

CYBHI

Children and Youth
Behavioral Health Initiative



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

June 2024



Health Care Settings

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

Schools & Colleges

- 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.**

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Health Care Settings

Expand the behavioral health workforce

- Increase the size of [psychiatry medical](#) training programs
- Increase the size of [psychiatric nurse practitioner](#) training programs
- Establish and expand bachelor's and master's level [social work](#) programs
- Create a [Wellness Coach](#) profession
- Strengthen [workforce pipeline](#) for mental health and substance use work through paid internships, training stipends, and earn-and-learn programs

Increase access to behavioral health services

- Expand and construct [treatment facilities](#)— including inpatient, outpatient, and school-based facilities— to provide services to youth and families
- Facilitate access and coverage of services that support both the [caregiver and child](#)

Support non-specialist care providers

- Establishing a statewide service for pediatricians and primary care providers to receive [consultation](#) with licensed behavioral health specialists



Home & Community

Enhance community resilience

- Promote well-being for [parents and caregivers](#)
- Expand [trauma-informed services](#) available to children
- Scale [early childhood](#) wraparound services
- Expand [youth drop-in centers](#) or other youth-driven programs
- Increase [early intervention programs](#) and practices
- Provide [crisis and wraparound services](#) for suicide prevention
- Connect youth to [local suicide prevention resources](#)
- Bring youth together at a [mental health academy](#)

Build a community-based workforce

- Support to [recruit and retain behavioral health professionals](#) in community organizations
- Provide training on behavioral health and substance use for non-specialists serving [justice, foster, and un-housed youth](#)
- Expand training and employment opportunities individuals with lived experience to serve as [peer supports](#)



Schools & Colleges

Bring wellness into the classroom

- Expand [social and emotional learning](#) programs

Nurture a supportive campus culture

- Promote [wellness and mindfulness](#) programs for students and staff
- Provide [staff training](#) in trauma-informed approaches
- Pilot [peer-to-peer support](#) programs in high schools
- Engage with (increasing) [community](#) behavioral health resources

Expand access to school-linked care services

- Establish [sustainable coverage models](#)
- Increase access to [wellness coaches](#)

Catalyze action

- [Incentivize partnerships](#) with behavioral care plans and providers
- Establish the prerequisite [infrastructure](#) to offer health services
- Provide guidance to navigate privacy and consent regulations
- Offer early lessons for integrating CYBHI with other state initiatives



Digital Environment

Bring behavioral health services online

- Provide [mental health coaching](#) care navigation support, and other resources for parents with kids ages 0-12 years
- Provide with teens and young adults ages 13-25 years with one-on-one coaching, [digital support resources](#) and exercises, care navigation support, and moderated peer forums

Prepare for next-generation of digital supports

- Leverage [new tools](#) (e.g., augmented reality, biometrics) to improve behavioral health services and supports



Elevate the Conversation

Communication Campaigns

- [Live Beyond](#) Recognize that early adversities impact our health, but we can heal and manage stress
- [Never a Bother](#) prevent distress from turning into despair and prevent suicide



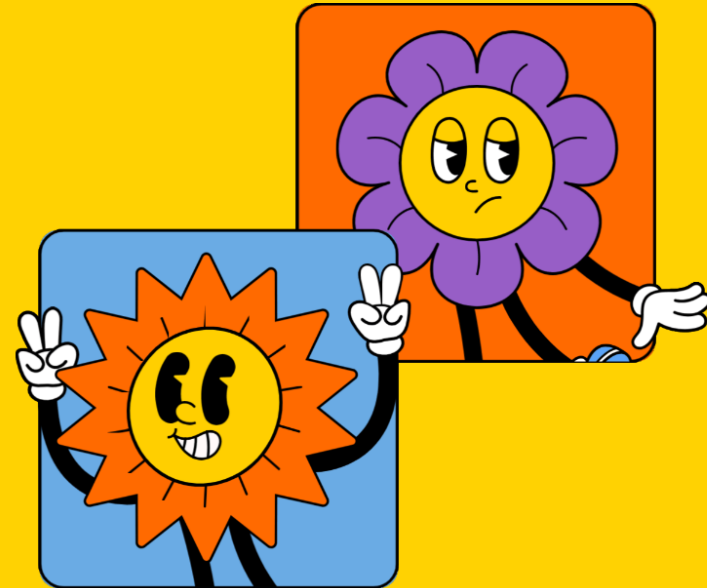


I'm here for: Me | My friend | Youth in my care

Get involved

You are *never* a bother

Whether it's a low point, a crisis, or something you can't exactly put into words, get help for yourself or a friend.



www.neverabother.org



We Can Live Beyond ACEs And Toxic Stress

Let's talk about ACEs.

Adverse Childhood Experiences (ACEs) are traumatic events that happen before age 18.



www.livebeyondca.org

Guiding Principles

Improve the Ecosystem

- Work toward an integrated system with a shared vision for collective impact

Hold Youth at the Center

- Co-design programs, services, and campaigns for youth with youth
- Partner with existing children, youth, and family organizations

And Equity as Foundational

- Ensure that online services are free and accessible in multiple languages
- Incentivize work in underserved areas through scholarships and loan repayment
- While each program has individualized equity priorities, there is a general focus on populations identified by the California Reducing Disparities Project (i.e., African Americans, Asians and Pacific Islanders, Latinos, LGBTQIA+, Native Americans) and populations experiencing disparities in behavioral health needs (i.e., individuals with disabilities, families engaged with the foster care or justice system, tribal nations, families experiencing homelessness, individuals in rural regions, refugees, the socio economically disadvantaged)