



March 5, 2026

*THIS LETTER SENT VIA EMAIL*

TO: Local Education Agencies

**RE: SUPPORTING STUDENT MENTAL HEALTH**

Dear Colleagues,

Thank you for your continued leadership in advancing the behavioral health and well-being of California's children, youth, and families. Your commitment to creating safe, supportive learning environments remains central to our statewide efforts to ensure every student can thrive.

As part of California's ongoing investment in school-based mental health supports, we are writing to **underscore the vital role of two state-supported, evidence-informed digital behavioral health platforms - [BrightLife Kids](#) and [Soluna](#)**. Both platforms are core components of the **Children and Youth Behavioral Health Initiative ([CYBHI](#))** and were launched in partnership with the California Department of Health Care Services. They are **fully funded by the State of California** to support prevention, early intervention, and access to care for children, youth, and caregivers.

These resources are provided **at no cost to schools, districts, students, or families**. They require **no referral or insurance** and **do not collect immigration information**. Designed to complement your existing school mental health and wellness programs, these platforms are part of the coordinated support available to students and families statewide.

**What BrightLife Kids and Soluna Provide:**

- **Live, 1:1 behavioral health coaching sessions** via video or secure chat.
- **Diverse, bilingual coaches in English and Spanish**, with live translation available in 17 Medi-Cal threshold languages.
- **On-demand digital tools**, activities, and content.
- **Care coordination and navigation services**.
- **Moderated peer communities and forums**.

Since launching in 2024, more than **430,000 California youth and families have accessed BrightLife Kids and Soluna**. More than half come from under-resourced



communities, and more than 70 percent are engaging in behavioral health support for the first time through these platforms.

The California Department of Health Care Services maintains active oversight of both platforms, including ongoing monitoring, safety and quality assurance, and responsible data use policies. BrightLife Kids and Soluna are part of the broader set of tools available to schools through CYBHI. Additional approved, evidence-informed resources can be found in the CYBHI compendium at [cybhi.chhs.ca.gov](https://cybhi.chhs.ca.gov).

### **Safety and Quality Always Come First**

[BrightLife Kids](#) and [Soluna](#) coaches are carefully selected and trained to provide youth- and family-centered care safely and effectively. Here are a few ways that commitment is ensured:

- **Background checks** – All coaches must clear a thorough background check prior to hiring and providing services.
- **Training** – All coaches complete 80+ hours of provider training on relevant skills and evidence-based tools, including training to promote culturally responsive care for LGBTQ+ (Lesbian, gay, bisexual, transgender, and queer/questioning) BIPOC (Black, Indigenous, and People of Color), and other communities.
- **Clinical oversight** - Coaches follow safeguarding protocols and when risk or complexity is identified, licensed clinicians are available to guide care decisions and offer additional provider support.

### **Why Schools and Districts Should Integrate These Programs**

BrightLife Kids and Soluna are helping California meet the urgent and growing behavioral health needs of children and youth. Integrating these tools into your district's wellness strategy will:

- Expand access to on-demand, developmentally appropriate mental health support.
- Strengthen your district's continuum of care.
- Ensure alignment with state-endorsed resources and expectations.
- Support students' emotional, social, and academic well-being.

Your partnership is essential to ensuring these resources reach the children, youth, and families who need them most.

### **Recommended Integration Actions**

The following are key steps schools and districts can take to increase awareness and access for these resources:

1. **Integrate BrightLife Kids and Soluna into student and caregiver communications**  
Include QR codes and links on ID cards, planners, newsletters, family resource packets, and districtwide emails.
  - a. Get the [BrightLife Kids Digital Toolkit](#)
  - b. Get the [Soluna Digital Toolkit](#)
2. **Embed access points in student and parent portals**  
Place direct links in online portals to ensure these platforms are easy to find and use.
3. **Promote through school staff and educator networks**  
Share implementation materials, talking points, and resource guides with teachers, counselors, nurses, and administrators.
4. **Leverage existing wellness and mental health programs**  
Incorporate BrightLife Kids and Soluna into your district's wellness campaigns, peer-support programs, and small-group supports.
5. **Engage students and their families directly**  
Encourage student leaders and ambassadors to introduce the platforms to peers to help normalize help-seeking and increase utilization.

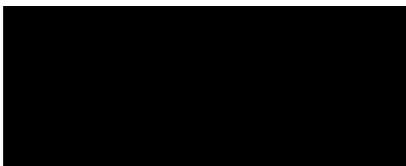
We value your partnership in expanding access to high-quality behavioral health support for all California youth. We encourage you to invite BrightLife Kids and Soluna to brief staff, speak with students, and collaborate on ways to deepen integration within your existing wellness supports. Their teams stand ready to assist with presentations and schoolwide engagement strategies that make these resources easy to understand and access.

**Contact BrightLife Kids:** [ce@helloworldbrightline.com](mailto:ce@helloworldbrightline.com)

**Contact Soluna:** [ce@solunaapp.com](mailto:ce@solunaapp.com)

Thank you for your continued dedication to the well-being of California's children and families.

In partnership,



Kim Johnson  
Secretary  
California Health and Human Services Agency

Local Education Agencies

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Michelle Baass

Director

California Department of Health Care Services



Tony Thurmond

State Superintendent of Public Instruction

California Department of Education