

Welcome to the CYBHI Training Reunion: Launching a New RRIH Community of Practice

The meeting will begin shortly.

September 22, 2026

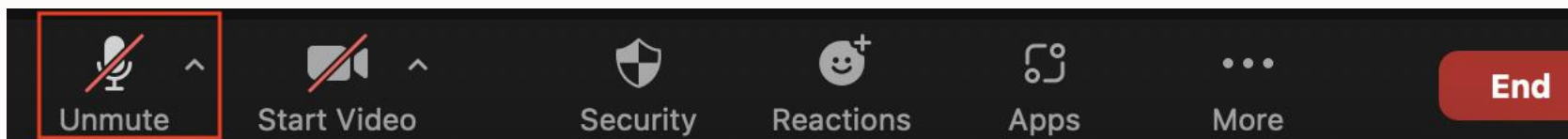


This event is being recorded and transcribed.

Why? PHIL uses the recording and transcription to assess key takeaways, participant needs, and to develop better events for you in the future.

Recordings will be available by request after the event.
Email info@pophealthinnovationlab.org to request access.

Please mute your microphone during the presentation.



CYBHI Training Reunion: Launching a New RRIH Community of Practice

September 22, 2026



Welcome & Introductions

Kathryn Stewart

*Population Health Innovation
Lab (PHIL)*





Beyond Land Acknowledgment

The Population Health Innovation Lab team respectfully acknowledges that we live and operate on the unceded land of Indigenous peoples throughout the U.S.

Acknowledgment is the beginning. Acknowledgment—and the research required to do it with integrity—should be an invitation to deeper analysis, relationship, and action.

Learn more about how to go *beyond* land acknowledgments. Visit www.nativegov.org



Welcome & Housekeeping



Roll Call

Drop in the chat: your name, organization, and **which training(s) you completed.**



Housekeeping

Be present & take care of yourself. Place questions in the chat. Slides will be shared after the meeting



Thank You for Your Support!

The Rural Resilience Innovation Hub is made possible through support from the Department of Health Care Services, Children Youth and Behavioral Health Initiative.

DHCS investment allows rural partners to learn together, strengthen systems, and improve outcomes for youth and families.



Expanding Access to Child & Youth Behavioral Health Resources for California Communities

The Children and Youth Behavioral Health Initiative & Northern ACEs Collaborative



The Northern ACEs Collaborative's (NAC) **Rural Resilience Innovation Hub (RRIH): 2026- 2027**

- **NAC Vision:** All Northern California residents have everything they need to live resilient and happy, healthy lives.
- **RRIH Purpose:** To strengthen rural Northern California county systems serving children and youth by aligning behavioral health and justice efforts through peer learning, cross-sector collaboration, and shared problem-solving.
- **Community of Practice:** A group of peers who learn from each other's real experience, share what works, and solve problems together.
- **CYBHI Community of Practice:** The RRIH will serve as a community of practice, **regularly bringing together practitioners, CYBHI resource partners, and regional stakeholders to highlight promising uses, share emerging lessons, and continue building a curated, accessible resource collection to support ongoing implementation.**





CYBHI Community of Practice Resource Doc

[Click here to access
the Resource Doc](#)

Rural Resilience Innovation Hub - CYBHI Community of Practice (2026-2027)

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Welcome to the resource center for the Rural Resilience Innovation Hub -
CYBHI Community of Practice!

CYBHI Community of Practice: Putting CYBHI Resources to Work in Rural Communities (2026-2027)

The Population Health Innovation Lab (PHIL), through the [Northern ACEs Collaborative](#) (NAC) and with support from the [Children and Youth Behavioral Health Initiative \(CYBHI\)](#), launched the [Rural Resilience Innovation Hub](#) (RRIH)'s CYBHI Community of Practice in 2026. Rather than introducing a new program or service model, RRIH invests in the strengths already present in rural communities by creating structured spaces for peer learning, relationship-building, and cross-sector collaboration.

California's [Children and Youth Behavioral Health Initiative \(CYBHI\)](#) has created new, no-cost and low-cost behavioral health resources for children, youth, and families — and rural





Agenda

- Welcome & Introductions
- CYBHI Training Overviews
 - Open Doors
 - Safe Spaces
 - Single Session Consultation
- Connecting on Your Experience
- Breakout Discussions
- Looking Ahead & Closing





Welcome and Introductions



UCSF

University of California
San Francisco



Cal-MAP



**POPULATION HEALTH
INNOVATION LAB**

A Program of the PUBLIC HEALTH INSTITUTE

Safe Spaces



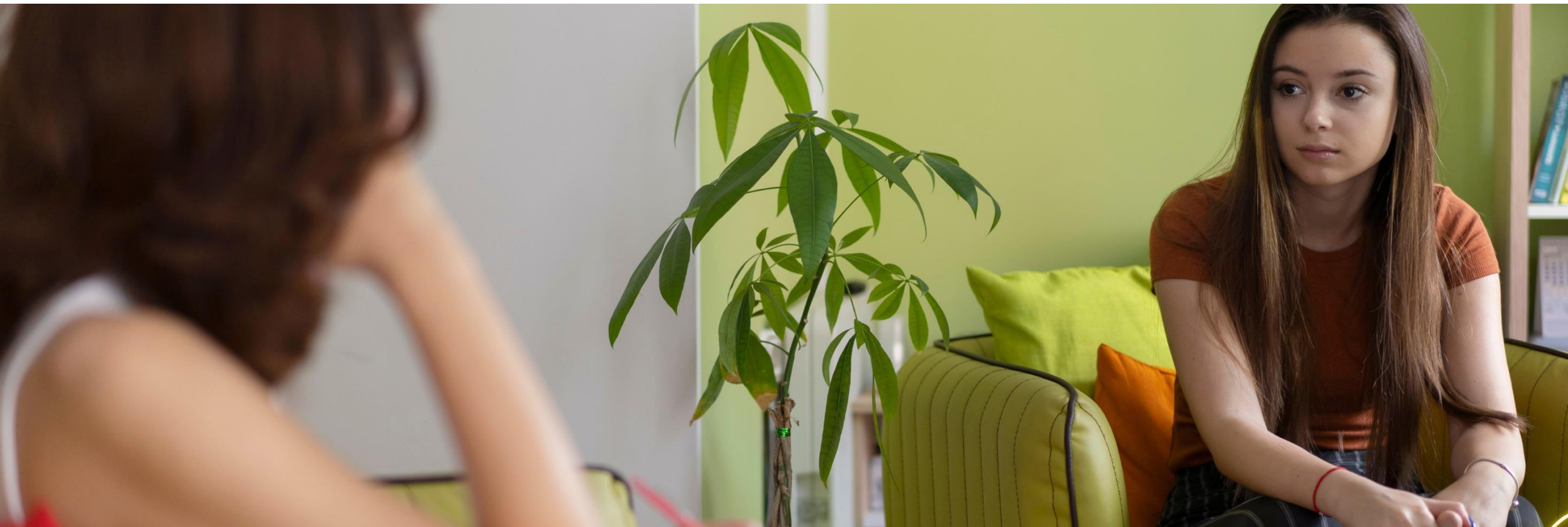


CYBHI Training Overviews





ENGAGING YOUTH IN REAL CONVERSATIONS ABOUT SUBSTANCE USE



What is Open Doors?

- Trainees learn how to engage in real conversations about substance use and other behavioral health concerns and how to guide youth toward the care and support they need
- Training to build communities' capacity to support **all** youth across California
- Offered at no cost to adults who encounter youth in their daily lives with an emphasis on those adults without clinical training
- Open Doors is developed with a special focus **on those who serve youth at risk of or currently impacted by:**
 - Substance use disorder
 - Juvenile Justice system
 - Child Welfare system
 - Housing insecurity

Training Delivery

- **Who:** Minimum of 2 Co-facilitators
- **What:** 2 hours of online, self-paced pre-work followed by 1 day of live in-person, interactive training
 - Alternative options available:
 - Two in person half days
 - Two virtual half days
- **When:** Happening now!
- **Where:** In YOUR community
- **How:** Submit interest form on [website](#) for monthly updates
- **Contact:** Alina Sanchez at asanchez@catalyst-center.org

Updates

- **Virtual Trainings** being offered in October, November, and December
- **Community Facilitator Trainings** now being offered!
 - November 5 - 6th – Lake County
 - January 25 - 26th – Sacramento County
 - January 28 - 29th – Yuba County
 - April 29 - 30th – Humboldt County
 - *Travel stipends available**
- **Community Facilitator Program Summit** - March 2, 2027 in Sacramento

Recognize, Respond, Connect: Supporting the Behavioral Health of Our Students

- 50-minute training
- Online, self-paced
- Free!
- Free CE/CME provided for physicians, psychologists, social workers, nurses, and physician assistants

training.acesaware.org/rrc



RRC aligns with the training requirements of Educational Code 49428.2

July 1, 2029, 100% of certificated and 40% of classified school staff in settings that include any grades from 7 through 12 inclusive shall complete training that:

- Includes the unique risk factors and warning signs of behavioral health problems in adolescents
- Builds understanding of the importance of early intervention
- Teaches employees how to help an adolescent in crisis or experiencing a behavioral health challenge
Including guidance on when to make referrals

Note: ACEs Aware will help LEAs track staff training completions to ensure compliance with the Educational Code



Safe Spaces

Foundations of Trauma-Informed
Practice for Educational & Care Settings



OFFICE OF THE
CALIFORNIA
SURGEON
GENERAL

Take the training today!
Visit:
training.ACEsAware.org



aces aware
SCREEN. TREAT. HEAL.

Become a trainer for Safe Spaces and support children, families, and school staff in your community!

- Learn to facilitate the Safe Spaces trauma-informed training
 - Free 6-hour workshop and certification
 - All training materials provided, including slides and facilitation guides
 - Ongoing technical assistance and coaching provided
 - Earn free CE/CME credits for workshop participation
 - No cost to you or your organization
-
- Ready to get started?
 - Email: questions@acesaware.org



What is Single-Session Consultation (SSC)?

- **One focused conversation, often in 60 minutes or less**
 - A structured approach, based on solution-focused brief therapy, to support a young person or family with what matters most right now.

SSC helps youth and families:

- 01 Identify the challenge that feels most urgent
- 02 Feel heard and less overwhelmed
- 03 Leave with clear, realistic next steps
- 04 Feel more motivated to seek additional support when needed

Why a Single-Session Approach?



The need for
behavioral
health
services
outpaces
provider
availability



Multi-
session
therapy is
not always
feasible



Many people
get single
session
treatment
*whether they
intend to or
not*



Single-session
interventions
can be
effective!

Where SSC fits in everyday practice

- **When access is limited, the moments you have matter**
- Youth and caregivers may face long waitlists, transportation challenges, stigma, or limited access to ongoing services.

What happens in an SSC?

Opportunities for a focused conversation

- Intake and drop-in visits
- School meetings
- While youth and families wait for services

1

Establish Readiness

- Consent & Safety Check
- Establish shared purpose
- Identify person's top problem
- Identify person's top hope

2

Where are we Today?

- Pose miracle question
- Create scale based on miracle question
- Explore exceptions to the problem

3

Construct an Action Plan

- What concrete steps can they take?
- When will they do them?
- If, then steps
- Who will support?

Single Session Consultation (SSC) Offerings To-Date

UCSF School Consultation Team

271

TOTAL ENGAGEMENT
ACROSS ALL OFFERINGS

171

Online Self-Guided SSC
completions to support
primary care and school
provider wellbeing/burnout

100

SSC Coaching completions for
providers to support
youth/family wellbeing and
behavioral health

COMMON TOPIC AREAS OF FOCUS IN SSC



Youth Behavior Change



Youth-Caregiver Communication



School supports (e.g., IEP, school re-entry)



Youth Coping Skills and Emotion Regulation



Provider wellness and burnout

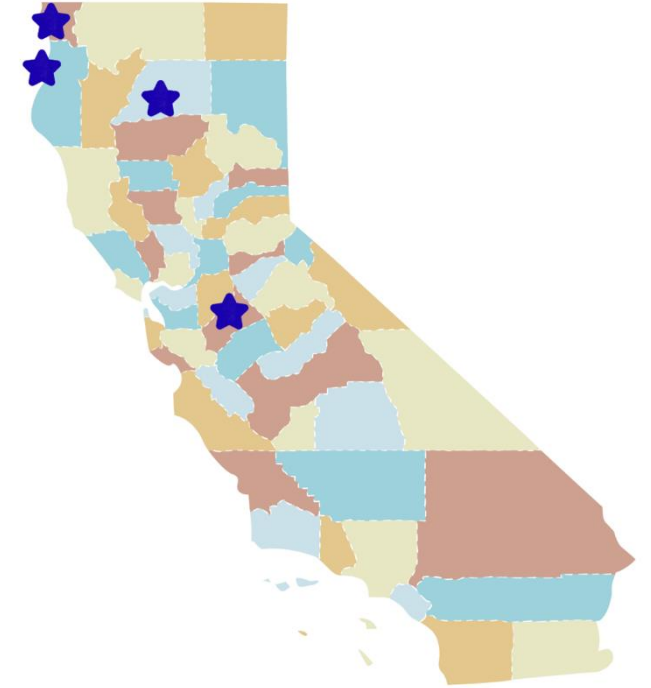
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Average Satisfaction Across Participants

The tools and approaches were ones we could take and utilize in our schools on Monday — that doesn't happen often or require us to purchase additional materials.

— SSC Coaching Participant

SSC TRAINING SITES 2025-2026



Link to Free Self-Guided SSC to
Support Provider Well-Being and Burnout



Reflection & Harvest

The term harvest refers to the process of capturing the essence, insights, and outcomes of conversations to make meaning, support learning, and enable wise action





Connecting on Your Current Experience

- Successes:
 - How are you using this training in your organization or community? What's working well?
- Challenges:
 - What's been challenging?
- Needs:
 - What support or connections would help you going forward?





Padlet

Interactive Message Board





Breakout Discussions



Single Session
Consultation

Safe 
Spaces





Breakout Reflection & Harvest





Looking Ahead



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Rural Resilience Innovation Hub (RRIH) CYBHI Community of Practice

- **Please complete the CYBHI Training Evaluation Survey**
 - Your survey results will help shape the conversations and activities for the 2026 - 2027 CYBHI Community of Practice.
 - Your insights will also be shared with the CYBHI resource partners so that they can plan additional targeted support and resources for you and fellow training participants.
- **Looking Ahead for this Community of Practice**





RRIH Meeting Dates

- **October 20, 2026:** Cal-MAP School-Based ECHO with Humboldt County
- *Additional CYBHI Community of Practice offerings to be added soon*
- **March 17, 2027:** Northern ACEs Collaborative 5th Annual Summit





5th Annual
Rural ACEs Summit

**ROOTED IN
RESILIENCE**

FROM STORY TO SYSTEM

MARCH 17, 2027 | CORNING, CA

SAVE THE DATE! 5th Annual Rural ACEs Summit

Date: March 17, 2027

Location: Corning, CA

The 2027 theme, **Rooted in Resilience: From Story to System**, explores how the stories, strengths, and lived experiences of rural communities can shape the systems intended to serve them.

Keynote Speaker: **Josh Grynowicz**
Founder and Chief Narrative Strategist, Odd Duck

Interested in sponsoring?

- To become a sponsor or for more details, please contact Sue Grinnell, Senior Advisor of the Population Health Innovation Lab, at SGrinnell@phi.org.





Population Health Innovation Lab Northern ACEs Collaborative (NAC)



Rural Resilience Innovation Hub (RRIH)



Know better, do better

Rural Resilience Innovation Hub hosts generative dialogue, disseminates on-point, innovative information, and facilitates action to address trauma and promote resilience.



**OYCR
Community of
Practice**

Completed 2026

Youth justice
systems of care



**CYBHI Rural
Implementation
CoP**

Starting Now

Rural implementation of
CYBHI Resources



**CYBHI
Training
CoP**

Emerging/May
become a CoP

CYBHI-funded trainings:
Safe Spaces, Open Doors
HRSA funded training:
Single-Session Interventions



**Rural Opioid &
Substance Use
Prevention CoP**

Starting October

Opioid and substance use
prevention

Potential overlap or separate offerings for participants.





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We want to hear how today went!

Before you go, please
complete our quick poll to
share how today went!

Help us make
the next event
paw-some. 🐾🐾





Thank you!



POPULATION HEALTH INNOVATION LAB

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Learn more about PHIL at pophealthinnovationlab.org