



Governor Newsom's Master Plan for Kids' Mental Health

August 2022

Our kids are facing a mental health crisis.

The global pandemic put a spotlight on our nation's mental health crisis – and the heavy toll borne by the youngest among us, especially in underserved and marginalized communities.

Nationwide, our kids are more anxious and depressed. They feel isolated and lonely. Suicide rates are climbing.

In California:

- ▶ Over 284,000 youth cope with major depression.
- ▶ 66% of kids with depression do not receive treatment.
- ▶ Suicide rates for kids ages 10-18 increased 20% between 2019-2020.

We're taking urgent action to address this crisis. As other states cut resources for kids' mental health, **California is doubling down with the most significant, multi-year overhaul of our mental health system in state history.**

\$4.7 Billion

so every Californian aged 0-25 has increased access to mental health and substance use supports.



California has begun a fundamental overhaul of our state's mental health system – boosting coverage options, service availability and public awareness so all children and youth are routinely assessed, supported, and served.

Building California's Mental Health Systems

We will increase access to services throughout the state, and meet kids where they are at – at school, online, in primary care facilities, and more.

“California is stepping up to tackle the mental health crisis facing kids across the country. We’re overhauling our mental health system with an unprecedented all-of-the-above approach to connect families with the care and supports their kids need to grow up healthier and stronger.”

**- Governor
Gavin Newsom**

A More Proactive and Responsive System of Care



Virtual Platform to Increase Accessibility

Create a virtual platform for next-generation digital mental health assessment and intervention.



Expand Clinic and Treatment Slots

Expand the capability of clinics to increase community-based mental health services so more young people receive the care they need.



Intervene Early

Expand interventions early on so children and youth with, or at high risk for, mental health and/or substance use conditions can get the care they need before conditions worsen.



Suicide Prevention and Crisis Response

Develop a targeted youth suicide prevention program for those at increased risk, create a 988 suicide and crisis lifeline, and provide grants for school and community-based crisis response following a youth suicide or attempt.



Increase Number of School Counselors

Increase the number of counselors in our schools so students can access mental health services easily, conveniently, and at no cost.



Services for Those With Severe Needs

Build infrastructure and staffing to ensure young people with the most significant symptoms and severe disease have high quality settings that are safe, secure and healing.

Healthy Minds for California Kids



Healthcare Coverage for Parent-Child Services

Mental healthcare shouldn't break the bank. California's new plan works to ensure many vital services are covered by insurance and adds new Medi-Cal services that jointly support parent-child needs to improve behavioral health.



Make it Easier for Schools to Provide Prevention and Treatment

Increase access to a wide range of mental health services, with a focus on prevention and early intervention, allowing schools to reach more students and provide more counseling and mental health supports - without footing the bill.



De-Stigmatize Help for our Kids

Help kids get the support they need by increasing access to, and therefore normalizing, mental healthcare. By raising awareness of Adverse Childhood Experiences (ACEs) and toxic stress, we can support prevention and early intervention of mental health and substance use challenges.



More Resources for Parents

Create more tools, including new, easily digestible video content for parents to build their knowledge, tools and capacity to support the behavioral health of their children.

"As a parent, there's nothing worse than seeing your child in pain and feeling powerless to help. In California, we take the mental health and wellbeing of our children seriously, and we're tackling this problem head-on with significant investments in the infrastructure of the state's mental health system."

- First Partner Jennifer Siebel Newsom



Developing a Workforce

To provide the care our young people need, we must build the workforce necessary to care for those who need help. That's why California is investing in training programs, and offering new incentives for those looking to pursue mental health care careers.

Hire, Train, and Engage More Mental Health Workers

Create a pathway for 40,000 new mental health professionals, offer tuition assistance and loan forgiveness for those who serve in behavioral health. We are engaging 2,500 highly talented high school students interested in mental health careers.

Expand Remote Access to Services

Make it easier for youth to receive information, supports and services virtually.

Training for Teachers

Help our teachers identify warning signs by providing training for educators on trauma-informed care.

Pathways and training for **40,000** behavioral health professionals.

Increasing the number of school counselors,

hiring **10,000 more professionals** and providing **up to \$20,000 scholarships** for mental health workers that spend two years working in schools.

California is committed to improving the mental health and well-being of every child.

Other investments include:

- ▶ **\$4.1 billion** on a community schools' strategy to connect kids and families to essential services including health screenings, meals and more.
- ▶ **\$5 billion** on a Medi-Cal initiative, CalAIM, to better integrate health and behavioral health services for low-income kids.
- ▶ **\$1.4 billion** to build the healthcare workforce that expands our capacity to meet the health needs of Californians, including children and families.