

Early Intervention, Big Impact: Utilizing Digital Mental Health Resources for CA Youth & Families



Adriana de Franco (*she/her/hers*)
Manager, Community Engagement



Angela Castellanos (*she/her/hers*)
Director of Partnerships and Integration



Opening the doors to Support



For teens and young adults ages 13 to 25,

BrightLife Kids

A CalHOPE program
by Brightline



0 - 12 years

BrightLife Kids, a CalHOPE program by Brightline, provides **free behavioral health coaching** to all California kids ages 0–12. **No costs attached. No insurance required. No referrals needed.**

- Private 1:1 coaching via video and secure chat
- Diverse coaches offering bilingual support
- On-demand digital resources
- Coach Specialists for complex needs and referrals
- Peer communities

soluna

a CalHOPE Program by Kooth



13 - 25 years

Soluna, a CalHOPE program by Kooth, is a confidential mental health platform for California teens and young adults — built to offer flexible, stigma-free support that's **easy to access and always free.**

- 1:1 coaching via video, phone, or secure chat
- Diverse, bilingual coaches for inclusive support
- Interactive tools for self-guided growth
- Moderated forum for safe peer connection

DHCS Impact Report: BrightLife Kids and Soluna

500k+

user registered to
connect with the
support they need

110k+

coaching sessions
delivered to California
families and youth

over 50%

of users report never
having accessed mental
health services before

over 50%

of users identify as
BIPOC

more than 55%

of users are from under-resourced
communities as defined by the Healthy
Places Index



Reporting Period: January 2024 - January 2026

BrightLife Kids

A CalHOPE program by Brightline

BrightLife Kids provides **free** behavioral health **coaching** to all California families with kids ages 0–12



What is coaching at BrightLife Kids?

Action-Oriented, Collaborative Partnership

A trust-based, structured program focused on helping parents/caregivers set **personalized goals** and develop **action steps** to achieve them efficiently.

Skill Building & Resilience

Utilizes evidence-based models to teach **practical skills** for managing emotions, behavior, and daily routines. Emphasis is on **prevention and early intervention** to build long-term resilience and proactive strategies.



Accessibility of our program



No cost, no insurance required, no referrals needed. Only qualifying factor is a ZIP code in the state of California.



Available on web, Android & Apple (App: Brightline) with Member Support Services available via phone



Product available in English/Spanish

Bilingual (English/Spanish) coaches with live translation in Chinese, Vietnamese, Tagalog, Korean, Armenian, Russian, Farsi, Japanese, Arabic, Cambodian, Hindi, Hmong, Thai, Punjabi, Mien, Ukrainian, Laotian



Coaches available **M-F, 9am-8pm PST** via live sessions or secure chat

How BrightLife Kids fits in the care delivery model

Therapists, physicians
Diagnosis & Clinical Intervention

Includes managing higher acuity presenting concerns, symptoms, and risk (e.g. suicidal ideation)

BrightLife Kids
A CalHOPE program by Brightline

Prevention & early intervention
Includes building skills to manage:

Separation anxiety

Worry

Sadness

Tantrums

Self-confidence

Developmental milestones

Social and emotional well-being

Emotional regulation

Disruptive behaviors

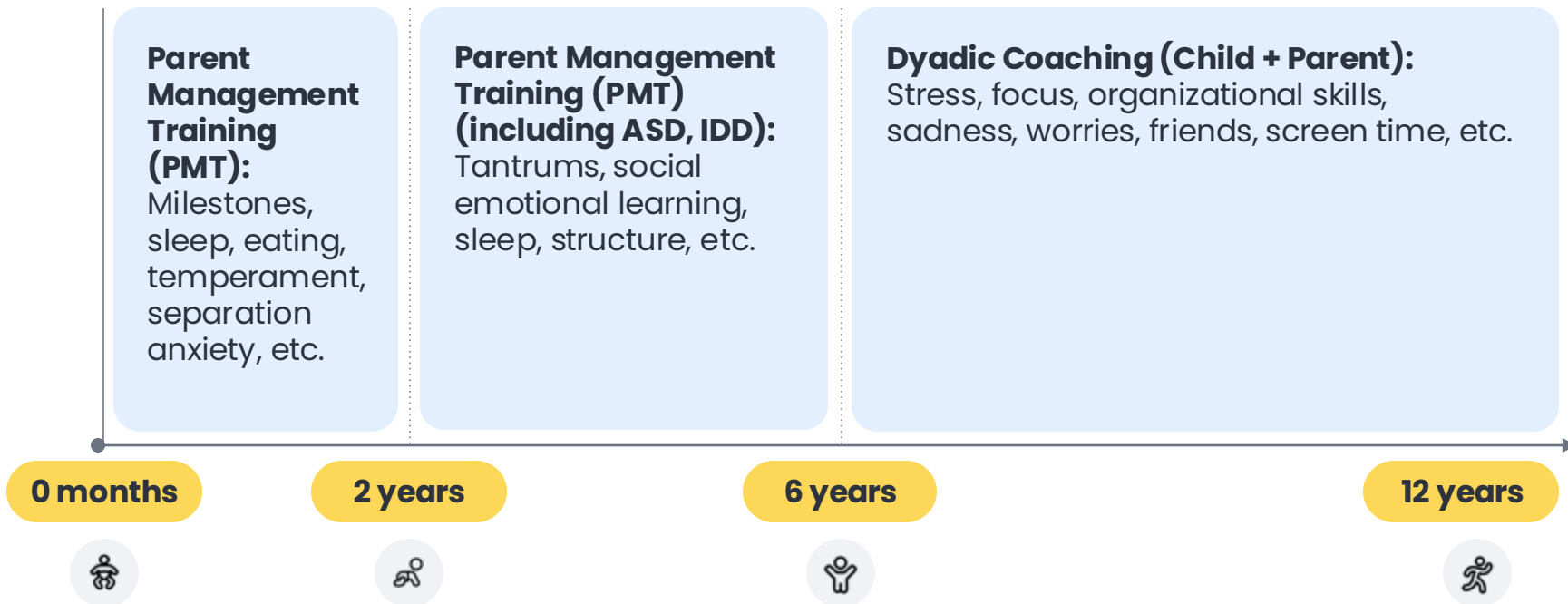
Relationship stress and conflict

Managing big emotions

Sleep concerns

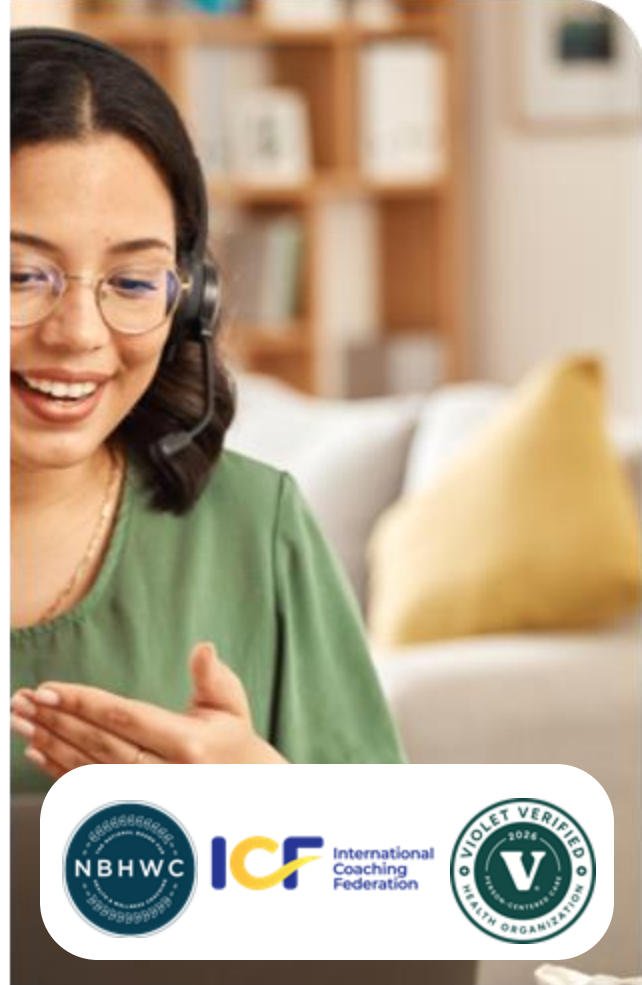
Communication skills

How BrightLife Kids helps across ages & stages



Our qualified coaches have

- Master's degree in a health-related field or Bachelor's degree+
- **Coaching Certification(s)** from NBHWC (National Board for Health and Wellness Coaching) or ICF (International Coaching Federation)
- 5+ years of **direct experience** working with children, youth, families
- **Extensive background check** (inclusive of National Criminal Search and Sex Offender Search)
- **80 hours of skills and tools development** upon hiring
- **Diverse backgrounds** as well as all providers are Violet-verified to ensure culturally competent care with LGBTQ+, BIPOC, and other important identities

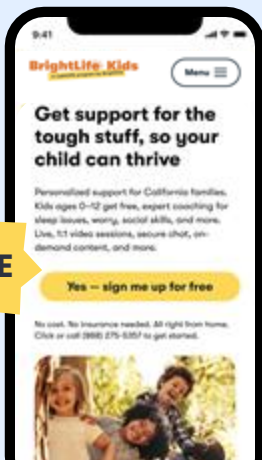


Getting started is simple

1

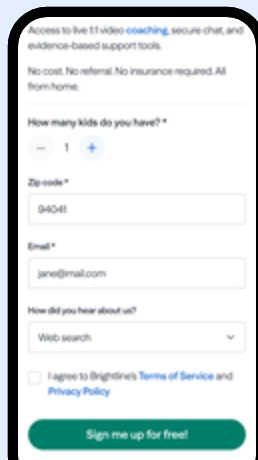
**Sign up on the
BrightLife Kids
website**

FREE



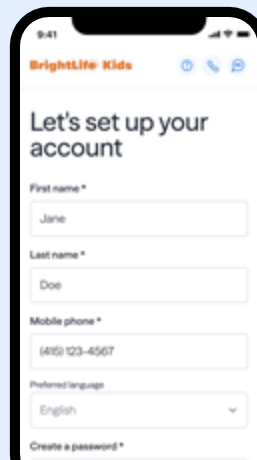
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**Add your zip code
and email**



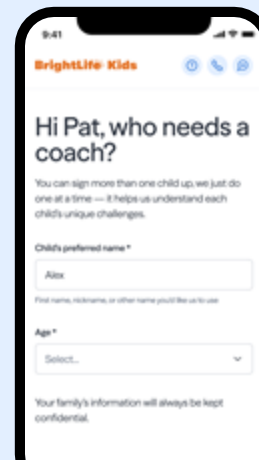
3

**Create your
account**



4

**Add your
child/kids**



What does BrightLife Kids provide?

Available on web, Android, and iPhone



Digital Tools

- Library of on-demand digital content
- Read about managing tantrums, making friends, building self-esteem, and how to get your kids to talk about their feelings



Coaching and Chat

- Live 1:1 coaching sessions from coaches with diverse backgrounds
- Send/receive chats with dedicated coach for everyday challenges between sessions
- Coach specialists help identify and navigate complex needs



Care Navigation

- Guide families to the right level of care
- Provide guidance navigating crisis and community resources, and referrals to those resources if needed



BrightLife Kids Communities

- Digital peer community for caregivers to connect, ask questions, and get coaching tips
- Moderators online 24/7 to ensure a secure, safe space

Meaningful results for families

From the DHCS 2025 Impact Report:

99% of families report satisfaction with their care

92% of families met their coaching goals

89% of children showed improvement in emotional or behavioral challenges

95% of parents and caregivers feel more confident supporting their child

83% of parents and caregivers reported reduced strain



How we can partner

Community lead presence



Attend events and lead trainings for both staff and community members

Promotional materials



Digital Plug & Play Toolkit & Posters/Flyers

Digital engagement



Monthly topical webinars and helpful resources for both parents and partners

Affiliate network



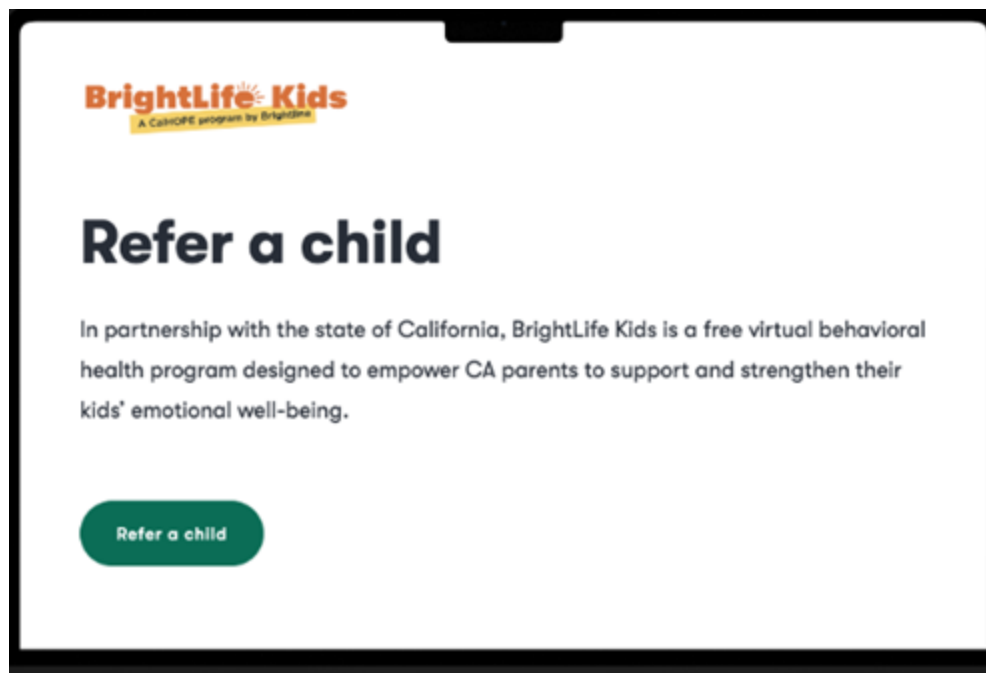
Join us as a partner in our care coordination efforts

Refer Families our way:

brightlife.kids/referrals

[Onedegree](https://onedegree.org)

brightlifekids.findhelp.com



Webinars

Q3-Q4 2025

*Click on the month title to
view the webinar recording

BrightLife Kids

A CalHOPE program by Brightline

Webinar Audience:
Families
B2B Partners/Orgs

[July](#)

[August](#)

[September](#)

[October](#)

[November](#)

[December](#)

Summer Break
NO WEBINAR

"Helping Kids Show Up: A Guide to Reducing School Absenteeism"
(Back to School)

Speaker: Andres Celis
Arias
Date: Thursday, August 6
Time: 12:00pm-12:45pm

Description: For kids, school can bring excitement, learning, and connection. It can also bring big feelings like fear, worry, sadness, or overwhelm that sometimes make attendance difficult. Join us to learn more about the factors that can make getting to school hard and how trusted adults can support children in building confidence and reconnecting with school.

"A Brighter Fall: Supporting Kids Through Back-to-School Blues"
(Back to School)

Speaker: Erica Allen
Date: Thursday, September 10
Time: 12:00pm-12:45pm

Description: School can bring more than just stress—it can bring sadness, low energy, and feeling stuck. In this webinar, we'll explore gentle ways to support kids through tough school days, friendship struggles, and big feelings about the world around them

"Neurodivergent Kids: Celebrating Differences, Building Strengths"
(World Mental Health Day)

Speaker: Kulwa M. Apara
Date: Thursday, October 22
Time: 12:00pm-12:45pm

Description: If you care for a child who is neurodivergent—whether they have autism, ADHD, dyslexia, intellectual disabilities, or giftedness—it can be hard to know where to start. You'll learn more about what neurodivergence can look like, how it may impact mental health, and how to support your child with confidence

"What Parents and Caregivers Can Do When Bullying Happens"
(Holiday Stress + Relationships)

Speaker: Jessica Elliot
Date: Thursday, November 19
Time: 12:00pm-12:45pm

Description: Bullying weighs heavy on the entire family—and you don't need to have all the answers. The signs aren't always obvious: withdrawn behavior, mood shifts, reluctance to talk about school. These moments speak volumes. In this webinar, you'll learn how to spot the signs, open honest conversations, and address bullying together as a team. You'll walk away with practical strategies to support your child and create calmer, more connected moments when they need you most

"When the Holidays Feel Heavy: Supporting Your Child (and Yourself) Through Big Feelings"
(Holiday Grief)

Speaker: Brandi Burton
Date: Thursday, December 10
Time: 12:00pm-12:45pm

Description: The holiday season is often filled with lights, laughter, and togetherness—but for many families, it can also stir up big feelings like loneliness, worry, grief, or stress. And that's okay. In this webinar, we'll talk about how to care for your child—and yourself—when the season feels heavy.





Explore BrightLife Kids!



Thank you!



brightlife.kids/ca



[@brightlifekids](https://www.instagram.com/brightlifekids)



ce@hellobrightline.com

Introducing...

soluna

A CalHOPE Program



 soluna · kooth ·  DHCS · CalHOPE

Soluna is part of California's **first-in-the-nation** initiative to transform youth access to behavioral and mental health support.

Soluna provides safe, free, and innovative mental health support to all 13-25 years olds in California, via smartphone, tablet, or web. **Easy to access. No costs attached. No insurance required. No referrals needed.**



Self-guided
resources and
calming activities



Safe, moderated
community forum
for **peer support**



1:1 behavioral health
coaching via chat,
video, and phone



Guided referrals to
ensure seamless,
localized support
through **Care**
Navigation

Available in English and Spanish • Phone coaching available in 17+ Medi-Cal Threshold Languages

Coaching available 10am - 10pm PST

Soluna has **meaningfully increased access** to mental health supports and **youth report positive impact on their mental health**

44%

of coaching sessions occur outside of 9-5pm¹

49%

Users wouldn't have access to mental health support without Soluna²

50%

Of users report Soluna is their first time accessing mental health services²

47%

of respondents say Soluna helped them stay in education, training, or employment²

88%

of respondents report fewer visits to the ER or urgent care for mental health after using Soluna²

86%

of returning users report they can better support someone struggling with their mental health²

Service users love Soluna's Coaching:

98%

of coaching users reported they would recommend Soluna to a friend¹

85%

of coaching users meet at least one need during a single coaching session¹

1 - Reporting period Jan 1, 2024 - Dec 31 2025

2 - Soluna User Feedback Survey [Stellar] 2024 & 2025 eligible users in California

Partner with Soluna at no cost: choose the pathway that fits your needs.

Pathway 1



Pathway 1: Order Resources & Invite Us to a Community Engagement

Support outreach and awareness with youth-facing materials and event participation.

- Request print or digital Soluna materials
- Invite Soluna to attend tabling or community events

Contact our Community Engagement Team: ce@solunaapp.com

Pathway 3



Pathway 3: Receive Closed-Loop Referrals

Join the Soluna Affiliate Network to receive vetted referrals and closed-loop referrals at no cost.

- Low-barrier onboarding
- Clear referral coordination
- Alignment on programs and services

Get started: affiliatenetwork@kooth.com

Pathway 2



Pathway 2: Request Virtual Staff Training

Equip frontline staff, supervisors, and leadership to confidently introduce and refer youth to Soluna.

- How Soluna works and when to refer
- Scripts, registration support, and key features

Schedule a training: partnerships@solunaapp.com

Pathway 4



Pathway 4: Establish Bi-Directional Referral Partnership

Explore deeper collaboration through operational or technical referral workflows.

- Bi-directional referrals
- Compliance-aligned data sharing
- Explore integration with existing programs or systems

Schedule a partnership conversation: partnerships@solunaapp.com

Thank you!

Together, we can
change lives.

For more info go to:

solunaapp.com/impact

✨ soluna · kooth · DHCS · CalHOPE



DEMO TIME 🎮

Download the demo version of Soluna

① Android Users



Scan
here



① Apple Users



Download the
TestFlight App

③ Scan here



② Complete
registration to
access the app

When prompted for your
birth date, use:
December 16, 2003

② Swipe up
to completely
close out of
the TestFlight
App

④ Complete
registration to
access the app

When prompted for your
birth date, use:
December 16, 2003



Thank you!


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(844) 582-2111



ce@solunaapp.com

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(888) 275-5357



ce@hellobrightline.com

