

Children and Youth Behavioral Health Initiative

September Stakeholder Update



In this Update:

- **A Message from CYBHI Director Melissa Stafford Jones**
- **Initiative-wide Updates**
 - Master Plan for Kids' Mental Health
 - Suicide Prevention Resources
 - Back-to-School Mental Health Resources Hub
- **Workstream-specific Updates**
 - CA-OSG - Trauma-informed Training for Educators
 - DHCS - CalHOPE Student Services
- **Upcoming Meetings and Participation Opportunities**
- **Stay Engaged**
- **About the CYBHI**
- **Past Updates & Information**

A Message from CYBHI Director Melissa Stafford Jones

A new school year can be a time of joy for youth, but it can also feel overwhelming. In many of our conversations with young people, we've heard them say that they want and need to have adults in their lives that care for and listen to them.

Our youth have shown incredible resilience, even as they faced challenges impacting their mental, emotional and behavioral health. Their voices, experiences and needs must be at the center of California's efforts to support their well-being.

Last month, Governor Newsom unveiled the [Master Plan for Kids' Mental Health](#), an ambitious, unparalleled effort to reimagine how California supports our kids. It aims to ensure that youth can access support for behavioral health, including mental health, and substance use, where they are - in their schools, homes and communities.

The [Children and Youth Behavioral Health Initiative](#) (CYBHI) is central to this plan. Our work is guided by the input and ideas of youth and families, along with schools, educators, counties, behavioral health providers, health plans, physicians, community-based organizations and many other stakeholders. Strong partnerships and collaboration across sectors - particularly health and education - are needed to help young people get the support they need, where, when and in the way they need it.

In this back-to-school update, you'll learn how the Master Plan for Kids' Mental Health will help serve the whole child by addressing many factors that contribute to thriving, successful kids. You'll find two new web pages from CalHHS with links to resources on suicide prevention and helping young people navigate the transition back to school, uphold their well-being and find support when it is needed. You'll also see how the Office of the California Surgeon General is working to help educators recognize and respond to toxic stress in their students, and you'll discover how the Department of Health Care Services is supporting schools and creating communities of practice around social emotional learning in all 58 California counties.

September is National Suicide Prevention Month. It's a time that underscores both the gravity of our work and the fact that we can all play a role in supporting the well-being of our young people. Thank you to everyone who has joined us in this effort. I am grateful for your dedication, creativity and collaboration.

In Partnership,

Melissa Stafford Jones, Director,

Children and Youth Behavioral Health Initiative

Initiative-wide Updates

Master Plan for Kids' Mental Health

"The Master Plan for Kids' Mental Health is premised on a very simple belief: every single kid deserves to have their mental health supported. That's the California Way – putting our kids first." - Governor Gavin Newsom

On August 18, Governor Gavin Newsom unveiled the [Master Plan for Kids' Mental Health](#), a landmark plan that is uniting historic investments across disciplines to more holistically serve California's diverse children and families. The plan takes a whole-child approach, and it represents the culmination of a series of historic investments to overhaul the state's mental and behavioral health systems while also addressing the immediate needs of our kids.



Photo by the Office of California Governor Gavin Newsom

The CYBHI serves as the core of the Master Plan, investing \$4.7 billion to promote behavioral health, prevent challenges and provide services, support and routine screening to all children and youth for emerging and existing needs connected to mental health and substance use.

Other investments include:

- \$4.1 billion on a community schools' strategy connecting kids and families to essential services like health screenings, meals, expanded learning opportunities and more.
- \$5 billion on a Medi-Cal initiative, CalAIM, to better integrate health and behavioral health services for low-income kids including prevention to improve.
- \$1.4 billion to build a more diverse healthcare workforce that expands our capacity to meet Californians' health needs, including children and families.
- \$500 million to provide grants to people seeking to earn professional credentials and work in high-need educational positions, including school counselors and school psychologists.
- \$184 million for schools to establish residency programs for school counselors.

For the Master Plan for Kids' Mental Health to succeed, all of us must play a role, from clinical and behavioral health providers to schools, childcare providers, community-based organizations, social service agencies, parks, primary care physicians and many more. By uniting our efforts, we can ensure our young people have the support they need to thrive, where and when they need it.

[Suicide Prevention Resources](#)

September is National Suicide Prevention Month, a time when organizations and individuals across the country work to raise awareness of suicide prevention. CalHHS launched a new [Suicide Prevention Resources](#) web page with links to resources that can help young people, families, friends, schools and educators to recognize the warning signs of suicide, find coping tools and support, and learn how to get help if they are experiencing a mental health crisis. This [Social Media Toolkit](#) includes social media posts and graphics that can be used to promote this toolkit to stakeholders.

[Back-to-School Mental Health Resources Hub](#)

Last month, CalHHS launched a new [Back-to-School Mental Health Resources Hub](#) where young people, family and friends, educators and schools can find links to easy-to-use resources designed to help youth stay safe, healthy and ready to learn as they go back to school. Social media copy, graphics and sample newsletter text to promote the Resources Hub can be found in this [Social Media Toolkit](#).

Workstream-specific Updates

[CA-OSG - Trauma-informed Training for Educators](#)

[Adverse Childhood Experiences \(ACEs\)](#) are stressful or traumatic experiences that happen in childhood and can increase the risk of health, mental health and behavioral health challenges. Children are especially vulnerable to the health impacts of ACEs because their brains and bodies are still developing. In the classroom, they may have behavioral difficulties, reduced engagement, academic challenges, chronic absenteeism or other issues.

The Office of the California Surgeon General (CA-OSG) is developing a voluntary training for childcare providers, educators and school personnel on supporting students who have experienced ACEs or other traumatic experiences. Using evidence-based approaches, these trainings will offer support on how to incorporate [trauma-informed practices and approaches](#). These trauma-informed practices can interrupt

the toxic stress that can result from ACEs, create positive relationships with students and guide students toward help when needed. When school personnel understand and can respond with trauma-informed principles they can help to create safe and supportive learning environments for everyone, allowing educators to be more effective and helping children to be happier and healthier.

The trainings, which are planned to launch in 2023, will consist of three two-hour web modules based on student age groups, and they will be available for free online in both English and Spanish. They are being designed with input from an Expert Review Panel including experts on toxic stress, child and adult learning, and youth mental health. CA-OSG will work closely with the State Board of Education, the California Department of Education and education stakeholders to co-host webinars and make the trainings available to their networks.

DHCS - CalHope Student Services

CalHOPE Student Services seeks to create school communities where every child and young person feels seen, heard and supported by caring adults and peers. It brings together tools and practices that can be used now by students, families, educators and schools to build and strengthen the resilience they need to thrive.

The program centers on two initiatives:

CalHOPE Student Support is building an infrastructure that can develop the capacity of schools statewide to practice social emotional learning (SEL), which helps adults and young people develop the skills they need to manage emotions, feel and show empathy, build relationships, work toward goals, make responsible and caring decisions and contribute to their communities. This unique community of practice provides support and training to more than 140 leaders from all 58 California county offices of education. They gather monthly to learn from each other and model social emotional learning environments, then bring the processes and tools to their own counties, creating networks of practice that drive the adoption of SEL practices in schools. To date, more than 6,000 school staff have participated in the Communities of Practice! Educators can learn more, access available training modules and connect to their own county's community of practice by visiting CalHOPESel.org.

CalHOPE Schools supports schools, educators, students and families by providing no-cost, evidence-based resources that support healing, hope and inspiration. Through a single sign-on, users can now access three video resources - [A Trusted Space: Redirecting Grief to Growth](#), [Angst: Building Resilience](#) and [Look at me now: Stories of Hope](#) - along with associated curricula and support materials. To learn more about

these tools and register to use them in your school community, visit CalHOPEschools.org.

Upcoming Meetings and Participation Opportunities

<p>September 26, 2022 – 3-4:30 p.m. – DHCS Monthly CYBHI Webinar</p> <p>The Department of Health Care Services (DHCS) is hosting this monthly webinar series to provide interested stakeholders with updates about CYBHI workstreams led by DHCS. Register to join the DHCS monthly CYBHI webinar.</p>
<p>October 3, 2022 – 3-5 p.m. – Fee Schedule Workgroup Meeting (DHCS)</p> <p>Information will be available on the DHCS CYBHI meetings and events page.</p>
<p>October 6, 2022 – Time TBD – CYBHI Evidence Based Practices /Community Defined Practices Workgroup Meeting (DHCS)</p> <p>Information will be available on the DHCS CYBHI meetings and events page.</p>
<p>October 19, 2022, 2:30 pm – 5:30 pm—CYBHI Equity Working Group</p> <p>More information will be made available on the CYBHI web page.</p>
<p>October 20, 2022 – 2-4 p.m. – CYBHI Quarterly Update Webinar</p> <p>More information will be made available on the CYBHI web page.</p>

Stay Engaged

The CYBHI welcomes all input. To provide thoughts or comments or to sign up to receive regular updates, please email CYBHI@chhs.ca.gov. To engage on workstream-specific topics, please use the following information:

- Department of Health Care Services:

- Contact information for questions/feedback: CYBHI@dhcs.ca.gov
- Children & Youth Behavioral Health Initiative [Webpage](#)
- Student Behavioral Health Incentive Program (SHIP) [Webpage](#)
- Behavioral Health Continuum Infrastructure Program (BHCIP) [Webpage](#)
- CalHOPE Student Support [Webpage](#)
- Department of Health Care Access and Information (HCAI): CYBHI@hcai.ca.gov
- Department of Managed Health Care: CYBHI@dmhc.ca.gov
- California Department of Public Health: CYBHI@cdph.ca.gov
- Office of the California Surgeon General: info@osg.ca.gov

About the CYBHI

The [Children and Youth Behavioral Health Initiative \(CYBHI\)](#) is a historic, five-year, \$4.7 billion initiative to reimagine and transform the way California supports children, youth and families. Managed by the California Health and Human Services Agency, the CYBHI focuses on promoting mental, emotional and behavioral well-being, preventing challenges and providing services, support and routine screening to ALL children and youth for emerging and existing needs connected to mental, emotional and behavioral health and substance use. Built on a foundation of equity and accessibility, the initiative is designed to meet young people and families where they are to create an ecosystem that can help them when, where and in the way they need it most.

Past Updates & Information

- [August Stakeholder Update](#)
- July Quarterly Webinar [presentation](#) and [video recording](#)
- [June 2022 Stakeholder Update](#)
- [March 2022 Stakeholder Update](#)
- March Kick-Off Webinar [presentation](#) and [video recording](#)
- [February 2022 Stakeholder Update](#)