

Extra! Extra! CalMHSA Express



WELLNESS • RECOVERY • RESILIENCE

Week In Review:

- *Kings View Behavioral Health Launches New Suicide Prevention Hotline in the Central Valley*
- *EIC Presents Stigma Reduction Materials at Congressional Hearing on Mental Health*
- *Webinar Teaches Community College Faculty, Staff and Students how to “Reach Out” and Promote Mental Wellness*
- *UC Merced’s Third Annual Wellness Fair Encourages Holistic Approach to Wellness*

Hotshots (funded by CalMHSA and Proposition 63)

Kings View Behavioral Health Launches the Central Valley Suicide Prevention Hotline (CVSPH): *The Kings View Behavioral Health System recently launched a new hotline to serve five counties in the Central Valley (Fresno, Madera, Mariposa, Merced and Stanislaus). CVSPH will provide immediate support to callers in crisis or for the family or friends of someone who may be suicidal. Hotline staff and volunteers have received ASIST training, 18 hours of classroom teaching and an additional 16-hour apprenticeship prior to taking calls. The hotline is a provisional member of the National Suicide Prevention Lifeline and can be reached at 1-888-506-5991.*

EIC Presents Stigma Reduction Materials at Congressional Hearing on Mental Health: *Last Tuesday, the Entertainment Industries Council (EIC) presented stigma and discrimination reduction resource materials at a House Democratic Gun Violence Prevention Task Force Mental Health Briefing. EIC President and CEO, Brian Dyak, told Congressional members and staff in attendance, “We have been focused on exactly how journalists and entertainment creators can better ‘report on’ and address mental health. Proposition 63 provides the funding and framework needed to expand mental health*

services to previously underserved populations and all of California's diverse populations." Developed by EIC as part of the Mental Health Services Act Prevention and Early Intervention Initiatives, the materials included both English and Spanish versions of the reporting on mental health style guide and accompanying toolkit (available at <http://www.eiconline.org/calmhsa/>). Contact: John Hinrichs, jhinrichs@eiconline.org (818) 861-7782.

Webinar Teaches Community College Faculty, Staff and Students How to “Reach Out” and Promote Mental Wellness: In an effort to reach underserved communities and college-age youth, CalMHSA contractors Runyon, Saltzman & Einhorn (RS&E) and Inspire USA presented an informational webinar about ReachOutHere.com to California Community College administrators, faculty and staff. The hour and a half webinar covered topics such as the Stigma and Discrimination Reduction campaign, the history and functions of ReachOutHere.com and a live tutorial on how to utilize ReachOutHere.com. The end of the webinar directed participants to the California Chancellor's Office website, which houses several [ReachOutHere promotional materials](#) that can be downloaded by California Community Colleges for use on their campuses. View the [webinar](#).

UC Merced's Third Annual Wellness Fair Encourages Holistic Approach to Wellness: UC Merced's Counseling and Psychological Services (CAPS) recently partnered with other departments within the Wellness Division (Health Services, Disability Services, Health Promotions, Career Services, and Recreation & Athletics) to host the third annual UC Merced Wellness Fair. Students participated in a variety of activities that focused on a holistic (physical, emotional, intellectual, occupational, and environmental) approach to overall wellness. CAPS staff engaged approximately 250 students in tasks that focused on the prevention of mental health issues through stress reduction, self-care, relaxation, and early intervention tools. By actively engaging students in a variety of activities, the CAPS team was able to reduce the stigma of interacting with counseling center staff and encourage help-seeking behavior. CAPS also provided information to students about on-campus services that support mental health. For more information, contact: Sharon Cooper sharon.cooper@ucop.edu (510) 987-9877

Prop. 63 in the News

Thomas D. Elias: [California's mental health program could be national model](#)

Los Angeles Times: [California Senate leader pushes national mental health plan](#)

Down the Pipeline

Reminder: Don't forget to register for the 2013 Tools for Change Stigma Reduction Conference, taking place March 21 and 22 in San Francisco. More information can be found here: [Tools for Change Conference](#)

Save the Date! The California Innovations Summit is taking place May 22-23 at the Hilton in San Francisco. The summit is designed to advance the Triple Aim: improved

care, population health, and reduced costs for individuals with complex mental health, substance use and physical health conditions. Visit the conference website to learn more or register: [Innovations Summit](#)

Do you have news to share? Send submissions to Nikki Paschal at Nikki@paschalroth.com