

CYBHI

Children and Youth
Behavioral Health Initiative



January Update



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A Message from CYBHI Director Melissa Stafford Jones

“Every single kid deserves to have their mental health supported. That’s the California Way - putting our kids first.” -California Governor Gavin Newsom

As the [Children and Youth Behavioral Health Initiative \(CYBHI\)](#) moves into 2023, we’re taking time to look clearly at what has been accomplished, the groundwork that has been completed, and what lies ahead.

This month, we released the [January 2023 Progress Report](#), detailing the CYBHI’s first 18 months of this five-year initiative. This report acknowledges and recognizes the important work of - and collaboration between - our state departments, offices, agencies and many partners, and the valuable voice and insight from young people and families that have helped inform and shape our progress to date.

While much has been achieved, much is also left to be done. In 2023, we hope to build on the energy and momentum we have created, moving many of our workstreams from design to implementation. For example, we will offer more rounds of grant funding, begin beta testing the Behavioral Health Services Virtual Platform and continue to engage with young people, families and partners. Our newly selected evaluation partner, Mathematica, will use a systematic, programmatic approach to help us reflect along the way, hone our approaches and continue to center equity, youth and families.

We also released the [Youth at the Center Report](#), which summarizes what children, youth, families and community members from across all regions of California have told us they want to see in a reimagined behavioral health ecosystem. The report is critical to our efforts to ensure that youth and their families' voices, needs and lived experiences continue to guide every phase of our work.

The CYBHI’s Equity Working Group also took a step forward by adopting a [working definition of equity](#) describing our vision of equity and the key pillars of an equity framework.

As we move forward into a new year, I am grateful to everyone who has joined us in this effort. Thank you for your continued collaboration, commitment and leadership.

In Partnership,

Melissa Stafford Jones, Director, Children and Youth Behavioral Health Initiative

Initiative-wide Updates

CYBHI Progress Report

This month, the CYBHI released the [January 2023 Progress Report](#), detailing the activities and accomplishments made to date in expanding the behavioral health workforce; building key infrastructure necessary to meet the needs of California's diverse children, youth and families; expanding coverage and access to critical behavioral health supports; and raising awareness of behavioral health through culturally- and linguistically-appropriate campaigns.

Some of the highlighted achievements include:

- Engaged more than **1,000 organizations**; conducted **399 listening sessions**, stakeholder and expert interviews; and facilitated or participated in **over 75 roundtables, focus groups and community engagement sessions**.
- Awarded **millions in grants, loan repayment programs and scholarships** to increase the number of behavioral health professionals, including **\$37.6 million in grants** to support psychiatric mental health nurse practitioner training and psychiatry residency programs.
- Provided training and support for Social Emotional Learning that reached more than **6,000 school staff** across all 58 California County Offices of Education and their local districts.
- Awarded **\$480.5 million in grants for 54 projects** to improve California's behavioral health infrastructure for children and youth.
- Created the framework for a **new, certified Wellness Coach role** to increase our state's overall capacity and grow a larger and more diverse behavioral health workforce.
- Launched a new program to support increased student access to preventive, early-intervention and behavioral health services from school-affiliated behavioral health providers, through building partnerships involving **23 Medi-Cal Managed Care Plans, 57 County Offices of Education, more than 300 local education agencies** and **all 58 County Behavioral Health Departments**.
- Beginning January 1, 2023, **children in Medi-Cal and their caregivers became able to access dyadic services** – an innovative, evidence-based approach that includes behavioral health well-child visits, navigation and follow-up referrals, psychoeducation, family training and counseling.
- Began designing the **new, statewide Behavioral Health Services Virtual Platform** - which will launch in January 2024 - to deliver educational content and provide virtual behavioral health services such as screenings, pre-clinical

coaching and counseling, and connections to clinical services to all California children, youth and families, regardless of payer.

- Began developing voluntary training for those supporting the education of our kids to help provide them with **tools that can help children and youth who have experienced Adverse Childhood Experiences (ACEs) and toxic stress**.
- Selected **evidence-based practices and community-defined practices for scaling** based on demonstrated effectiveness, impact on racial equity and long-term sustainability – to ensure our best approaches become the norm for everyone.
- Launched **free, online resource hubs** focused on [youth mental health](#), [suicide prevention](#) and [back-to-school mental health resources](#) in order to help young people - and those who support them, quickly find the help they need.

While the CYBHI and its partners have made important strides, there is still much left to do. This report also offers a look ahead at some of the efforts the initiative will engage in the first six months of 2023, such as:

- Continuing to build a **larger and more diverse behavioral health workforce**, including developing training programs for wellness coaches.
- Supporting the **scaling of evidence-based and community-defined evidence practices** through a series of grant opportunities.
- Continuing to design and build the **Behavioral Health Services Virtual Platform**.
- Developing and launching **public information campaigns**.
- Providing grants to support **well-being, resilience and suicide prevention efforts** for young people.
- Helping schools **build their capacity and infrastructure** to strengthen and expand youth behavioral health services.

View the CYBHI's [January 2023 Progress Report](#) on the CYBHI website.

Youth at the Center Report

“[I’d like] a place where they walk in and it’s friendly, welcoming and warm. Food, care. Someone they already know. Safety. Not ‘show me your insurance.’” - Participant

The CYBHI is proud to release the [Youth at the Center Report](#), which highlights what children, youth, families and community members have told us they want in a reimagined behavioral health ecosystem. The report is foundational to our efforts to ensure that their voices, needs and lived experiences continue to guide every phase of our work.

[The Social Changery](#), commissioned by CalHHS, synthesized the findings from focus groups and community engagement sessions facilitated by 26 partner organizations to develop the report, which is based on the input of more than 600 individuals. It provides 12 calls-to-action and a vision for how we can transform our systems, reimagine services and shift thinking.

The key themes outlined in the report are:

Shift Thinking

- Addressing stigma is a foundational first step.
- Culture is healing.
- Youth and communities want self-determination – not “empowerment.”
- Rethink treatment: what it looks like and who provides it.

Reimagine Services

- Help must be available before it's a crisis.
- Make places for youth to belong, create and connect to the outdoors.
- Take care of adults so they can take care of young people.
- Create a mental health system everyone can navigate, even when struggling.

Transform Systems

- Build a representative workforce.
- Decriminalize mental health – including substance use.
- Unacknowledged harm gets in the way of hope and trust.
- Take action to address systemic inequalities and oppression.

View the [Youth at the Center Report](#) on the CYBHI website.

Equity Working Group: Defining Equity

On January 18, the CYBHI Equity Working Group (EWG), which is tasked with developing a framework to embed and advance equity in the implementation of the CYBHI, held its [third meeting](#). In the meeting, the EWG adopted a [working definition](#)

[of equity](#) outlining what equity is, the positive impact it creates and what must be done to achieve it. It also identified six key pillars of an equity framework:

- Building anti-racist, multicultural systems.
- Targeted universalism.
- Cultural responsiveness.
- Healing-centered approach.
- Data-driven accountability.
- Training, learning and capacity building.

The Equity Working Group will next focus on developing a toolkit to support the application of the definition and the six pillars to the CYBHI's work and on providing guidance and thought partnership in the use of data to advance equity as part of the CYBHI evaluation. The next meeting of the CYBHI Equity Working Group is March 15, 2023, 3 pm – 5:30 pm.

View the [presentation from the CYBHI Equity Working Group meeting](#) and the [working definition of equity](#) on the CYBHI website.

Upcoming Meetings and Participation Opportunities

February 1, 2023 – 2-4 p.m. – CYBHI Quarterly Update Webinar
Information and an agenda are available on the [CYBHI home page](#).

February 15, 2023 – 3-4:30 p.m. – Fee Schedule Workgroup Meeting
The third public workgroup meeting to inform the development of the statewide all-payer fee schedule for school-based behavioral health services under the CYBHI. [Register to join the February 16 Fee Schedule Workgroup Meeting](#).

February 24, 2023 – 12-1 p.m. – Youth at the Center Report Webinar
Information and an agenda will be available on the [CYBHI home page](#).

February 28, 2023 – 10-11 a.m. – California’s Children & Youth Behavioral Health Ecosystem Webinar

Information and an agenda will be available on the [CYBHI home page](#).

March 14, 2023 – 10 a.m.-3 p.m. – Behavioral Health Task Force Meeting

Meeting information and agenda will be available on the [Behavioral Health Task Force](#) web page. Register to join the March 14 [Behavioral Health Task Force Meeting](#).

March 15, 2023 – 3 p.m.-5:30 p.m. – Equity Working Group

Meeting information and agenda will be available on the [CYBHI Website](#).

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

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