

Extra! Extra! CalMHSA Express



WELLNESS • RECOVERY • RESILIENCE

Week In Review:

- *New York Times* best selling author combats suicide with message of hope and resilience
- One-of-a-kind conference on mental health stigma and children's services aims to "Stop Stigma Now!"
- Register now for "Tools for Change" stigma reduction conference
- UCLA bystander intervention training teaches students how to intervene and create positive change on campus
- Reconozca Las Señales (Know the Signs) Campaign "Takes Over" Univision Websites
- Five Californians share their stories of living with mental illness
- PEI communications tools available soon!

Hotshots (funded by Proposition 63)

Award-Winning Author Combats Suicide with Message of Hope and Resilience: *New York Times* best selling-author— Jay Asher— will discuss his award-winning novel about teen suicide, *13 Reasons Why*, at the Fourth Annual Journey of Hope Forum February 6th from 5:30-8:30 p.m. at New Life Church in Pismo Beach (990 James Way). The free event is open to the public and includes a direct link to resources available in the Central Coast community. The event is hosted by CalMHSA partner, Transitions Mental Health Association. Learn more: [Journey of Hope](#) Shannon McQuat shannon@t-mha.org 805-540-6510

One-of-a-kind Conference on Mental Health Stigma and Children's Services Aims to "Stop Stigma Now!" The only conference in the nation to address issues of mental health stigma and children's services, the Children's Services, Stigma & Disparities Conference will feature renowned speakers including representatives from CalMHSA and

CalMHSA program partners Know the Signs, RS&E, NAMI and others. The conference is taking place February 13-15 in San Diego. Learn more: [Stop Stigma Now!](#)

Register Now for the 2013 Tools for Change Conference: Registration is now open for the 2013 Tools for Change Conference presented by the Center for Dignity, Recovery and Stigma Elimination. Taking place March 21 and 22, 2013 at the Westin San Francisco Airport Hotel, The Tools for Change Conference is the inaugural multidisciplinary training conference on effective tools, methods, and practices for the reduction of discrimination and stigma associated with mental health and mental illness. Learn more and register here: [Tools for Change Conference](#)

UCLA Pilots New Course in Bystander Intervention: Through CalMHSA's Student Mental Health Initiative, UCLA Counseling and Psychological Services (CAPS) piloted a new course in bystander intervention for undergraduate student leaders, developed by CAPS staff and based on evidence-based principles in bystander intervention. Participants learned when and how to intervene using the "True Bruins STAND" bystander principles in three key areas: Sexual Assault, Alcohol and Other Drugs, and Body Image. Students also developed a multimedia peer-to-peer presentation to further promote positive change in their own True Bruin communities. For more information, please contact Natasha Olmos, Ph.D. at nolmos@caps.ucla.edu or 310-825-0768.

Reconozca Las Señales (Know the Signs) Campaign "Takes Over" Univision Websites: Visitors to Univision websites in select California markets are noticing a major change this winter. The Spanish-language Know the Signs campaign (Reconozca Las Señales) has "taken over" the websites in place of Univision's traditional background. Visitors to the top-rated station's website will immediately see a flash Reconozca Las Señales ad followed by colorful links to the Spanish language Suicide is Preventable website (*El suicidio es prevenible*) and available resources. The website takeovers will take place on select days through the end of February and provide a great opportunity for Univision viewers to learn more about how to recognize the warning signs for suicide by directing them to the website, www.elsuicidioresprevenible.org

Five Californians Share Their Stories of Living with Mental Illness: The Mental Health Services Oversight and Accountability Commission recently published an insert in Sacramento News & Review that shares stories of people whose lives have been changed by mental health programs funded through Proposition 63 (the Mental Health Services Act). Available at the link below, the insert lists mental health resources in El Dorado, Placer, Yolo, Nevada and Sacramento Counties. [Mental Illness: It Affects Everyone](#)

PEI Communications Tools Available Soon: CalMHSA members have stated the need for tools to effectively communicate with local stakeholders, including Boards of Supervisors, regarding the PEI programs now under way both locally and statewide. To that end, with CalMHSA Board approval and funding, CalMHSA staff has been working with MIG, Inc. to develop a statewide brochure and a series of local county and regional

brochures. With support from an Ad Hoc Communications Committee, the statewide brochure has been finalized and will be printed shortly. 31,000 brochures—26,000 in English and 5,000 in Spanish—will be printed and shipped directly to counties. The initial distribution is expected by early February with the full set delivery of the English and Spanish language brochures completed by early March. [View the statewide brochure here.](#)

Additionally, regional brochures and a two-page fact sheet specific to the statewide projects are being developed for use with the statewide brochure. The statewide brochure was designed for longevity while the regional brochures and statewide fact sheet can be updated as needed. 30,000 of the regional brochures will be printed and shipped directly to counties by April.

Prop. 63 in the News

Inland Valley Daily Bulletin: [Politicians Look to Expand Mental Health Care After Sandy Hook Tragedy](#)