



# Soluna Connection Call

## Suicide Prevention Coalition



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**What part of elementary school do you wish you could incorporate into your adult life?**

**Share in the chat!**

- 1. School spirit days**
- 2. Double recess + snack time**
- 3. Arts & crafts**

# Agenda



**01**

**Introductions**



**02**

**Our “Why”**



**03**

**Kooth & Soluna**



**04**

**What's Next?**

## Your Dedicated Customer Success Managers

Hi! I am Celeste Gasio

Here every step of the way to...



- **Build awareness** of Soluna
- **Support ongoing engagement and usage** of the Soluna app
- **Set and track your goals** for partnering with Soluna
- **Share your feedback** with the Soluna team

Please share your...

- Name
- Role

# Kooth in California: Integrated Care

- Selected from over **450** vendors
- Funded** by DHCS
- Behavioral Health Virtual Services - CYBHI  
**BrightLife Kids**  
**(Brightline): 0 - 12**  
**Soluna (Kooth): 13 - 25**
- 1 of 15 workstreams



## Overview of Children and Youth Behavioral Health Initiative Workstreams

As of April 6, 2022

Children and Youth Behavioral Health Initiative (CYBHI) Leadership						
	DHCS	HCAI	DHCS / DMHC	CDPH	OSG	MHSOAC
BH Services Virtual Services Platform	Student Behavioral Health Incentive Program (SBHIP)		Statewide All-Payer Fee Schedule for School-Linked BH Services	Public Education and Change Campaign	ACEs Awareness Campaign	Mental Health Student Services Act (MHSSA) Partnership Grant Program*
CBO Network	School-Linked Partnership and Capacity Grants	BH Coach Workforce				
Pediatric, Primary Care and Other Health Care Providers	CalHOPE Student Services		Statewide BH School-Linked Provider Network		Trauma-Informed Training for Educators	
E-Consult	BH Continuum Infrastructure Program (Initiative Only)	Broad BH Workforce Capacity				
Enhanced Medi-Cal Benefits – Dyadic Services	Evidence-Based and Community-Defined Practices					

\* MHSOAC will provide workstream updates for this program

Source: California Health and Human Services Agency, DHCS, DMHC, HCAI, CDPH, OSG





# BrightLife Kids

A CalHOPE program by Brightline

Serving families with children ages 0-12

Visit us at [brightlife.kids](https://brightlife.kids)



For additional information on BrightLife Kids, please reach out to [ce@hellobrightline.com](mailto:ce@hellobrightline.com) and a member of their Engagement Team will reach out!

# Transforming Youth Behavioral Health Over 20 Years

Kooth UK

Founded over 20 years ago

Over 1 million hours of professional support

11 million youth aged 10-25 access to mental wellness resources



User Research Drives Our Product

Research teams dedicated to engaging with our users

Everything from app design to supports offered

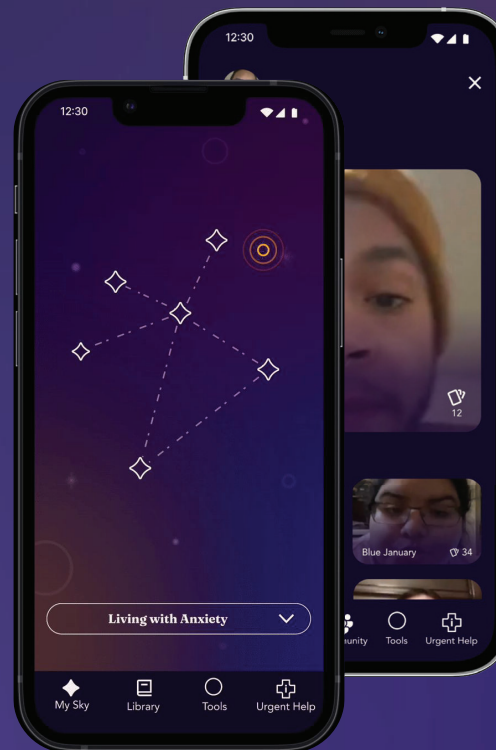


# App Features

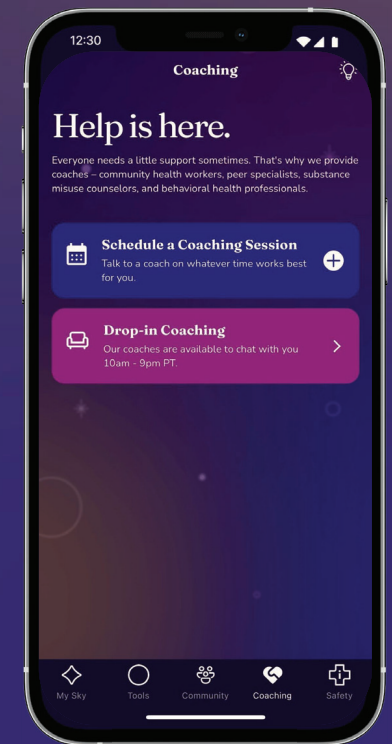
## Self-Guided Resources



## Community Support



## Behavioral Health Coaching



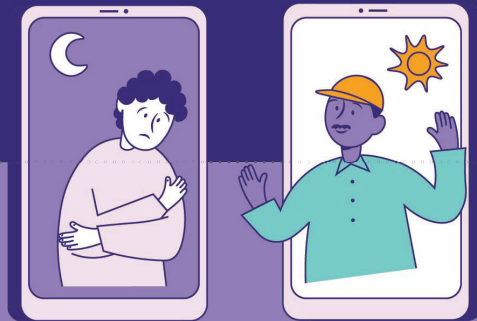




[SolunaApp.com](https://SolunaApp.com)



# Universal Support and Referral Network



## Diagnosis & Clinical Intervention

Higher Acuity Needs:  
-Searchable Repository  
-Care Navigation  
-Crisis Resources  
-Closed loop care



**Universal Support for 13 - 25 year olds**

## Sub Clinical Model

Emphasis on prevention & early intervention

Intention:

To empower users with tools they need to navigate challenges



## Working to provide comprehensive care



**Soluna integrates seamlessly with existing services**, acting as a central hub to triage and treat users (sub-clinical) as well as improving access to the State's behavioral health ecosystem.

## **Safety first:** Mitigating risks and respecting privacy



### **In-app Support**

**Pre-Moderation**  
allows risk  
identification and  
triggers practitioner  
intervention

### **Monitoring Risk**

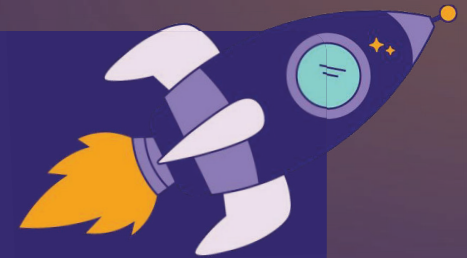
**Anonymous model**  
fosters secure  
environment for users  
to be themselves and  
for empathetic  
engagement with  
practitioners

### **Crisis Response**

**Full adherence** to  
federal and state  
reporting and  
regulatory guidelines

**Focus: Autonomy & Empowerment of the User**

**Guided support** from our team  
makes it easy to be a part of  
the solution.



Discovery



Planning



Awareness



Enablement



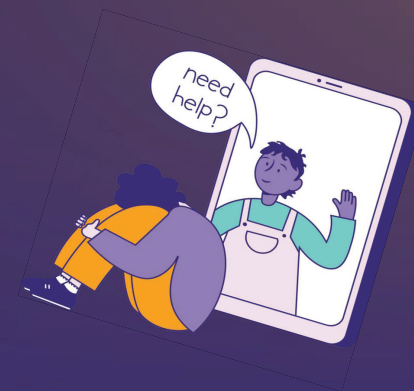
Ongoing  
Engagement





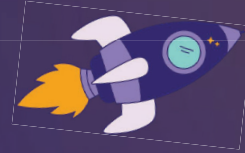
## Soluna's Benefits

- ✦ Available 24/7
- ✦ No Cost
- ✦ Safe and Confidential
- ✦ Professional Help and Peer Support



# What should you do next?

## Ask if they've heard about Soluna



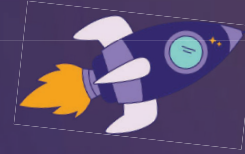
- Ensure a safe and non judgmental space for discussions
- Have an open and supportive talk about mental health
- Suggest integrating Soluna into daily/weekly routines
  - Journaling in the am or pm
  - Mood tracking
  - Setting and tracking goals
  - Exploring constellations of support



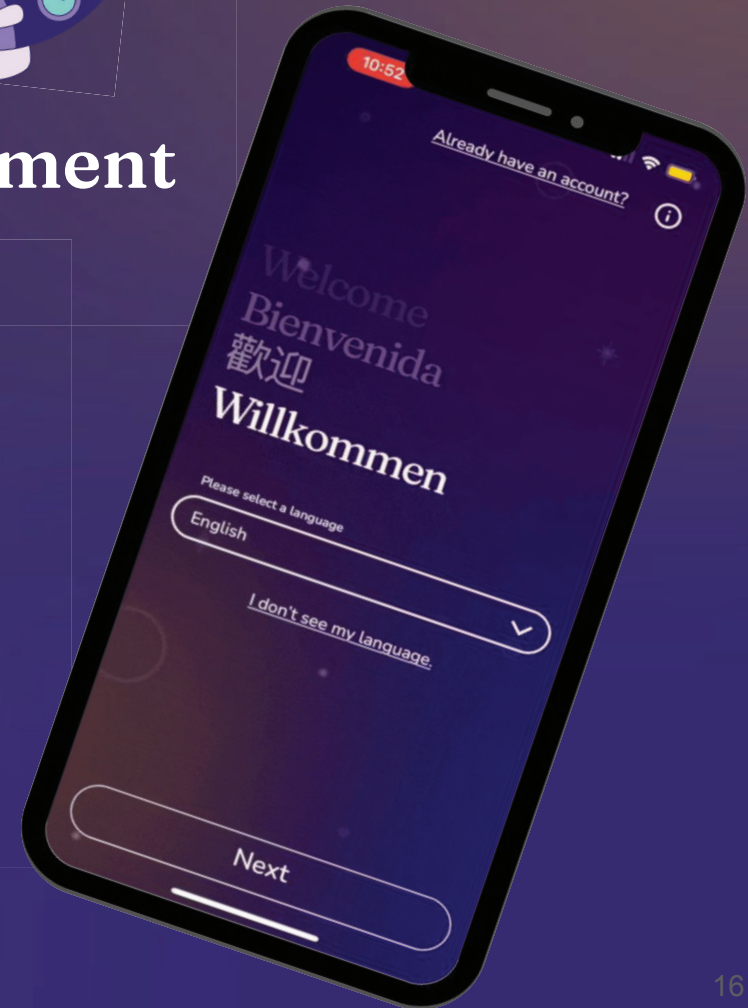


# What should you do next?

## Embed Soluna for Youth Empowerment

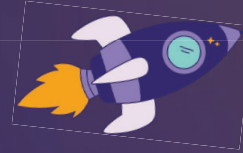


- Raise awareness of Soluna
  - Hold a Soluna Day for Students
  - Promote digitally and on campus
- Make Soluna part of School & Classroom Culture
  - 24/7 Safe Space
  - Journaling & goal tracking
  - “Waiting room” for guidance office



# What should you do next?

## Embed Soluna Support



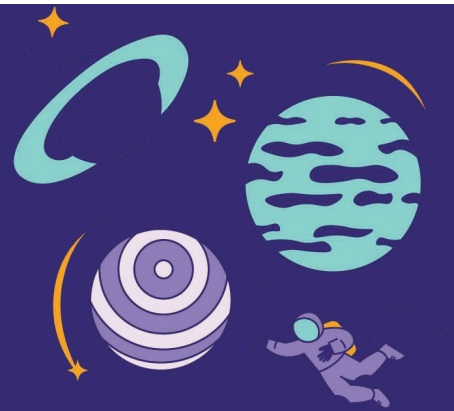
- Raise awareness of Soluna
  - Promote onsite and digitally
  - Introduce & demo directly to youth
- Make Soluna a part of your culture
  - 24/7 Safe Space
  - Goal setting & tracking
  - Journaling
  - Embedding into programs & activities



## What's Next?

- ❑ Schedule Event
- ❑ Overview Email to Come!
- ❑ Attendees for Kickoff Call





# Thank You!

**Contact me if you have any questions or are  
interested in partnering with Soluna!**

**Celeste Gasio**

**Customer Success Manager - Southern California**

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[SolunaApp.com](https://solunaapp.com)

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