

State of the State, Workforce, and Legislation

Greetings members!

We are two months into the Legislative Session, and there is so much happening! CBHA staff organized a successful Advocacy Day last month and we are currently preparing for our [Mental Health First Aid Summit](#) in Los Angeles on February 21. CBHA staff are also organizing the [Annual Membership Retreat](#) of the California Access Coalition, a group created 23 years ago by Rusty Selix. The retreat will be held on February 22 in the Sacramento region. We continue to work hard on our legislative priorities including two budget proposals and two bills.

State of the State

On Tuesday, Governor Gavin Newsom gave his State of the State Speech. Of note was his focus on the social determinants of health. Specifically, he highlighted impacts on the California environment including natural disasters, transportation, energy and water. He also focused on social issues including aging, immigration, healthcare and school climate. Governor Newsom spoke extensively on homelessness and the intersection with mental illness calling this relationship a “public health crisis.” To this end, he announced the creation of a *Commission on Homelessness and Supportive Housing* that will be led by Darrell Steinberg. He also shared plans to create an *Alzheimer’s Prevention and Preparedness Task Force* led by Maria Shriver.

Indeed, Governor Newsom has set high goals for his term and we will continue to monitor the individuals he appoints to lead his efforts and build relationships with them. We are quite interested in who will fill the position of “Mental Health Czar.” Additionally, in recognition of the importance of recognizing providers who are trained to treat mental health and substance use disorders, we have recommended that the Administration consider renaming this position to the “Behavioral Health Czar.” We are also encouraged by the appointment of Dr. Nadine Burke Harris to the position of California Surgeon General.

Workforce

Recently, CBHA sent a members alert announcing the publication of two reports. The first is the Office of Statewide Health Planning and Development’s (OSHPD) [Five-Year Plan](#). As you may be aware, OSHPD is statutorily required to prepare the Five-Year Plan to address the workforce needs in the state. CBHA member agencies and staff have participated in the stakeholder process for the plan.

The second publication is by the California Future Health Workforce Commission. The Commission spent nearly two years examining the behavioral health care workforce shortage in California. The [report](#) includes recommendations addressing the workforce shortage by 2030.

Legislation

Our legislative proposals continue to gain momentum! Our Advocacy Day provided members with an opportunity to discuss the proposals with over 30 legislative offices. The result has been several follow-up conversations with legislative offices who are interested in supporting CBHA's efforts.

Our Youth Mental Health First Aid proposals continue to grow in popularity. We have a strong coalition of co-sponsors including CBHDA and Lady Gaga's [Born This Way Foundation](#) (BTWF) who are working with CBHA to co-sponsor a budget proposal that will provide funding for a school-based pilot program to train school personnel in Youth Mental Health First Aid. Assemblymember [Dr. Joaquin Arambula will champion this proposal.](#)

The coalition is also sponsoring a bill that will include Youth Mental Health First Aid training as an option for teachers to fulfill their credentialing requirements. Senator Dr. Richard Pan has agreed to author this legislation.

Just yesterday, CBHA and CBHDA staff presented the proposals to the State Superintendent of Instruction's School Mental Health Policy Workgroup. The group voted unanimously to support the proposals and request that the Superintendent provide a letter of support. We will keep you posted on the progress of these proposals and our growing coalition.

Our final two proposals address the behavioral health workforce shortage. CBHA is collaborating with the California Behavioral Health Planning Council (CBHPC) and the California Association of Marriage and Family Therapists (CAMFT). Our budget proposal is a request for \$70 million dollars to create a funding source for the efforts that are detailed in OSHPD's statutorily mandated Five-Year Plan. The bill will identify additional funding sources for the Five-Year Plan including 25% of the growth funds of MHSA dollars and an option for counties to direct funds subject to reversion to a statewide Workforce, Education and Training Trust Fund. Senators Caballero and Hurtado recently contacted our office to report that they learned of these proposals during Advocacy Day and would like to champion and author the proposals!

We look forward to providing you with additional updates as the Legislative Session progresses. Please see below for our members-only compendium of behavioral health articles. We hope you find them interesting and relevant to the work you do.

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

Addiction:

[The Digital Drug: Internet Addiction Spawns U.S. Treatment Programs](#)

[Opioid Addicted Youth Face Barriers to Effective Treatment](#)
[Opioid Crisis Forcing Grandparents to Care for Kids of Addicts](#)
[Black America's Opioid Crisis: Separate, Unequal, Overlooked](#)

Medication:

[8 Questions to Ask A Psychiatrist Before Starting Mental Health Medication, According to Doctors](#)
[There's A Shortage of a Major Anxiety Med: Here's What to Know](#)
[Beware "Pseudomedicine" Claims Made to Sell Brain-Health Supplements, Warn Neurologists](#)

Older Adults:

[Companies Navigate Dementia Conversations with Older Workers](#)

Suicide:

[Olympic Skater Gold Was Suicidal While Battling Depression](#)
[How Kids Help Others Battling Suicide, Sex Assault](#)
[Kristoff St. Johns Death Calls Attention to Risks Facing Suicide Loss Survivors](#)
[As Suicide Rates Rise, Crisis Centers Struggle to Stay Financially Afloat](#)
[Suicide Rate Among Active-Duty Marines at A 10-Year High](#)
[Veterans Are Taking Their Own Lives on VA Hospital Campuses in A Desperate Form of Protest](#)

Mental Health, Depression, Anxiety:

[US-Bangla Crash Report Underlines Mental Health](#)
[Can Exercise Prevent Depression? Here's What Science Says](#)
[5 Ways to Optimize Mental Wellness During Stressful Family Gatherings, With Thomas Bognanno](#)
[Can Obesity Cause Depression?](#)
[50,000 Preschoolers Are Suspended Each Year. Can Mental Health Training for Teachers Make A Difference?](#)
[Looking on The Bright Side May Reduce Anxiety, Especially When Money Is Tight](#)
[The Masculinity Revolution Is A Quiet One. Don't Trust Its Loudest Critics.](#)
['Hygge' Can Help Americans Relax During Stressful Times](#)
[An Intellectual Disability Can Affect Mental Health, Too](#)
[The Cost of Mental Health Hospitalization Is Part of What Makes Mental Health Care Inaccessible](#)