

Behavioral Health Task Force Lunch and Learn Meeting

October 15, 2024, 12:00 – 1:30 p.m.

Summary and Themes Report

Please reach out to BHSAinfo@cdph.ca.gov with questions or feedback on the CDPH planning and engagement process.

During the Lunch and Learn presentation on **Population-based Prevention for behavioral health**, CDPH:

Summary:

The presentation focused on population-based prevention in behavioral health, highlighting the role of public health approaches in addressing mental health and substance use issues across California. The presentation introduced primary prevention strategies, focusing on universal, selective, and indicated prevention methods aimed at reducing the incidence and burden of behavioral health conditions. Examples of CDPH programs that focus on primary prevention were also presented. CDPH emphasized the need for a multi-level approach that considers the social, cultural, and economic factors contributing to behavioral health, while also promoting resilience and well-being in individuals and communities. An overview of the current CDPH BHSa planning process concluded the presentation.

Themes Captured and Key Takeaways from Discussion:

1. Community Engagement and Behavioral Health Strategy

- **Authentic Engagement:** Concerns were raised about ensuring authentic community involvement in determining funding priorities, particularly for Population-based Prevention. There was an emphasis on preventing performative process where decisions are made without true community input.
- **Targeted Approach Communities:** Questions were raised regarding which demographics make up the “targeted approach communities,” stressing the importance of addressing historical behavioral health disparities for BIPOC and LGBTQ populations.

2. Prevention Planning Across Diverse Communities

- **Tailoring Universal Prevention Programs:** The diversity of county needs was discussed, with a focus on ensuring that prevention planning responds to the unique priorities of each county. The role of Community-Based Organizations (CBOs) was highlighted as key in ensuring cultural congruence and accessibility.

- **Adverse Childhood Experiences (ACEs) Framework:** A critical discussion emerged around the exclusion of racism from the ACEs framework and its implications for assessing risk in communities of color.
- **Consideration of Older Adults:** Concerns were raised on the inclusion of adults and older adults and opportunities for them in the public health approach.
- **Focus on Younger Populations:** A key point emphasized was the need to focus on younger populations, given that 50% of mental health disorders manifest before the age of 14. This strategy would significantly alter service system approaches.

3. Partnership and Collaboration among State Entities:

- **Alignment and Integration:** Questions were raised around the alignment and integration of other state level systems. There were suggestions that CDPH leverage other state data and partnerships to bring primary prevention to the broader behavioral health work happening at the local level.

Resources and Links

- A recording of the webinar can found on the [Behavioral Health Task Force website](#).
- For more information on CDPH's efforts within the statewide Behavioral Health Transformation, please visit our [Transforming Behavioral Health webpage](#).
 - Updates on future engagement opportunities regarding behavioral health and the Behavioral Health Services Act planning can be found on the [Partner and Community Engagement webpage](#).
- Several links to data dashboards and reports were shared during the Lunch and Learn. They include:
 - CDPH's [State of Public Health Report](#)
 - CDPH's [Epicenter tool](#) with county-level data on suicide deaths.
 - [California Overdose Surveillance Dashboard](#) with state and local-level overdose death data.
 - The [California Community Burden of Disease Engine](#), a CDPH data visualization tool with local and state-level data.
 - A recent [Morbidity and Mortality Weekly Report from the Centers for Disease Control and Prevention \(CDC\) on ACEs](#).