

Santa Barbara County Education Office



Behavioral Health & Wellness

SBCEO Board Meeting

March 13, 2025

Working Across Divisions to Support Behavioral Health



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Curriculum and Instruction Division



Student & Community Services Division

SOCIAL & EMOTIONAL LEARNING

SEL in California

- Significant investment
- Statewide Community of Practice
- Permanent collection of SEL resources
- Distributed funds to COEs for support at the local level

SEL in Santa Barbara County

- Local Community of Practice
- Mini-grants
- Support for focal schools
- Connecting districts to **FREE** resources

Expand and enhance direct services for 2024-2025!

Final year of funding!



SOCIAL & EMOTIONAL LEARNING WITHIN OUR SCHOOLS



Support for **Students' SEL**



Support for **Adults' SEL**



Support for **SEL Systems, Structures, & School Culture**





Starting top left, moving clockwise:

- Student assembly at Bruce Elementary in Santa Maria Bonita
- Student assembly at Ballard Elementary
- SEL training for all SY Valley teachers with Ricky Robertson
- Student assembly at Cuyama Elementary (listen to the students!)



SBCEO Supporting SEL in 2024-2025



15,210
Students

Will have experienced **chant rallies, mindfulness residencies, and artistic performances** teaching **self-affirmation, words of kindness, and resiliency**, with **follow up resources for teachers** to continue once the performers leave.

Will have received professional development through **workshops and site-based ongoing coaching, and custom work plans**, including **alternative schools** for Lompoc, SB Unified, SY Valley, SBCEO.

300+
Educators

50
Campus
Safety Staff

Will have received professional development on **de-escalation practices and restorative approaches** for when students are experiencing dysregulation.

Site leadership teams will have participated in workshops designed to **align SEL and MTSS across their site**, and sometimes across their feeder pattern.

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Site
Leadership
Teams



CA Department of Ed
Social and Emotional Learning
<https://www.cde.ca.gov/ci/se/>



CalHOPE
<https://www.calhopesel.org/learning>



**Greater Good
Science Center**
<https://ggie.berkeley.edu/>



Children and Family Resource Services - CFRS

- **MWEL - Mental Wellness Education and Linkages**
- **SBC Promotores Network - Community Health Workers**
- **Oral Health and Preschool Screening**
- **Connecting 2 Coverage - Medi-Cal Enrollment**



HEALTH LINKAGES
Connecting Through Community



**CHILDREN & FAMILY
RESOURCE SERVICES**
Santa Barbara County



MWEL - Partnership between SBCEO and BWELL

Grant Overview

- 5 Million funded by State of CA Mental Health Student Services Act
- SBCEO is subcontractor to BWELL but entities share full partnership in decision making and direction
- Began October 2020 with contract ending 2026
- Exploring sustainability post contract such as billing options and additional grants



Goals and Outcomes

- Prevention Focus to support mental health in participating school districts
- Provide education to increase awareness, reduce stigma and recognize needs
- Improve timely access to services to prevent severe and disabling mental illness
- Prevent negative outcomes in special populations



Participating School Districts

- Santa Ynez Valley Union High School District
- Solvang School District
- College School District
- Hope School District
- Goleta Union School District
- Santa Maria-Bonita School District
- Orcutt Union School District
- Guadalupe Union School District
- SBCEO (Juvenile Court and Community Schools)

Staffing and Services

Program Manager and 3 Clinicians (LMFT)

- Primary management of program
- Conduct comprehensive assessments
- Direct linkage to SBC County Behavioral Wellness
- Clinical support and direction for navigators
- Conduct trainings and educational workshops and groups



Part-time Supervisor (LCSW) and 5 Health Navigators

- Respond to referrals assess youth and family needs through screening
- Ensure successful mental health linkages
- Referrals to comprehensive resources "warm-handoff"
- Provide outreach, educational workshops and groups



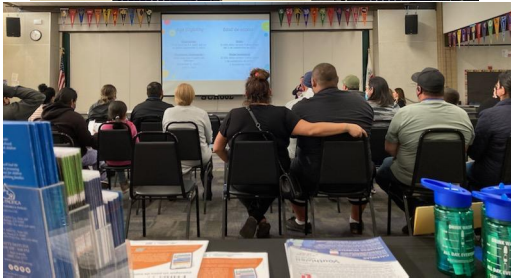
Topics offered for Student Groups and Parent Workshops

- Emotional Superpowers
- Grief and Loss
- Suicide Awareness and Prevention
- Social Media
- Social Skills
- Mindfulness (Age/Grade Specific)
- Conflict Resolution/Communication



Topics offered for Staff/Teacher Professional Development & Education

- Trauma Informed Care
- Suicide Risk Assessment
- Threat Assessment
- Mental Health First Aid (MHFA)
- Youth MHFA



Master Plan for Kids' Mental Health

Putting Our Kids First

The Children and Youth Behavioral Health Initiative (CYBHI) is part of the Master Plan for Kids' Mental Health, a historic investment by the State of California that takes a "whole child" approach to address the factors that contribute to the mental health and well-being of our children and youth.

Learn More About the Other Master Plan Pillars:

[Overview](#) [Community Schools](#) [CalAIM](#) [Healthcare Workforce](#)



Systems and Infrastructure: CYBHI

Workforce Training and Capacity	Behavioral Health Ecosystem Infrastructure		Coverage Architecture	Public Awareness
Wellness Coach Workforce (HCAI)	School-Linked Partnership and Capacity Grants (DHCS)	Student Behavioral Health Incentive Program (DHCS)	Enhanced Medi-Cal Benefits – Dyadic Services (DHCS)	Public Education and Change Campaigns (CDPH)
Trauma-Informed Training for Educators (CA-OSG)				
Broad Behavioral Health Workforce Capacity (HCAI)	Behavioral Health Continuum Infrastructure Program (DHCS)	Youth Suicide Reporting and Crisis Response (CDPH)		ACEs and Toxic Stress Awareness Campaign (CA-OSG)
Early Talents (HCAI)				
Behavioral Health Virtual Services Platform and Next Generation Digital Supports (DHCS)			Statewide All-Payer Fee Schedule for School-Linked Behavioral Health Services (DHCS/DMHC)	Targeted Youth Suicide Prevention Grants and Outreach Campaign (CDPH)
Healthcare Provider Training and e-Consult (DHCS)				
Scaling Evidence-Based and Community-Defined Practices (DHCS)				
CalHOPE Student Services (DHCS)				
Mindfulness, Resilience and Well-being Grants (DHCS)				
Youth Peer-to-Peer Support Program (DHCS)				Parent Support Video Series (DHCS)

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Student Behavioral Health Incentive Program (SBHIP)



- Focused on Medi-Cal qualifying students
- Fostering relationships between schools and Medi-Cal managed care plans
- Increase number of students receiving services
- Break down silos and improve coordination of services



INCREASED CAPACITY

Certified Wellness Coaches supplement the efforts of existing professionals, allowing them to focus on clients with more complex needs. This increases your organization's capacity to provide increased access to care where it's needed most.



STRONGER COMMUNITY

Hiring a Certified Wellness Coach empowers your organization to build a stronger, more resilient community.

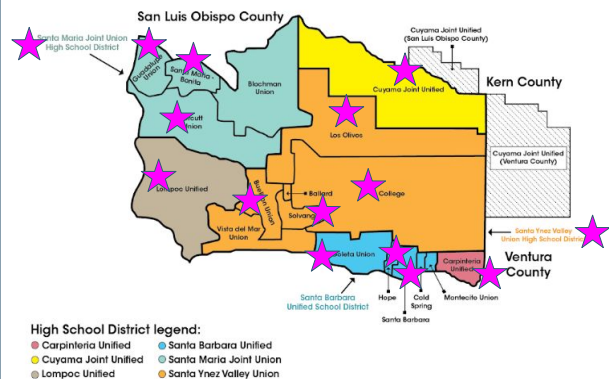


ELEVATED WELL-BEING

When you hire a Certified Wellness Coach, it helps your organization do an even better job of supporting your clients' mental well-being. They provide tools that are easy to use, so your clients can do well and succeed.



CenCalHEALTH®
Local. Quality. Healthcare.



Santa Barbara County Education Office



Thank you