

# Monthly Newsletter

JANUARY

youthoptionsshasta.org

2025

## MENTAL HEALTH FOR KIDS, FAMILIES AND YOUNG ADULTS

### Shasta County Youth ask for Resources

#### Shasta County, CA –

Soluna is a free, confidential mental health app for Californians aged 13 to 25, funded by the California Department of Health Care Services. It offers 1:1 professional coaching, interactive self-help tools, and peer support spaces in English and Spanish, with telecoaching in 19 languages. As part of its commitment to supporting youth mental health awareness, Youth Options Shasta delivered a training on Soluna, empowering youth to manage stress and set goals. Accessible on iOS and Android, Soluna ensures privacy without requiring insurance or subscriptions.

**California's groundbreaking new virtual mental health services for kids, families, and young adults.**

BrightLife Kids and Soluna are a key part of California's Children and Youth Behavioral Health Initiative (CYBHI) – a \$4.7 billion investment into improving the mental health of our young adults and providing equitable access to all Californians.

**BrightLife Kids**  
A CalHOPE program by Brightline  
0 - 12 years

BrightLife Kids, a CalHOPE program by Brightline, provides free behavioral health coaching to all California kids ages 0-12. No costs attached. No insurance required. No referrals needed.

- Video or chat-based 1:1 coaching
- Diverse, bilingual coaches
- On-demand digital tools
- Coach specialists to manage complex needs and referrals

[brightlife.kids/ca](http://brightlife.kids/ca) | [ca@hellabrightline.com](mailto:ca@hellabrightline.com)

**Soluna**  
A CalHOPE program by Kooth  
13 - 25 years

Soluna, a CalHOPE program by Kooth, is the all-in-one mental health app for California young adults to destress, reset, and seek support. Always free. Always anonymous.

- Scheduled or drop-in 1:1 coaching
- Diverse, bilingual coaches
- Interactive and insightful tools
- Moderated community forum, self-support articles, and more

[SolunaApp.com](http://SolunaApp.com) | [california@kooth.com](mailto:california@kooth.com)

BrightLife Kids and Soluna are CalHOPE programs funded by the Department of Health Care Services and powered by Brightline and Kooth Digital Health. Visit [youthoptions.org](http://youthoptions.org) to learn more about the initiative.

**DHCS**



### IMPACT ZONE: YOS creates solutions for youth

"I actually saw a change in my behavior and people start to want to hang out with me". – AA

# Shasta County Youth Peer Court Recruitment Event



**Shasta County, CA** – The Shasta County Youth Peer Court will hold a Recruitment Event on January 29, 2025. The event, which runs from 5:00 PM to 6:30 PM. It will be kicked off with a meet and greet, where attendees can enjoy pizza and have the opportunity to connect with peers, hear from Judge Burgess and special guests from the Shasta County District Attorney's office. Youth ages 12-18 in Shasta County, are encouraged to attend and learn about the opportunity to fill one of the important roles required to conduct Youth Peer Court.

## Supporting rural communities with A.R.T.

Youth Options Shasta is investing in advanced technology to expand access to Aggression Replacement Training (A.R.T.) classes for youth in northeastern Shasta County. This initiative aims to bridge geographic barriers and ensure underserved communities benefit from evidence-based tools for emotional regulation, social skills, and decision-making. By leveraging virtual platforms and digital resources, Youth Options Shasta is committed to empowering young individuals with the skills they need to build brighter futures.



Birthday Corner

Tammy Parker Jan 20

Baron Browning Jan 28

