

Agenda Item 7: Early Childhood Behavioral Health



What are we going to discuss?

- What is behavioral health and why is it important?
- What's the issue?
- History of F5CA discussions on behavioral health
- Investment opportunities
- Proposed fiscal request for 4/20 Commission meeting



What is Behavioral Health?

Behavioral health refers to mental health and substance use disorders, life stressors and crises and stress-related physical symptoms

Why is Behavioral Health Important?

- Intersection of ACEs, toxic stress, mental health and brain development for young children
- Stressors, mental and behavioral health challenges exacerbated by pandemic, particularly for BIPOC and underserved communities
- Importance of focusing on caregivers/parents
- Opportunity for prevention and early intervention
- About 75% of all mental disorders begin before the age of 25 and 50% begin by the age of 14



FIRST 5
CALIFORNIASM

Summary of Issue

Over 284,000 youth cope with major depression and 66% of kids with depression do not receive treatment.

Nationally, an estimated 8% to 10% of children under age 5 experience clinically significant and impairing mental health problems.

Underserved and marginalized communities are at a greater risk because they may not have access to mental health resources. Barriers to mental health care for BIPOC include :

- Socioeconomic Disparities
- Stigma
- Provider Bias and Inequality of Care
- Lack of available services, representative workforce, connection to care



Background

May & July 2022 Commission Meeting

- Proposal to support early childhood behavioral health brought to the Commission budget retreat, with suggested investment opportunities from Commissioner Mijic and CalHHS staff.

January 2023 Commission Meeting

- F5CA staff presented an information item on an early childhood behavioral health investment where Commission directed staff to proceed with an action item at the April 2023 Commission meeting.



Investment Opportunity 1

Strengthening the 0-5 strategy, investments, and impact under the CYBHI Scaling of Evidence-Based Practices/Community-Defined Evidence Practices Workstream *(\$10M)*

- F5CA to provide support and technical assistance
- Opportunity for F5CA to help fund learning collaboratives



Investment Opportunity 2

Supporting effective deployment of trauma-informed training in early childhood education by F5CA administering funds to accomplish the following (*opportunity to fund through existing IMPACT Legacy dollars*):

- Opportunity to leverage F5CA's relationships to co-develop a robust roll-out to increase uptake of CYBHI OSG trauma-informed training in ECE settings.
- Opportunity to provide incentives for ECE providers.
- Opportunity to support ECE communities of practice for trauma-informed care.

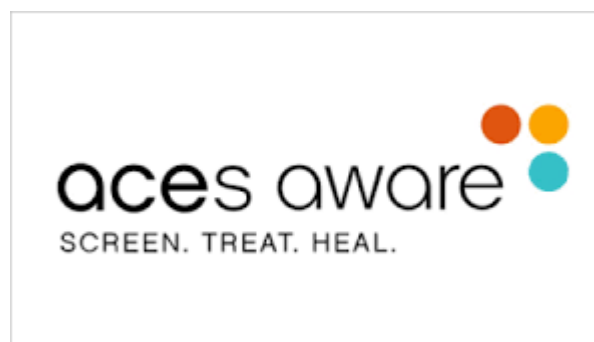
Investment Opportunity 3

Public Awareness Campaigns (*non-fiscal*)

- F5CA public awareness campaigns
- OSG ACES and toxic stress public awareness campaign
- California Department of Public Health behavioral health literacy/awareness and stigma campaign under the CYBHI.

Goals:

- Align efforts
- Share learnings
- Embed a 0-5 focus and coordinate planning



Investment Opportunity 4

Supporting Access to Information, Supports, and Navigation (*non-fiscal*)

- Opportunity for partnership on the CYBHI virtual services platform



Proposed Fiscal Request

Requesting \$10 Million to support and fund learning collaboratives under the CYBHI

- F5CA staff will bring an action item to the 4/20 Commission meeting



What did we Discuss?

- What is behavioral health and why it is important
- The issue
- History of F5CA discussions on behavioral health
- Investment opportunities
- Proposed fiscal request for 4/20 Commission meeting

Questions?



Thank you!

