



# California Department of Public Health

## Behavioral Health Fact Sheet



*Our objective is for all Californians to experience good mental health and wellbeing throughout all stages of life. This is possible when individuals, families, and communities have access to supports needed for social, economic, psychological, and emotional resiliency.*

### HOW DOES PUBLIC HEALTH ADDRESS BEHAVIORAL HEALTH?

Focus on primary prevention, resiliency, and improving the social and economic conditions within communities.

#### FOCUS

- Thriving children and adolescents
- Neighborhood and community support
- Mental health
- Substance use, addiction, and overdose prevention



#### KEY STRATEGIES

- Primary prevention and early intervention
- Systems and policies changes
- Racial equity and intersectionality
- Partnerships with other sectors and communities

### PROGRESS ON BEHAVIORAL HEALTH IS TRACKED BY

#### INCREASING



- Safe, stable nurturing relationships and environments
- Individual, family, and community resiliency
- Connection and healthy relationships
- Access to resources
- Behavioral health literacy

#### DECREASING



- Mental health stigma
- Poverty
- Food insecurity
- Drug overdose
- Trauma and toxic stress
- Social isolation
- Suicide

*Through the Future of Public Health Initiative, California invested \$300 million to modernize state and local public health infrastructure and transition to a resilient public health system. This funding is already at work, including by allowing CDPH to expand behavioral health programs and strengthening coordination across the wide range of public health activities.*



## CDPH LEADS OVER 50 DIFFERENT PROJECTS TO IMPROVE YOUTH BEHAVIORAL HEALTH. HIGHLIGHTS INCLUDE:



**HOME VISITING PROGRAM** connects parents with a trusted home visitor, safety net and poverty alleviation resources, educational and employment opportunities, and pre-and post-natal screening and referrals that include mental health services.

**ESSENTIALS FOR CHILDHOOD** works to prevent Adverse Childhood Experiences by creating protective environments, social norms changes, and strengthening economic supports for families.

**CHILDREN & YOUTH BEHAVIORAL HEALTH INITIATIVE: PUBLIC EDUCATION & CHANGE CAMPAIGN** aims to normalize help-seeking behaviors and increase behavioral health literacy through culturally and linguistically responsive outreach and engagement co-designed with youth.

**OFFICE OF SUICIDE PREVENTION**, [newly launched](#) this year, partnered with schools and local agencies to distribute 29,000 Mental Health Thrival Kits promoting youth wellness, and 4,500 lock boxes for firearms and medications in counties with higher suicide rates. Upcoming projects include a \$90 million grant program focused on Youth Suicide Prevention Grants and Crisis Response.

**ADOLESCENT FAMILY LIFE PROGRAM** funds local case management for expectant and parenting young people aged 21 and younger to improve maternal and child health, education, economic, and social outcomes, promote positive parenting, healthy development, connections to resources, and build resilience.

**ADOLESCENT SEXUAL HEALTH EDUCATION** funds local sexual health education programs on preventing pregnancy and sexually transmitted infections, delaying sexual activity, increasing contraceptive use, forming healthy relationships, communication, consent, and skill building on how to access services.

**OVERDOSE PREVENTION** provides resources for youth, media campaigns, overdose prevention safety coalitions, harm reduction programs, access to naloxone and fentanyl test strips.

**YOUTH CANNABIS PREVENTION INITIATIVE** is an educational campaign informing youth about the dangers of underage cannabis use and its impact on social and emotional wellbeing later in life.

**CALIFORNIA REDUCING DISPARITIES PROJECT** funds 35 pilot projects to implement community defined, culturally and linguistically competent prevention and early intervention mental health services to Black, Asian and Pacific Islander, Latino, LGBTQ+, and Native American communities.

**BLACK INFANT HEALTH PROGRAM & PERINATAL EQUITY INITIATIVE** are efforts to improve maternal and birth outcomes.

**ALCOHOL HARMS PREVENTION INITIATIVE** provides health education materials and data to support prevention.

**CALIFORNIA EXCESSIVE ALCOHOL USE PREVENTION INITIATIVE** improves data collection on health impacts of alcohol use.

**FRIDAY NIGHT LIVE YOUTH ENGAGEMENT PROGRAMS** address problem gambling and cannabis related issues.

**DATA FOR ACTION** has public health programs collect and provide data to help partners and practitioners understand the impact of behavioral health conditions and focus action. Topics include [suicide](#), [drug overdose](#), [excessive alcohol use](#), [violence](#), [healthy communities and equity](#), [child wellbeing](#), [maternal mental health](#), [child and adolescent health](#), [mental health hospitalization](#), and more.

*The California Department of Public Health works to support youth behavioral health through prevention activities across multiple programs including our Center for Family Health, Center for Healthy Communities, Center for Infectious Diseases, and Office of Health Equity.*