



Putting California's Future First

The Children and Youth Behavioral Health Initiative (CYBHI) is part of the Master Plan for Kids' Mental Health developed by the State of California.

Recognizing that early and preventative support is critical to reducing the mental health crisis, in 2020, California Department of Health Care Services (DHCS) began efforts to transform youth mental health services in California, collaborating with stakeholders in the state's behavioral health ecosystem and over 300 young people.

As a result, the Behavioral Health Virtual Services (BHVS) now provide statewide access to support for ages 0-12 (BrightLife Kids) and 13-25 year olds (Soluna). These platforms act as a 'digital front door' and deliver pre-clinical support for youth in need of more acute mental health or welfare services.

Our Goals

- ① Expand access and reduce health inequality across the state.
 - ② Deliver pre-clinical mental health support to turn the tide on rising levels of mental ill health.
 - ③ Fast-track youth needing acute care into relevant services.
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I finally feel like I am able to talk to someone, and it takes a huge weight off my shoulders. Being able to talk to someone trained to help me for no charge is wonderful, and I am happy to be able to use the app, and talk to people about my problems when I need to.

— Soluna user, Age 15, California



Soluna by Kooth: Built on 20 years of service, designed for California



An international leader in youth mental health

Kooth brought over 20 years of digital health expertise and operating experience from the UK to California, providing a range of resources to foster the well-being of youth and young adults in the state, including:

High-quality 1:1 coaching

Chat, video, and phone sessions with behavioral health coaches. Coaches receive continuous training in evidence-based practices, as well as supervision by licensed clinicians.

Safe peer support

A secure community space to gain support from peers, moderated by trained professionals. With the highest standards of clinical governance, all user content is assessed for appropriateness and safety before being shared.

Self-guided tools

Clinically-backed articles on mental health and well-being, goal trackers, relaxation techniques, and journaling.

Soluna has a lot of resources that can help me or others in one spot, rather than going to different places to find what you're looking for. In the community I find I am in fact NOT alone or the only one struggling with mental health.

— Soluna user, California

I haven't seen an app like this, and I think it's pretty cool. I enjoy reaching out to a community of people who have similar experiences like mine. It makes me feel like I'm not alone.

— Soluna user, Age 21, California

Health navigation

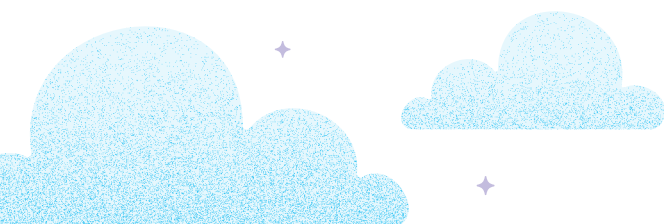
A digital front door to local mental health and welfare services, supported by health navigators who help youth access services in California.

Multilingual support

Soluna's app interface and coaching are available in English and Spanish, with phone coaching in all 19 Medi-Cal threshold languages.

Workforce development

Kooth invests in the next generation of behavioral health professionals in California. To date, two cohorts of Peer Support Specialists have completed CalMHSA certification.



About Soluna's impact

Soluna is used statewide and serves underserved communities

Uptake in **all 58** counties of CA

57% of service users from underserved communities²

55% of service users identify as BIPOC Youth³

1-in-3

respondents wouldn't have access to mental health services if Soluna wasn't available

99% of users felt heard, understood and respected

99% of users felt their coach was a good fit for them

88% of users state they achieved at least one of their needs during a coaching session

Soluna coaches provide high quality support that helps young people achieve meaningful goals⁵

61% of users said that Soluna helped them feel comfortable seeking help, instead of thinking they should handle their mental health on their own¹

Soluna helps remove barriers to access

78% reported they don't have to worry about the cost to get the support they wanted¹

50% of respondents haven't ever received mental health services before using Soluna¹

Soluna provides easily accessible support when the person needs it

Over 75% of users utilize in-app tools

Service users love using Soluna

97% of users would recommend to a friend⁴

49% of coaching sessions occur outside of traditional 9-5 support hours

Users wait less than **90 seconds** to connect with a coach



Why this matters to you and your community

We are in a youth mental health crisis

284,000 youth in California are coping with depression and 66% do not receive treatment. Between 2019 and 2021, suicide was the second leading cause of death in Californians aged 10-25. ***These are preventable deaths.*** Soluna offers accessible, free, in-the-moment support for young people.

Digital access reduces the burden on caregivers and providers

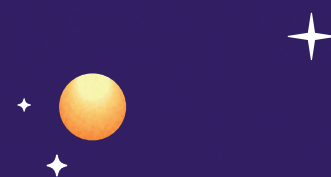
Soluna provides immediate support to any Californian aged 13-25 via their own device. Caregivers can feel confident children have access to high-quality support without referrals and providers can feel confident service users have support between appointments.

Healthy young people means a healthy community and future economy

We need communities with social, emotional, and cognitive abilities to tackle the challenges ahead, drive innovation, and build stronger economies. Soluna supports young people in building the necessary skills to thrive.

Want to know more?

We're passionate about supporting the mental health of young people and would love to connect with you! Reach out to start the conversation with us at:
partnerships@solunaapp.com



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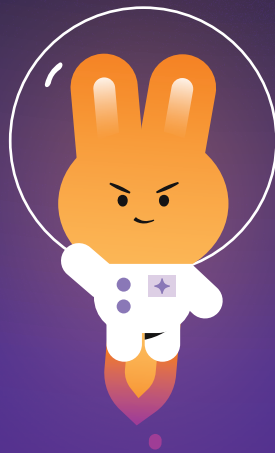
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Journey to Change



Understanding Soluna's wellbeing-centered approach
for young people exploring their mental health





Introduction


Our mission is to provide a safe, free, and innovative wellbeing app for young people, shaped by young people, to help them build critical skills for navigating life's challenges.

Inspired by positive psychology, Soluna's Journey to Change promotes a **wellbeing-centered approach to exploring mental health for young people.**

Urging users to embrace their strengths, values, and goals, this approach nurtures a sense of self-efficacy and self-determination. The focus? Igniting positivity, autonomy, and optimal functioning — all through Soluna's expansive library of content, resources, and tools that support them in enhancing their wellbeing.

Developed with meticulous care, each Soluna feature directly correlates with the positive and intended outcomes of the Journey to Change model. This focus fosters an engaging learning environment for young users and establishes measurable guidelines to keep our teams aligned and accountable.

The Journey to Change framework, paired with our unwavering commitment to seeing young users thrive, is the foundation for all we do at Soluna. We leverage both each and every day to deliver an app that resonates with the diverse experiences and viewpoints of young people.



Soluna's Unique Approach

Designed to **connect users with peers and professional support, pique curiosity, and inspire personal development and self-advocacy**, Soluna's there. Every step of the way.

Users can explore:

- ✦ **Tools and content** that speak to diverse experiences
- ✦ **Personalized 1:1 coaching**
- ✦ **A safe and supportive peer community**
- ✦ **Expert guidance in finding local services and organizations**

This **all-in-one approach** is crucial for today's tech-wise generation, who has a genuine passion for self-improvement and flexibility.

With Soluna, users begin a journey of unlocking inner potential from the moment they download the app — **fueling hope, curiosity, and self-belief.**



"In Soluna we have built something unique but also steeped in an evidence base. Using a theory of change to guide our path towards achieving the north star of psychological flexibility for young people means that every aspect of design, content, and delivery is anchored in our core principles, while reaching for the stars of better outcomes for all."

Aaron Sefi

Chief Product and Research Officer



Transformation begins at Soluna.

Soluna supports users by:

Inspiring self-efficacy

Self-efficacy is the belief in our ability to succeed, which influences how we approach goals, tasks, and challenges. Soluna teaches and reinforces valuable skills — like lowering stress and elevating mood — that strengthen a user's sense of self-efficacy.

Encouraging autonomy

Autonomy is the freedom to make choices based on our values and desires — it reassures us we have control over our destinies. In Soluna, users exercise autonomy by choosing how to use the app to best support their mental health, whether through tools, content, or community.

Conquering mastery

Mastery is doing something for the simple joy of getting better and it's one of the best ways to establish a strong sense of efficacy. Soluna provides countless opportunities for mastery through interactive tools, goal-setting, and 1:1 coaching — all with curiosity leading the way.

Discovering relatedness

Relatedness is feeling connected to others who support your values, it's where self-belief and confidence flourish. Soluna helps users discover relatedness through a secure and anonymous peer community, where they can freely express their perspectives and engage with like-minds.

Finding hope

Hope is the confidence to do well in the future by looking at the past in a positive light. Soluna helps users fuel hope for a tomorrow they can believe in with educational content and specialized tracking tools like a mood log, goal-setting, and a digital journal.



Here, self-determination is born.

The transformations supported by Soluna are the **building blocks of self-discovery and growth** for young people — and they feed into one another.

Self-efficacy helps them believe in their abilities to tackle challenges with confidence.

Autonomy allows for independent choice, fostering a sense of control over their own lives.

Mastery fuels their desire to learn and improve, leading to a sense of accomplishment.

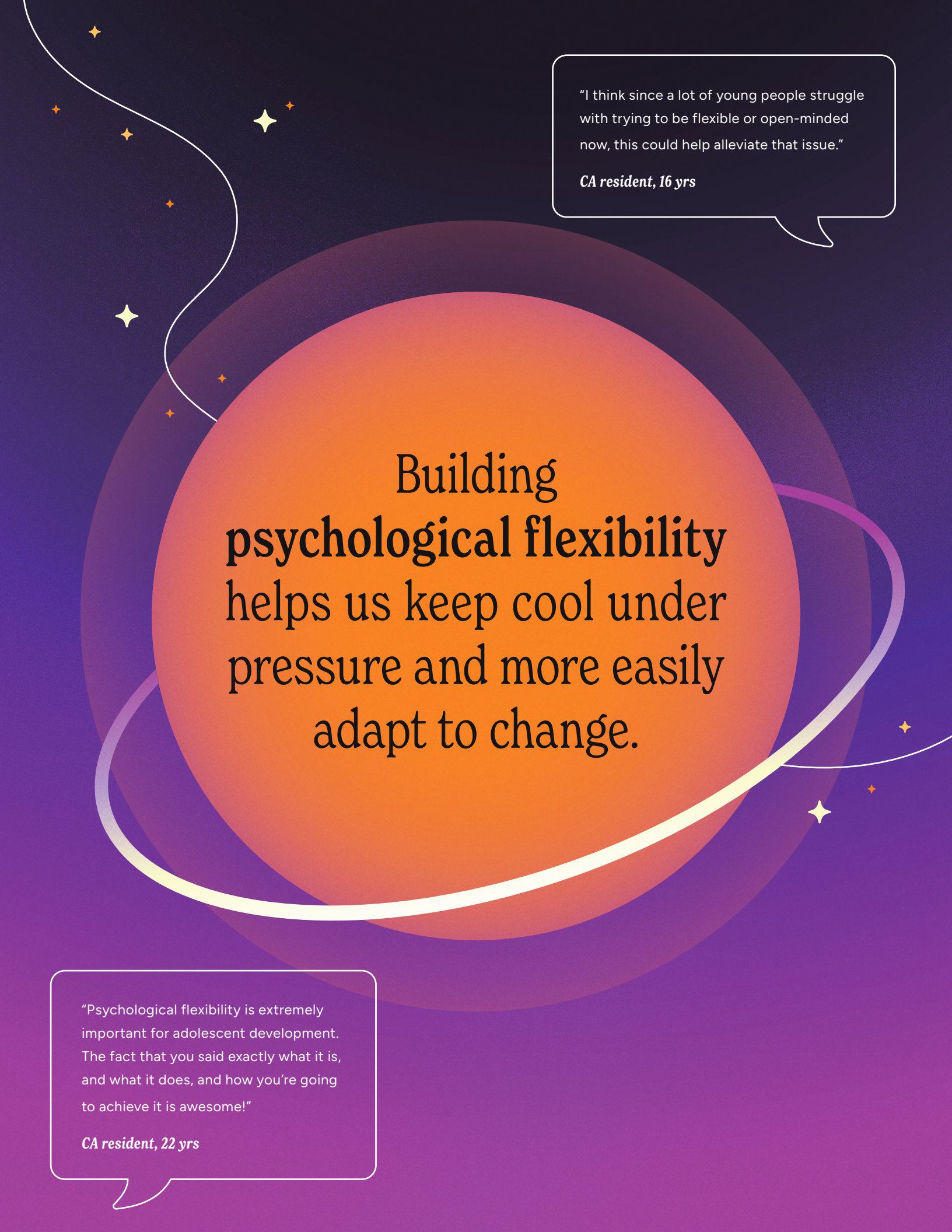
Relatedness invites connection, creating a support system that uplifts and motivates.

Hope teaches security and belonging, so they can explore life and pursue aspirations.

Together, these elements form a powerful framework for young people to navigate life with purpose, confidence, and authenticity.

With Soluna, users have the space to explore their passions, embrace their own and others' uniqueness, and strive for their dreams with unwavering determination. Here, **they learn to trust in their ability to navigate life's challenges and pursue a future of purpose and fulfillment.**

Most wonderful of all, because the work of self-determination is never done, **users will continue to cultivate a deep trust in themselves** — unlocking new levels of self-knowing and inspiring others on the path of self-discovery along the way.



"I think since a lot of young people struggle with trying to be flexible or open-minded now, this could help alleviate that issue."

CA resident, 16 yrs

Building
psychological flexibility
helps us keep cool under
pressure and more easily
adapt to change.

"Psychological flexibility is extremely important for adolescent development. The fact that you said exactly what it is, and what it does, and how you're going to achieve it is awesome!"

CA resident, 22 yrs



Using Soluna yields a long-term outcome: the cultivation of psychological flexibility.

Psychological flexibility is a lot like a personal superpower. It allows us to **gracefully adapt to life's curveballs** while keeping our values and goals on course.

Even better, **it's a learnable skill** — one that Soluna supports users in achieving.

With psychological flexibility, young people are driven to pursue meaningful goals and build rewarding connections with others, ultimately crafting a purposeful and fulfilling life.

Soluna fosters psychological flexibility in three key ways:

✦ Be open

It's okay to not always feel okay. By recognizing, accepting, and moving through unpleasant thoughts as they arise, young people can take critical steps toward growth and self-awareness.

Soluna offers a library of content to help teach this valuable skillset and tools, like Let It Out, specially designed to usher users through tricky moments.

✦ Be present

Behavior happens in the present moment, where we can make meaningful and impactful changes that align with our values. But first, we must become mindful of the here and now.

With features that include a digital journal, noise cleanse, and guided breathwork, Soluna helps users declutter the mind and gain clarity in the present.

✦ Do what matters

Goals and values are a lot like the map and compass of life. Goals help us reach a destination, while values provide the direction.

Soluna offers specialized tools to help users understand and shape personal goals and values. By honoring what matters most to them, they'll pave the way to a life of growth and fulfillment.

Psychological flexibility impacts all parts of life

Psychological flexibility allows us to **adapt to change, handle stress, and stay true to personal goals** — even when things get tough.

It also helps us:

- ✦ Respond to situations mindfully
- ✦ Develop meaningful relationships
- ✦ Release self-limiting behaviors
- ✦ Commit to and maintain goals
- ✦ Lead a purposeful and meaningful life



Achieving the vision

We envision a future where **every (yes, every) young person's potential is attainable, diversity is celebrated, and wellbeing is prioritized.**

Through content and tools that increase behavioral health literacy, one-on-one support, a safe peer community, and easy-to-access resources, **Soluna equips users with the skills to navigate the complexities of life.**



Soluna supports the development of emotionally aware and agile individuals who will contribute to strong, vibrant, and productive communities.

