

Children & Youth Behavioral Health Initiative (CYBHI) Fee Schedule Program: Certified Wellness Coaches

September 2025

Agenda

Objective	Time
1 Overview of the CYBHI Fee Schedule program	10 min
2 Overview of Certified Wellness Coach Profession (HCAI)	10 min
3 Certified Wellness Coach Services	5 min
4 Supervision and Medical Necessity	15 min
5 Operationalization in Different Settings	15 min
6 Q&A	35 min

Housekeeping & Introduction

1. This webinar is hosted in Microsoft Teams; if you're not familiar with the platform, you can find the chat and view controls in the menu bar at the top of your screens.
2. The chat option will be open for asking questions during the Q&A session which is at the end of this webinar.
3. This webinar will be recorded and will be available within 7-10 business days.

Overview of the CYBHI Fee Schedule Program

Corene Marshalek
Health Program Specialist I
School-based Services Branch

CYBHI Fee Schedule program statute

In line with CA Welfare & Institutions Code section 5961.4, the State has developed:



"A **School-linked statewide fee schedule** for outpatient mental health or substance use disorder treatment provided to a student 25 years of age or younger at a schoolsite."



"A **School-linked statewide provider network** of schoolsite behavioral health counselors."



Policy stating that "providers of medically necessary schoolsite services described in this section **shall be reimbursed, at a minimum, at the fee schedule rate or rates...** regardless of network provider status."

Overview of CYBHI Fee Schedule program goals

The CYBHI Fee Schedule program has goals to establish a **sustainable funding mechanism** for school-linked behavioral health services that:

- ✓ **Increases access** to school-linked behavioral health services for children and youth
- ✓ **Applies to multiple managed care plans (MCPs) and insurers** easing the uncertainty around students' coverage
- ✓ **Expands the types of practitioners eligible for reimbursement** for school-based behavioral health services
- ✓ **Creates a more approachable reimbursement model for schools**, shifting to fee-for-service reimbursement
- ✓ **Eases burdens around contracting, rate negotiation, and navigation of delivery systems** with State-established rates for all included services
- ✓ **Supports MCPs and insurers interacting with local educational agencies (LEAs) and public institutions of higher education (IHEs)** with a third-party administrator to manage the provider network, facilitate claims administration, and payment remittance

Insurance types eligible under the CYBHI Fee Schedule program

Student eligibility requirements

- » **Students must be covered under one of four insurance types:**
 - Medi-Cal Fee-for-Service
 - Medi-Cal Managed Care Plans
 - Health Care Service Plans (Knox Keene)
 - Disability Insurers
- » Students must be **under the age of 26**

Insurance types NOT eligible for CYBHI Fee Schedule program reimbursement:

- » Special Education (e.g., IEP, IFSP, 504 plans)
- » Federal Plans (e.g., ERISA, TRICARE)
- » Self-Funded Insurance Plans (e.g., CalPERS Preferred Provider Organizations)
- » Sistemas Medicos Nacionales, S.A. de C.V. (SIMNSA)
- » High-Deductible Health Plans (if deductible not met)
- » Medi-Cal Share of Cost (if SOC deductible not met)

Additional considerations

- » **Student academic status does not affect eligibility** (e.g., academic standing).
- » **Academic calendar does not affect an LEA's ability to be reimbursed for CYBHI Fee Schedule program services** (e.g., summer break) – *Note: LEAs/IHEs are responsible for coordinating care during school breaks*



Student health insurance data required from LEAs and IHEs under the CYBHI Fee Schedule program

Required student health insurance data may include

Example

1	Student first and last name	Jane Doe
2	Student date of birth (DOB)	04/16/2010
3	Insurance plan name	Primary: Kaiser Permanente
4	Member/subscriber name	Jack Doe
5	Insurance member ID & group #	Member ID: U02530196 50 Group #: 3575845

Note: LEAs and IHEs must ensure student health insurance data is up-to-date each time a service is billed under the CYBHI Fee Schedule program

Example student health insurance data collection methods used today by LEAs in Cohort 1 of the CYBHI Fee Schedule program

✳ Illustrative example following

LEAs collect student health insurance data in the following ways (*Non-exhaustive*):

- ✳ At the **point a service is deemed necessary**
 - » At the beginning of the year directly through **its student information system**
 - » Through a “**Health Care Coverage and Enrollment**” form, which asks if students have health insurance and if parent/guardian would like to be contacted regarding Medi-Cal coverage
 - » During **annual registration/enrollment** as an optional question
 - » During **sports or field trip enrollment forms**

The above examples, as well as others, may be done in combination with one another to ensure the LEA or IHE is able to share student health insurance data for all students who receive services that are reimbursable under the CYBHI Fee Schedule program.

Overview of Certified Wellness Coach Profession

Ben Gamache, Policy Consultant
Health Workforce Development, HCAI



The CWC role is designed to...



increase overall capacity for children's behavioral health.



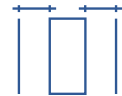
serve vulnerable populations of children where they are.



engage directly with children and youth through age 25.



build a public behavioral health workforce that better **represents the diversity of California's children & youth.**



fill some of the workforce gaps that exist today.



ensure the role is both a desirable occupation and a stepping-stone to more advanced roles.

Behavioral Health Career Lattice

Minimum Education Level Required		Illustrative Behavioral Health Lattice with Example Behavioral Health Roles			
Supervised Professional	Certificate	Other non-BH roles	Community health worker	Peer support	SUD counselor
	Associates	Certified Wellness Coach I			
	Bachelors	Certified Wellness Coach II	Social worker		
	Masters	School counselor, school psychologist, social worker, or individuals working towards licensure (incl. PPS)			
Independent Practitioner	Licensure	Licensed clinicians, school nurse, educational psychologists (incl. PPS)			
	PhD	Psychologist (incl. PPS)			
	MD	Psychiatrist, primary care providers			

Select Observations

- The Certified Wellness Coach role is designed to be an additional opportunity in the lattice, **bridging the gap between roles** with minimum to no training to Master's-level training.
- The Certified Wellness Coach role **offers employment and training to those that want to advance their careers** to higher levels of the career lattice.

Certification Requirements – Education Pathway

	Wellness Coach I	Wellness Coach II
Intended for	Individuals interested in entering the behavioral health field	
Degree Required	Associates degree	Bachelor's degree
Majors Accepted	- Social Work - Human Services - Addiction Studies - Psychology	- Social Work - Human Services - Addiction Studies - Psychology
Field Experience Needed ¹	400 hours total (150 hour minimum) Experience must be providing direct pre-clinical behavioral health services to clients in school-linked/school-based organizations, non-profits, community organizations, and/or health centers/clinics within the last six years.	800 hours total (300 hour minimum)²

1. Any hours not completed during the degree program can be completed post-graduation via relevant internship, volunteer, or work experience. 2. Hours from Wellness Coach I certification apply towards total.

Certification Requirements – Workforce Pathway

	Wellness Coach I	Wellness Coach II
Intended for	• Professionals who are currently part of the behavioral health workforce	
Degree Required	• Associates degree	• Bachelor's degree
Majors Accepted	• Any degree	• Any degree
Field Experience Needed ¹	• 1,350 hours	• 2,700 hours ²
	Experience must be providing direct pre-clinical behavioral health services to children and youth through age 25 in school-linked/school-based organizations, non-profits, community organizations, and/or health centers/ clinics within the last six years.	

1. Experience can be achieved from any combination of relevant hours from an individual's degree program, volunteer hours, and/or on-the-job hours, inclusive of previous experience earned within 6 years of certification. 2. Hours from Wellness Coach I certification apply towards total.

Wellness Coach Certification



Become a Certified Wellness Coach

For Wellness Coach Employers

HCAI-Designated Education Programs

En Español Login

Get Certified



Explore colleges & universities creating HCAI-Designated Education Programs. [Explore programs](#)



Certified Wellness Coaches must recertify every two years. [Learn about recertification](#)

BECOME A CERTIFIED WELLNESS COACH

Becoming a Certified Wellness Coach (Coach) lets you play a role in improving mental health and well-being of children and youth in California. Discover your path to certification today.

Check Your Eligibility



Resources:

- [CWC Status Search Tool](#)
- [Eligibility Screener](#)
- [Certification Page](#)
- [Certification Walkthrough](#)
- [Recertification Page](#)

Services and Competencies of the Certified Wellness Coach

Services

Activities core to the Certified Wellness Coach roles

- 1 Wellness promotion and education
- 2 Prevention/early intervention
- 3 Care coordination and extension
- 4 Individual support
- 5 Group support
- 6 Crisis referral

Additional Competencies

Demonstrated areas of knowledge to be evaluated against during field experience

- 7 Cultural responsiveness, humility, and mitigating implicit bias
- 8 Professionalism, ethics, and legal mandates
- 9 Communication
- 10 Operating in role and different environments

State Plan Amendment (SPA) 25-0014

Certified Wellness Coach services are preventive services, as defined in 42 CFR 440.130(c), to support behavioral health needs and promote physical and mental health.

Certified Wellness Coaches operate as part of a care team to provide the following services:

- Wellness promotion and education.
- Screening not requiring a licensed provider.
- Care coordination including navigation services.
- Individual and group behavioral health coaching, including wellness education, coping skills, goal setting and planning, teaching life skills, stress management, and problem solving.
- Crisis referral, including identifying potential risk, providing emotional support, and engaging in warm handoffs with licensed, credentialed, or associate behavioral health providers.

Certified Wellness Coach services do not include the following:

- Assessing, diagnosing, or providing clinical intervention or treatment.
- Providing clinical referrals.

[Link to SPA](#)

Example Activities for Certified Wellness Coaches

Example Activities Related to Certified Wellness Coach Professions		
Example Guiding Principles	In scope	Out of Scope
 Prioritize BH-related Support	Individual and group support for students with behavioral concerns	Screening for, diagnosing, or providing clinical intervention or treatment
	Understanding how academic advising services are provided to best support youth	Providing academic advising services
	Facilitating promotion/prevention programming, which can include health education related to BH	Facilitating system-level programming or creating specialized curricula
 Prioritize BH-related Administrative Support	Documenting activities related to BH individual and group support	Documenting activities related to student enrollment
	Scheduling BH-related appointments	Developing or administering the master schedule; scheduling academic advising appointments
	Coordinating/Assisting with broad BH screening tools	Administering academic state or interim assessments
 Prioritize BH-related Care Coordination	Connecting individuals to BH support resources (e.g., outpatient therapy, support groups) and social services as needed	Providing medical referrals (e.g., ENT, PCP)
	Coordinating with other BH providers , including around the provision of BH services, to students with IEPs	Administering and coordinating individual education plans (“IEP”)

Certified Wellness Coach Services

Corene Marshalek
Health Program Specialist I
School-based Service Branch

CYBHI Fee Schedule Certified Wellness Coach Services

Procedure Code	Service Description	Fee Schedule Rate
0591T	Health and wellbeing coaching, face to face, individual initial assessment; at least 30 min	\$66.24
0592T	Health and wellbeing coaching, face to face, follow-up sessions for individual; at least 30 min	\$41.08
0593T	Health and wellbeing coaching, face to face, Group (2 or more individuals); at least 30 min	\$12.45

All CWC services can be retroactively billed back to January 1, 2025.

CWC Service Code Utilization

» Service Limitations

- Individual initial assessments **cannot** be billed on the same day as a follow-up session for individual or a group session

» Frequency Limitations (per individual)

- 0591T: Individual initial assessment - maximum of two (2) units per year, per provider
- 0592T: Follow-up sessions for individual - maximum of three (3) units per day, per provider
- 0593T: Group (2 or more individuals) - maximum of three (3) units per day, per provider

» In order for a service to be eligible, the service must have lasted at least half + one minute of the billing increment specified for that code

- A minimum of sixteen (16) minutes of service must be provided to bill for one 30-minute unit.

» Time billed for services should include **only** direct service time

- Indirect service time has been included in the reimbursement rate and should not be billed

Service Documentation Requirements

- » LEAs and IHEs must comply with service documentation and availability of records requirements specified in Medi-Cal regulations, including maintenance of records necessary to fully disclose the type and extent of services provided, such as:
 - Billings
 - Health records, service delivery reports, and orders prescribing treatment plans
 - Copies of all remittance advices (i.e., explanation of payment or payment summary vouchers) which accompany reimbursement to providers for services furnished to students
 - Identification of the person directly providing services to the student
 - For non-licensed practitioners working under the direction of a licensed practitioner, this includes the supervising licensed practitioner to the extent required by the applicable professional licensing statutes and regulations
 - Records of logs, appointment books, or similar documentation showing the date and both the time allotted for appointments and the time spent on the appointment

Supervision and Medical Necessity

Amarbir Takhar

School-based Program Monitoring & Partnerships Unit Chief
School-based Services Branch

Medical Necessity Criteria Under the CYBHI Fee Schedule Program

Overview	CYBHI Fee Schedule program providers and practitioners are eligible for reimbursement from MCPs and insurers for certain <u>medically necessary</u> outpatient mental health and substance use disorder services furnished to a student under the age of 26 at a schoolsite.
Guidance for Commercial Health Care Service Plan or Disability Insured students	<i>Based on the CMS Mental Health Parity and Addiction Equity Act (MHPAEA).</i>
Guidance for Medi-Cal students under 21	
Guidance for Medi-Cal students over 21	

Medical Necessity Criteria Under the CYBHI Fee Schedule Program

Overview	For commercial health care services plans and disability insurers, medically necessary treatment of a mental health or substance use disorder means a service or product addressing the specific needs of that patient, for the purpose of preventing, diagnosing, or treating an illness, injury, condition, or its symptoms, including minimizing the progression. <i>Based on California Health and Safety Code section 1374.72(a)(3)(A) and California Insurance Code section 10144.5(a)(3)(A).</i>
Guidance for Commercial Health Care Service Plan or Disability Insured students	
Guidance for Medi-Cal students under 21 Guidance for Medi-Cal students over 21	

Medical Necessity Criteria Under the CYBHI Fee Schedule Program

Overview	The definition of medically necessary is to correct or ameliorate health defects, physical and mental illnesses, and conditions discovered by screening services. • Services are covered when they prevent a condition from worsening and/or prevent the development of additional health problems • Services that maintain or improve a child's current health condition are covered because they "ameliorate" a condition The determination of whether a service is medically necessary: • Must take into account the particular needs of the child • Be made on a case-by-case basis <i>Based on Medi-Cal for Kids and Teens.</i>
Guidance for Commercial Health Care Service Plan or Disability Insured students	
Guidance for Medi-Cal students under 21	
Guidance for Medi-Cal students over 21	

Medical Necessity Criteria Under the CYBHI Fee Schedule Program

Overview Guidance for Commercial Health Care Service Plan or Disability Insured students Guidance for Medi-Cal students under 21	A Medi-Cal service is “medically necessary” or a “medical necessity” when it is reasonable and necessary to protect life, to prevent significant illness or significant disability, or to alleviate severe pain. <i>Based on California Welfare and Institution Code section 14184.402.</i>
Guidance for Medi-Cal students over 21	

Medical Necessity – Illustrative Scenario

- A general education high school student is experiencing growing anxiety around college admissions
- The student met with the Pupil Personnel Services (PPS) credentialed school counselor and explained that they were not eating or sleeping well and generally felt overwhelmed and anxious about homework and meeting expectations for college

- During the same appointment (which lasts 45 minutes), the school counselor works with the student to complete a clinically validated screening tool for anxiety (procedure code 96127) and assesses their needs
- The school counselor also shares strategies with the student so they can better manage their anxiety symptoms (procedure code 99403)
- The school counselor documents the session in the student's record

- The **school counselor determines** that the services were medically necessary (and therefore reimbursable under the CYBHI Fee Schedule program) because it helped prevent a condition from worsening and the service was furnished based on the particular needs of the student (based on [Medi-Cal for Kids and Teens](#))

Note: Scenarios are illustrative only and are not representative of real students or situations. All scenarios assume the needed consent was given prior to any information sharing or service rendering

Claiming for CYBHI Fee Schedule

- » All CYBHI Fee Schedule program services must be recommended by a **physician or other “licensed practitioner of the healing arts,”** as defined in federal regulation 42 CFR 440.130(d).

Licensed Physician, including Psychiatrist	Licensed Clinical Social Worker	Licensed Psychologist
Licensed Nurse Practitioner	Licensed Marriage and Family Therapist	Licensed Educational Psychologist
Licensed Physician Assistant	Licensed Professional Clinical Counselor	Licensed Registered Nurse

ORP Only Providers

An **ORP is an Ordering, Referring, or Prescribing Only Provider.**

- » An ORP Provider cannot bill for Medi-Cal reimbursement independently, but they can order, refer or prescribe services for a Medi-Cal beneficiary.
- » ORP Providers are required on claims for Medi-Cal covered students only.

Frequently Asked Questions

- » There is no limit on the number of "referrals" an ORP Provider can make.
- » ORP Providers do not have to have a direct supervision relationship with the rendering provider.

Licensed clinicians can enroll for free as an ORP provider on [the DHCS Provider Enrollment website](#)

ORP on Claim Requirement

When the RENDERING provider NPI is..	ORP needs to be listed on claim	Eligible Practitioners for CYBHI Fee Schedule program
Unlicensed practitioner	ORP Name and NPI required	• PPS School Counselor • PPS School Social Worker • PPS School Psychologist • Certified Wellness Coach • Community Health Worker (to be added late 2025)
Licensed practitioner	No ORP needed Bills under own licensed NPI	• Licensed Clinical Social Workers • Licensed Marriage and Family Therapists • Licensed Professional Clinical Counselors • Licensed Physicians, including Psychiatrists • Licensed Nurse Practitioners • Licensed Physician Assistants • Licensed Psychologist • Licensed Educational Psychologists • Licensed Registered Nurse • Licensed Credentialed School Nurses
Under Supervision of Licensed Provider	No ORP needed: Bills under supervisor's NPI	• Registered Associate Marriage and Family Therapists • Registered Associate Professional Clinical Counselors • Registered Associate Social Workers • Registered Psychology Associates • Alcohol and Other Drug Counselors

Operationalization in Different Settings

Amarbir Takhar

School-based Program Monitoring & Partnerships Unit Chief
School-based Services Branch

Wellness Promotion and Education

Case Study	CYBHI Fee Schedule Code	Units of Service
School-employed CWC provides education teaching life skills, stress management, and problem solving to a classroom setting of 30 students for 40 minutes , with a mixture of Medi-Cal, commercial insurance, and uninsured	0593T Health and wellbeing coaching, face to face, Group (2 or more individuals); at least 30 min	1 unit per student (only students with <u>eligible</u> insurance coverage)
CWC employed by CBO provides a 30-minute presentation teaching coping skills, goal setting and planning at an after-school program	0593T Health and wellbeing coaching, face to face, Group (2 or more individuals); at least 30 min	1 unit per student (only students with <u>eligible</u> insurance coverage)

Screening

Case Study	CYBHI Fee Schedule Code	Units of Service
CWC coordinates and/or facilitates SAMHSA screening that last at least 16 minutes under guidance of PPS-C on campus to multiple students	0591T Health and wellbeing coaching, face to face, initial sessions for individuals; at least 30 min	1 unit per student
CWC administers ACEs questionnaire to multiple students on campus, each lasting at least 16 minutes	0591T Health and wellbeing coaching, face to face, initial sessions for individual; at least 30 min	1 unit per student

Individual Support

Case Study	CYBHI Fee Schedule Code	Units of Service
CWC has initial meeting of 46 minutes with insured student;	0591T Health and wellbeing coaching, face to face, initial sessions for individual; at least 30 min	2 units (30 minutes + 16 minutes)
CWC has follow up meeting of 20 minutes with same student, different day	0592T Health and wellbeing coaching, face to face, follow-up sessions for individual; at least 30 min	1 unit (20 minutes)
CWC checks in with one student at beginning of day for 10 minutes, checks out with same student at the end of the day for 10 minutes, same day	0592T Health and wellbeing coaching, face to face, follow-up sessions for individual; at least 30 min	1 unit (20 minutes total in one day)

» Initial (0591T) and Follow-Up (0592T) sessions **cannot** be billed in the same day

Group Support

Case Study	CYBHI Fee Schedule Code	Units of Service
CWC provides wellness education to group of 8 students for 40 minutes , combination of Medi-Cal and commercial insurance	0593T Health and wellbeing coaching, face to face, Group (2 or more individuals); at least 30 min	1 unit per student (40 minutes)
CWC provides wellness education to group of 3 students for 20 minutes , all Medi-Cal	0593T Health and wellbeing coaching, face to face, Group (2 or more individuals); at least 30 min	1 unit per student (20 minutes)

Crisis Referral

Case Study	CYBHI Fee Schedule Code	Units of Service
CWC refers a youth exhibiting suicidal ideation to a county mobile crisis team and remains with them until they arrive, which takes 50 minutes .	0591T Health and wellbeing coaching, face to face, initial sessions for individual; at least 30 min	2 units (30 minutes + 20 minutes)
CWC identifies student escalating from Tier 2 to Tier 3 and does a warm handoff to the PPS-C or licensed clinician on campus, for at least 16 minutes	0591T Health and wellbeing coaching, face to face, initial sessions for individual; at least 30 min	1 unit (16 min)

Care Coordination

Case Study	CYBHI Fee Schedule Code	Units of Service
CWC connects Medi-Cal student and their family to CalFresh program and follows to confirm enrollment. Takes 60 minutes to complete.	0592T Health and wellbeing coaching, face to face, follow-up sessions for individual; at least 30 min	2 units (30 min + 30 min)

Telehealth

Case Study	CYBHI Fee Schedule Code	Units of Service
CWC meets with individual student on Zoom to do initial check-in for 25 minutes; CWC meets with same student the next day and does a 30-minute follow-up check in.	0591T Health and wellbeing coaching, face to face, initial sessions for individual; at least 30 min	1 unit (25 min)
	0592T Health and wellbeing coaching, face to face, follow-up sessions for individual; at least 30 min	1 unit (30 min)

» Initial (0591T) and Follow-Up (0592T) sessions **cannot** be billed in the same day

CWC Services That Are Not Billable

Case Study	Explanation
CWC has initial meeting of 46 minutes with insured student; CWC has follow up meeting of 30 minutes with same student, same day	Not allowed to bill initial and follow-up in the same day. CWC could bill 2 units of initial meeting, 0591T, in the same day; OR CWC could bill 1 unit of follow up meeting, 0592T, in the same day
CWC connects with an individual student's special education teacher and the school counselor for 20 minutes to discuss how to provide wrap around support for better outcomes in the classroom.	Not allowed because the student is not present during the service
CWC assists the licensed school psychologist in documenting and completing necessary paperwork to submit a claim for 5 individual students who received CWC services, requiring 40 minutes of assistance.	Not allowed because CWC cannot bill for documentation or medical billing time, only for time that they are in service with a student.

Questions & Answers

Chris Roina, Lead Communication Analyst, HCAI

Additional Questions



For DHCS: DHCS.SBS@dhcs.ca.gov

For HCAI: WellnessCoach@hcai.ca.gov

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Appendix

Scope of Services for Certified Wellness Coaches (1 of 2)

Core Activity ¹	Certified Wellness Coach I Scope of Services <i>Under direction of PPS² or licensed professional</i>	Certified Wellness Coach II Scope of Services <i>Under direction of PPS² or licensed professional</i>
1 Wellness Promotion and Education	• Deliver group or classroom programming (e.g., structured curriculum) focused on: • Wellness promotion and education (e.g., building positive relationships, bullying prevention, nutrition and exercise in relation to BH) • Mental health literacy (e.g., symptom recognition, help-seeking strategies, how to provide support) • Life skills (e.g., stress management, time management, problem-solving)	• Deliver group or classroom programming (e.g., structured curriculum) focused on activities listed in CWC I profession and: • Behavior activation, including identifying, engaging in, and evaluating activities that promote positive emotions and well-being. • Supporting and practicing overcoming maladaptive thinking patterns identified in higher-level care. • Distraction strategies (e.g., redirection techniques, mindfulness) • Emotional regulation (e.g., emotion recognition and understanding, regulation strategies)
2 Screening	• Support youth completing behavioral health screenings (e.g., answer questions, hand-off screenings to BH professionals) • Identify and referring BH needs of youth to BH providers in school or broader organization setting • Coordinates universal screening programs in schools or other community-based organizations per SAMHSA guidelines³	• Facilitates universal screening programs in school or other community-based organizations per SAMHSA guidelines⁴
3 Care Coordination and Extension	• Connect individuals to internal and external BH resources (e.g., local/regional/national organizations, school or broader organization resources, outpatient providers, residential programs, crisis response resources) as well as social services (e.g., food or housing programs) as needed • Facilitate communication with other professionals (e.g., BH providers, school personnel) that are providing support and care to youth, including connecting individuals to licensed providers so all care team members work together and operate at the top of their license or certification • Provide additional support to providers, school, or broader organization personnel, including BH related administrative activities (e.g., billing support) and extension of non-clinical or clinical BH support	

Scope of Services for Certified Wellness Coach (2 of 2)

Core Activity ¹	Certified Wellness Coach I Scope of Services <i>Under direction of PPS¹ or licensed professional</i>	Certified Wellness Coach II Scope of Services <i>Under direction of PPS¹ or licensed professional</i>
4 Individual Support	• Provide brief check-ins (~5-15 min) and scheduled meetings (~30 min) that provide emotional support and/or follow manualized curriculum that enhance wellness; individual support may include: • Wellness education (e.g., basics of BH symptoms, nutrition, and exercise in relation to BH) • Goal setting/planning (e.g., increasing movement, sleep hygiene) • Life skills (e.g., stress management, time management, problem solving)	• Activities of the Certified Wellness Coach I scope of services, and: • Behavior activation, including identifying, engaging in, and evaluating activities that promote positive emotions and well-being. • Supporting and practicing overcoming maladaptive thinking patterns identified in higher-level care. • Distraction strategies (e.g., redirection techniques, mindfulness) • Emotional regulation (e.g., emotion recognition and understanding, regulation strategies)
5 Group Support	• Deliver small group programming (e.g., structured curriculum) to enhance wellness and life skills (e.g., social-emotional skills, stress management, time management, organization, problem solving)	• Activities of the Certified Wellness Coach I scope of services, and: • Enhance awareness of the most common BH conditions to promote understanding, reduce stigma, and foster a more informed and empathetic community
6 Crisis Referral	• Adhere to a standardized protocol when responding to signs of crisis in the school or broader organization setting • Identify potential risks and refer to the appropriate qualified BH provider or supervisor • Provide emotional support and engage in warm handoffs with the appropriate qualified BH provider or supervisor for youth who are waiting to be seen for crisis services	