

CalMHSA Express Week of July 29, 2013

Extra! Extra!
CalMHSA Express



WELLNESS • RECOVERY • RESILIENCE

Week In Review:

- *“A New State of Mind” Toolkit Arrives Next Week!*
- *Reducing Student Stress the Focus of New Orange County Program*
- *UC Riverside Helps Students and Parents Through College Transition*
- *Reminder! Deadline for SMHPW Recommendation Support Letters is August 2nd!*

Hot News (funded by CalMHSA and Proposition 63)

“A New State of Mind” Toolkit Arrives Next Week! Watch your mailboxes for a new toolkit that will help counties and PEI partners put the groundbreaking documentary “A New State of Mind: Ending the Stigma of Mental Illness,” to work in educational efforts. The promotional toolkit includes a DVD of the hour-long documentary, an audience-specific messaging guide, FAQ, and event planning and outreach tools. For more information about the toolkit, contact Nicole Jarred at njarred@rs-e.com.

***Reducing Student Stress the Focus of New Orange County Program:** Teachers from seven Orange County elementary schools are gaining the skills to evaluate and help students better manage their stress. The Resilient Mindful Learner demonstration project helps promote student mental wellness by training teachers to integrate stress management, self-regulation and attention-building strategies into their daily classroom routines. Contact Lucy Vezzuto, Ph.D. at lvezzuto@ocde.us or (714) 327-1018 for more information.*

***UC Riverside Helps Students and Parents Through College Transition:** To prepare parents and incoming freshman students for the new academic year, UC Riverside will host the Highlander Orientation and Tabling Expo where parents and students will learn about campus resources and counseling center services. To support healthy transitions to college for students and families, forums will focus on developing healthy communication and boundaries, helping parents support their student’s individuation*

process, and cope with feelings of loss. For more information, please contact Dr. Natalie Rios at natalie.rios@ucr.edu.

Reminder! Deadline for SMHPW Recommendation Support Letters is August 2nd! The Student Mental Health Policy Workgroup (SMHPW), convened by State Superintendent of Public Instruction Tom Torlakson with support from CalMHSA, has identified training educators in mental health and wellness as a critical step to improving student mental health. The [SMHPW recommends](#) including information about mental health conditions and how they manifest at school in teacher and administrator credential requirements. The current, once-in-a-decade review of educator credentialing programs by the California Commission on Teacher Credentialing (CTC) offers a rare opportunity to significantly improve student mental health policy. Individuals and organizations can voice their support for the SMHPW recommendations **by August 2, 2013** using the sample letter available [here](#), which includes the CTC's address. Contact David Kopperud at DKopperud@cde.ca.gov with any questions.

Down the Pipeline

NAMI CA is Recruiting New Ending the Silence (ETS) Presenters! NAMI California's peer outreach program is growing, with a busy school year of presentations to high school audiences planned. NAMI CA is seeking young adults with mental health conditions and/or knowledge of conditions to become part of ETS and share their personal stories with adolescent audiences. Trainings will be conducted via a webinar in early August. For more info or to apply, contact Beth Larkins at beth.larkins@namicalifornia.org, or (916) 567-0163.

NAMI CA Seeks Artists for In Our Own Voice (IOOV) Training: NAMI California is seeking artists (visual artists, such as: painters, photographers, and sketch/drawing; written or spoken word; theater; music; etc.) living with serious mental illness who are interested in being trained to share their personal journey to recovery, and offer a message of hope to others. IOOV is a unique public education program, in which two trained speakers share compelling personal stories about living with mental illness and achieving recovery. NAMI CA will be conducting three statewide IOOV presenter trainings during the months of October and November 2013. For more information and/or to request a training application, please contact Nereida Castillo at nereida.castillo@namicalifornia.org, or (916) 567-0163 ext. 104.

Do you have news to share? Send submissions to Jenna Thompson at Jenna@paschalroth.com.