

Gearing Up for the Holidays!

Greetings Colleagues,

We are all in the midst of gearing up for the holiday season. While we are gearing up to relax, spend time with family, and welcome the new year, there is also much happening in our behavioral health arena. Before we discuss work, I want to acknowledge that the holidays can present a dizzying array of demands, including parties, shopping, cooking, cleaning, and entertaining. How we deal with these demands on our time and energy can impact our experience of the season and how we relate to those around us. So, it might be worth considering taking some time to focus on how you will approach this holiday season. [Here are some tips](#) from the Mayo Clinic for staying emotionally healthy during the holidays.

CalAIM Collaborations

CBHA continues to engage in the CalAIM Workgroups organized by the Department of Health Care Services (DHCS). With the state's current Section 1115 and 1915(b) waivers expiring in 2020, DHCS developed the CalAIM initiative to set the course for a broader Medi-Cal delivery system. The proposal is innovative and bold, but the implementation of any CalAIM proposals will depend upon receiving funding approvals both at the federal and state levels.

CBHA is proud to have partnered with allied organizations, including the California Alliance for Child and Family Services (CACFS) and the County Behavioral Health Directors Association (CBHDA), to draft two letters to DHCS about elements of the CalAIM proposal. Find copies of the letters below.

- [Joint letter with CACFS](#)
- [Joint letter with CBHDA](#)

California Access Coalition Annual Retreat

CBHA is managing the CAC, an organization founded by Rusty Selix in 1996. The CAC is a unique coalition of behavioral health advocacy groups, governmental groups, and pharmaceutical companies. Some CBHA member organizations are [members](#), and four CBHA organizations are part of the [CAC Board of Directors](#). The CAC had its Annual Membership Retreat at the Golden 1 Arena on December 9, 2019. It was a great event that included national speakers, and a fun reveal of the new CAC logo on the Arena's jumbotron! For more information about the CAC, [click here](#).

CBHA Co-Hosts Mental Health for US *Unite for Change Rally* and Presidential Candidate Forum

Earlier this month, we shared that CBHA has joined several behavioral health organizations to serve on the host committee of the Mental Health for US *Unite for Change Rally* and Presidential Candidate Forum. The forum, scheduled for January 13, 2020, at the University of Southern California, is a wonderful opportunity to join other behavioral health organizations to raise awareness about behavioral health disorders. Leaders and advocates will engage in



discussions about mental illness, substance abuse disorders, homelessness, and other issues that are prevalent in the Los Angeles area. The event is poised to be a stellar event that will include national media personalities as moderators, celebrities, and many more. Check out the [website](#) and register for the event [here](#).

Last, I had the opportunity to discuss my thoughts about the behavioral health system during KVIE's Studio Sacramento television show. [Click here](#) to see the episode.

If you have questions about [CBHA's 2020 Policy Platform](#) and legislative plans for 2020, or any of the information mentioned above, please do not hesitate to contact Legislative Coordinator Simon Vue at svue@cccbha.org.

Have a wonderful holiday season and take care of yourself!

In Service,
Le Ondra Clark Harvey, Ph.D.
Director of Policy and Legislative Affairs