

CYBHI

Children and Youth
Behavioral Health Initiative



Quarterly Public Webinar

January 8, 2026



OFFICE OF THE
CALIFORNIA
SURGEON GENERAL



Agenda

Topic	Time	Sub-Topics
Welcome and Today's Agenda	3:00 - 3:15	CYBHI Initiative Wide Updates Directing Change
Department of Health Care Services, Department of Managed Health Care	3:15 - 3:55	Fee Schedule Cal-MAP Youth Behavioral Health Platforms (Soluna & BrightLife Kids)
California Office of the Surgeon General	3:55 - 4:05	Live Beyond
California Department of Public Health Office of School Health	4:05 - 4:20	Safe Spaces Recognize, Respond, Connect
California Department of Health Care Access and Information	4:20 - 4:40	Wellness Coaches BH-CONNECT Broad Behavioral Health (Open Doors & Youth Mental Health Academy)
California Department of Public Health Office of Health Equity	4:40 - 4:55	Take Space to Pause

CYBHI Initiative Wide Updates



Health Care Settings

- Expanding the behavioral health workforce
- Increasing access to behavioral health services
- Supporting non-specialist care providers

Educational Settings

- Bringing wellness into the classroom
- Nurturing a supportive campus culture
- Expanding access to school-linked care services

Digital Environment

- Bringing behavioral health services online
- Preparing for the next-generation of digital supports

Homes & Communities

- Enhancing community resilience
- Building a community-based workforce

**Elevating the Conversation,
Holding Youth at the Center and Equity as Foundational.**

CYBHI
Children and Youth
Behavioral Health Initiative

*Transforming
the way
California
supports
children, youth
and families*

| We're just getting started.



OFFICE OF THE CALIFORNIA SURGEON GENERAL



Workforce Training and Capacity		Behavioral Health Ecosystem Infrastructure		Coverage	Public Awareness
Certified Wellness Coaches HCAI	Trauma-Informed Educator Training CA-OSG	School-Linked Partnership and Capacity Grants DHCS	Student Behavioral Health Incentive Program DHCS	Enhanced Medi-Cal Benefits – Dyadic Services	Public Education and Change Campaigns CDPH
Broad Behavioral Health Workforce Capacity HCAI	Youth Mental Health Academy HCAI	Behavioral Health Continuum Infrastructure Program DHCS	Youth Suicide Reporting and Crisis Response Pilot Program CDPH		ACEs and Toxic Stress Public Awareness and Healing-Centered Campaign CA-OSG
Behavioral Health Virtual Services Platform and Next Generation Digital Supports DHCS				Statewide Multi-Payer Fee Schedule for School-Linked Behavioral Health Services	Focused Youth Suicide Prevention Grants and Outreach Campaigns CDPH
Healthcare Provider Training and e-Consult DHCS					Parent Support Video Series
Scaling Evidence-Based and Community-Defined Evidence Practices DHCS					
CalHOPE Student Support and Schools Initiative DHCS					
Mindfulness, Resilience and Well-Being Supports for Children, Youth and Parents DHCS					
Youth Peer-to-Peer Support Program DHCS					DHCS DMHC

Workforce Training and Capacity		Behavioral Health Ecosystem Infrastructure		Coverage	Public Awareness
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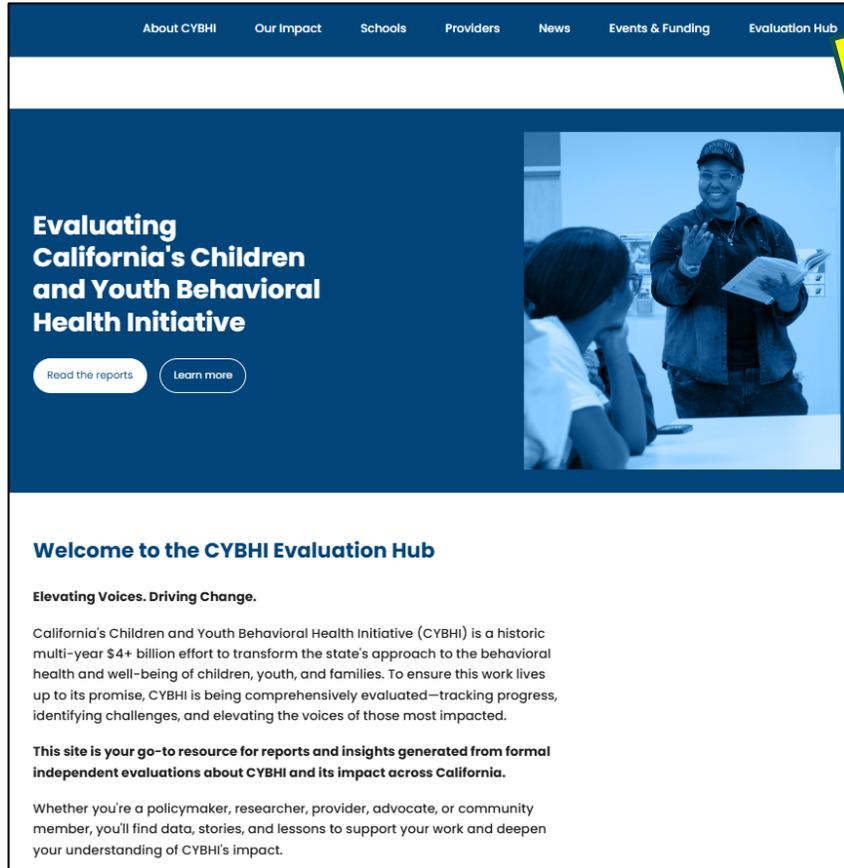
We're just getting started.

California continues to demonstrate a strong commitment to advancing behavioral health services and supports for children, youth, and families, *including and stretching beyond CYBHI.*

While strategies continue to adapt and diversify, the overarching mission is unwavering: to center the needs of children, youth, and families—especially those with the greatest needs; invest in promotion, prevention, and public awareness; develop workforce capacity to support behavioral health; and build the infrastructure to better deliver services.

As we move forward, the active engagement of California's diverse and vibrant communities remains essential. Together, we can build a more equitable, responsive, and inclusive behavioral health system for all.

New CYBHI Evaluation Hub



About CYBHI Our Impact Schools Providers News Events & Funding **Evaluation Hub**

Evaluating California's Children and Youth Behavioral Health Initiative

[Read the reports](#) [Learn more](#)

Welcome to the CYBHI Evaluation Hub

Elevating Voices. Driving Change.

California's Children and Youth Behavioral Health Initiative (CYBHI) is a historic multi-year \$4+ billion effort to transform the state's approach to the behavioral health and well-being of children, youth, and families. To ensure this work lives up to its promise, CYBHI is being comprehensively evaluated—tracking progress, identifying challenges, and elevating the voices of those most impacted.

This site is your go-to resource for reports and insights generated from formal independent evaluations about CYBHI and its impact across California.

Whether you're a policymaker, researcher, provider, advocate, or community member, you'll find data, stories, and lessons to support your work and deepen your understanding of CYBHI's impact.

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CYBHI About CYBHI Our Impact Schools Providers News Events & Funding Evaluation Hub Reso

Evaluation Hub

Evaluation Reports Library

Your hub for CYBHI reports, insights, and outcomes.

Welcome to the CYBHI Evaluation Reports Library. This library is your hub for research, insights, and data that track the progress of California's Children and Youth Behavioral Health Initiative (CYBHI). Here, you'll find formal independent evaluation findings designed to show what's working, where challenges remain, and how lessons learned are shaping the future of behavioral health in California.

Together, these resources tell the story of how California is transforming behavioral health for youth and families.

The library will continue to grow as new products become available, offering visitors a way to track progress and lessons learned as implementation unfolds. Explore the current collection below to see how CYBHI is shaping a stronger, more connected system of care across the state.

CYBHI Cross-County Insights Report ▾

Take Space to Pause (TSTP) Campaign: Midway Evaluation Results ▾

Evaluation of Live Beyond ▾

CYBHI County Case Studies ▾

INDEX ^

- CYBHI CROSS-COUNTY INSIGHTS REPORT
- TAKE SPACE TO PAUSE EVALUATION OF LIVE BEYOND
- CYBHI COUNTY CASE STUDIES
- CYBHI INTERIM REPORT
- CYBHI EVALUATION: OBJECTIVE ANALYSIS CHARTBOOK
- TOP OF PAGE

Executive Order to Support Young Men and Boys

EXECUTIVE DEPARTMENT STATE OF CALIFORNIA

EXECUTIVE ORDER N-31-25

WHEREAS, since taking office in 2019, my Administration has been on building a California for All, investing in efforts to make government work for everyone by reaching underserved communities and demographic groups, expanding access to services that meet people's basic needs so they can thrive, on pursuing opportunities and advancement, and actively assessing disparities in opportunity and outcomes to more effectively deliver governmental services to all intended beneficiaries; and

WHEREAS examples of this work include championing implementation of universal transitional kindergarten and school meals, expanding access to health care, issuing an executive order and signing legislation creating the Equity Commission to support state and local governmental agencies in analyzing data to identify barriers in access and opportunity that may be contributing to disparities in outcomes among demographic groups, creating the largest paid volunteer corps in the country that builds skills for the workforce and critical connections in our communities through their service, and

WHEREAS these efforts to support men and boys must be positioned within a broader approach that adapts and is responsive to the distinct needs of all people—so as to reinforce, not undermine, California's longstanding equity work on behalf of women, girls, and other marginalized groups; and

WHEREAS it is therefore in the best interest of all of us to broaden opportunities for success and address the disparities in outcomes for men and boys, which include the following:

- Men account for nearly 80 percent of all suicides, and young men are three times more likely to die by suicide than young women;
- Men are more likely than women to use all types of illicit drugs, and men are dying of drug overdoses at two to three times the rate of women;
- Depression is ranked as a leading cause of death among men, and mental health conditions often go untreated among men because they are far less likely to seek treatment than women;
- Young men are more disconnected from school, work, and relationships than ever before, with nearly one in four men under 30

- Young men are more disconnected from school, work, and relationships than ever before, with nearly one in four men under 30 years old reporting that they have no close friends, a five-fold increase since 1990, with higher rates of disconnection for young Black males, and a lack of social connection is associated with increased risk of poor health, including mental health disorders, poverty, and even premature death;
- Studies show that adolescents who spend more than three hours daily on social media face a higher risk of experiencing symptoms of depression and anxiety, and a recent survey found that American teens spend more than four hours a day on social media platforms on average each day;
- Men have higher prevalence of cardiovascular disease and cancer than women;
- Labor force participation among men without a college degree is at historic lows, with about one in nine men aged 25-54 neither working nor looking for work, and the unemployment rate for men in California is higher than the rate for women;
- College enrollment and completion rates for men have dropped significantly over the past decade; and
- The school suspension rate for boys is more than double the rate for girls, with even higher rates for Black and American Indian and Native Alaskan boys; and

Mental Health Media Challenge

California launches mental health media challenge to support boys and young men

[Blog, Featured](#) / December 4, 2025

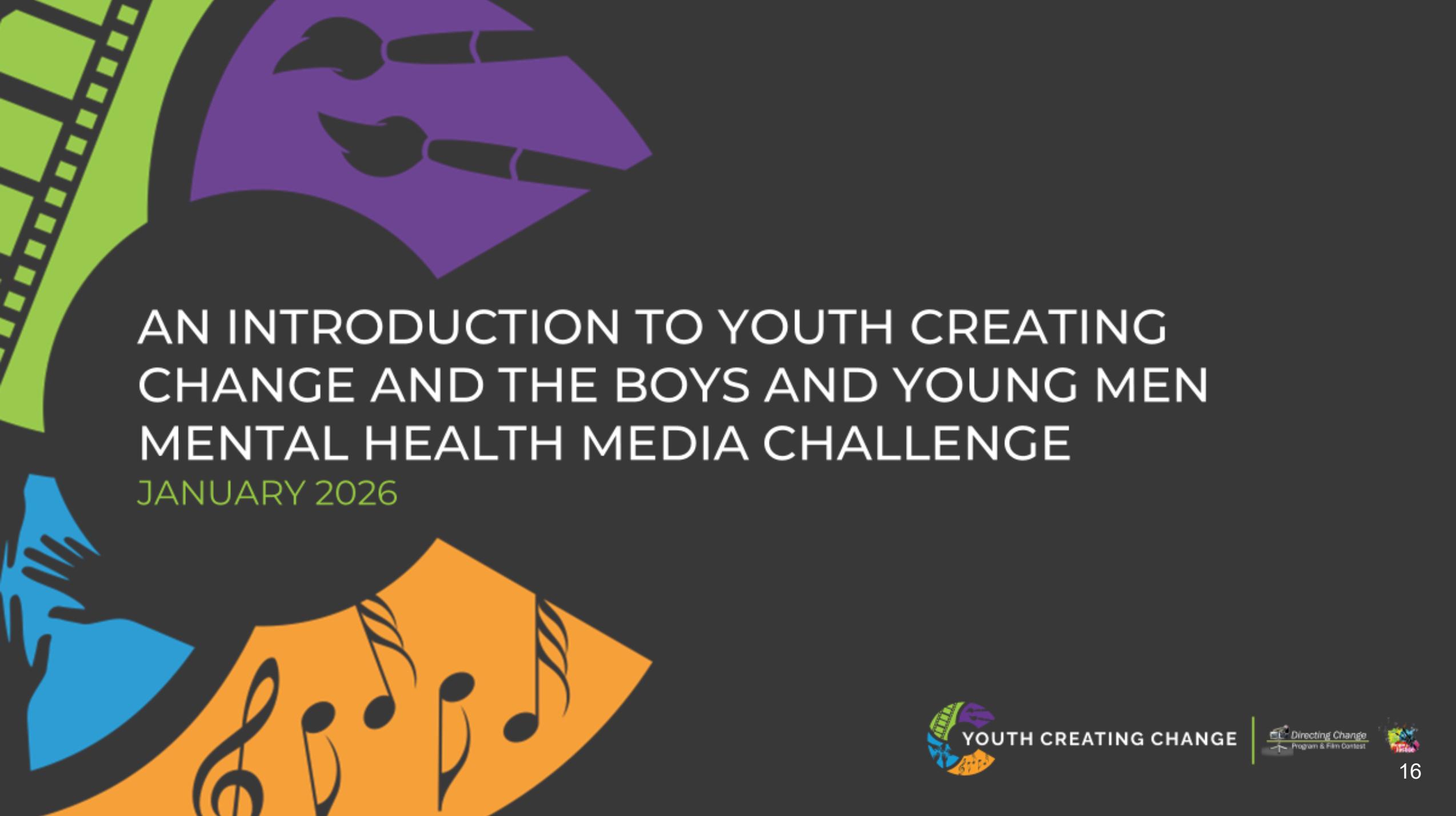
The Children and Youth Behavioral Health Initiative and Youth Creating Change are partnering to raise awareness and reduce stigma around the mental health and wellbeing of boys and young men

Sacramento, Calif. – As California continues to ensure access to support boys and young men who are facing serious mental health crises, today the Children and Youth Behavioral Health Initiative (CYBHI) is announcing a new initiative to further this effort.

In partnership with the nonprofit organization Youth Creating Change, the state is supporting a media challenge for youth ages 12 to 25 years old to encourage young people to ask for help and support their peers, as part of this year's Directing Change Film Contest.

In November's recent [study](#) of men ages 16 to 25, 71% reported feeling isolated from others. For many, distress is real but it can be challenging to ask for help. Ensuring access to support, reducing stigma, and offering early intervention are essential.

*"In this ever-evolving digital era, too many of our young boys and men feel disconnected, unseen, and alone in their mental health struggles," said **First Partner Jennifer Siebel Newsom**. "We all share a responsibility to normalize asking for help and support – on and offline. I am proud that California is taking the lead to empower the next generation and reshape our culture for the better"*



AN INTRODUCTION TO YOUTH CREATING CHANGE AND THE BOYS AND YOUNG MEN MENTAL HEALTH MEDIA CHALLENGE

JANUARY 2026



YOUTH CREATING CHANGE

Directing Change
Program & Film Contest





CYBHI

Children and Youth
Behavioral Health Initiative

**Through the Lens of Boys,
Young Men and Those
Who Care About Them**

MENTAL HEALTH MEDIA CHALLENGE

This media challenge is sponsored by the Children & Youth Behavioral Health Initiative (CYBHI) which is transforming the way California supports children, youth and families. CYBHI is part of the Governor's Executive Order to create pathways to help reconnect men and boys with the support, assistance, and help they need.



YOUTH CREATING CHANGE

YOUTH CREATING CHANGE

Youth Creating Change is a non-profit organization (501(c3)) dedicated to placing young people's voices and creativity at the center of suicide prevention and mental health programming.

Core Initiatives:

- **Suicide Prevention and Mental Health Curriculum delivered through film and art contests**
- Mental Health Thrival Kits
- Awareness & Education
- Youth Development
- District, School & CBO Trainings
- Support After Youth Suicide Death
- Parent Engagement

LEARN

APPLY

SHARE



Directing Change
Program & Film Contest



SUBMISSION CATEGORIES

(30-second and 60-second PSAs accepted)



**Suicide
Prevention**



**Mental
Health**



**Through the
Lens of Culture**



**Walk in Our
Shoes**



**Substance
Use**

MEDIA CHALLENGE

Young men experience mental health challenges and feelings of loneliness just like many other young people in California, but often they have to face cultural and societal norms that don't make it easy for them to express emotions, ask for help, or feel supported by others. California is working to change this and now we want to hear from **you**.

Create a 60-second PSA about *Boys and Young Men's Mental Health* that encourages young people, to:

CHALLENGE CULTURAL PERCEPTIONS AND SOCIETAL NORMS THAT MAY DISCOURAGE ASKING FOR HELP

TALK OPENLY ABOUT MENTAL HEALTH AND SUICIDE PREVENTION

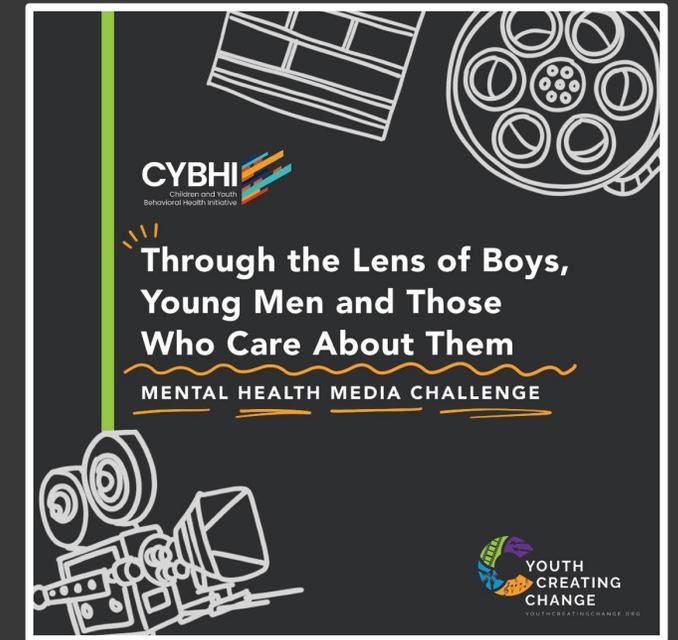
BUILD EMOTIONAL STRENGTH AND HEALTHY COPING

REDUCE LONELINESS BY INCREASING OPPORTUNITIES FOR CONNECTION AND COMMUNITY THROUGH PEERS AND MENTORSHIP

SUPPORT THEMSELVES AND EACH OTHER

ENCOURAGE INTERGENERATIONAL CONVERSATIONS ABOUT TRADITIONAL GENDER ROLES AND MENTAL HEALTH

Submit film by March 1, 2026 to the Directing Change Film Contest in the Through the Lens of Culture category.



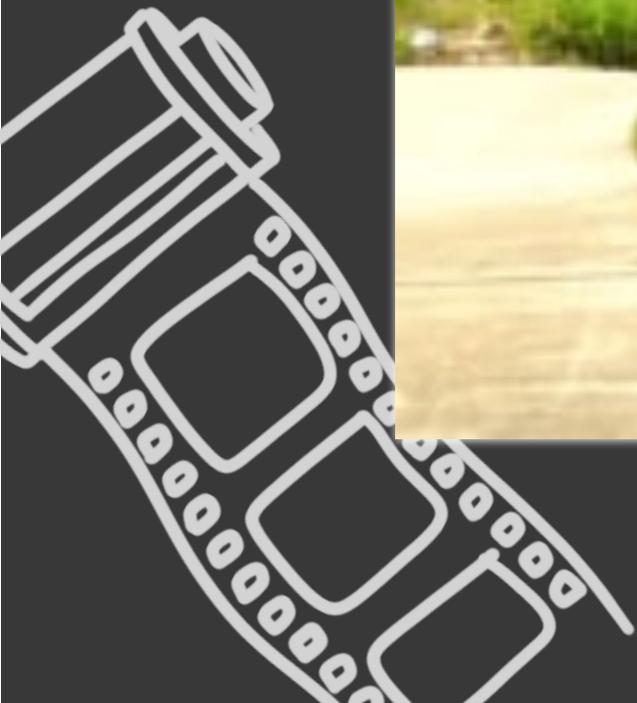
Open to all young people ages 12-25 in California. You don't have to identify as a boy or young man to submit.

Los Hombres No Lloran

Healthy RC Youth Students | Riverside County



[View](#)



Directing Change

Program & Film Contest



Directing Change

Program & Film Contest

DirectingChangeCA.org



HopeandJustice.art

THANK YOU FOR YOUR TIME

Jana Sczersputowski, MPH

Executive Director

Jana@YouthCreatingChange.org



Directing Change

Program & Film Contest

DirectingChangeCA.org



HopeandJustice.art



YOUTH CREATING CHANGE

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



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CYBHI Fee Schedule Third Party Administrator

Christina Kim, Account Executive
January 2026

CYBHI Fee Schedule Progress to Date

LEAs/IHEs: 814

Affiliated Providers: 25

Total Claim Lines submitted (as of 1/5/26): 58,772

Total Reimbursement Paid (as of 1/5/26): \$3,174,987.99

Unique Students claimed (as of 1/5/26): 11,849

of Health Plans on claims (as of 1/5/26): 36



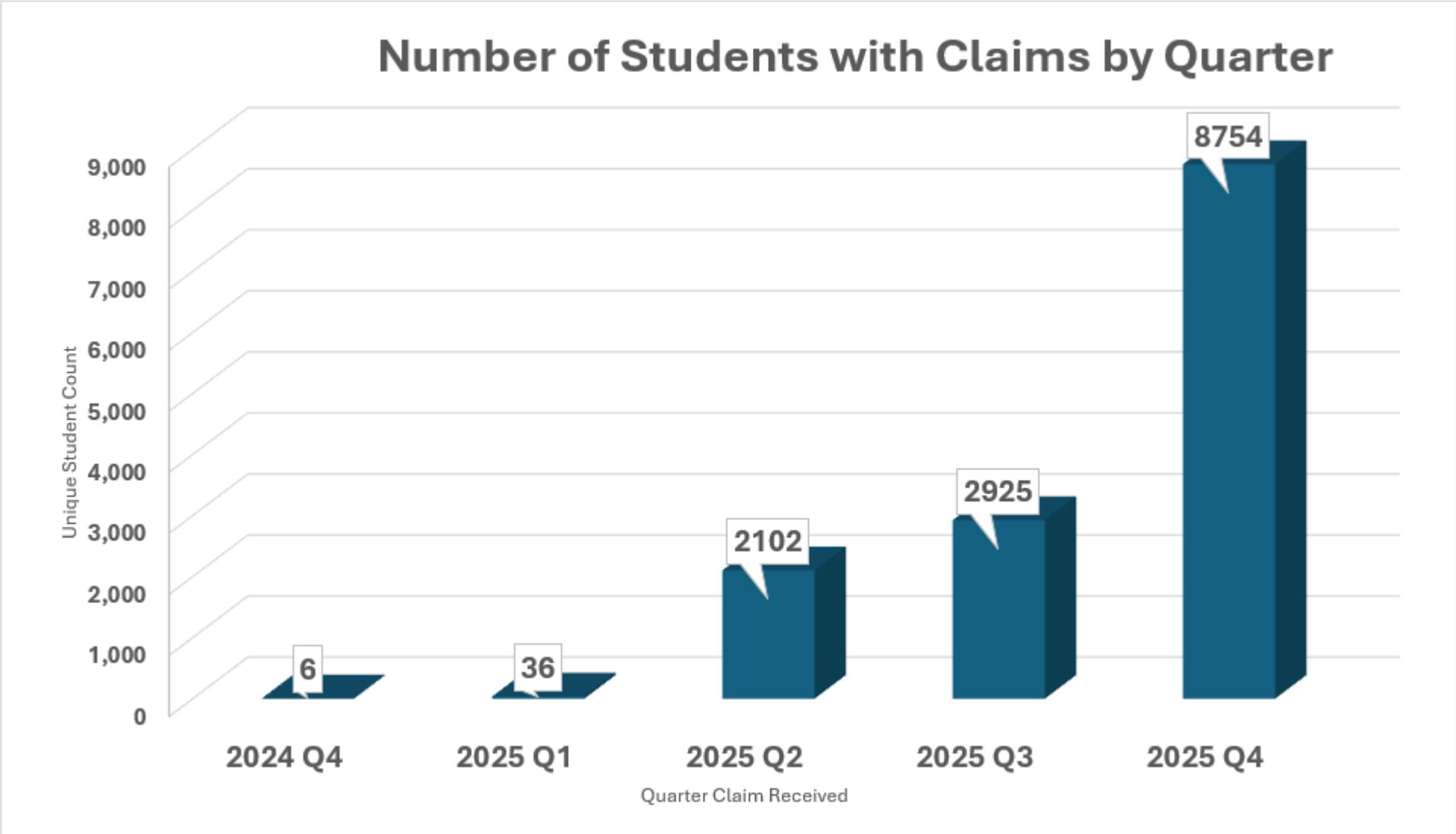
Top 25 Counties Reimbursed



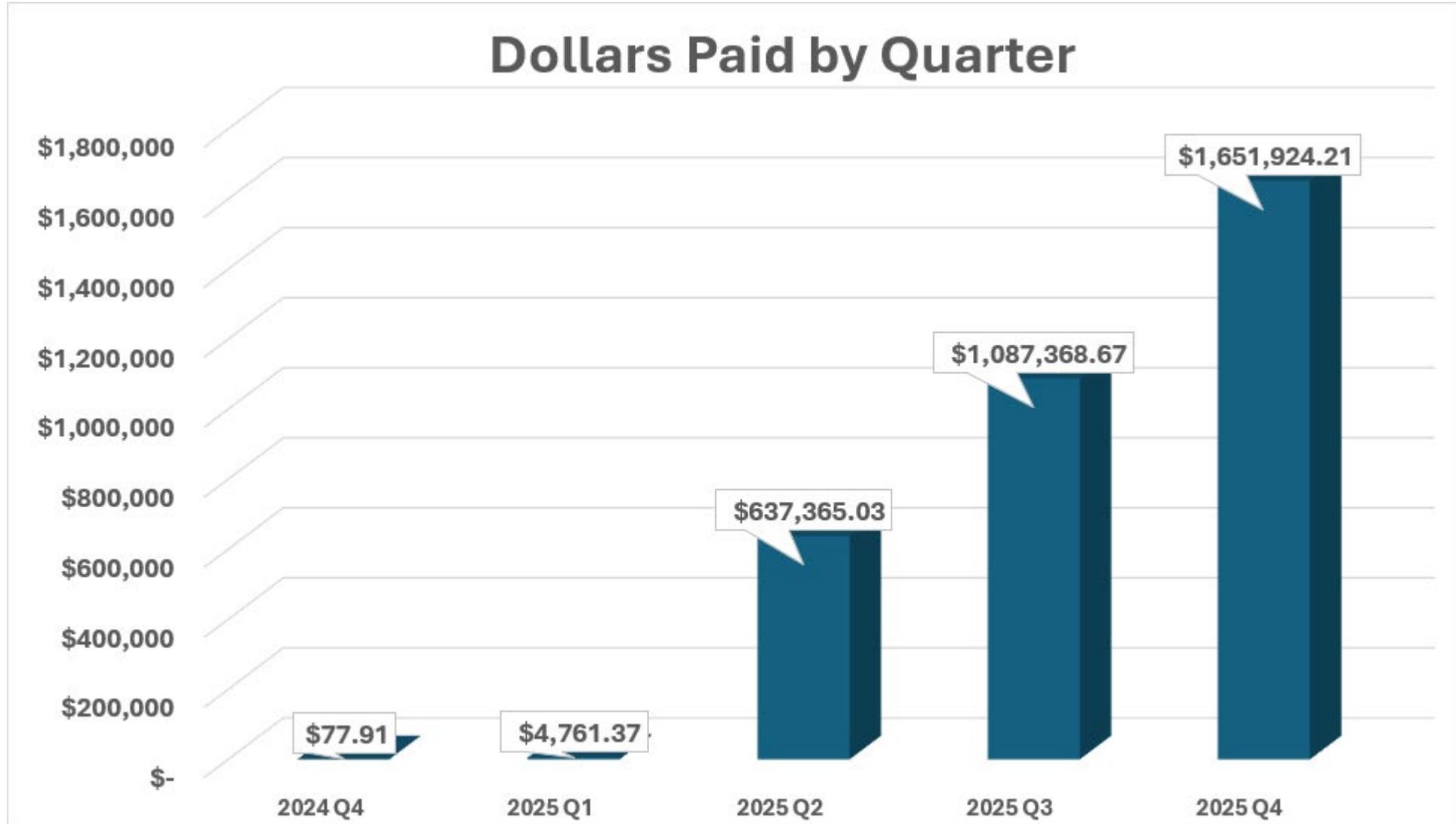
County Name	Dollars Paid
ORANGE	\$ 869,392.83
NEVADA	\$ 771,689.90
RIVERSIDE	\$ 330,727.72
SHASTA	\$ 251,911.85
SANTA CLARA	\$ 239,310.06
FRESNO	\$ 216,113.32
MONTEREY	\$ 165,011.31
LOS ANGELES	\$ 99,721.90
SAN BERNARDINO	\$ 83,332.09
SONOMA	\$ 78,815.18
SANTA CRUZ	\$ 58,042.31
EL DORADO	\$ 44,814.95
MERCED	\$ 31,123.45
CONTRA COSTA	\$ 25,000.35
SAN DIEGO	\$ 24,916.65
TEHAMA	\$ 21,668.05
SAN JOAQUIN	\$ 20,004.04
TULARE	\$ 14,706.25
NAPA	\$ 11,522.01
SOLANO	\$ 7,872.11
KERN	\$ 5,621.26
SACRAMENTO	\$ 5,331.39
PLACER	\$ 4,562.00
MARIPOSA	\$ 3,785.65
SISKIYOU	\$ 3,277.13



Quarter over Quarter Growth- Students served

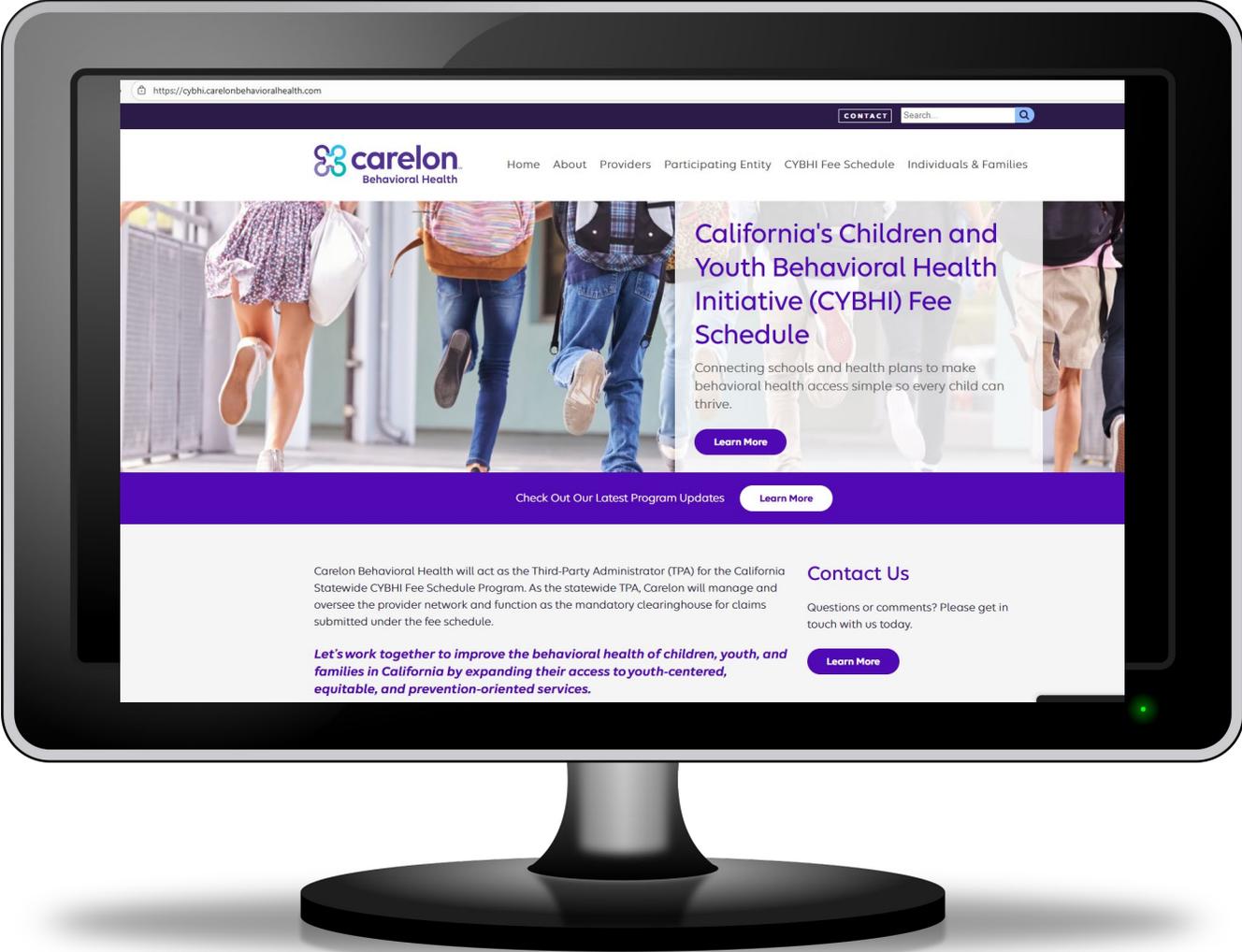


Quarter over Quarter Growth – Claims Reimbursed



Carelon's CYBHI Fee Schedule Microsite

<https://cybhi.carelonbehavioralhealth.com/>



Thank you!



<https://cybhi.carelonbehavioralhealth.com/>



cybhitpa@carelon.com – LEAs/IHEs
cbh-tpa@carelon.com - MCPs



The California Child and Adolescent Mental Health Access Portal (Cal-MAP)

A Children and Youth Behavioral Health Initiative CalHOPE program powered by UCSF.

Empowering California Primary Care Providers to Assess and Treat Mental & Behavioral Health Conditions in Youth 0-25

Joe Cox MD, PhD, UCSF Cal-MAP

Petra Steinbuchel, MD, Director, Cal-MAP

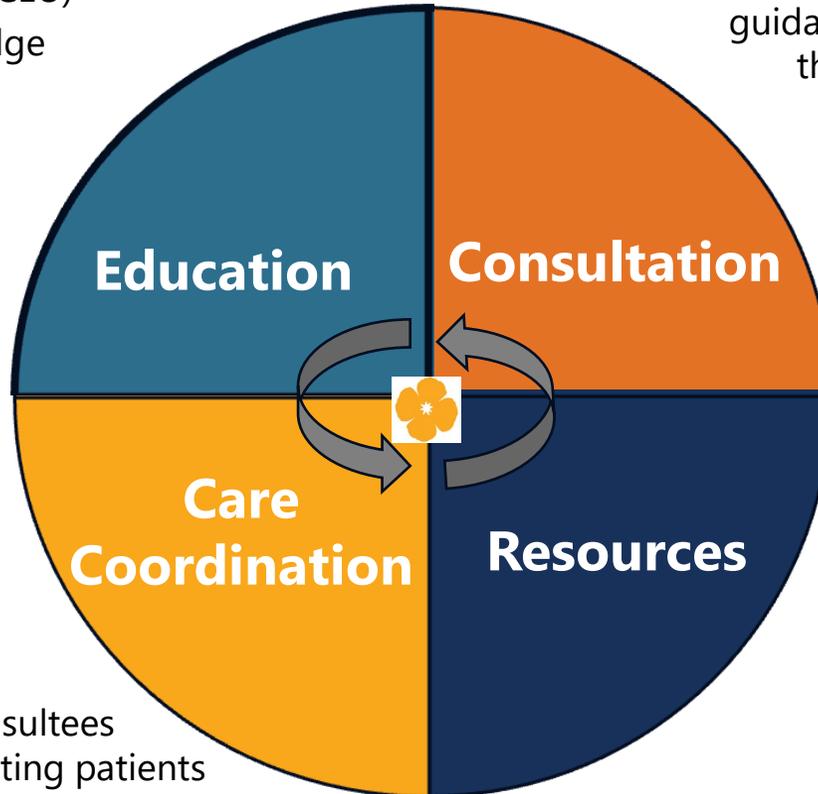
Mental Health Access Programs

Continuing education and practice transformation assistance,

Awareness
Incentivize (FREE CME / CEU)
Impart Didactic Knowledge
Establishes
Relationship
Expertise
Credibility

Office Hours and **real-time consultation** with behavioral health expert consultants

Consultation provides coaching, guidance & 'teachable moments' that over time serve to build **knowledge, skills & confidence** that can be applied to many patient encounters



Resources
Referral navigation
Care coordinators support consultees accessing referrals and connecting patients to higher levels of care when needed.

Website
Tip Sheets
Tools for Screening & Communications & Assessment
Behavior management

Applications

- » Pediatrics
- » Perinatal
- » Substance Use
- » Early Childhood
- » Eating Disorders
- » Autism
- » Emergency



Cal-MAP

CALIFORNIA CHILD & ADOLESCENT MENTAL HEALTH ACCESS PORTAL

A CalHOPE program powered by UCSF

Do you need help managing the behavioral health needs of your patients aged 0-25?

California primary care clinicians now have free access to expert mental and behavioral health consultations for patients aged 0-25.

Cal-MAP provides free CME*-eligible education and resources and clinician-to-clinician consultation with expert psychiatrists, psychologists and social workers regarding best practices in evidence-based, trauma-informed, culturally responsive care.



What Cal-Map Offers



Mental Health Curbside Consultation [↗](#)

Schedule a free consultation with a child psychiatrist, psychologist or care coordinator for patient care recommendations



Education [↗](#)

Access free CME* & CEU** eligible trainings online and in-person



Resources [↗](#)

Explore and download curated resources and tip sheets for primary care providers and families with topic- and diagnosis-specific information

* CME: Continuing Medical Education

** CEU: Continuing Education Units



"The program has been an absolute godsend... Everyone has been so supportive. I have learned so much and my patients' psychiatric care has dramatically improved."

-Barbara Botelho, MD, Pediatrician

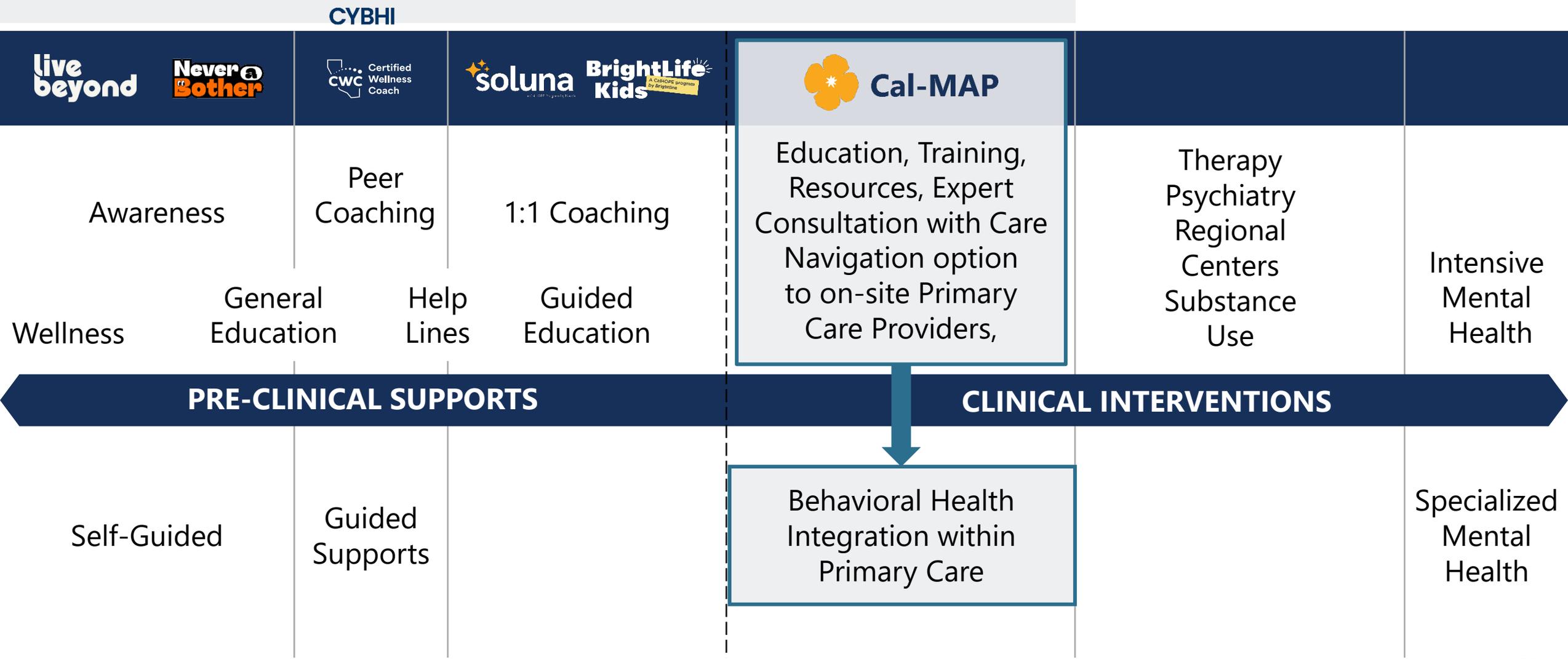
Get your behavioral health questions answered today with a Cal-MAP consult



Or Call (800) 253-2103

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

California Child Youth Behavioral Health Initiative Continuum of Supports



Cal-MAP Footprint



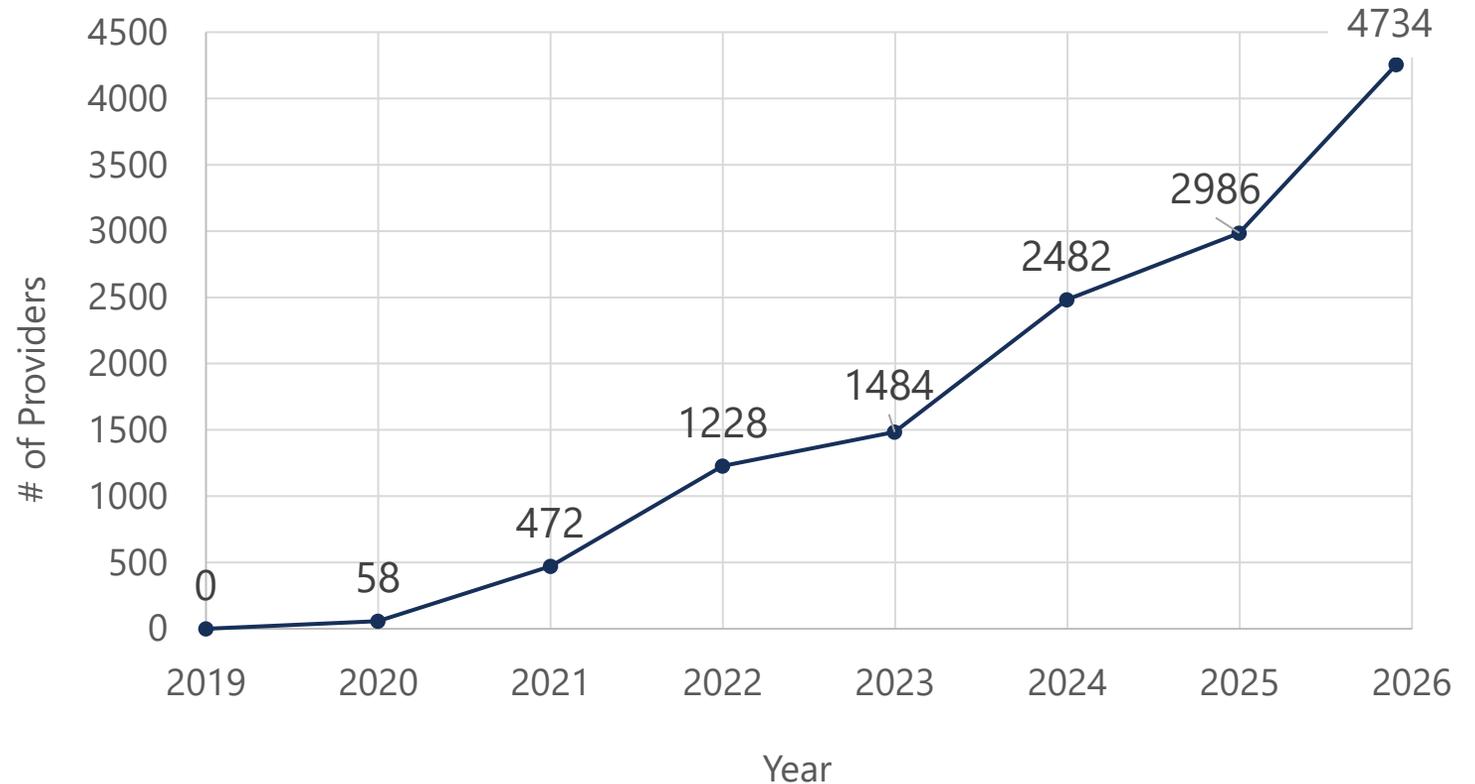
~4734 PCPs



**>7000 consults
for >4,500
unique lives**

**>4700 registered
out of
~14,000 eligible**

Cumulative Provider Count



**UCSF Child & Adolescent Psychiatry Portal (CAPP)
September 30, 2019- December 31, 2023**

New Features

- » e-Consults
- » Self-scheduling
- » Quick registration
- » Quick consult request
- » Group registration



Cal-MAP

April 2024

CA DHCS
CYBHI
launches
Cal-MAP

March 2025

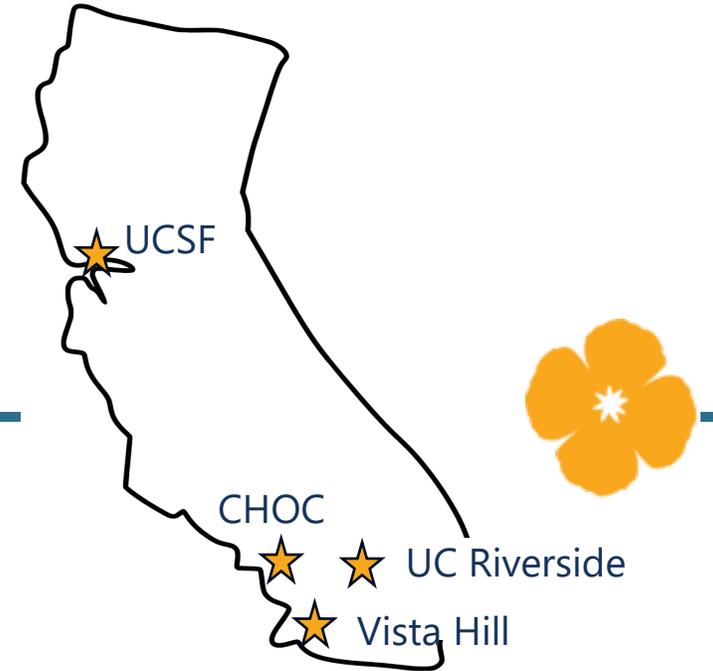
★ **UC Riverside
launches as Cal-
MAP Partner
Site**

September 2024

Cal-MAP
platform launches

June 2025

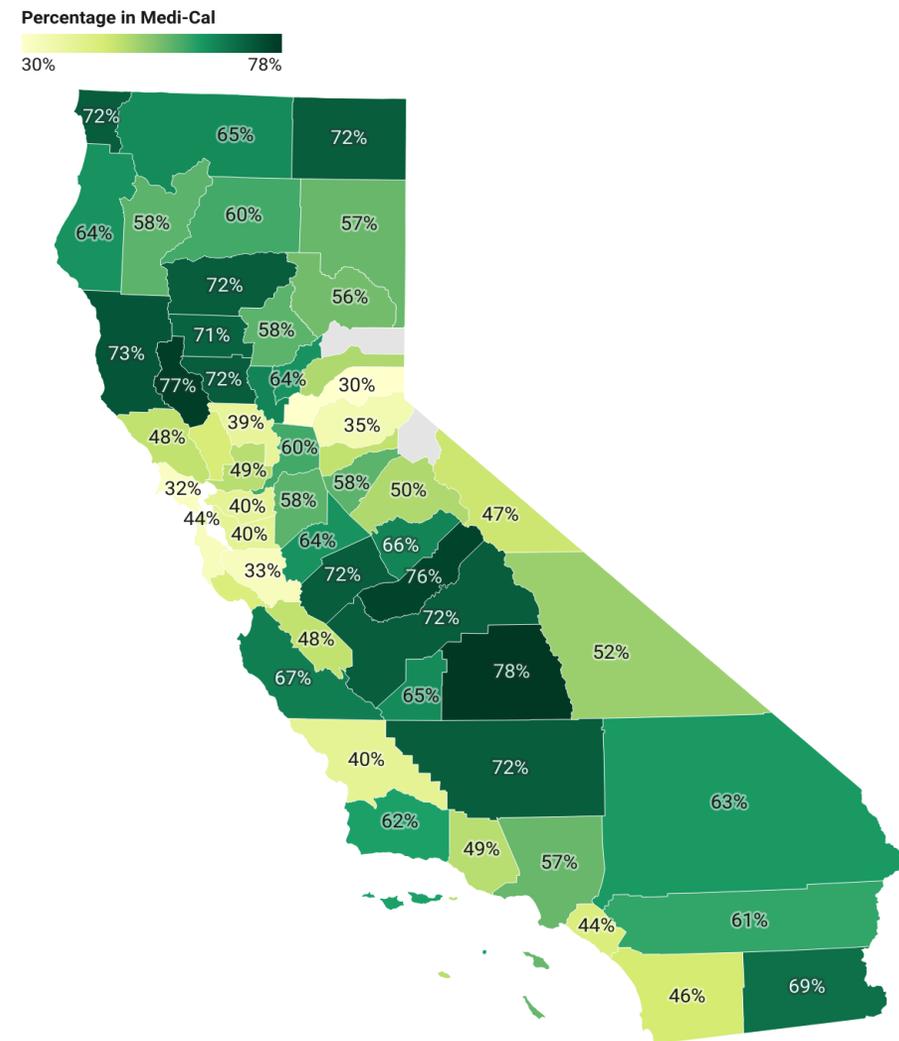
Launch Partner Sites
★ **Children's Hospital of
Orange County
&
San Diego Vista Hill**



Further expansion planned -
The best is yet to come!

Regional Partner Expansion in High-Needs Areas

	Number / Percentage of CA Population age 0-18 ¹	Number / Percentage CA Population age 0-18 with Medi-Cal ²
Statewide	8,386,716	5,265,811
48 Counties	~30%	30- 78%
Orange	8%	44%
Riverside	7%	61%
San Bernardino	6%	63%
San Diego	9%	46%
Los Angeles	23%	57%



1. <https://www.kidsdata.org>

2. <https://laborcenter.berkeley.edu/medi-cal-enrollment-among-children-and-teens-by-district-and-county-2024/>

Cal-MAP supports



Organizational Principles to Guide and Define the Child Health Care System and/or Improve the Health of all Children

**American Academy of Pediatrics
Primary Care
Mental Health
Competencies,
2019, 2025.**

Policy Statement—The Future of Pediatrics: Mental Health Competencies for Pediatric Primary Care

TABLE 2 Excerpts from American Academy of Pediatrics Mental Health Competencies for Pediatric Primary Care Clinicians, 2019³⁹

Communication Skills	Promotion & Prevention	Evidence-based Assessment	Evidence-based Psychosocial Intervention	Evidence-based Psychopharmacological Skills	Team-based Skills
Therapeutic Alliance with Families	<p>Anticipatory Guidance</p> <p>Identify Emerging Symptoms</p>	<p>Screeners & Rating Scales</p> <p>Diagnose Common Conditions</p> <p>Recognize Emergencies</p>	<p>Deliver brief interventions</p> <p>Refer</p>	<p>First line for</p> <p>ADHD, Depression, Anxiety</p>	<p>Plan Care</p> <p>Coordinate Transition to higher level</p>



Because Mental Health is Health

1997

Developmental Behavioral Pediatrics Clinical Training Requirement¹

2007

Resident Survey:
Low confidence in Behavioral/ Mental Health Skills^{2, 3}

2009

American Academy of Pediatrics publishes Primary Care Mental Health Competencies updated 2019, 2025⁴

2017

American Board of Pediatrics includes Behavioral/ Mental Health Skills in core Entrusted Professional Activities

2018

Resident Survey:
Improved, but continued low confidence in Behavioral/ Mental Health Skills

2025

Cal-MAP – and similar statewide programs – support trainees, and the faculty who train them

2024

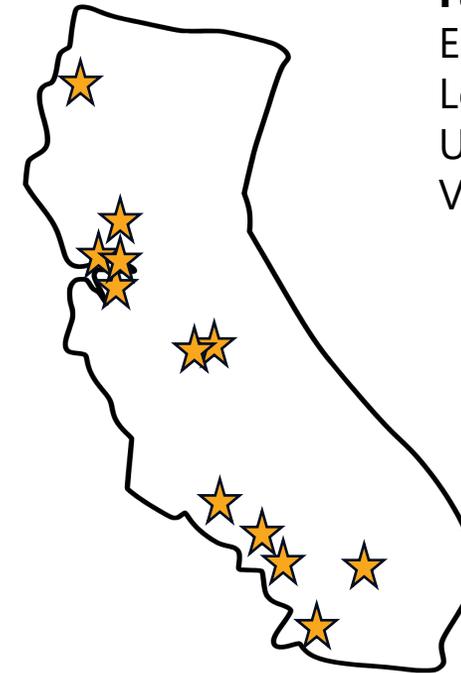
Additional Mental Health Clinical Training requirement, July 2025

1. Stein et al 2017; 2. Horwitz et al 2015; 3. Committee on Psychosocial Aspects of Child and Family Health and Task Force on Mental Health 2009; 4. Weitzman et al 2025.

	American Academy of Pediatrics Mental Health Competencies for Pediatric Practice	American Board of Pediatrics Mental Health Competencies for Pediatric Residents	American Board of Pediatrics Mental Health General Pediatrics Board Exam Content
ADHD	X	X	X
Depression	X	X	X
Anxiety	X	X	X
Suicidality	X	X	X
Autism	-	X	X
Intellectual and learning disabilities	<p style="text-align: center;">Cal-MAP Enables Primary Care Providers in Caring for Multiple Mental & Behavioral Concerns</p>		X
ACEs/Trauma			X
Substance Use			X
Screening behavioral health			X
Shared decision making			X
Referring and Collaborating w/ MH clinicians	X	X	X
Utilizing MH resources	X	X	X
Addressing psychosocial factors	X	X	X

Cal-MAP impact with Primary Care Residents and Faculty

- » Of the ~1000 pediatric residents in California:
 - Over 250 have rotated with Cal-MAP consultants
 - Over 600 residents have been educated about Cal-MAP
 - Over 400 residents have been group registered, and many more individually
- » Plus hundreds of resident-supervising faculty



Residency Engagement

Family Medicine:

Eureka Family Medicine
Loma Linda
UC Riverside
Ventura Medical Center

Pediatrics

CHOC-UC Irvine
Loma Linda
Cottage Pediatrics
Stanford
UCSF - Oakland
UCSF - San Francisco
UCSF Fresno
Valley Children's

Cal-MAP Supports Evidence-Based Care Practices, Universal Behavioral Health Screening

- » **50 percent** of PCPs endorse increased use of diagnostic tools, approaches, and use of non-pharmacologic interventions.
- » **250 percent increased** use of validated screening tools.

Ripple Effect of Consultation



**Learn how to
diagnose and treat**

» One consult, one patient



**Apply new knowledge &
skills across clinical panel**

» One clinician, patient panel
= 1800



**Practice addresses mental
and behavioral health**

» One practice, many clinicians
x 1800 patients

"Dr. McCracken was very helpful and thorough and provided me with information that will help me not only now with this patient, but in my future practice with my autistic patients. Thank you."

Cal-MAP Users Endorse Positive Experience, Feeling Supported

*"This was such a successful and efficient consult-
I am so thankful for the assistance!"*

*"Timely response and very helpful consultation.
Very happy with this service."*

*"I appreciate the detailed care that the provider
offered, listened very carefully. thank you"*

EXPERIENCE = 4.4/5

SATISFACTION = 4.5/5

Cal-MAP can further support and align goals: CYBHI, CaAIM, and Behavioral Health Transformation

CYBHI	CaAIM	Behavioral Health Transformation
Increase timely, quality access to care	Increase timely, quality access to care	Increase timely, quality access to care
Improve experience accessing and receiving BH care	Value-based initiatives to improve outcomes and quality	Improve care experience
Decrease behavioral health challenges, suicidal ideation, emergency department visits	Behavioral health screening	Decrease untreated BH conditions

Connecting For Care

Most plants communicate with each other underground through their root system to ensure optimal growth for all.

Similarly, we want to ensure we are connecting with you to ensure optimal development of California's youth.



Thank You.



Building a brighter future for California families



Today's Speaker:

Noa Oldak-Moradian (*she/her/hers*)

Director, Community Engagement



BrightLife Kids

A CalHOPE program by Brightline

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

soluna

a CalHOPE Program by Kooth

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

Making an Impact for California Youth: Soluna and BrightLife Kids

450k+

user registered to connect with the support they need

100k+

coaching sessions delivered to California families and youth

over 50%

of users report never having accessed mental health services before

over 50%

of users identify as BIPOC

more than 55%

of users are from under-resourced communities as defined by the Healthy Places Index



Reporting Period: Jan 1, 2024 - Nov 30, 2025

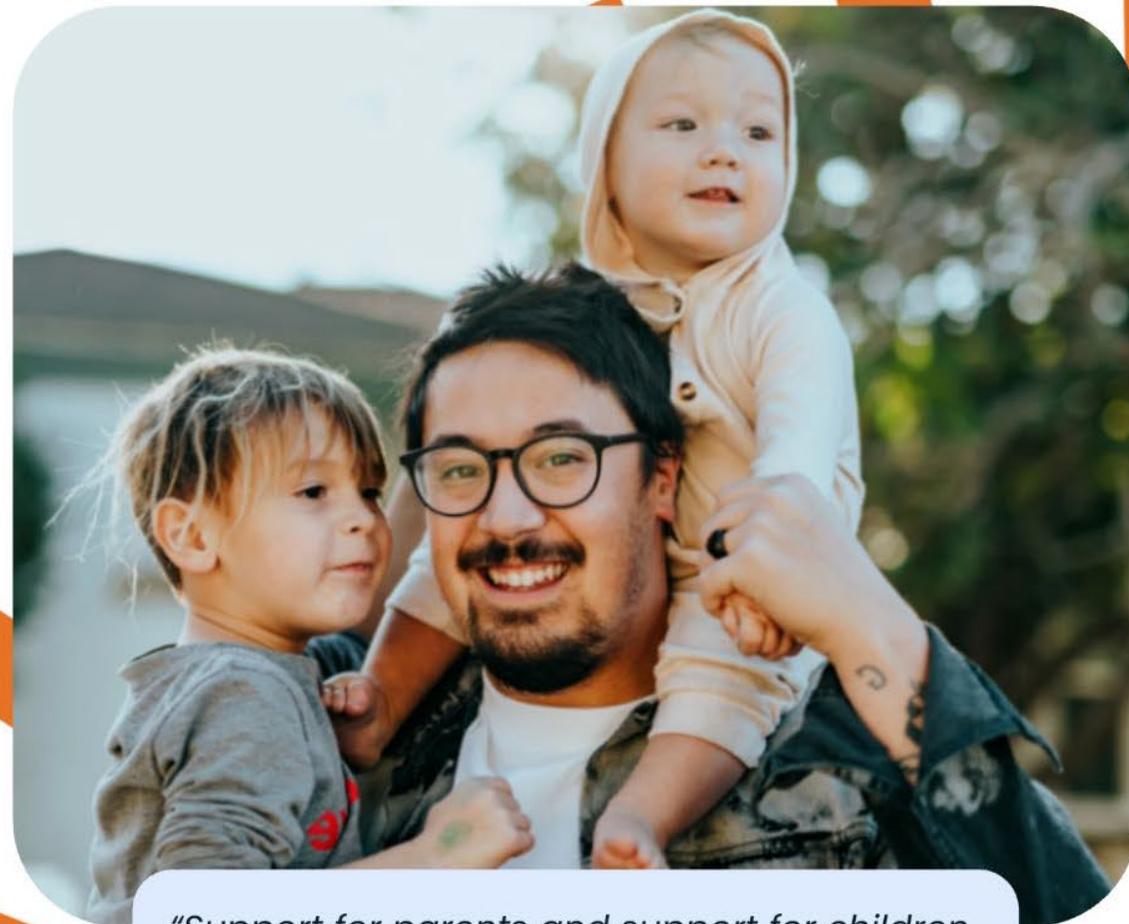
BrightLife Kids

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

We reached
310,00+ children enrolled
since launch two years ago

- **77%** are engaging in behavioral health care for the first time with BrightLife Kids
- **63%** from under-resourced communities
- **73%** identify as BIPOC
- **89%** of coaching goals met
- **99%** of families satisfied with their experience



BrightLife Kids

A CalHOPE program by Brightline

We have developed
1800+ partnerships
across the state of California

- **41** County Offices of Education, **200+** School Districts and their departments and **330+** 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 (e.g. CalAIM Enhanced Care Management, social determinants of health needs)



Affiliate Network Partners as of December 2025

- Bay Area Clinical Associates (BACA)
- Berkeley Food Network
- Brain Health USA
- Castle Rock Family Services
- Center for Family Health & Education (CFFHAE)
- Child Guidance Center
- Children's Health Council
- Claris Health
- Counseling4Kids
- Equip
- Evolve Treatment Center
- 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)
- Parish Health and Wellness (PHW)
- Psychological Services of Riverside (PSR)
- SHARK Clinic
- Tarzana Treatment Center
- Trust Mental Health
- TURN Behavioral Health Services
- UC San Diego Health - Eating Disorders Center for Treatment and Research
- Victor Community Support Services
- We Care Services for Children



Grateful for our partners

“

Our partnership with BrightLife Kids has been amazing. They are always available to support parents and provide the necessary services free of charge. This is a very important service for the families in the community that we serve and we are grateful for this collaboration.

Child Development Institute

Partner Resources

Visit brightlife.kids/partners for downloadable flyers, videos, social media posts and more!



Introducing...

 **soluna**
A CalHOPE Program

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

VP, Partnerships

tully@kooth.com



 soluna · kooth ·  DHCS · CalHOPE

Soluna supports the youth you serve

A free, state-funded digital mental health resource for California youth ages 13–25.



What is Soluna?

Soluna provides **self-guided tools, safe peer spaces, and 1:1 coaching** to help young people manage stress and build resilience.

Funded by the CA Department of Health Care Services.



How can you integrate it?

- Bookmark Soluna (web.solunaapp.com) on youth-accessible devices for easy access
- Incorporate Soluna into social emotional learning instruction, psychoeducation etc.
- Share Soluna with your community (i.e., wellness centers, restrooms, website, newsletter)
- Host a youth workshop or family information session
- Include Soluna as a no-cost referral resource



How can you get involved?



Book a Training or Workshop:
ce@solunaapp.com or
partnerships@solunaapp.com



Order Materials (no cost):
solunaapp.com/resources



Share with Youth:
Scan QR code or visit
solunaapp.com



Tell Your Community:
[Download the Digital Tool Kit](#)



Help empower youth and shape futures - go to solunaapp.com for more information and access to exclusive merch and materials!

soluna
a CalHOPE Program

HCS



With 141k+ users, Soluna has reached 1-in-42 eligible youth across California¹

- **85%** of respondents had at least one need met during a single coaching session²
- **86%** of respondents have learned they're not the only one going through certain things or feeling the way they do³
- **73%** of respondents know more about where to get help when they need it³
- **66%** of respondents felt more connected to others who share and support their values³
- **52%** had never received mental health services before using Soluna³

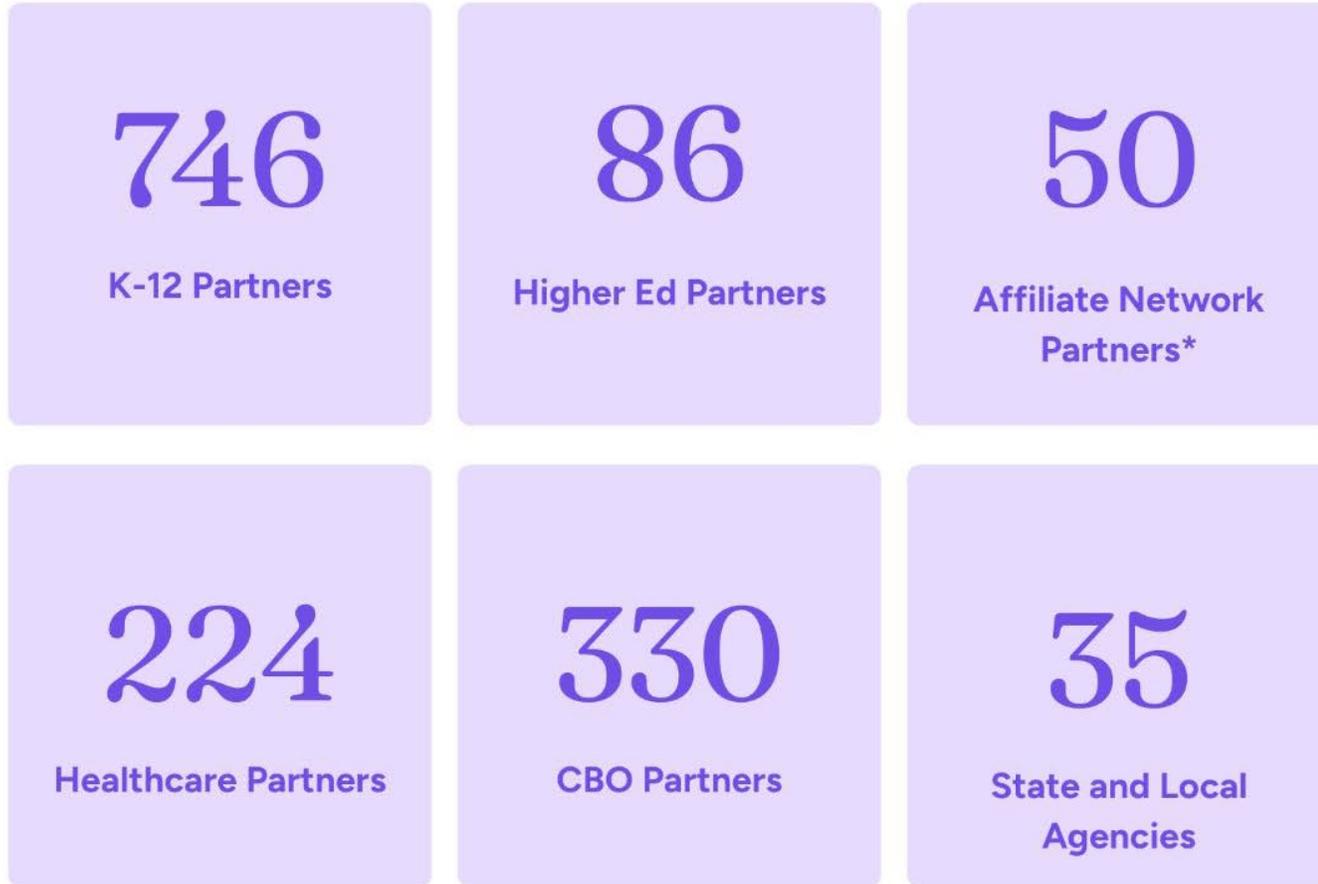




We asked our
Young Adult
Ambassadors:
“Why Soluna?”

Partnerships and Community Engagement

Soluna partners closely with the community to reach youth where they are, when they need it.



1421
partners are bringing
Soluna to their
community

*Defined as individuals and organizations that have taken an action to promote Soluna to their community (e.g. distributing materials, participating in events, etc.); Affiliate Network partners receive closed-loop referrals to link youth to additional services and are a mix of healthcare providers, CBOs, and other agencies already counted in total number of partners
Reporting period: Jan 1, 2024 - Nov 30, 2025

Fifty Community-Based Organizations now partner through Soluna's Affiliate Network to receive warm hand-offs and closed-loop referrals and strengthen the care continuum

"Soluna has been a vital resource in our community, successfully lowering the barriers to mental health support for our youth and young adults. It's free, confidential platform offers culturally responsive coaching and tools that feel truly relevant and accessible to young people today, ensuring help is available when and where they need it most." – Josh Selo, Chief Executive Officer, [Bill Wilson Center](#), Behavioral Health CBO



"Partnering with Soluna has been an incredibly positive and impactful experience for Castle Rock Family Services....Their collaborative approach and clear communication make them a trusted and valued partner in supporting our shared mission of mental and emotional wellness." – Team at [Castle Rock Family Services](#), Mental Health Provider

"Partnering with Soluna has been an incredible opportunity to expand access to free and affordable integrative mental health services for youth and young adults....Together, we're creating a more inclusive, empowering path to wellbeing for the next generation." – Team at [Poppy Life Care](#), Holistic Healthcare



Thank you!



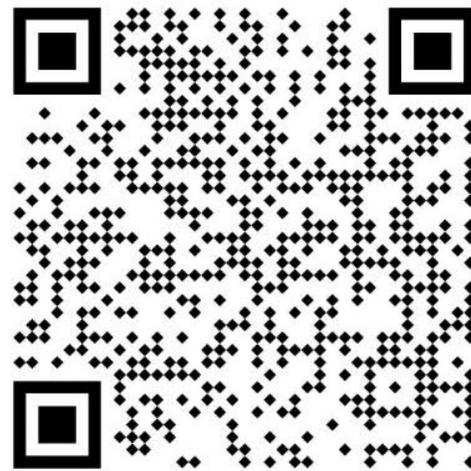
solunaapp.com



(844) 582-2111



ce@solunaapp.com



brightlife.kids/ca



(888) 275-5357



ce@hellobrightline.com



Office of the Surgeon General (OSG)



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RAND Evaluation of *Live Beyond*



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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

live beyond



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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: Post-Campaign 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 Press Pickups

Highlights:

- **394 Total Placements**, inclusive of **The Associated Press** and **KTLA**
- **69.8M Total Potential Audience***
- **\$945K AVE** (Advertising Value Equivalency)
- **11.5K Engagement** (Number of click-throughs, shares, and downloads of the press release)

**Total potential audience represents the sum of each outlet's UVM (unique viewers per month).*



Early Success for California's "Live Beyond" Adverse Childhood Experiences Public Awareness Campaign



Adverse childhood experiences (ACEs) are traumatic events, such as abuse, neglect, and household stress, that occur before the age of 18. Roughly two in three U.S. adults report at least one ACE, and one in six report four or more ACEs. These experiences can lead to *toxic stress*, which is heightened and prolonged physiological and psychological changes that occur in response to trauma. Toxic stress damages health and well-being into adulthood and can be transmitted from one generation to the next through biological and social processes. Because of these potential serious consequences, it is important to address ACEs among youth and among adult caregivers of young children, who might have experienced ACEs themselves and could pass their harmful effects to future generations.

New Developments



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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 visit livebeyondca.org/campaign-resources/ to access digitally, or order from our new storefront*.

**Available while supplies last.*

How to support youth impacted by ACEs and trauma

Adverse Childhood Experiences (ACEs) are stressful or potentially traumatic experiences that happen to us before we turn 18. Although ACEs and other trauma may cause lasting wear and tear on our bodies and brains, Positive Childhood Experiences (PCEs) can counteract the effects of ACEs. PCEs include: having supportive relationships, learning skills for coping with challenges, and participating in cultural traditions. PCEs can be life-changing for a young person — and educators, coaches, and other supportive adults can help nurture them.

How can I create PCEs to support young people in my life?

- Create safe and calm spaces that provide refuge for young people, where they can feel secure and express their emotions. This can be a cozy reading corner or “book nook” away from other activity. The Live Beyond campaign has a list of helpful books for all ages.
- Support cultural connections and traditions. Find ways to honor young people’s unique abilities and backgrounds. Support feelings of belonging and connection to their cultures.
- Make them feel that they matter by giving them responsibility — like helping out in the classroom or community room, planning a group activity, and providing other age-appropriate activities that give them a sense of ownership.

Stories page to hear tips from parents, caregivers, and youth across California.

...able, nurturing adults, and leave a lasting impact on their healing.

© 2022-23-OSG



Help young people thrive by creating Positive Childhood Experiences

Whether you’re an educator, coach, or other supportive adult, let’s create positive experiences for youth in our community.

The impacts of adversity on children and teens can be reduced with positive experiences we create for them. Positive Childhood Experiences (PCEs) build resilience and promoting lifelong mental well-being against stress and adversity—now and later in life.

- Being able to share feelings with family and friends
- Feeling a sense of belonging in school
- Participating in meaningful community or cultural activities
- Having at least two non-parent adults take an interest in you
- Feeling safe and protected at home
- Learning skills to cope with challenges and adversity

Whether you’re an educator, coach, or other adult, you can help create PCEs, develop strong emotions, and build resilience.

Download these resources at livebeyondCA.org:



- **Booklist:** A tool to help youth understand mental health, resilience, and coping strategies.
- **Poster:** A visual about the impact of ACEs and PCEs.
- **Palm Cards:** Handouts with stress-busting strategies.
- **Bookmark:** A useful health and healing resource.
- **Additional resources:** A healing journal, a list of helpful books, and more.

To order a physical toolkit of resources, please email info@livebeyondCA.org.

It takes a community to heal and live beyond ACEs

Our village of adults — at school and in the community — can all create PCEs for kids, teens, and young adults. Learn how behaviors may be rooted in trauma and how we can build skills and practices to help young people thrive.

Resources for youth and caregivers:

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

BrightLife app
For parents, caregivers, and kids up to age 12 in California, BrightLife offers coaching and mental health support in English and Spanish.
Video or chat. Free and confidential. hellobrightline.com/brightlifekids

Live Beyond campaign
A community-created campaign to help youth and caregivers heal from the impacts of ACEs and toxic stress, with stories, videos, resources, and more.
livebeyondCA.org

Trainings for adults who care about youth:

Safe Spaces: trauma-informed training
Free self-paced online training to help individuals working with youth — such as coaches, teachers, administrators, and mentors — recognize and respond to trauma and stress. Available in English and Spanish.
Available at osg.ca.gov/safespaces

Open Doors: supporting youth
Free (online and in-person) training for adults supporting youth ages 12–26 who may have substance use or other behavioral health issues.
Available at opendoorstraining.org

ACEs Aware Learning Center
Free self-paced online training and webinars — primarily for clinical staff — about ACEs screenings and strategies for mitigating toxic stress. Includes spotlights on California organizations and practical tips.
Available at acesaware.org/training

Join the challenge!
Download resources • Host an activity • Share your story

**Available while supplies last.*

NEW *Live Beyond* Storefront for All Toolkits

Shopify “storefront” live on *Live Beyond* website, where organizations or individuals can order one of three toolkits to be shipped to them:

- Healthcare provider toolkit
- Supportive Adult Toolkit
- CBO toolkit
- Healing journals
- Native Toolkit

<p>CBO Toolkit</p>	<p>Supportive Adult Toolkit</p>	<p>Provider Toolkit</p>
<p>CBO TOOLKIT For community, youth and family serving organizations.</p>	<p>SUPPORTIVE ADULT TOOLKIT For educators, coaches, and other adults serving youth.</p>	<p>PROVIDER TOOLKIT For healthcare, mental health, and other providers.</p>
<p>\$0.00 USD</p>	<p>\$0.00 USD</p>	<p>\$0.00 USD</p>

New Partnerships



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California Community College Student Ambassador Program

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.



FOUNDATION *for* CALIFORNIA
COMMUNITY COLLEGES

California AfterSchool Network & Boys & Girls Club Partnership

Live Beyond will partner with the following organizations through the duration of this campaign.

- The **California AfterSchool Network (CAN)**: a statewide organization that serves as a voice and resource for expanded learning (afterschool and summer) programs in California.
- The "**California Boys and Girls Club**": a network of local Boys & Girls Clubs throughout the state.

Both groups:

- Provide services specifically tailored to the needs of their local communities within California.
- Provide a safe environment during non-school hours.
- Generally serve youth from ages 6 to 18, statewide.
- Have broad reach, with hundreds of programs and clubs across the state.



BOYS & GIRLS CLUBS
CALIFORNIA ALLIANCE

What's Next for *Live Beyond?*



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Ongoing Efforts to Reach Impacted Communities Persists

- Continued outreach to **impacted communities** to increase awareness about ACEs and healing from toxic stress.
- Continued outreach to **community partners, healthcare providers, educators, and other adults** with youth in their care.
- Continuing to identify opportunities to **center youth stories** of resilience and healing via various speaking engagements, UGC content opportunities to address their peers and young males (aligned with governor's EO), and ongoing pitching to major news outlets with op-eds authored by youth advisors.

Follow *Live Beyond* on Social!

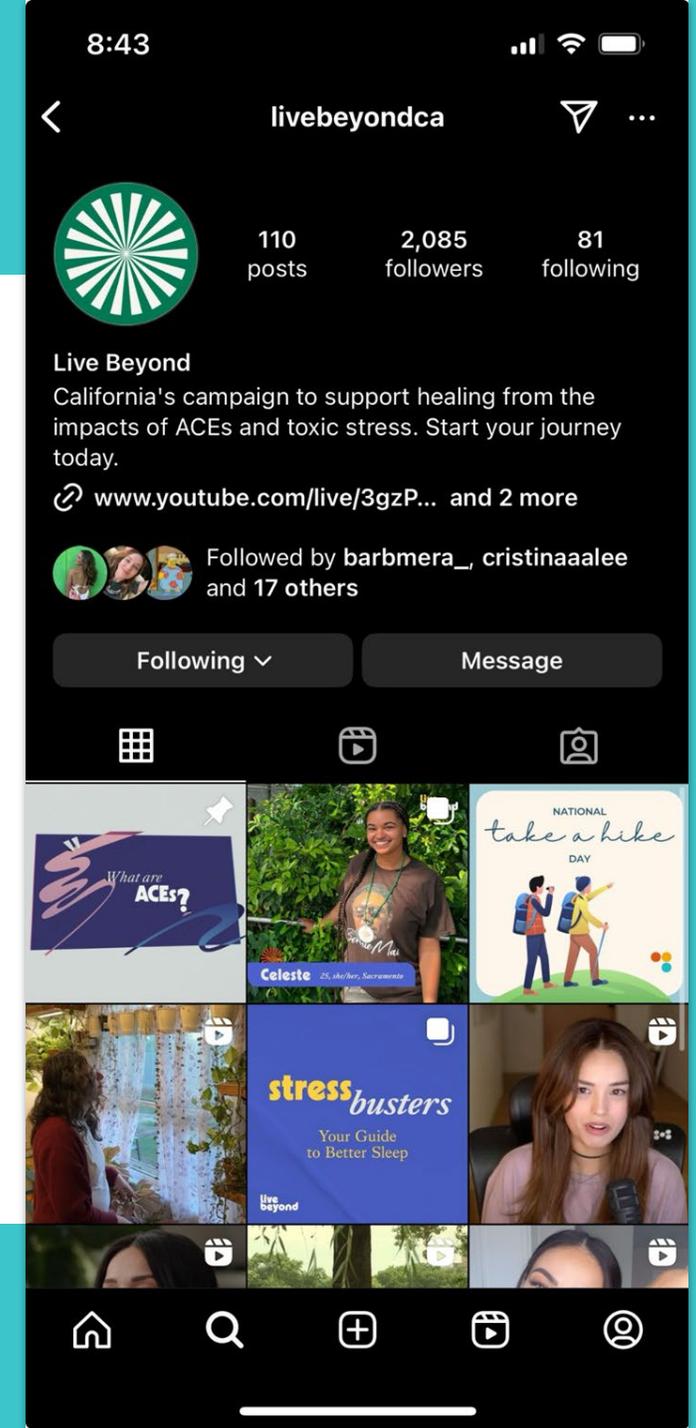
Visit our expanded website: livebeyondCA.org

Instagram: [@LiveBeyondCA](https://www.instagram.com/LiveBeyondCA)

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

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

YouTube: [@LiveBeyondCA](https://www.youtube.com/@LiveBeyondCA)



Agenda

Topic	Time	Sub-Topics
California Department of Public Health Office of School Health	4:05 - 4:20	Safe Spaces Recognize, Respond, Connect
California Department of Health Care Access and Information	4:20 - 4:40	Wellness Coaches BH-CONNECT Broad Behavioral Health (Open Doors & Youth Mental Health Academy)
California Department of Public Health Office of Health Equity	4:40 - 4:55	Take Space to Pause

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





CDPH School Health

CYBHI Public Webinar

Email: SafeSchoolsTeam@cdph.ca.gov

School HUB: Schools.CDPH.CA.gov

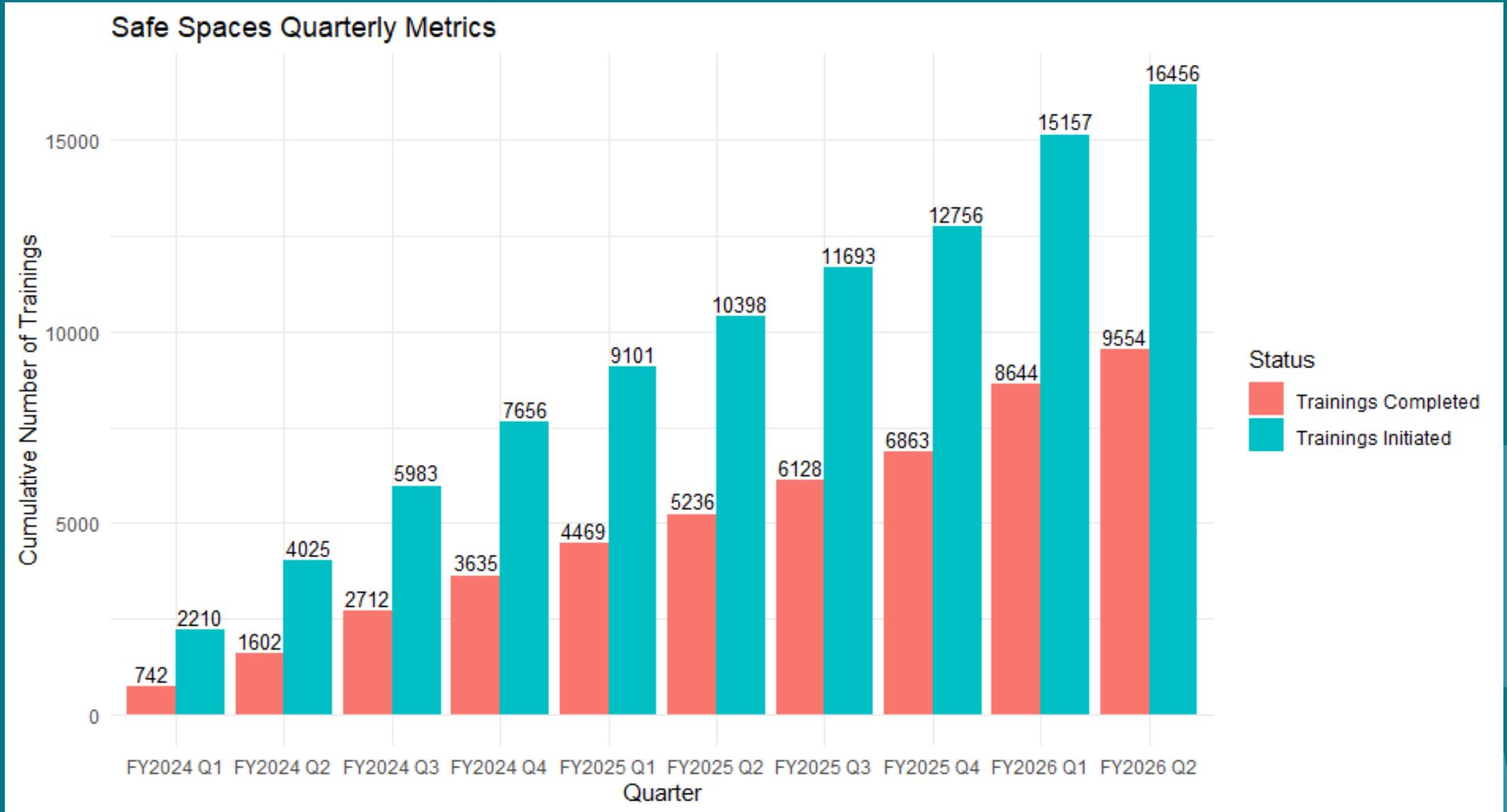
Updates on Safe Spaces Training and Introducing Recognize, Respond, Connect



Safe Spaces Training Updates

- For early care providers, TK-12 educators, and others who work with children/youth to recognize and respond to trauma and stress while creating nurturing environments for learning and development.
- Originally developed by Office of California Surgeon General.
- Training 2 hours, is free, online, and self-paced.
- Modules for adults who work with children/youth ages 0-5, 5-11, 12-18.
- Available in English and Spanish.
- Continuing professional education credits available (CME/CE).

Safe Spaces Cumulative Data



Learn more online!



Take the training today!
Scan the QR code or visit
training.ACEsAware.org



Become a Safe Spaces Trainer!

- Learn once. Train many. Bring Safe Spaces to your community.
- What you receive
- Free 6-hour interactive Train-the-Trainer workshop
- Certification to deliver Safe Spaces trainings
- Complete facilitation toolkit (slides, guides, activities)
- Ongoing technical assistance and coaching
- Unlimited ability to train staff in your school or district
- Cost
- \$0 to attend
- \$0 to train others
- Free certificates and applicable CE/CME credits for all participants

Ready to get started?

questions@acesaware.org



Introducing: Recognize, Respond, Connect

Supporting the
Behavioral Health
of Our Students





What does it take to make school feel like a safe and welcoming place where every student feels supported?

For many students, school provides a source of stability when other things in life can feel overwhelming.

For students, school can be an opportunity to feel seen, heard, and supported in ways that truly make a difference.

Imagine a school where every student knows they can turn to at least one trusted adult.

Safe, stable, and nurturing environments like supportive schools and relationships with trusted adults help students succeed, no matter what they face inside or outside the classroom.

School staff play a vital part in shaping how students experience school.



Recognize, Respond, Connect: Supporting the Behavioral Health of Our Students

- 50-minute training
- Online, self-paced
- Free!
- Free CE/CME provided for physicians, psychologists, social workers, nurses, and physician assistants



**Recognize,
Respond,
Connect**

Supporting the
Behavioral Health
of Our Students

CDPH
California Department of
Public Health

aces aware
SCREEN. TREAT. HEAL.



Understanding Risk Factors

"Behavioral health," according to the California Education code, is an umbrella term for factors that influence an individual's overall health, including:

- Mental health
- Substance use
- Stress-related symptoms
- Actions or habits that impact physical, mental, and social emotional well-being.

Common risk factors for poor student behavioral health in students:

- **Adverse Childhood Experiences (ACEs)**
- **Toxic stress**
- **No sense of belonging**
- Inherited traits
- Poverty
- Housing and food insecurity
- Systemic injustice and structural discrimination
- Natural disasters

RRC Training Aims



→ Teach simple, practical ways school staff can become trusted and caring adults in the lives of students to build safe and supportive school communities where everyone can thrive.

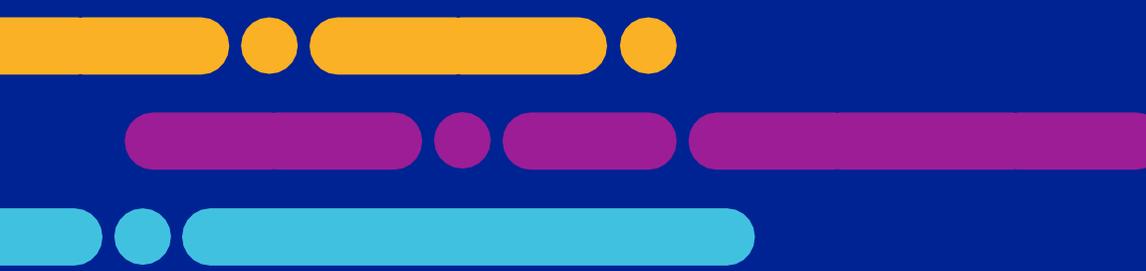


→ Provide an overview of Adverse Childhood Experiences (ACEs) and other common adversities, and how they can affect students' ability to learn, connect, and thrive.



→ Guide staff on how to recognize signs of distress in students, respond with empathy and support, and make referrals for students experiencing behavioral health challenges.

Developed and Reviewed by Experts



- ✓ Developed in collaboration with subject matter experts who have extensive experience working on the ground with students in educational settings
- ✓ Pilot tested with more than 35 classified and certificated school staff
- ✓ Followed best practices to ensure a high quality learner experience

Take the Training Today!



Complete the 50-minute training and become a trusted adult in your school community.

training.acesaware.org/rrc





Thank you!

The Office of School Health is here to support you

SafeSchoolsTeam@cdph.ca.gov

Department of Health Care Access and Information (HCAI)



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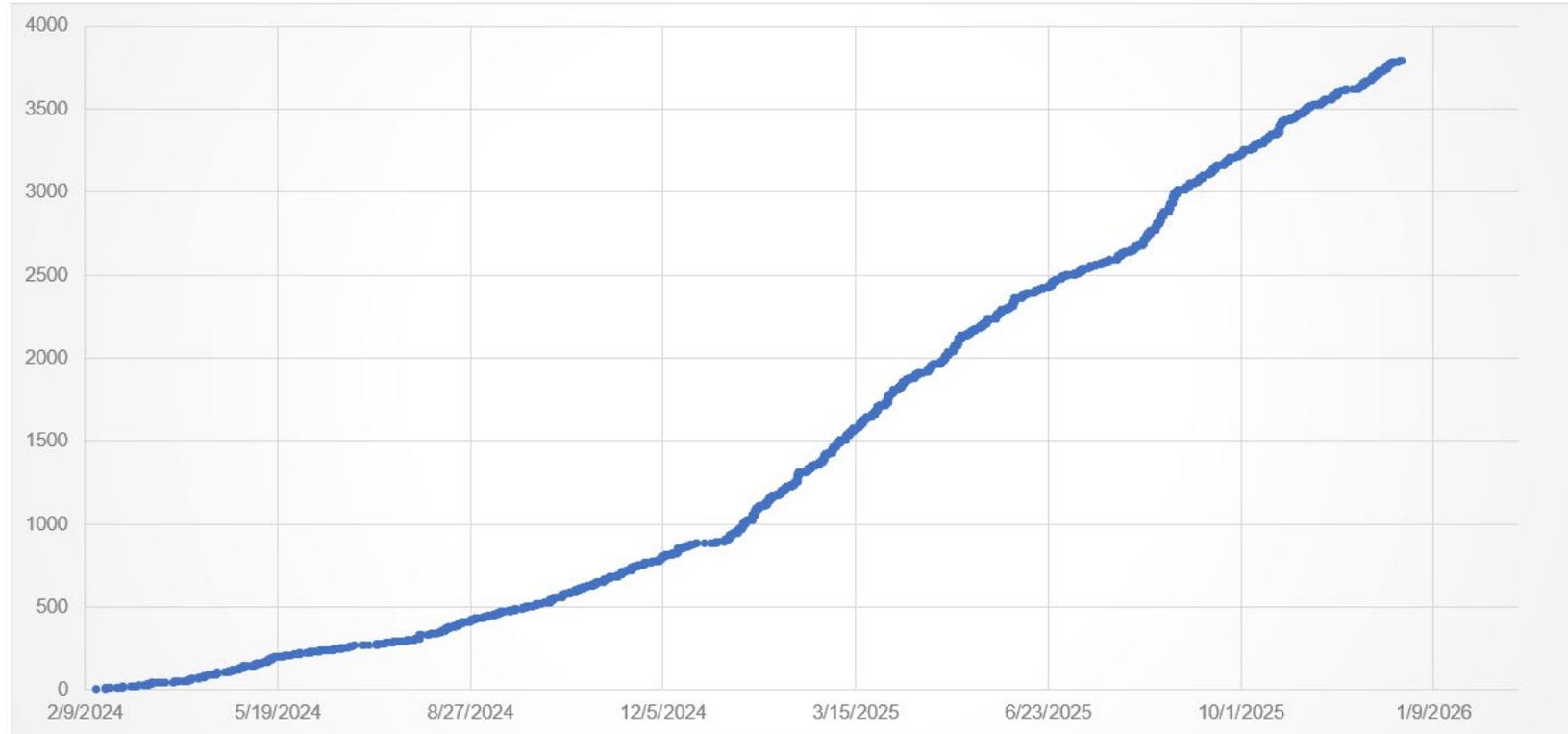
Wellness Coaches



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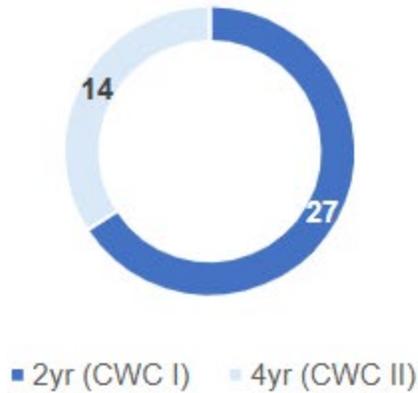
Cumulative # of Certified Wellness Coaches



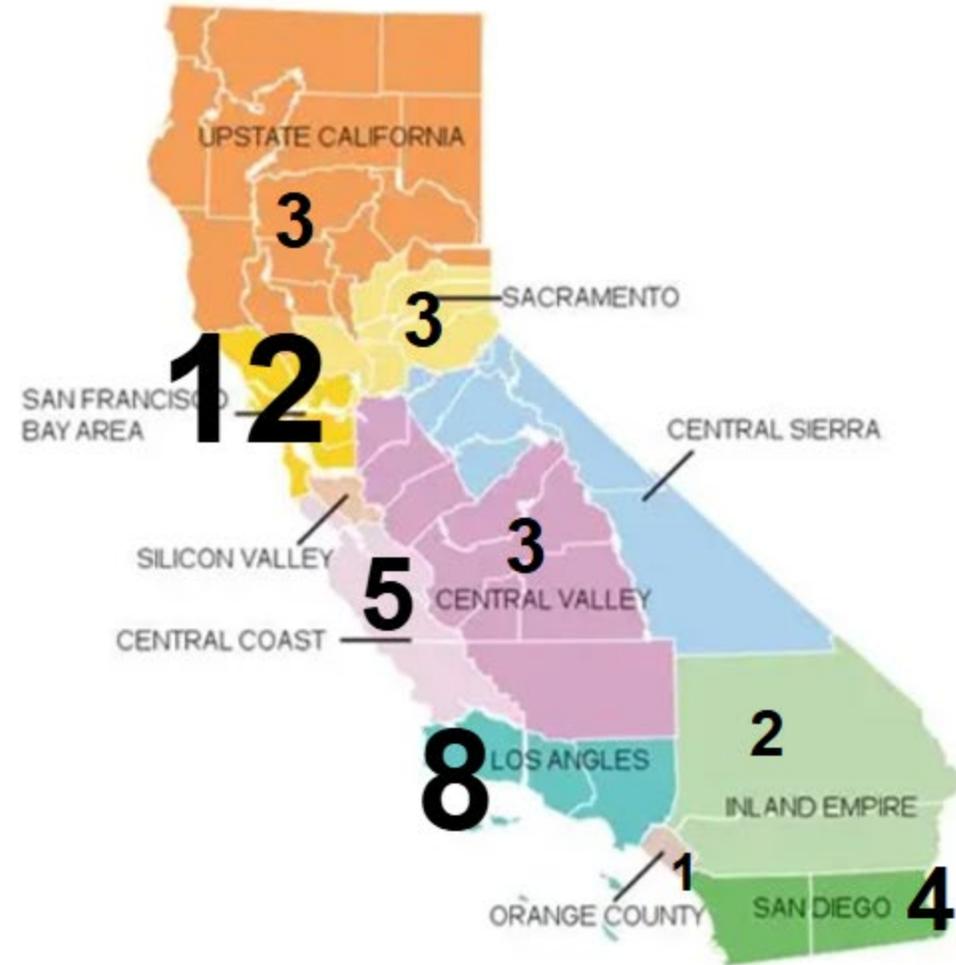
3,770
Certified Wellness
Coaches
(as of 12/29/2025)

HCAI Designated Education Programs

Grant Awardees



41 programs are currently developing their designated programs, aligning their curricula with CWC competencies.



Certified Wellness Coach Apprenticeship

- Inter-agency collaboration between HCAI, California Community College Chancellor's Office, and the Labor & Workforce Development Agency.
- Competency-based earn-and-learn model combines community college coursework with paid on-the-job training in schools and community-based placements.
- Demonstration project that supports Governor Newsom's goal of 500,000 new apprentices by 2029, with demonstration sites at three community colleges (Lemoore, Chabot and West Los Angeles).
- Community college system to develop scalability model to allow for expansion to additional programs statewide.

Certified Wellness Coaches Celebration



INSIDE California
Education

WELLNESS COACH



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



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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 February 2, 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
- **2026 Application Cycle:** mid-2026
- Questions? Contact us here:
MBHSLRP@hcai.ca.gov



Broad Behavioral Health



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JSIY/SUD BH Training

What is Open Doors?

- 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
- 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

- 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/>



JSIY/SUD BH Training Types – cont.

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, 2025
 - As of December 17, 2025, 524 participants have fully completed the Core training program
 - Core Training is currently scheduling into September 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 is anticipated to launch on Feb. 19, 2026

Youth Mental Health Academy (YMHA)

What is Youth Mental Health Academy (YMHA)?

- The Youth Mental Health Academy (YMHA) is a 14-month, community-based career development program offering paid internships, mentorship, and project-based learning to equip students with knowledge and real-world experience in mental health.
 - 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.
- Visit the Youth Mental Health Academy (YMHA) website to learn more: <https://childmind.org/youth-mental-health-academy/>

Youth Mental Health Academy (YMHA) – cont.

Current Updates

- Overall Program Reach
 - 2400+ students
 - 480+ Capstone projects
 - 700+ interns across 103 placements (cohort 1 & 2)
- Internship Gaps & Needs
 - 100 additional host organizations needed for Summer internships by January 31, 2026
 - Looking for organizations willing to host 1–3 interns
 - Contact to Nina Denson at nina.denson@childmind.org for more info

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 ~400 participants during the summer of 2026
 - Student applications are currently open and close on February 28, 2026
 - The program is anticipated to run from June 22, 2026 to July 23, 2026

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>

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



OFFICE OF THE CALIFORNIA SURGEON GENERAL



Agenda

Take Space To Pause Campaign (TSTP) Overview

- Introduction to TSTP Campaign
- Update on TSTP Campaign Evaluation - Statewide Report and Month of Action
- CYBHI Youth Co-Lab Statewide Month of Action (SMOA)
- "Youth Leadership in Action" - In Maddie's Words: Native Youth & Social Change

Community Alliances for Local Impact (CALI) Campaigns

- Grantee Spotlight: The Village Project

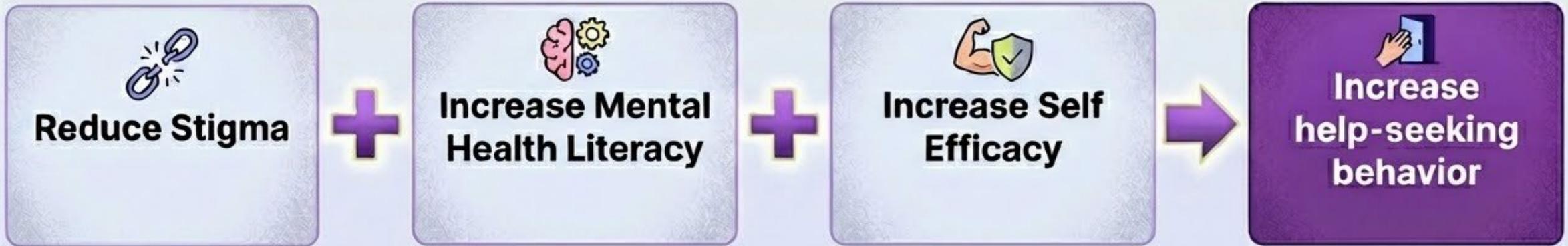
Campaign at a Glance

Priority Audience Groups

California Teens, ages 13–17

African Americans/Black, Native Americans/Alaskan Natives, Asians and Pacific Islanders, Latinos, and LGBTQ+communities, with special consideration for transitional-age youth, persons with disabilities, justice and foster impacted youth and those living in rural areas.

Project goals



Campaign Performance

The *Take Space to Pause* campaign launched in November 2024 and has generated more than **1.08B+ impressions!**

Video/Audio/GIF Completions

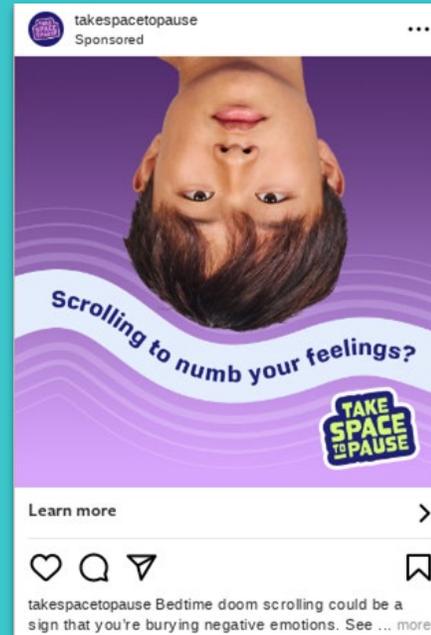
124M+

Social Engagements

375K+

Website Visits

1.5M+

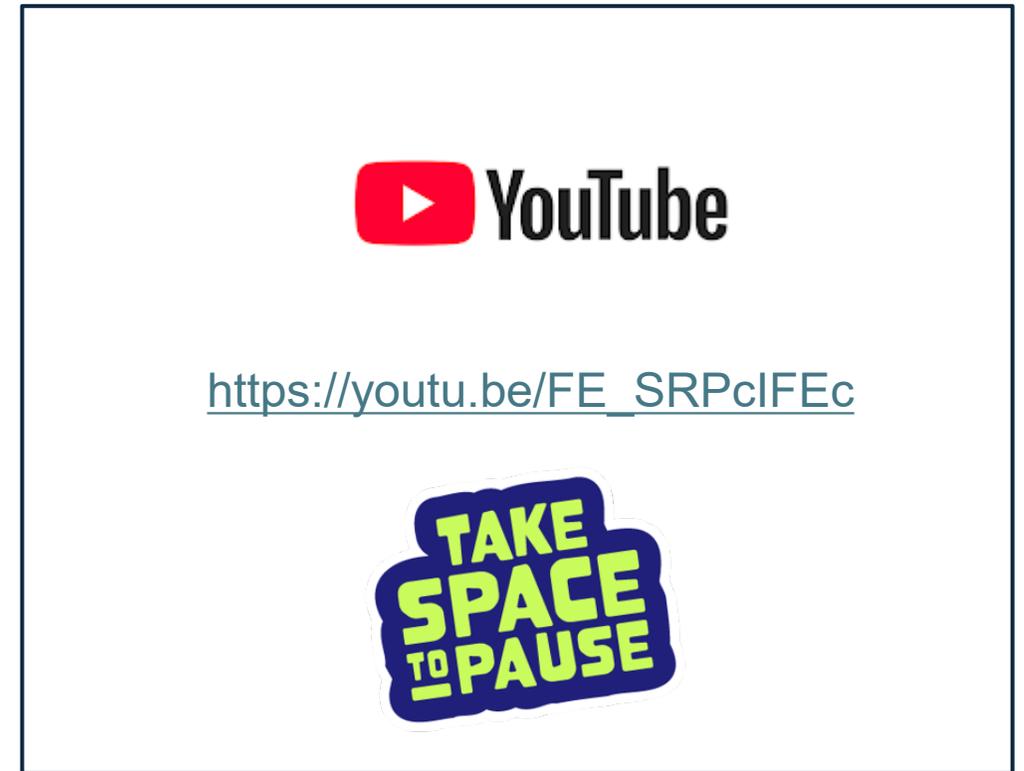


TSTP Statewide Mid-Evaluation Report

Take Space to Pause Midway Evaluation Results

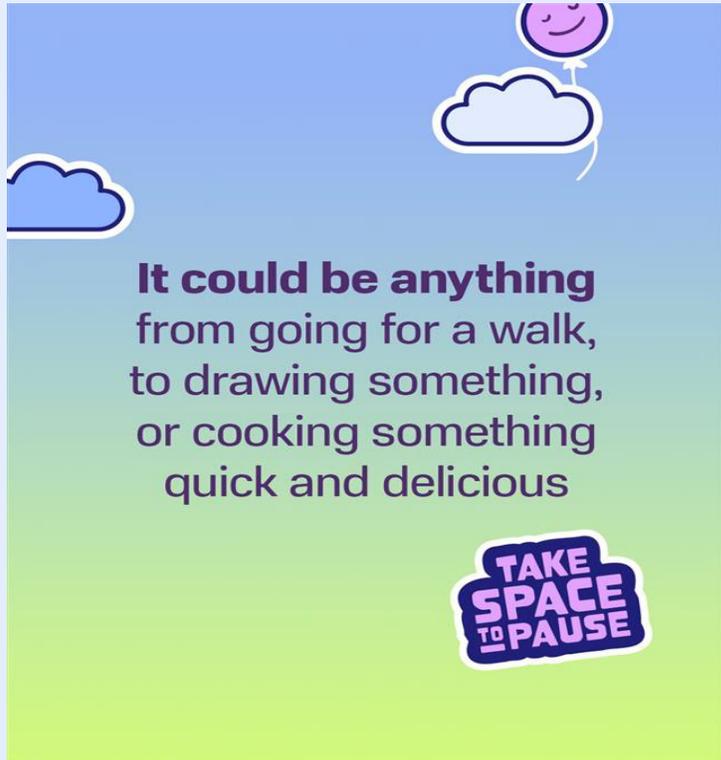


From Awareness to Action: Insights from a CYBHI Youth Mental Health Campaign





Statewide Month of Action

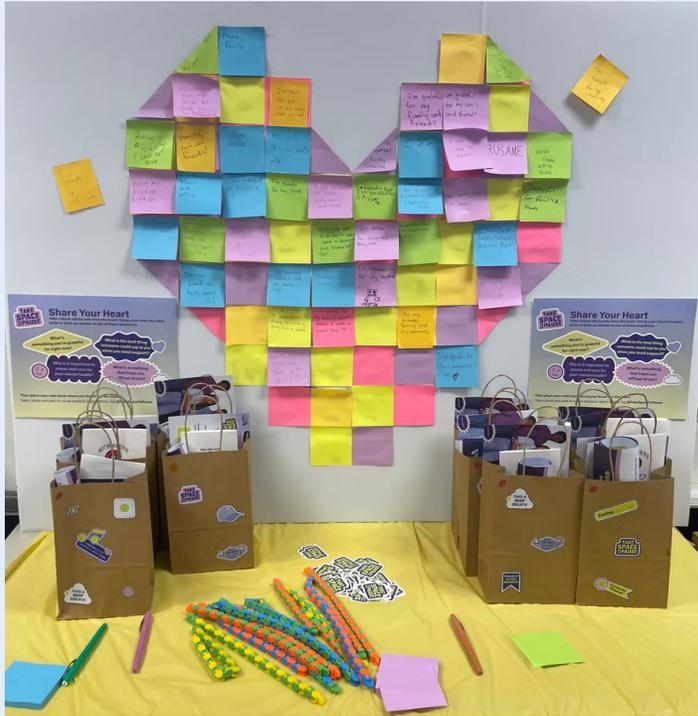


The Youth Co-Lab played a hands-on role in designing youth wellness supports, from online guidance to physical toolkits for reflection on self-care.

Across 28 CALI grantees (22 in-person, 6 virtual), we identified youth-preferred activities and colors, developed coping strategies, and created activity book language to promote emotional wellness and prevent distress.

TAKE SPACE TO PAUSE

Statewide Month of Action



Photos provided by Opening the World and San Ysidro Health

Interested in participating in May 2026? Email us at info@takespacetopause.org to be added to our interest list. We'll notify you when registration reopens in early 2026.

"... And the Youth Co-Lab is a very diverse group of youth from all over California with different ages and different cultural backgrounds, which has been very nice because it's opening our eyes to the struggles of other communities that some of us may not really know about. Because I'm the only Native American, I believe, in the youth Co-Lab."



Annie
YOUTH CO-LAB PARTICIPANT



Mindshift Stigma Reduction Campaign



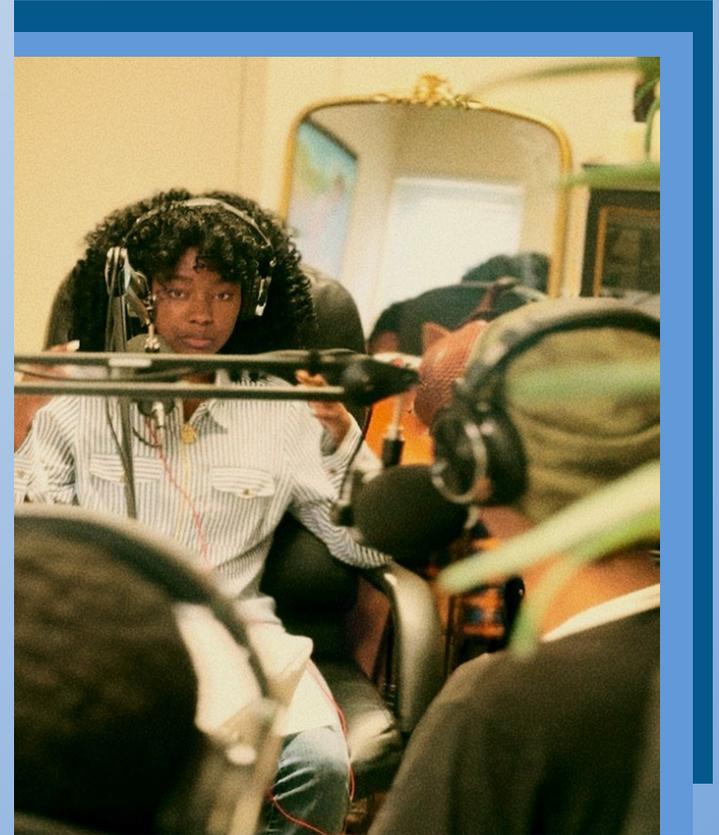
Youth-driven, data-informed, CYBHI aligned work in Monterey County

The Problem We Are Solving

Young people are hearing about mental health everywhere and nowhere all at once. There is a lot of noise and very little trust.

Historically underserved communities in Monterey County have lived with stigma, under resourced schools, and siloed services.

In MindShift we call this a Pain to Power approach. We start with what young people are actually carrying and build systems that help them turn that weight into agency, language and support



If we treat visibility like public infrastructure, something you cannot miss in your daily life, then stigma drops, literacy rises, and asking for help becomes normal, not exceptional.

MindShift in Practice: Youth Led Stigma Reduction Engine

Campus Level

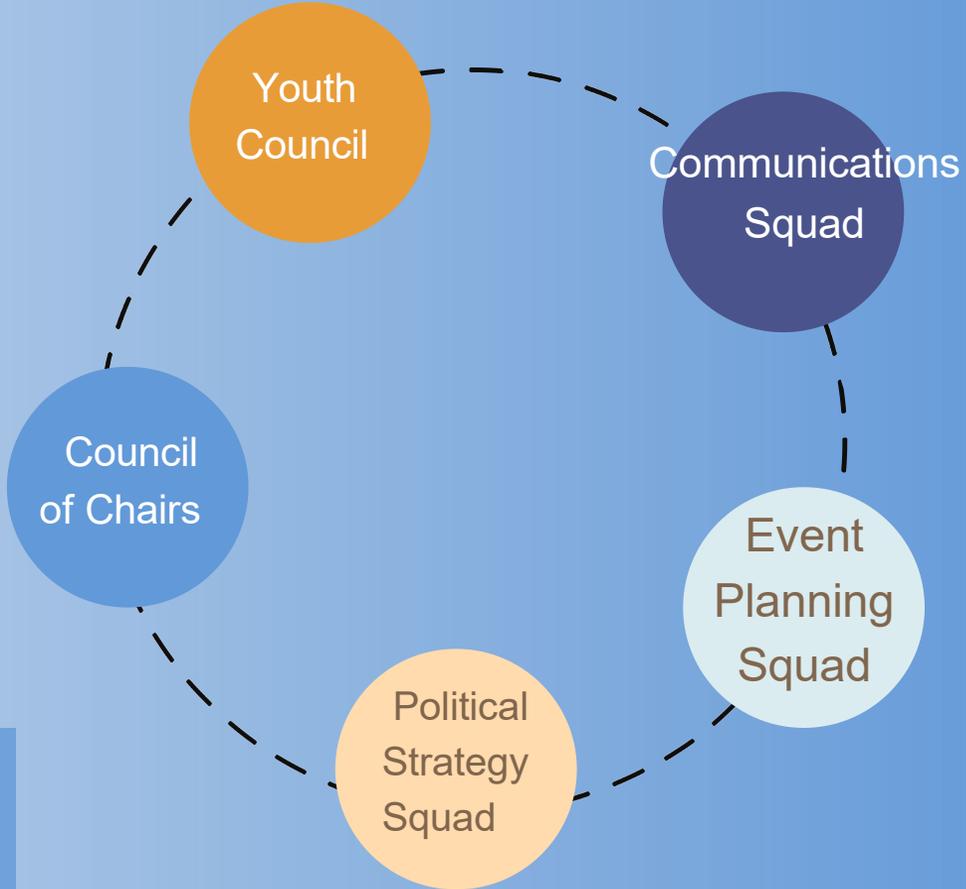
About 11,000+ students reached each month across Monterey County schools through Word of the Month announcements, posters, and peer assets.

Community Level

25 by 25 visibility challenge, banners and flyers in high traffic public spaces across the county.

Transit and media

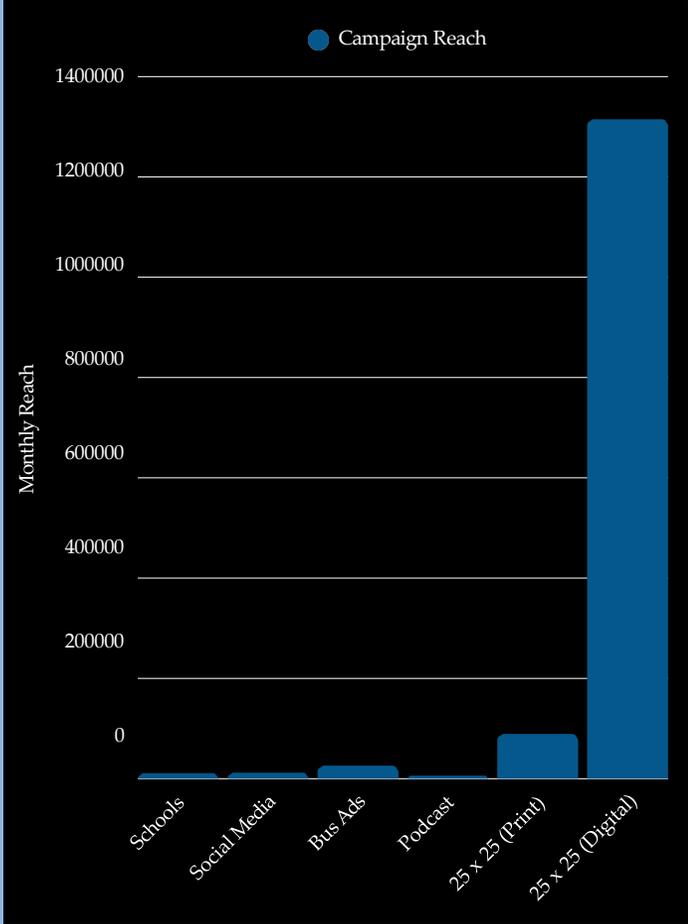
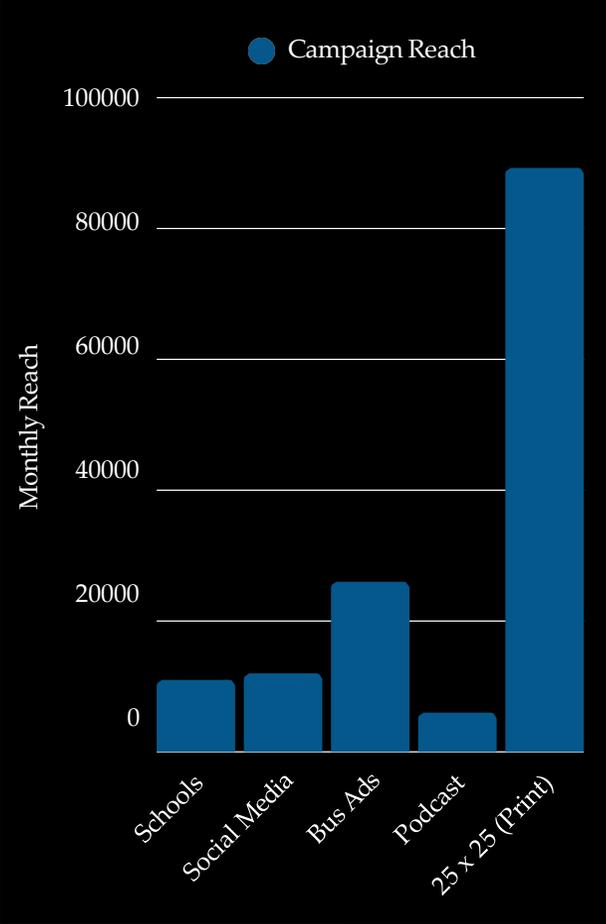
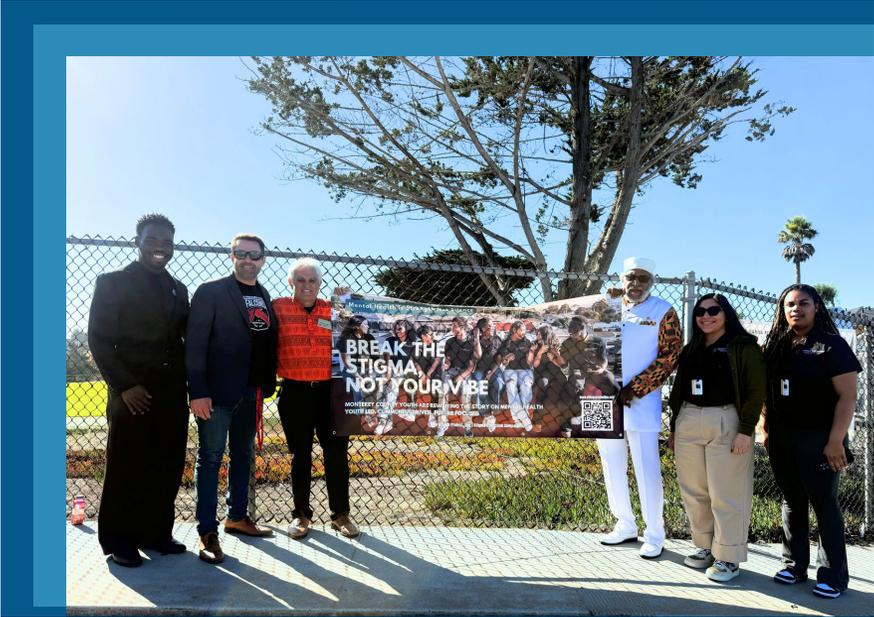
Bus ads with about 162,000 projected impressions.
Youth produced podcast on KSQD 90.7 FM with about 2500 listeners and social clips.



Squad model youth governance sits on top of all of this

What We Have Built So Far

- 181,500 projected impressions in the current cycle
- Reaching about 42 percent of Monterey County’s population
- 11,000+ students reached per month through Word of the Month announcements



Campaign as public health utility, not just art or events.

What Is Portable to Other Counties

Treat visibility like infrastructure

Buses, banners, school sound systems, café windows, and radio airwaves

Build governance, not just advisory.

Youth squads with real decision rights over messaging and placements

Use rubrics and KPIs

Shared rubric for partners, pre and post baselines, monthly indicators on comfort, perceived norms, and resource knowledge

Position your work as a public health utility.

Something cities and districts can adopt and maintain, not a one time campaign



When youth govern the stories, and visibility functions like infrastructure, stigma becomes a public responsibility.



Join Us for the Next Quarterly Public Webinar

Thursday, March 12th, 2026

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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