

1. Introduction

Supporting Whole-Child Wellness and Mental Health

At our school district, we believe every student deserves to thrive academically, socially, and emotionally. To ensure our students receive comprehensive support, our district participates in the **California Youth Behavioral Health Initiative (CYBHI)**—a statewide program designed to sustain and expand school-based mental health and wellness services for all students at no cost to families.

2. What is the CYBHI Fee Schedule?

The California Youth Behavioral Health Initiative (CYBHI) is a program established by the California Department of Health Care Services (DHCS). It allows public school districts to seek reimbursement from health insurance plans—including Medi-Cal and private/commercial health insurance—for eligible behavioral health, wellness, and socio-emotional services already provided to students during the school day.

This initiative helps our district secure sustainable funding to maintain qualified counselors, social workers, and mental health professionals on campus without relying solely on temporary grant funding or general district funds.

3. Eligible Services Provided at School

CYBHI strengthens the behavioral health and wellness support delivered across our campuses. Services vary by school site and student need and may include:

CYBHI Service Category	Examples of On-Campus School Services
Behavioral Health Screening & Assessment	Universal wellness check-ins, early identification screenings, and baseline social-emotional assessments.
Direct Counseling Services	Individual counseling, small group sessions (e.g., coping skills, stress management, grief, social skills), and check-ins with counselors or social workers.
Psychoeducation & SEL	Classroom and small-group lessons focused on social-emotional learning, emotion regulation, coping mechanisms, and mental health awareness.
Substance Use Support	Prevention education, screening, brief intervention, and supportive counseling for substance use.

CYBHI Service Category	Examples of On-Campus School Services
Crisis Intervention	Immediate crisis assessment, safety planning, and short-term intervention when a student is in distress.
Care Coordination & Case Management	Connecting students and families with community-based healthcare, specialized therapy, housing, or food resources.

4. Guarantees & Protection for Families

We understand that sharing insurance information raises questions. California state law and federal privacy regulations guarantee strict protections for all families:

- **100% Free – NO Out-of-Pocket Costs:** Under California law (Welfare & Institutions Code § 5961.4 and Health & Safety Code § 1374.722), health insurance plans are prohibited from charging families co-pays, deductibles, or any fees for CYBHI services provided at school.
- **NO Impact on Your Existing Insurance Coverage:** Reimbursements billed by the district will NOT decrease your family's insurance coverage, reduce available annual/lifetime benefits, or impact your ability to see your personal family doctors or therapists outside of school.
- **Privacy & Security (HIPAA & FERPA):** All health and insurance information is strictly protected under federal privacy laws. Information is only shared with necessary state billing systems and your insurer strictly for reimbursement. Personal therapy notes and private counseling conversations are NEVER shared during the billing process.
- **Uninsured Students Receive Full Care:** If your family does not have health insurance, your child will still receive all needed mental health and wellness support at school free of charge.
- **Special Education & IEPs Unchanged:** CYBHI does not alter, replace, or impact Individualized Education Programs (IEPs) or 504 plans. Students continue to receive all required special education accommodations and services.

5. Understanding Consent & Insurance Collection

To help sustain these valuable programs, we ask parents and guardians to provide health insurance information (or indicate if uninsured) during annual registration or data confirmation.

- **Consent to Bill vs. Consent to Treat:** Providing insurance info and consenting to bill allows our district to claim reimbursement for eligible services provided. It does *not* automatically enroll your child in ongoing individual treatment. A separate **Consent to Treat** authorization will always be obtained before your child participates in dedicated individual or group therapy.
- *Note: Classroom-wide social-emotional learning and immediate safety/crisis support do*

not require prior written billing consent.

6. Frequently Asked Questions (FAQ)

Q: Why is the district asking for my health insurance or Medi-Cal information?

A: California law requires health plans to reimburse school districts for eligible student behavioral health services. Providing your insurance details allows our district to access these state funds, ensuring we can keep counselors, social workers, and wellness programs on campus.

Q: Will my insurance premiums go up or will I get a bill?

A: No. State law strictly forbids insurance companies from raising rates, charging co-pays/deductibles, or passing any costs onto families for school-based CYBHI services.

Q: What if I do not wish to share my insurance information?

A: Providing insurance info is voluntary. While submitting this information helps our district secure essential funding for student programs, your child will still receive school support services regardless of whether you provide insurance details.

Q: How does this help our schools?

A: Insurance reimbursements help replace expiring temporary grant funds, maintain credentialed mental health staff, expand early prevention programs, and reduce reliance on general school budgets.

7. Questions & Contact Information

Have Questions or Need Assistance?

We are here to help! If you have any questions about our CYBHI grant participation, insurance collection, or behavioral health services for your student, please reach out directly to:

Contact Name: Laura Spencer

Title / Role: Chief Academic Officer

Email: lspencer@eliteacademic.com (Do we publish our emails on the website? I hesitate to do it, so open to ideas)