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Inland Empire School Health Coalition December 9, 2022



Transforming lives through education

Presentation Outcomes

1

Describe the Healthy
SBCSS Department

2

Share the newest state
updates and priorities for
mental health

3

Provide the school health
supports available from:

- Behavioral Health Technical Assistance Team
- CalFresh Healthy Living
- Tobacco-Use Prevention Education (TUPE)

Who We Are

Healthy SBCSS supports the mental, behavioral, and physical health of students and their families through the CDC's Whole School, Whole Community, Whole Child Framework (WSCC).





Tobacco-Use Prevention
Education (TUPE)

Behavioral Health Technical
Assistance Team

Health Education Framework

CalFresh Healthy Living

Southern Region Student
Wellness Conference

Role of Healthy SBCSS

Partners in
student health and
wellness

We are the bridge between school sites/districts and:

- County Departments of Public Health and Behavioral Health
- Community Based Organizations
- Managed Care Plans

Bring in cross-sector partners

Partners to
achieve health
equity for students
and families

Systems building
and supports

Training and
technical
assistance

California's Master Plan for Kids' Mental Health:

California's Master Plan for Kids' Mental Health

In August 2022, Governor Newsom announced California's Master Plan for Kids' Mental Health, an integrated multi-year effort uniting historic investments across disciplines to more holistically serve the state's diverse children, youth, and families.

- **CYBHI at the Core** of the Master Plan
- **Whole Child**, “All of the Above” Approach
- **\$4.7B so every Californian aged 0-25 has increased access** to mental health and substance use supports

Additional investments and initiatives that are being implemented in coordination and collaboration with the CYBHI⁵.

- \$4.1B on a community schools' strategy to connect kids and families to essential services including health screenings, meals and more, as well as expanded learning opportunities
- \$5B on a Medi-Cal initiative, CalAIM, to better integrate health and behavioral health services for low-income kids and improve child health outcomes, including prevention
- \$1.4B to build the healthcare workforce that expands our capacity to meet the health needs of Californians, including children and families.
- Additional State budget investments in school-based behavioral health workforce, such as school counselors

Overview of the Children and Youth Behavioral Health Initiative



The goal of the **Children and Youth Behavioral Health Initiative** is to **reimagine** the way behavioral health support is provided to **all children and youth in California**, by **aligning the systems that support behavioral health** for children and youth to create **an ecosystem that fosters social and emotional well-being and addresses the behavioral health challenges** facing children and youth.

The initiative takes a **whole system approach** by creating **cross-system partnerships** to ensure that **the reimaged ecosystem is child and youth-centered and equity-focused**.

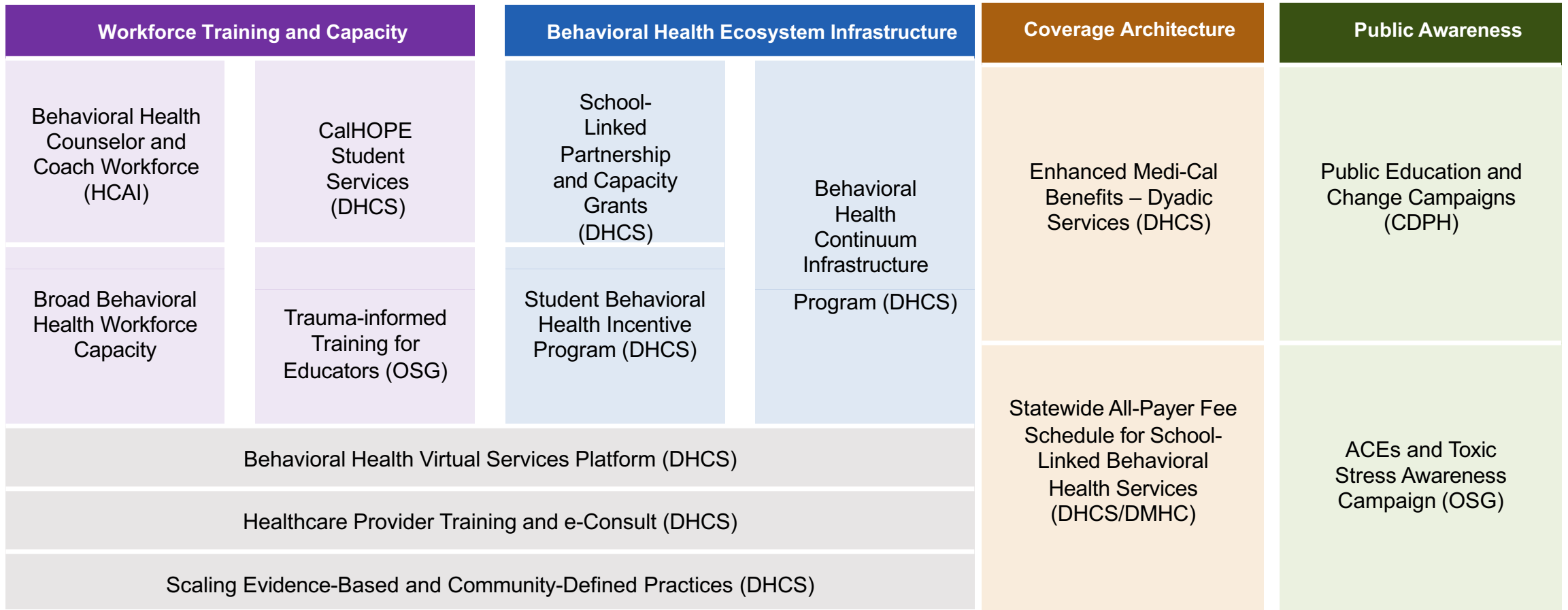
The CYBHI Approach

Over the course of five years (2021-2026), the CYBHI seeks to:

- **Reimagine the ecosystem supporting youth emotional, mental, and behavioral health.** Deliver services and support that are equitable, appropriate, timely, sustainable and accessible.
- **Focus on prevention and early intervention to support well-being.** Support programs and services that help young people develop and maintain positive behavioral health and can intervene early when they need support with needs connected to mental, emotional and behavioral health and substance use.
- **Expand equitable access.** Create tools and processes designed to meet the diverse needs of youth and families, remove barriers to access and allow users to find help when, where and in the way they need it, from prevention to treatment and recovery.
- **Meet our kids where they are.** Facilitate partnerships with K-12 schools, college campuses, community-based organizations and other groups that are more accessible and trusted by children and youth to receive behavioral health, mental health and substance use services and support.
- **Scale effective ideas.** Identify and scale programs that are innovative, effective and increase cultural competence to meet the needs of diverse communities, so that our best approaches become the norm for all California children, youth and families.
- **Build a larger, more diverse and more skilled workforce.** Expand California's behavioral health workforce and ensure they have the language and cultural competency skills to better serve our state's diverse populations.
- **Catalyze alignment and coordination.** Break down silos between different parts of the behavioral health system that make it difficult for Californians to navigate and receive the support they need.
- **Raise awareness and reduce stigma.** Raise the behavioral health literacy of children, youth, and families - and those who support them - using culturally and linguistically appropriate outreach and campaigns.



14 Workstreams



We have a once-in-a-generation opportunity to address the crisis

Public opinion and policymaker agendas are aligned



Political Will: State and Federal Administrations have a stated focus on children's well-being and has expressed interest and willingness to engage.



Community Support: Half (52%) of all Californians say their community does not have enough mental health providers to serve local needs.



Emerging Consensus and Consciousness: Of the impact of adversity, structural racism, and the pandemic on the social and emotional health of children.


Use a significant investment of one-time funds to build sustainable programs and supports with Medi-Cal.

Medical Billing Updates effective January 1, 2024

Diagnosis is no longer required for certain groups of students. **Expands the covered population to include Medi-Cal beneficiaries outside of special education (services to general education students billable) & lifts caps on most services.**



A school-linked statewide fee schedule for outpatient mental health and substance use disorder services provided to a student, 25 years or age or younger, at or near a school-site.



Schools will become part of the provider network.



Medi-Cal delivery system and commercial health plans are required to reimburse providers for a predefined set of medically necessary outpatient mental health and substance abuse disorder services provided to a student 25 years of age or younger, at or near a school-site.

MENU OF *Services*

Behavioral Health Technical Assistance Team

Technical Assistance and Support

- Mental health wellness resource development
- Legislative updates and compliance reviews
- Resource guide development
- Wellness center developing support
- Suicide prevention program



MENU OF *Services*

Behavioral Health Technical Assistance Team

Mental Health Resource Connection

- Tobacco-Use Prevention Education Team
- CalFresh Healthy Living Team
- SBCSS Foster Services Coordinating Program
- SBCSS Homeless Education
- SBCSS Family Engagement Team
- SBCSS Prevention and Intervention Team
- SBCSS Social and Emotional Team



MENU OF *Services*

Behavioral Health Technical Assistance Team



Tier 1 Workshops *Staff, Students, Families*

- Youth Mental Health First Aid Training
- Applied Suicide Intervention Skills Training (ASIST)
- Student Mental Health Awareness workshops
- Staff Wellness and Self-Care
- How to Deal with Stress
- Hug me One More Time- Separation Anxiety
- Safe Place- Mental Health Support Groups

CalFresh Healthy Living Goals and Objectives

- Overarching Goal: Reduce the rate of obesity and racial/ethnic disparities in rates of obesity among Californians eligible for CalFresh Healthy Living
 1. Improve overall diet quality
 2. Increase physical activity
 3. Reduce racial/ethnic disparities in dietary quality and physical activity
 4. Engage in partnerships across sectors
 5. Impact behavior through a statewide social marketing campaign
 6. Sustain desirable outcomes



Parent Engagement

- ✓ Nutrition education
- ✓ Recipe demos
- ✓ Physical activity promotion
- ✓ Gardening tips





Curriculum Trainings

- ✓ Coordinated Approach to Child Health (CATCH)
- ✓ Growing Healthy Habits
- ✓ Color Me Healthy



The Healthy Choice is the Easy Choice.

- Influencing policies, systems and school environment to create a healthier space for students and families.
 - ✓ Healthy celebrations
 - ✓ Wellness committees
 - ✓ School gardens
 - ✓ Painted playgrounds
 - ✓ Food insecurity screening



School Gardens



Painted Playgrounds

- ✓ Playground stencils typically used for preschools.
- ✓ Promotes physical activity
- ✓ Support nutrition education messaging.



Summer Meals Enrichment
and Community Events

TUPE Technical Assistance Program



Recognition from the CDE & eligibility to apply for future TUPE funding from the CDE



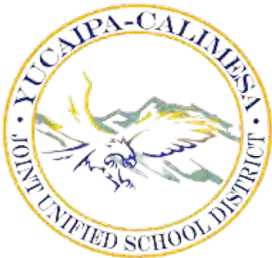
Additional resources and technical assistance from the SBCSS TUPE team



New tobacco-free signage for the schools in the district (contingent upon funding)

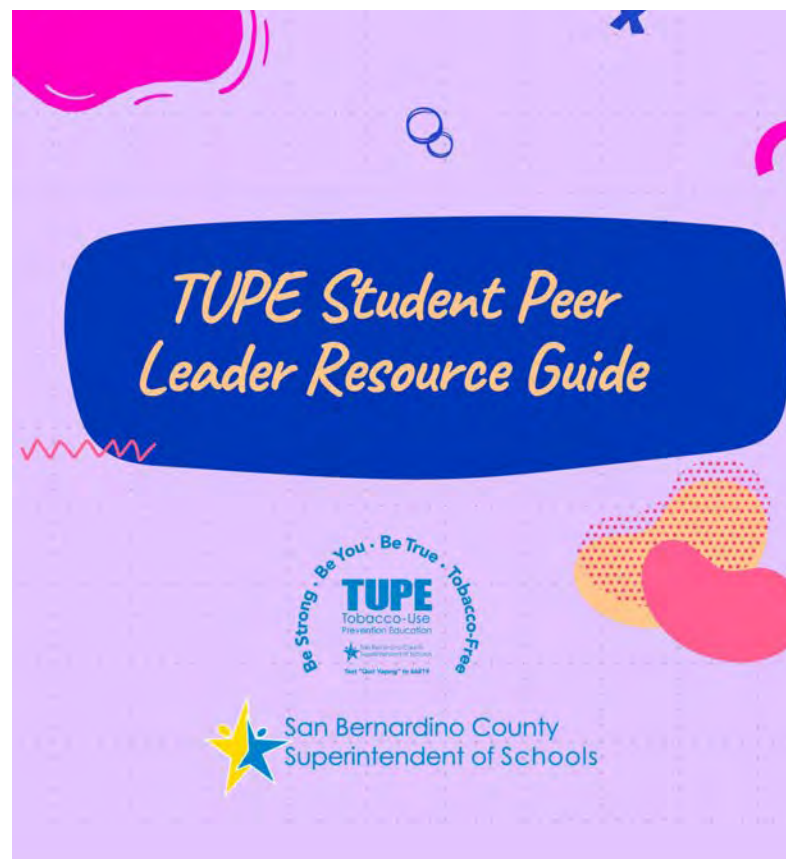


Tobacco-Free Certified Districts/Schools



TUPE Tier II

- A competitive grant on a three-year cycle that funds comprehensive program implementation for grades 6-12
 - Student peer leader programs
 - Tobacco/vaping/cannabis curriculum
 - Family and community engagement and workshops
 - California Healthy Kids Survey (CHKS) implementation
 - Staff professional development/ Technical assistance



Training & Resources



Activities and Trainings



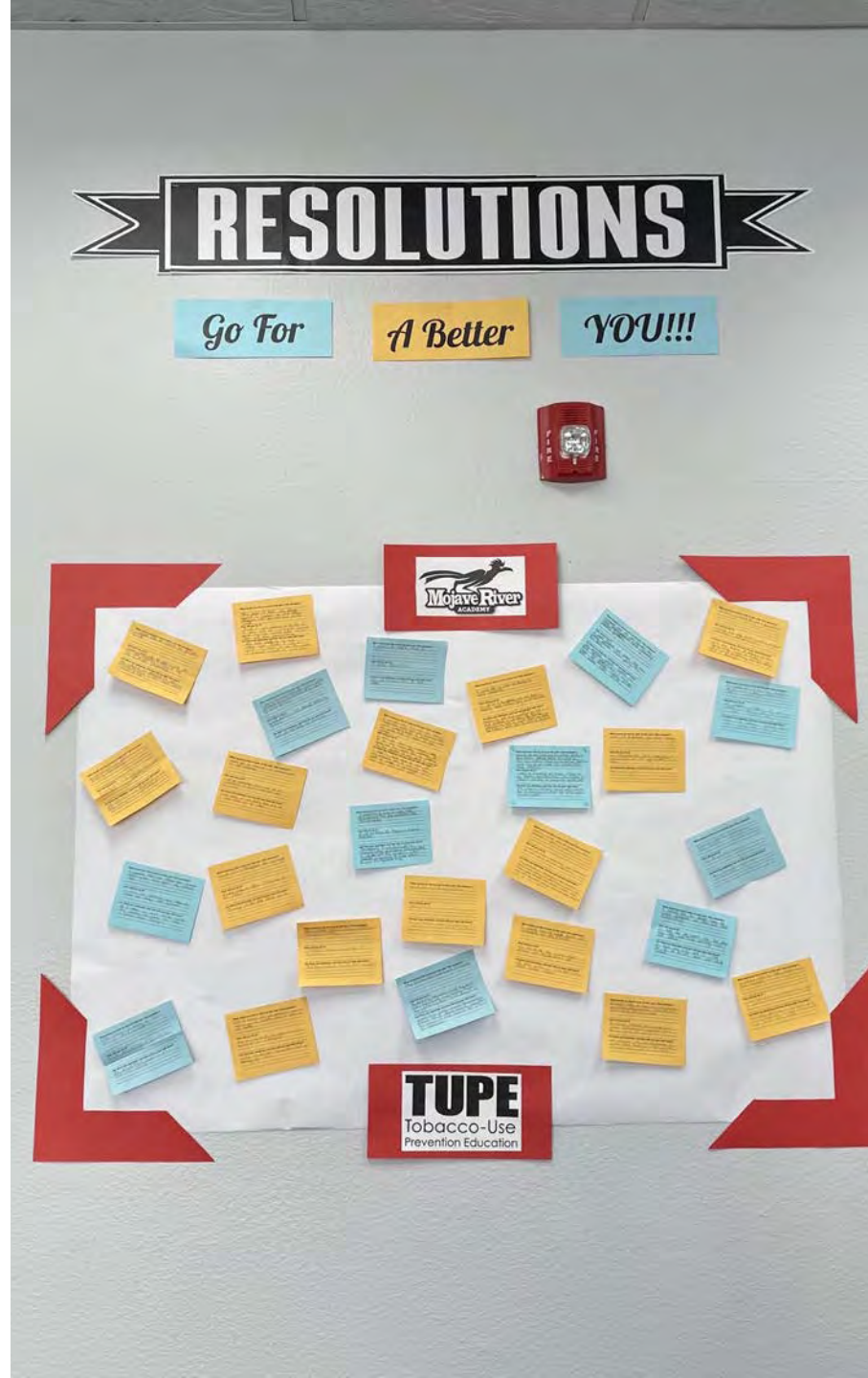


Peer Leaders in Action

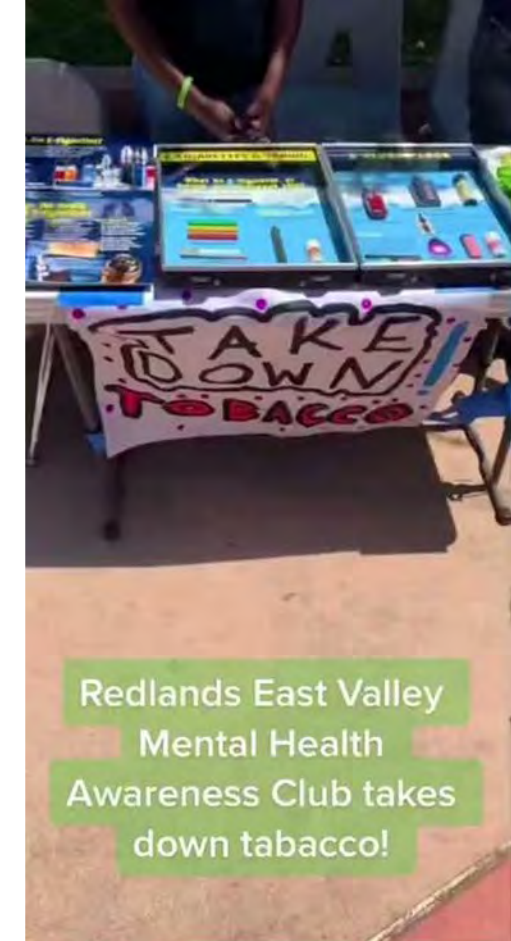




Awareness Days



The Power of Youth Voice



Thank you!



@HealthySBCSS

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