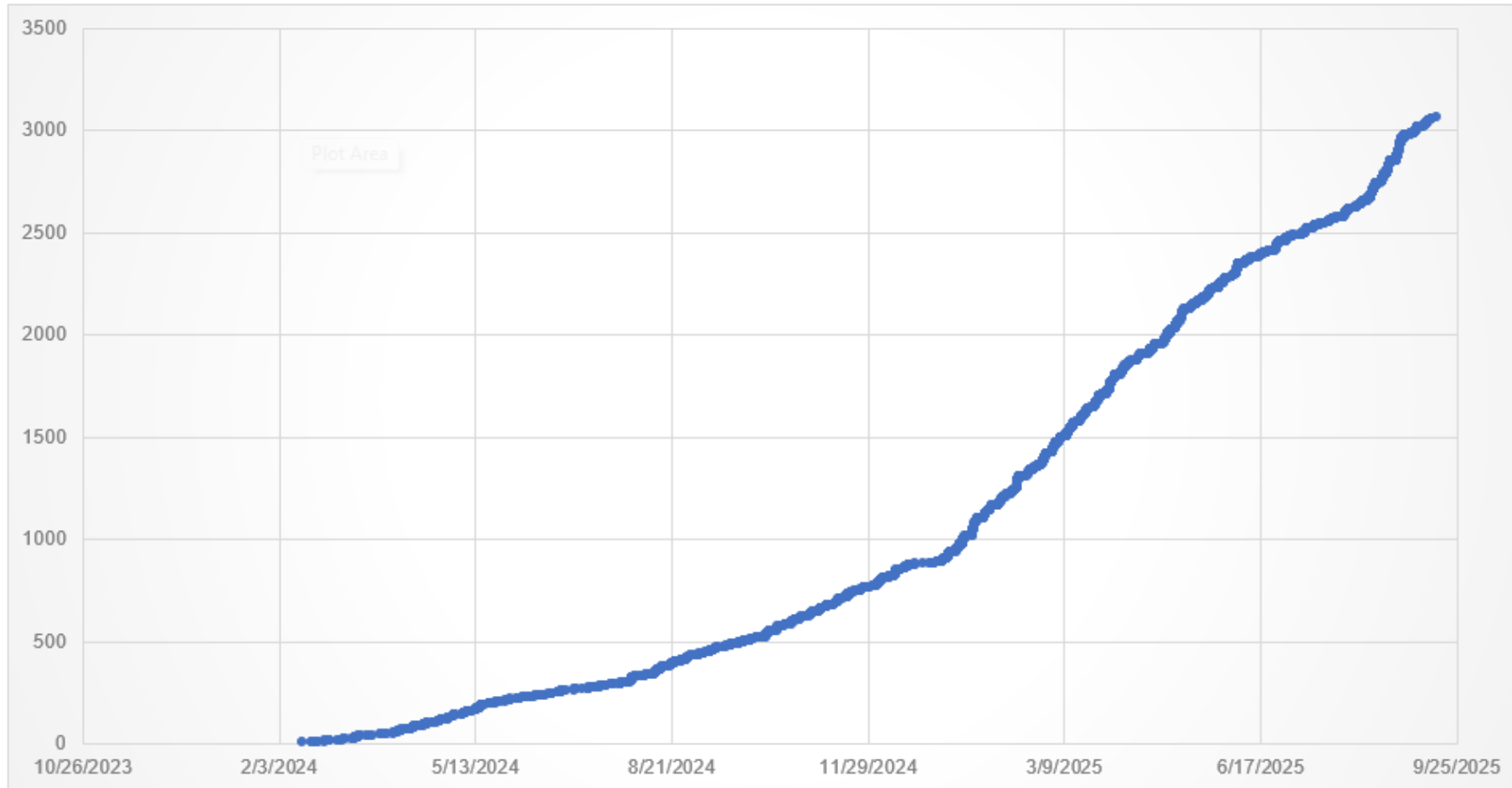


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Wellness Coaches

Cumulative # of Certified Wellness Coaches



3,060
Certified Wellness Coaches
(as of 9/15/2025)

Wellness Coach Reimbursement Update

- On September 10th, DHCS and HCAI hosted a joint webinar to share information on CWCs and the CYBHI Fee Schedule program
- Of the 573 registrants, **426 attended**
- Webinar deck and recording posted on [HCAI website](#)
 - FAQ document being posted soon



Behavioral Health Community-Based Organized Networks of Equitable Care and Treatment (BH-CONNECT)

Medi-Cal Behavioral Health Scholarship Program (MBH-SP)

- Provides support for tuition and fees to aspiring behavioral health professionals in California that wish to serve in a Medi-Cal Safety-Net setting
- **Award Amounts:** Up to \$240,000 depending on anticipated profession
- **2026 Application Cycle:** opens in Q1 of 2026



Medi-Cal Behavioral Health Student Loan Repayment Program (MBH-SLRP)

- Provides educational loan repayment to behavioral health professionals in California that are serving in a Medi-Cal Safety-Net setting
- **Award Amounts:** Up to \$240,000 depending on profession
- **2025 Application Cycle:** closed August 15th
- There will be another cycle in 2026



Broad Behavioral Health



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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 31st
 - As of 9/15, 192 participants have fully completed the Core training program
 - Core Training is currently scheduling into May 2026

- 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 Fall 2025

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)

Additional Funding

- As a part of the 2025 budget act, an additional \$2M in funding was made available to YMHA for an Los Angeles cohort
- YMHA anticipates that this funding will be able to cover ~200 participants through the full 14-month model

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:



<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>

Live Beyond Campaign Update

Berit Mansour, CalHHS

Camellia Mortezaazadeh, MPH, Civilian Agency

Cara O'Shea, Civilian Agency



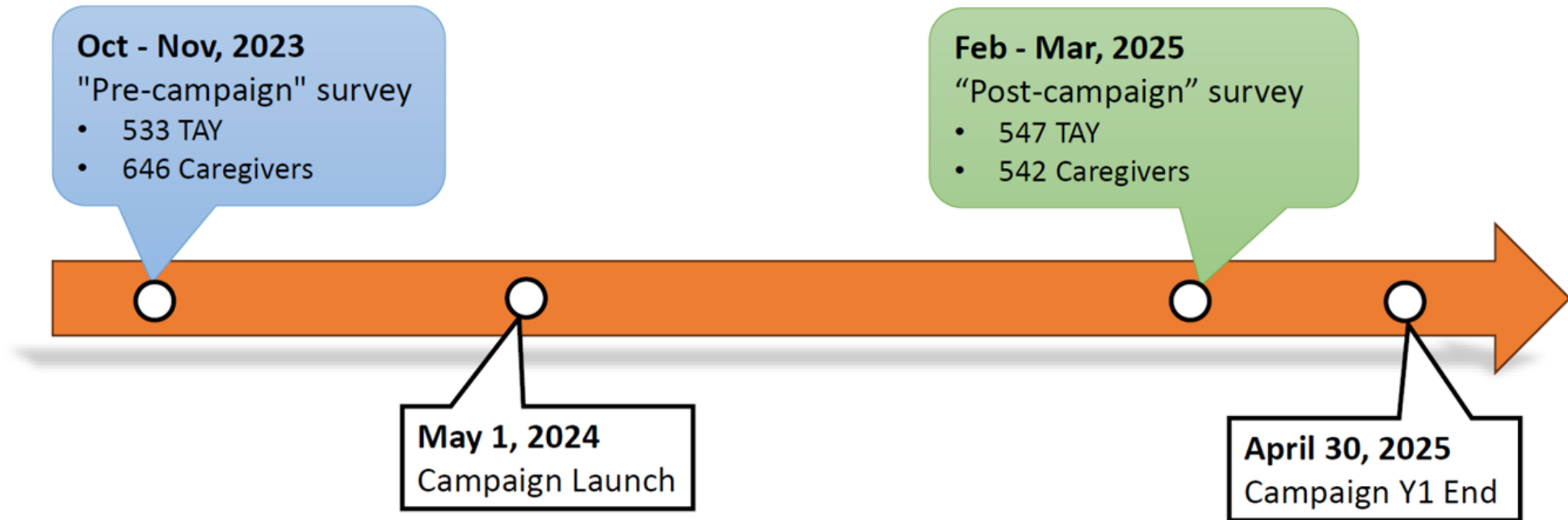
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How has *Live Beyond* been doing?

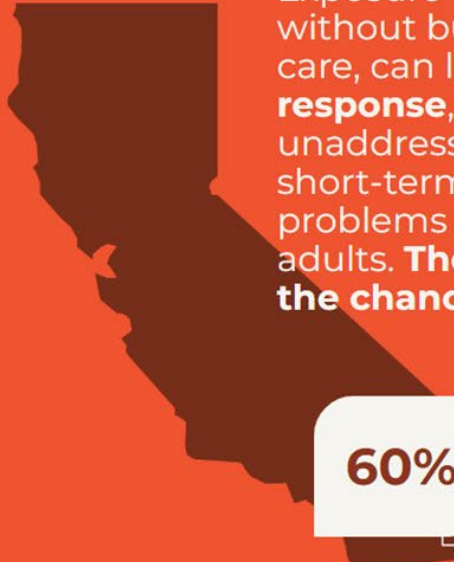
RAND Evaluation: Method

RAND used a representative online panel to conduct **two cross-sectional surveys** with California TAY and Caregivers before and 10 months into the campaign.



RAND Evaluation: Baseline

ACEs prevalence among Californians



Exposure to ACEs or other adversity, without buffering and nurturing care, can lead to a **toxic stress response**, which, if left unaddressed, can cause major short-term and long-term health problems for both children and adults. **The more ACEs, the greater the chances of toxic stress.**

60%

of youth and caregivers have experienced at least 1 ACE

23%

of youth and young adults have experienced 4 or more ACEs

30%

of caregivers experienced 4 or more ACEs

10%

of youth and caregivers are aware of ACEs

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beyond



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GENERAL

RAND briefing from statewide pre-campaign baseline survey (n=1,179) of youth and young adults (16-25) and caregivers of youth in English and Spanish launched in Oct. 2023. Post campaign planned for 2025.

5

RAND Evaluation Findings:

California's youth-led Live Beyond campaign on Adverse Childhood Experiences shows early impact, RAND Study Finds.

- In its first 10 months, *Live Beyond* **reached 1.4M youth and 1.6M caregivers**, raising awareness and encouraging coping strategies.
 - The campaign reached audiences more likely to be affected by ACEs: immigrant youth, foster youth, and lower-income parents/caregivers.
- Compared to pre-campaign levels, **ACEs awareness increased by 50%+ among parents/caregivers**; more youth and caregivers now **practice self-care and stress reduction**.
- **Spanish-language content** was particularly engaging, showing the importance of multilingual outreach.

RAND Evaluation Findings: Successful Development & Implementation

Live Beyond was **grounded in social marketing best practices** and the science of ACEs and toxic stress.

The campaign was characterized by **structured planning and outreach through multiple media channels and high levels of community engagement**, leveraging key partnerships with influencers and community organizations.

Messages of awareness, hope, and healing were **carefully crafted and well-received**, showcasing positive recovery stories and supported by youth feedback.

From May 2024 to March 2025, the campaign achieved over **1 billion impressions** across diverse media, with significant contributions from social media platforms, including TikTok and Meta.

The campaign **successfully connected with impacted communities**, particularly Spanish-speaking communities, as evidenced by strong engagement metrics and ad performance.

RAND Evaluation Findings: Key Takeaways

Live Beyond appears to be an effective social marketing campaign in its first 10 months of implementation—in its potential to drive change and its reach, including to affected communities.

Observed changes are limited to the most central campaign outcomes, but social marketing campaigns often need more time to create broad and lasting impact.

Considering the enormous societal costs of ACEs and toxic stress, continuing Live Beyond could benefit Californians significantly.



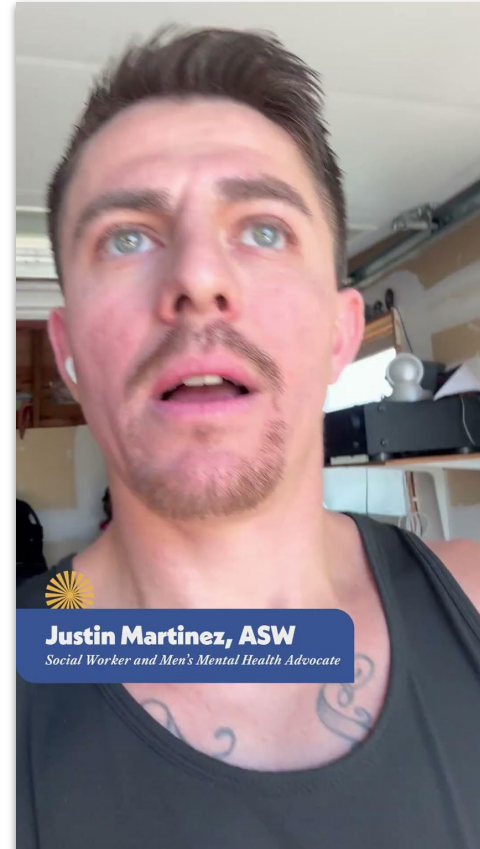
Recent Happenings



Men's Health Push

- *Live Beyond* sponsorship of the [Ever Forward Club](#) “Dance a Thon”, fundraiser to uplift and support the next generation of young men.
- Op-ed authored by *Live Beyond* campaign ambassador, Justin Martinez.
- Social media content geared toward inspiring young men.

About Justin: Justin is a California based social worker for the Ever Forward Club, a substance abuse counselor, and a school social worker, who is also in training to become a licensed therapist by the Fall. After having experienced many ACEs, and other trauma from his time in the foster care system, he has dedicated his life's work to supporting young people in reclaiming their power and eliminating barriers to mental health and success.



What It Means to Be a Man Today

One man explores what it takes to live beyond his past experiences and actively create the life he wants to lead

 JUSTIN MARTINEZ AND CHRISTOPHER PEPPER
AUG 14, 2025

6

7

3

Share

Hi Readers! I'm so excited to be able to share this guest essay from social worker Justin Martinez. I had the privilege of working with Justin all last year when he worked at the Ever Forward Club and facilitated our [Young Men's Health Groups](#). Justin has become an ambassador for the [Live Beyond](#) campaign, which helps tell the public that even people who experienced a lot of Adverse Childhood Experiences (ACEs) can go on to have thriving, successful lives. Please give some big love to Justin! — Christopher

What It Means To Be A Man Today



Native Men & Young Men Wellness Gathering

10th ANNUAL “Returning The Warrior Spirit” Men's and Young Men's Wellness Gathering.

Oct 10 - 12, Pine Grove, CA

Culturally rooted healing and wellness
gathering focused on issues facing
Native men today.

Hosted by Native Dads Network.

10TH ANNUAL **RETURNING THE WARRIOR SPIRIT** NATIVE MEN AND YOUNG MEN WELLNESS GATHERING

Join us for the 10th Annual Returning the Warrior Spirit Men & Young Men's Wellness Gathering—a powerful day of healing, connection, and purpose.

- The intention of this gathering is to restore balance in our communities by uplifting and empowering Native men and young men through culturally rooted wellness.
- Workshops will address the real challenges our communities face today—intergenerational trauma, violence, addiction, and disconnection—and provide tools for healing, growth, and cultural resilience. Together, we heal to bring back healthy men, strong families, and a better future for the next generations.



SAVE THE DATE
OCTOBER 10TH-12TH, 2025
CHAW'SE INDIAN GRINDING ROCK
info@natedadsnetwork.org

What's Next for *Live Beyond?*

Live Beyond Toolkit to Educators/Other Supportive Adults

Both new and existing *Live Beyond* resources to be included in **NEW Supportive Adult Toolkit**.

- New materials include palm card about creating safe, supportive spaces and **PCEs, Activity Tip Sheets, posters, as well as journals, stickers, and more.**
- Includes links to **Safe Spaces** and **Open Doors** training.

Please email info@livebeyondca.org to request yours!



Live Beyond Community College Wellness Ambassador Partnership

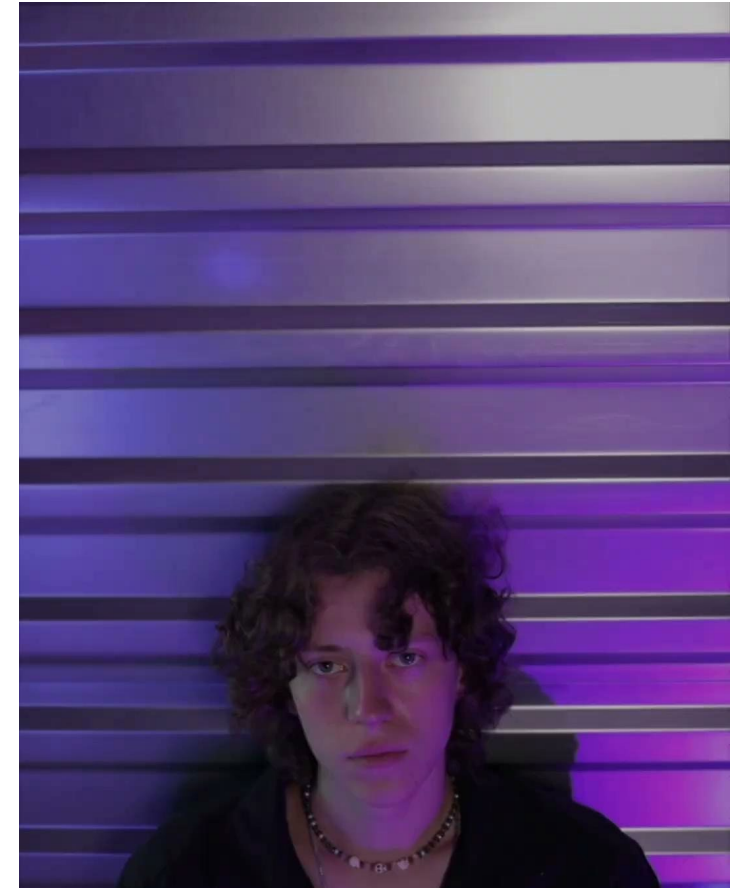
The [California Community Colleges Student Ambassador Program](#) from Foundation for California Community Colleges a statewide program supporting student wellness ambassadors are available on every campus in the state. These student ambassadors could be excellent messengers for spreading awareness about *Live Beyond*. Their responsibilities include classroom presentations and on-campus outreach.

Summary of partnership:

- 150 student ambassadors statewide will be trained on *Live Beyond* toolkit, as part of their mental health specific training.
- *Live Beyond* toolkits will be provided to ambassadors for outreach, and available in college mental health and wellness centers.

Ongoing Sponsorships & Social Media Campaign

- *Live Beyond* will **sponsorships** to continue through June 2026 in a limited capacity, with strategic partnerships including:
 - California AfterSchool Network (CAN)
 - California Boys and Girls Club
 - Conferences and other direct outreach to Providers
- Paid and organic **social media** campaign will continue, with refreshed messaging as informed by RAND campaign evaluation findings.



Follow *Live Beyond* on Social!

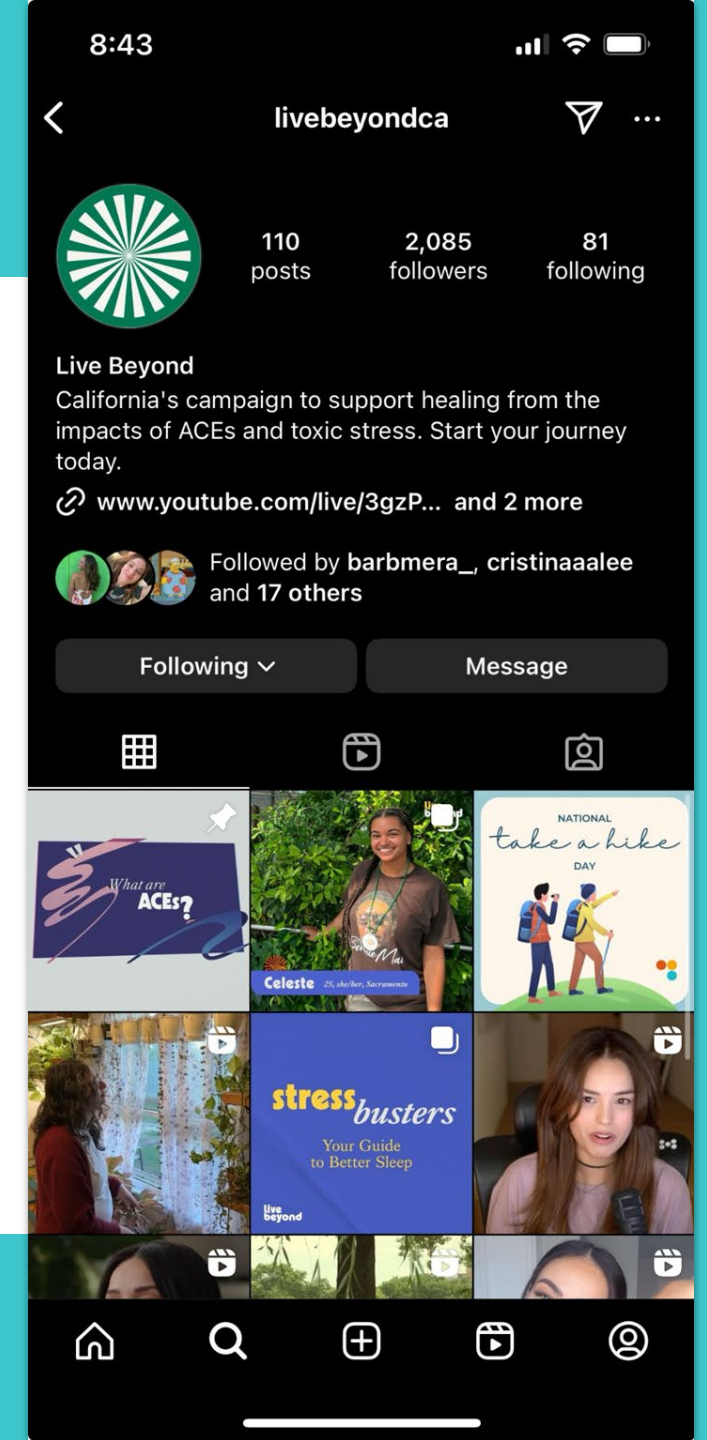
Visit our expanded website: **livebeyondCA.org**

Instagram: **@LiveBeyondCA**

TikTok: **@LiveBeyondCA**

Facebook: **Live Beyond Campaign**

YouTube: **@LiveBeyondCA**



Safe Spaces Update

Safe Spaces Update

1. Utilization and completion rate are increasing.
2. Increase effort to promote Spanish version.
3. Recognize, Respond, Connect in pilot testing phase

Trainings Over Time	Cumulative by Month - Bar	Cumulative by Month - Line	Cumulative by Quarter	Completion Rates Over Time
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Number of Modules Initiated and Completed Over Time

Status
■ Completions
■ Initiations

Date
 All values

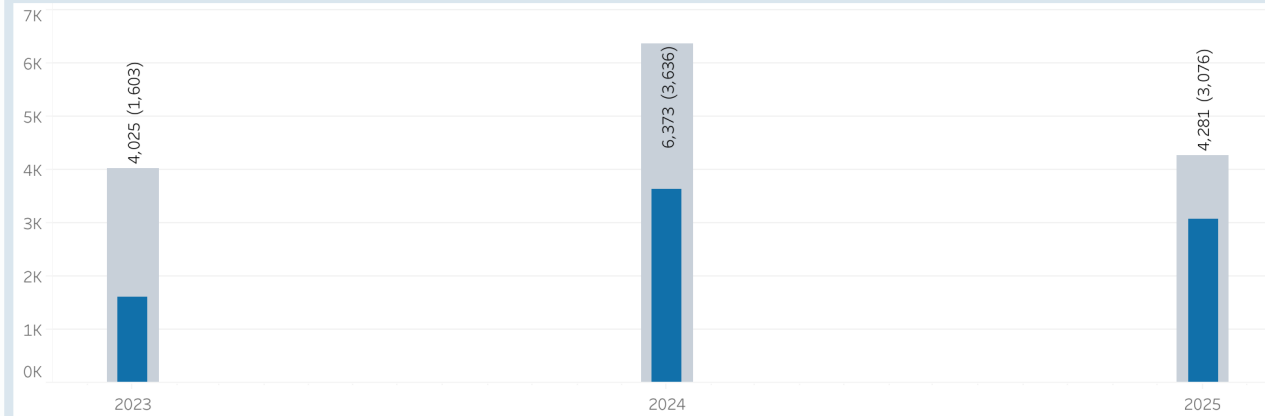
Module
 All

Language
 All

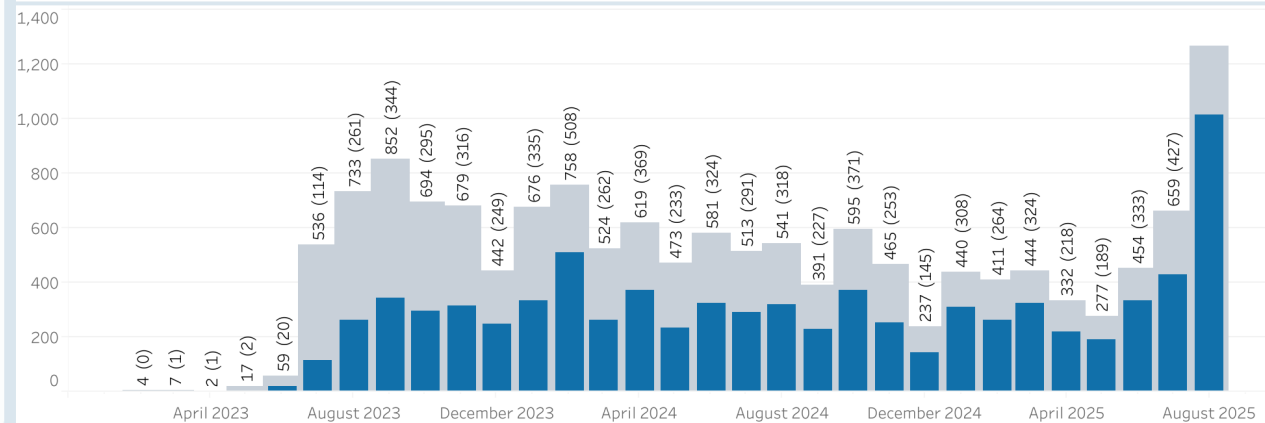
Platform
 All

Note: Some users began a module in one month and completed it in another. As a result, the users who initiated a module in a given month may not be the same as those who completed it in that same month.

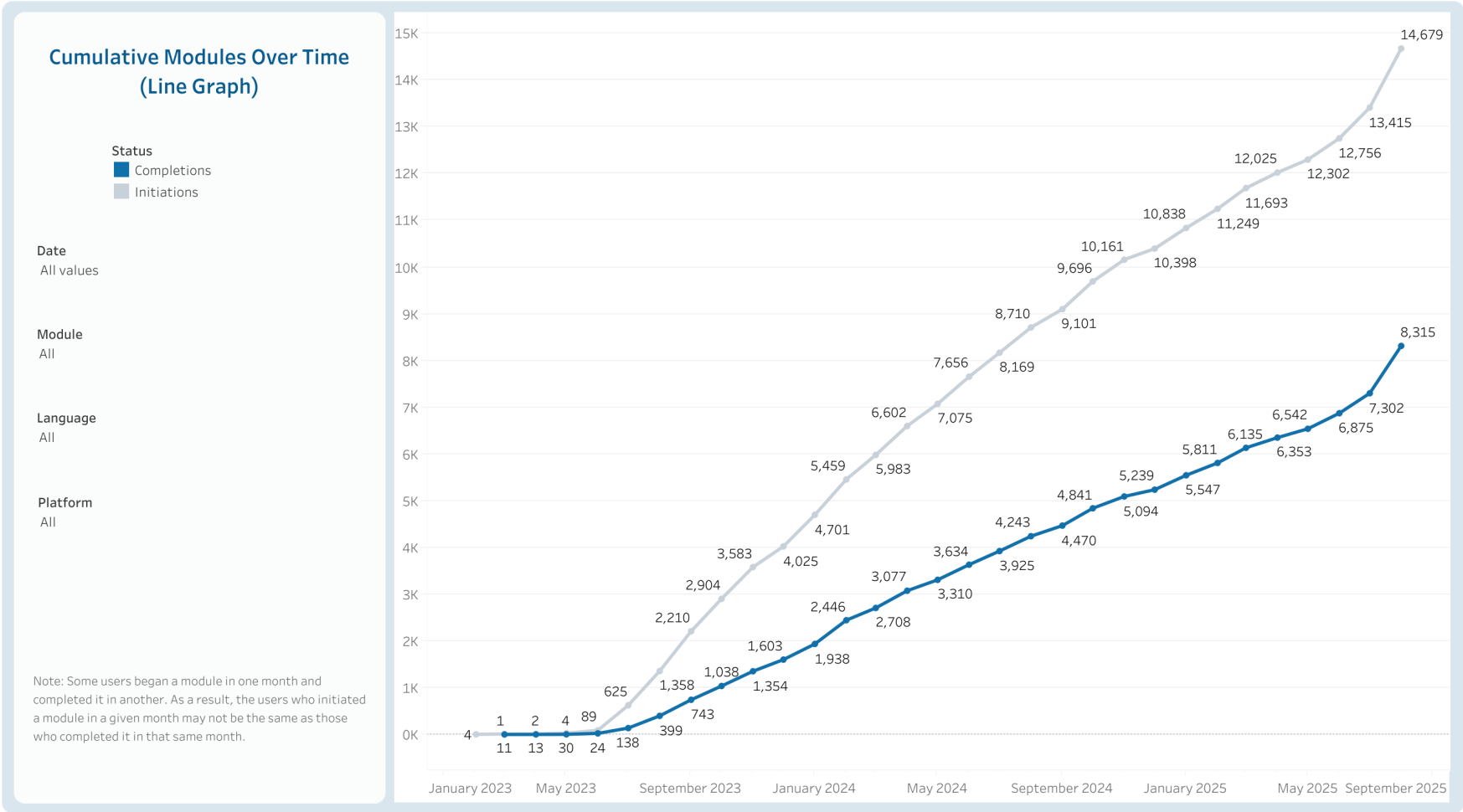
Number of modules initiated (and completed) by year



Number of modules initiated (and completed) by month



- Trainings Over Time
- Cumulative by Month - Bar
- Cumulative by Month - Line
- Cumulative by Quarter
- Completion Rates Over Time



Join Us for the Next Quarterly Public Webinar

Thursday, December 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***



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Children and Youth
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