



BrightLife Kids and Soluna

2025 Impact Report



CALIFORNIA DEPARTMENT OF
HEALTH CARE SERVICES

In just two years, BrightLife Kids and Soluna have provided more than 500,000 children, youth, and families across California with free behavioral health support¹

As part of the State’s ongoing investment in behavioral health, including mental health and substance use disorder services, the California Department of Health Care Services maintains these two evidence-based digital platforms to expand prevention, early intervention, and access to culturally responsive care.

BrightLife Kids and Soluna are core components of the Children and Youth Behavioral Health Initiative (CYBHI), helping families and young people get timely, confidential support—without the financial, logistical, or stigma-related barriers that too often prevent access to quality behavioral health care.

This report highlights how these platforms continued to expand their reach and impact across California from launch through December 2025.



Provides kids (ages 0-12) and their parents and caregivers with:

- ✓ Free, confidential 1:1 coaching via video sessions and secure chat
- ✓ On-demand articles and videos to support behavioral health challenges
- ✓ Bilingual (English/Spanish) coaches and telephone-based or telephonic services available in 17+ languages
- ✓ Peer communities
- ✓ Care coordination services to connect families to additional resources

Coaching is available Monday through Friday, from 9 a.m. to 8 p.m. PT

Visit brightlife.kids



Designed for teens and young adults (ages 13-25):

- ✓ Free, confidential 1:1 coaching via secure text and video scheduled in advance or on a drop-in basis
- ✓ On-demand articles, videos, and clinically-informed tools to support mental health and wellbeing
- ✓ Bilingual (English/Spanish) coaches and telephone-based or telephonic services available in 17+ languages
- ✓ Safe, moderated peer forums
- ✓ Care navigators to connect youth and young adults with additional resources

Coaching is available daily, from 10 a.m to 10 p.m. PT. Visit solunaapp.com

Our impact, at a glance

500,000+



children, youth and families supported with BrightLife Kids and Soluna since launch,¹ a 57% increase since May 2025²

112,370



completed coaching sessions on BrightLife Kids and Soluna since launch,³ a 81% increase since May 2025⁴

100%

of California counties support children and families with BrightLife Kids and Soluna⁵

98%

of coaching participants are satisfied with their experience⁶

5,211

referrals to community-based partners for higher acuity or social services since launch⁷

Community partners value BrightLife Kids and Soluna



BrightLife Kids serves as a trusted resource for our families by meeting them where they are... and addressing their specific questions and needs with care and intention...

We are grateful for their continued collaboration and commitment to supporting our students and families."

Kelsey Hermann

School Counselor, Natomas Charter School



We have a lot of families...who deal with stress, neglect, trauma [and] isolation.

Offering... mental health [resources] for families and children...is always very helpful and impactful because it gives them a sense of meaning...with a great support system."

Elizabeth Murray

Area Manager, YMCA of the East Bay



Soluna has been a vital resource in our community, successfully lowering the barriers to mental health support for our youth and young adults. Its free, confidential platform offers culturally responsive coaching and tools that feel truly relevant and accessible... ensuring help [when young people] need it most."

Josh Selo

Chief Executive Officer, Bill Wilson Center



Being able to recommend Soluna is something I can do to support student mental health more. I love how accessible it is for students...

I unfortunately don't have enough time to meet individually with every student, and sometimes students can't access therapy or don't feel comfortable with therapy yet."

School Counselor

BrightLife Kids is making a positive impact on California families

In 2025, BrightLife Kids continued to deliver meaningful outcomes for children, parents, and caregivers, reinforcing that the program supports not only individual children, but the entire family system. As the program continues to expand, these positive outcomes are reaching even more families across California.

BrightLife Kids is meaningfully improving behavioral health outcomes for kids and families



92% of children showed improvement in their personalized behavioral health coaching goal¹⁰



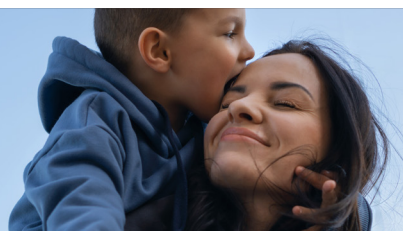
89% of families saw improvement in emotional or behavioral challenges¹¹



95% of parents and caregivers reported an improved ability to manage their child's needs¹²



99% of families were satisfied with their care¹³



Improving kids' behavioral health

93% of parents and caregivers reported improvements in their child's behavioral health after using BrightLife Kids, along with a stronger ability to manage their child's needs.⁸

“ My 12-year-old was very depressed and anxious...After a few months with [our coach]... she is able to communicate her feelings with me and advocate for her needs... Coaching has made such a positive difference in our lives and I cannot express how thankful I am.”

BrightLife Kids parent of a 12-year-old

Reducing stress for parents and caregivers

83% of parents and caregivers experienced improvement in at least one area of the Caregiver Strain Questionnaire, including financial strain, family disruption, sadness, worry, and fatigue.⁹

“ BrightLife Kids has been a game changer for me as a parent. I had concerns about my child's behavior... but through their guidance and resources, I've learned tools to help him thrive.”

BrightLife Kids parent

Independent research confirms significant and sustained improvements in wellbeing across Soluna users

In partnership with Kooth Digital Health, the Lab for Scalable Mental Health at Northwestern University, an internationally recognized research group, conducted an external evaluation of Soluna to assess mental health and well-being outcomes over time.

Led by Jessica L. Schleider, PhD, Associate Professor at Northwestern University and Founding Director of the Lab for Scalable Mental Health, the study found* that Soluna participants experienced statistically significant reductions in overall distress after one month, with improvements sustained at three months.¹⁴ *Research is under peer review.¹⁵

Soluna is proving early mental health support is not just possible, but cost-effective and safe



97% of coaching users reported feeling heard, understood and respected¹⁷



98% of coaching users who rated their session shared positive feedback¹⁸



95% of users said they would recommend Soluna to a friend¹⁹

Key findings for Soluna¹⁶

- Young people showed significant reductions in distress one month after using Soluna.
- Reductions in distress were consistent across all Soluna users, regardless of background or identity.
- Users experienced significant improvements in both mental and physical health-related quality of life, including reductions in anxiety, depression, hopelessness, loneliness, and suicidal ideation, along with improved quality of life indicators.
- Improvements persisted at the three-month mark.

“ [Soluna] takes a huge weight off my shoulders. Being able to talk to someone trained to help me for no charge is wonderful, and I am happy to be able to use the app, and talk to people about my problems when I need to.”

Soluna User, age 15





BrightLife Kids is meeting the behavioral health needs of California's children and families

For parents and caregivers managing their child's behavioral health needs, BrightLife Kids' offers fast, free and confidential 1:1 coaching and on-demand support that fit families' busy schedules while breaking down traditional barriers that prevent families from getting care—like transportation, affordability, and provider availability.

Since launching in January 2024, access has expanded to all 58 counties.

In 2025, BrightLife Kids reached more children²⁰ than ever before, delivering record numbers of coaching and care sessions,²¹ launching a new group coaching program, and significantly increasing engagement among families in lower-socioeconomic communities.²²

BrightLife Kids is expanding access to personalized care for children and families

350,309

children registered since launch²³

262,633

parents and caregivers registered since launch²⁴

165%

increase in children registered in 2025²⁵

168%

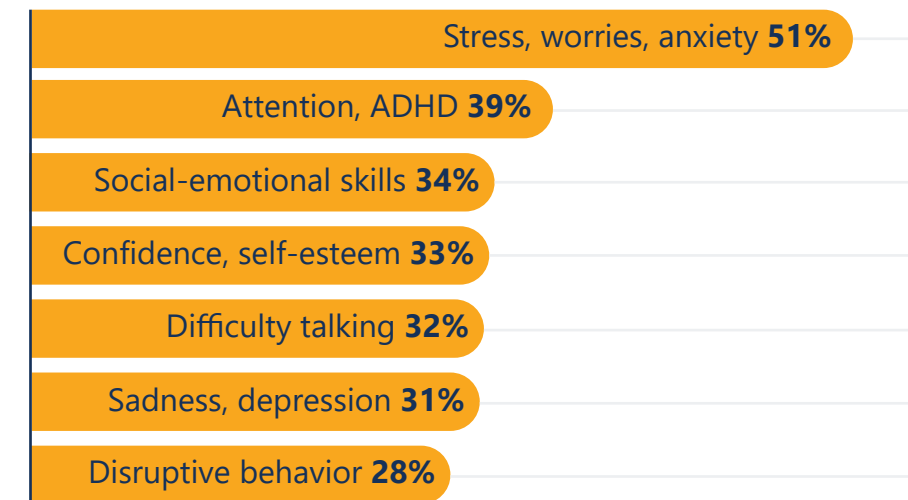
increase in coaching and care guide sessions in 2025²⁶

1.4 days

average wait time for a coaching session²⁷

Families turn to BrightLife Kids for a variety of common childhood concerns

Through BrightLife Kids' person-centered care approach, coaches work with children and families to help manage stress, worries, anxiety, and sadness, support attention and behavioral issues, build self-esteem and social-emotional skills, and more.



Commonly-indicated concerns from BrightLife Kids members²⁸



92% reported improvement in coaching goals²⁹

We are no longer facing the mountain of trying to figure out how to help my child...My child is doing wonderfully.

Jared, BrightLife Kids parent of an 8-year-old



Providing quality, equitable care for children and families

BrightLife Kids is committed to culturally-responsive, identity-sensitive, and inclusive care across California—regardless of insurance or immigration status. Expert coaches receive specialized cultural competency training to support Black, Indigenous, and People of Color (BIPOC), LGBTQIA+, gender-diverse, immigrant, and multilingual families.

BrightLife Kids extends support to families with limited care options and offers telephone-based or telephonic services in 17+ languages.³⁰



77%

of BrightLife Kids users had not previously accessed behavioral health support³¹



37%

had difficulty accessing other behavioral health care options³²



65%

of users live in lower socioeconomic communities³³



203%

increase in registrations from lower socioeconomic communities in 2025³⁴



73%

of users identify as BIPOC—communities that often face systemic barriers to care³⁵



Soluna has become an integral part of California's behavioral health system

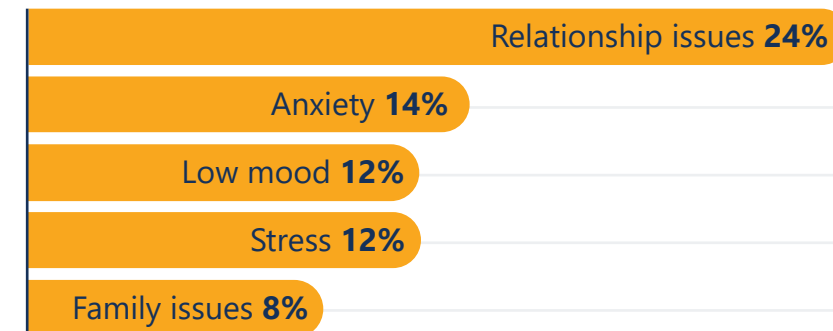
Soluna is built with young people at the center to reflect their lived experiences and meet them on their terms, offering support when, where, and how they need it. By doing so, Soluna removes common barriers such as cost, long wait times, transportation challenges, limited provider availability, language access, confidentiality concerns, and stigma.

The program is available at no cost and beyond traditional hours, with coaches trained in culturally affirming care and available daily from 10 a.m. through 10 p.m. PT.

Soluna provides bilingual coaching in English and Spanish, and telephone-based or telephonic services are available in 17+ languages.³⁶ It also provides a moderated peer community, self-guided tools, evidence-informed content, and care navigation that connects young people with trusted local resources.

Why young people turn to Soluna

Through Soluna's person-centered approach, coaches support youth and young adults in managing stress, navigating anxiety and low mood, and working through relationship, school, and family challenges.



85% of coaching users reported having at least one need met in a single session³⁸

Top five issues documented in Soluna coaching sessions³⁷

How Soluna is helping young people

49%

reported they wouldn't have access to care without Soluna³⁹

150,355

young people registered⁴⁰

87%

reported Soluna helped them get the mental health support they wanted⁴¹

86%

reported feeling less alone in what they're going through or how they feel⁴²

47%

say Soluna helped them stay in education, training, or employment⁴³

1.6M

chat-based coaching exchanges⁴⁴



As a student-athlete balancing academics, athletics, and social pressures, it can be difficult to find time to access support.

I could access [Soluna] anytime, whether at home or between classes and practices. A quick Free-Write entry or Thought Shaker has always helped boost my mood and refocus for the rest of the day!"

Sierra, Soluna Young Adult Ambassador



Soluna continues to reach communities historically underserved by traditional care systems, providing support in ways that feel safe, trusted, and accessible

Our 2025 Reach:



44%

of coaching sessions occurred outside traditional 9am–5pm hours, demonstrating the importance of mental health support that is available when young people need it.⁴⁵



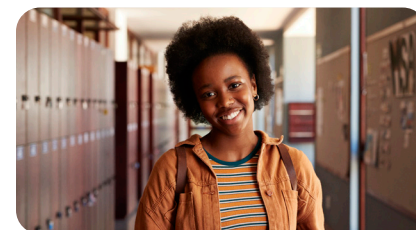
50%

of users had never received mental health support before Soluna⁴⁶

“

With Soluna, everything with work and school isn't perfect, but I have the ability now to face problems when I encounter them.

Soluna User, age 21



53%

identify as BIPOC—communities that often face systemic barriers to care⁴⁷



57%

live in under-resourced communities⁴⁸

Improving behavioral health across California through established institutional and community partners

BrightLife Kids and Soluna continue to strengthen California's behavioral health system through a growing network of trusted community and state partners.⁴⁹

Since launching in January 2024, this network has helped ensure that children, youth, and families receive the right level of care for their needs. Through care navigation services, these platforms have identified complex needs and provided **5,211 community support referrals**,⁵⁰ connecting users to higher acuity services and completing warm hand-offs when needs extend beyond the scope of coaching.



5,211
community support referrals⁵⁰



2,200
BrightLife Kids and Soluna partners⁵¹

How we're showing up in communities across California



Affiliate Networks

Our network of trusted partners expands access to behavioral health support and essential community resources, including food, housing, and other social supports.



Community-Based Organizations

We meet young people and families where they are, through community events, youth-led engagement, and local partnerships that build trust, raise awareness, and connect people to support.



School Partnerships

We work with schools and school districts to provide students with free, safe, and confidential support from mental health professionals. These partnerships increase access beyond the school day and reduce barriers to care.



Soluna Educator Ambassador Programs

School staff participate as ambassadors who champion student mental health by offering feedback, advocating for supports, and sharing resources within their communities.



Soluna Family Voices

Parents and caregivers help shape Soluna by sharing insights on what families need most, guiding improvements to ensure the platforms continue to meet the needs of children and youth across California.



Soluna Young Adult Ambassadors

Young Adult Ambassadors promote Soluna in their communities, normalize conversations about mental health, and connect peers to support. They also advise on product enhancements and help co-create in-app content.

Supporting communities with behavioral health coaching

What does a coaching session look like?

BrightLife Kids: Each personalized, 1:1 video session lasts up to 45 minutes. Young people or families meet with an expert coach to talk through the challenges they are facing. Coaches are also available through secure chat to answer questions between sessions. **Soluna:** Each coaching session lasts up to 45 minutes. Young people connect 1:1 with a trained human coach—not AI—who listens without judgment and helps them work through whatever is on their mind.

Sessions are always free, no insurance is required, and the experience remains private and confidential.

How long does it take to see a coach?

Soluna: Drop-in coaching sessions have an average wait time of 4 minutes,⁵² and most scheduled sessions with a chosen coach occur within 3 days.⁵³ **BrightLife Kids:** The average wait time for a coaching session is 1.4 days.⁵⁴

If someone doesn't feel connected with a coach, they can easily switch to another one.

How do you ensure coaches reflect the communities they serve?

Coaches come from diverse backgrounds and have experience supporting BIPOC, LGBTQIA+, and gender-diverse young people and families. Many coaches are bilingual in English and Spanish, and additional language support is available to ensure care is culturally and linguistically responsive.

What training and oversight do coaches receive?

Coaches in both programs complete 80+ hours of specialized training, pass a background check, and follow safeguarding protocols developed by clinical teams. Both programs provide ongoing clinical supervision and regular audits to ensure safety and consistent practice standards.

BrightLife Kids: All BrightLife Kids coaches hold either a master's degree in a health-related field or a Bachelor's degree plus a coaching certification. Training specifically includes delivering culturally responsive care. **Soluna:** Soluna's training curriculum covers trauma-informed communication, motivational approaches that support self-efficacy, teaching foundational coping strategies such as grounding and problem-solving, and recognizing when a young person needs support beyond Soluna's scope.

Backed by independent oversight, demonstrating safety and clinical integrity

Safety is built into the architecture of these platforms. Soluna and BrightLife Kids were intentionally designed to take what works in digital spaces, including immediacy, ease of use, connection, and access to information, and pair it with strong clinical oversight, structured moderation, and built-in safeguards. Both platforms comply with all state and federal privacy and security requirements.⁵⁵

Soluna has been accredited by a nationally recognized independent validation,⁵⁶ confirming that its clinical model, safeguarding practices, and operational systems meet rigorous standards for quality, safety, and accountability in digital mental health care.



Expanding our offerings for children and families in California

BrightLife Kids and Soluna are continuing to help California meet the urgent and growing behavioral health needs of children, youth and families by:

Expanding access to on-demand behavioral health support

Strengthening the continuum of care

Supporting the social and emotional well-being of young people



We also continue to deepen collaboration with youth-serving organizations, including schools and local county departments, to further embed BrightLife Kids and Soluna into local systems of care.

Looking ahead to the future



BrightLife Kids is continuing to expand its reach and introduce new programs to engage even more kids and families statewide, including introducing group coaching and support for new dads, directly addressing Governor Gavin Newsom’s Executive Order⁵⁷ to address the mental health needs of men and boys.



Soluna is continuing to expand its reach across California’s diverse young adult population, with growing ambassador programs that engage youth, educators, and families as active partners in shaping the platform. By co-developing features and content with the people Soluna serves, the program ensures its tools and care pathways reflect real experiences and evolving needs—keeping the user experience relevant, inclusive, and grounded in the communities it supports.

View the digital impact report at CalHOPE.org/impact. For more information about our impact, or to expand access to youth and family behavioral health throughout California with us, contact DHCS at cybhi@dhcs.ca.gov

1. BrightLife Kids and Soluna user data as of 1/31/26
2. 2025 reporting period (1/1/24-1/31/26) vs 2024 reporting period (1/1/24-5/31/25), based on usage data for BrightLife Kids and Soluna
3. 58,472 completed BLK coaching sessions and 53,898 completed Soluna coaching sessions through 1/31/26.
4. 2025 reporting period (1/1/24-1/31/26) vs 2024 reporting period (1/1/24-5/31/25), based on usage data for BrightLife Kids and Soluna
5. BrightLife Kids and Soluna user data as of 12/31/25
6. BrightLife Kids reported 99% user satisfaction and Soluna reported 98% satisfaction as of 12/31/25
7. BrightLife Kids had 3,557 care referrals and Soluna had 1,654 care referrals provided to off-platform resources as of 12/31/25
8. 93% of parents and caregivers reported improvement in their child’s behavioral health and 95% reported an increased ability to manage their child’s needs, out of all families engaged in coaching or guided care as of 12/31/25
9. Based on caregivers that report improvement on at least one item of Caregiver Strain Questionnaire (CGSQ) as of 12/31/25
10. Based on families in coaching that saw improvement in goals, out of all families engaged in coaching or guided care as of 12/31/25
11. Based on survey data collected from users of BrightLife Kids through the Pediatric Symptom Checklist-17 (PSC-17) as of 12/31/25
12. Based on families in coaching that saw improvement, out of all families engaged in coaching or guided care as of 12/31/25
13. Based on survey data collected from BrightLife Kids users engaged in coaching or guided care as of 12/31/25
14. Cohen, K., et al. Single-Arm Evaluation of the Soluna Digital Mental Health and Wellbeing Platform for Youth in California. PsyArXiv [Preprint].
15. Read the full study at <https://osf.io/preprints/psyarxiv/qn892>
16. Cohen et al. (2026). Single-Arm Evaluation of the Soluna Digital Mental Health and Wellbeing Platform for Youth in California.
17. Soluna platform data, 2024 - 2025
18. Soluna platform data, 2024 - 2025
19. Soluna User Feedback Survey, 2024 - 2025
20. 165% increase in child registrations in 2025 vs 2024, based on usage data for BrightLife Kids
21. 168% increase in coaching and care guide sessions in 2025 vs 2024, based on usage data for BrightLife Kids
22. 2025 vs 2024, based on usage data for BrightLife Kids in counties whose Healthy Places Index (HPI) percentile falls in quartile 1 or 2. Some ZIP Codes do not have an HPI classification, thus reducing the registration denominator.
23. Based on usage data for BrightLife Kids through 1/31/26
24. Based on usage data for BrightLife Kids through 1/31/26
25. 2025 vs 2024, based on usage data for BrightLife Kids
26. 2025 vs 2024, based on coaching and care guide sessions completed amongst BrightLife Kids members
27. Based on usage data for BrightLife Kids through 12/31/25
28. Based on members who indicate a concern during onboarding, out of total members onboarded, as of 12/31/25. Families can indicate more than one concern
29. Based on usage data for BrightLife Kids through 12/31/25
30. Medi-Cal threshold languages include Arabic, Armenian, Cambodian, Chinese, English, Farsi, Hindi, Hmong, Japanese, Korean, Laotian, Mien, Punjabi, Russian, Spanish, Tagalog, Thai, and Vietnamese
31. Self-reported by BrightLife Kids users as of 12/31/25 via New Patient Questionnaire
32. Self-reported by BrightLife Kids users as of 12/31/25 via New Patient Questionnaire
33. Based on BrightLife Kids registrations in counties whose HPI percentile falls in quartile 1 or 2 as of 12/31/25
34. 2025 vs 2024, based on registrations in counties whose HPI percentile falls in quartile 1 or 2
35. Self-reported by BrightLife Kids users as of 12/31/25
36. Medi-Cal threshold languages include Arabic, Armenian, Cambodian, Chinese, English, Farsi, Hindi, Hmong, Japanese, Korean, Laotian, Mien, Punjabi, Russian, Spanish, Tagalog, Thai, and Vietnamese.
37. Soluna platform data, 2024 - 2025
38. Soluna platform data, 2024 - 2025 (using “Session Wants and Needs Outcome”)
39. Soluna User Feedback Survey, 2024 - 2025
40. Soluna platform data, through 1/31/26
41. Soluna User Feedback Survey, 2025
42. Soluna User Feedback Survey, 2024 - 2025
43. Soluna User Feedback Survey, 2025
44. Soluna platform data, 2024 - 2025 (767,602 practitioner messages and 869,052 user messages)
45. Soluna platform data, 2024 - 2025
46. Soluna User Feedback Survey, 2024 - 2025
47. Soluna platform data, 2024 - 2025
48. Soluna platform data, 2024 - 2025 (Based on registrations in counties whose HPI percentile falls in quartile 1 or 2 as of 12/31/25)
49. BrightLife Kids had 1,950 committed and affiliate network partners and Soluna had 1,471 committed and affiliate network partners as of 12/31/25
50. BrightLife Kids had 3,557 care referrals and Soluna had 1,654 care referrals provided to off-platform resources as of 12/31/25
51. BrightLife Kids had 1,950 committed and affiliate network partners and Soluna had 1,471 committed and affiliate network partners as of 12/31/25
52. Soluna platform data, 2024 - 2025
53. Soluna platform data, 2024 - 2025
54. Based on usage data for BrightLife Kids through 12/31/25
55. BrightLife Kids and Soluna comply with the Health Insurance Portability and Accountability Act (HIPAA), the Children’s Online Privacy Protection Act (COPPA), the California Consumer Privacy Act (CCPA), the Confidentiality of Medical Information Act (CMIA) and the Substance Abuse and Mental Health Services Administration’s (SAMHSA) 42 CFR Part 2
56. Soluna has been accredited by the Utilization Review Accreditation Commission (URAC)
57. Exec. Order No. N-31-25, Governor Gavin Newsom (July 30, 2025)



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