

November 18, 2025

MOTION BY SUPERVISOR LINDSEY P. HORVATH

Support for Youth through the Soluna App

Los Angeles County is home to more than two million young people who represent our region's emerging leadership, creativity, and resilience. However, youth across the County continue to face increasing mental and emotional health challenges driven by social pressures, hateful rhetoric, and economic uncertainty. While dedicated providers, schools, and community organizations work tirelessly to meet growing demand, the need often exceeds available capacity-creating opportunities for digital tools to enhance and extend the reach of this vital work, ensuring every young person can access timely, culturally responsive and affirming support.

As a key element of the state-funded California Youth Behavioral Health Initiative, Soluna provides a free, accessible, and youth-friendly platform for mental health support, accessible via smartphone app and web. Soluna offers self-guided resources and coping tools, such as journaling and mood tracking, as well as safe and moderated peer support community forums, and coaching with trained mental health professionals available 10am-10pm daily - all designed for youth ages 13-25.

While the County Department of Mental Health has spearheaded sharing information about Soluna, the platform's impact can grow exponentially through coordinated, cross-departmental County support. County departments that regularly serve youth-such as Youth

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Development, Children and Family Services, Parks and Recreation, Public Social Services, Probation, and the Office of Education, as well as LA County Library-are trusted community touchpoints and can play a pivotal role in connecting young people with Soluna. The Los Angeles County Youth Commission is another key partner, and has been critical in helping elevate the needs of system-impacted young people and working with the County to develop solutions. Their continued focus on mental health further emphasizes the need for additional supports for young people across the County.

This Board has long recognized the need to better support young people throughout the County, including youth in our child welfare and probation systems. We have taken steps, like launching the Department of Youth Development, exploring near peer mentoring programs, and elevating the importance of youth voice, to ensure that we are innovative and responsive to the challenges our young people face. A Countywide commitment to promote and integrate Soluna would reinforce Los Angeles County's ongoing efforts to meet young people where they are, support their emotional well-being, and reduce barriers to mental health care.

I, THEREFORE, MOVE that the Board of Supervisors direct the Department of Mental Health (DMH) in collaboration with the department of Public Health, Public Social Services, Youth Development, Children and Family Services, Parks and Recreation, Probation, Library, Office of Child Protection, and the Los Angeles County Office of Education, along with the LA County Youth Commission, to promote and integrate the Soluna platform as a mental health and wellness resource for LA County youth by identifying and implementing opportunities to:

- Share Soluna information with community colleges and community partners, as well as through youth-serving programs, events, and communication channels;
- Train staff and community health workers who regularly interact with youth to ensure that they are aware of the Soluna app and can share it as a resource for youth.

I, FURTHER MOVE that the Board of Supervisors direct DMH in collaboration with the departments referenced above and others as appropriate, to report back in writing to the Board within 120 days with strategies, timelines, and goals to expand Soluna's reach among Los Angeles County youth.

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LPH: AA/ES