

Extra! Extra! CalMHSA Express



WELLNESS • RECOVERY • RESILIENCE

Week In Review:

- *RAND issues revised Statewide PEI Evaluation Strategic Plan*
- *Riverside County “Dare to Be Aware” Conference Highlights Opportunities for Youth Stigma and Discrimination Reduction Engagement*

Hotshots (funded by CalMHSA and Proposition 63)

Revised Statewide PEI Evaluation Plan:

RAND’s revised Statewide PEI Evaluation Strategic Plan – issued November 9, 2012— forms the foundation for CalMHSA’s comprehensive approach to delivering on the Prop. 63 mandate for rigorous program evaluation. The updated plan can be accessed here: [Statewide PEI Evaluation](#)

The expansive evaluation program was designed by RAND following in-depth “Get to Know You” visits with all program partners (PPs), and incorporates feedback from program partners, CalMHSA, and the Statewide Evaluation Experts (SEE) team, which includes a diverse set of stakeholders from across the state of California. RAND is now working to implement the revised plan.

Riverside County Youth Conference Challenges Students to “Dare to Be Aware”

CalMHSA Senior Program Manager Stephanie Welch took part in Riverside County’s groundbreaking “Dare to Be Aware” conference in which more than 400 students learned strategies to combat bullying on campus and online. “High school students who are on the front lines of the bullying epidemic are surprisingly engaged and eager to confront stigmatizing attitudes on campus,” Welch said. “While the conference aims to challenge complacent attitudes that empower school bullies, the moving stories from the

youth participants should challenge all of us to incorporate the energy and passion of our youth in prevention and early intervention work.” Local stigma and discrimination reduction campaigns like Dare to Be Aware also offer an opportunity to engage youth in statewide initiatives like the [Directing Change](#) Public Service Announcement contest.

In the News

CalMHSA Student Mental Health Initiative grants highlighted in local media:

San Diego City College’s CalMHSA-funded effort to reduce stigma and prevent suicide among students was featured in the San Diego City Times article, [Expanding City’s Clinical Services](#). KSBY in San Luis Obispo showcased a student mental health grant to increase mental health services for Cuesta College students. Please see article entitled, [Cuesta Colleges gets grant for student mental health programs](#).

Prevention and Early Intervention Efforts Engage Communities Across the State

Suicide Prevention Regional Taskforce Meetings occur quarterly in each region; several are scheduled for December (please see below for more information). These task forces will develop concrete steps to reduce the risk of suicide locally and then share their best practices with others across the state and nation.

Southern California (San Diego) Region: San Diego, San Bernardino, Riverside, Orange, San Diego and Imperial Counties

December 3, 2012 from 10:00 a.m. to 2:00 p.m. at California State University, San Marcos (CFH-113) 333 South Twin Oaks Valley Road, San Marcos, CA. The meeting will focus on Youth in Suicide Prevention, Best Practices development status and how to develop local Suicide Prevention Action Plan. Visit www.cspn-socal.com for more information.

Superior Region:

December 5, 2012, from 10:00 a.m. to 2:30 p.m., McConnell Foundation, 800 Shasta View Drive, Redding, CA. The main speaker will be Patrick Arbore from the Institute on Aging, who will address suicide risk in older adults. For more information, contact: Susan Morris Wilson at susanmorriswilson@gmail.com

Southern California (Kern) Region: Kern, Ventura, Santa Barbara, San Luis Obispo Counties

December 10, 2012 in Oxnard, CA from 10:30 a.m. to 3:30 p.m. at the Ventura County Mental Health Training Facility 1911 Williams Drive Oxnard, CA. For more information, contact: Meghan Boaz MBoaz@co.kern.ca.us

Central Valley Region:

December 10, 2012 from 9:30 a.m. to 2 p.m. at the Children’s Hospital Central California, Conference Center, 300 Valley Children’s Place, Madera, CA.

December 12, 2012 from 9:30 a.m. to 2 p.m. at the Sacramento County Office of Education, Board Room-10474 Mather Blvd, Mather, CA. Contact Roop Dhillon for more information rdhillon@theeffort.org

The Los Angeles and Bay Area meetings have occurred for this quarter; meeting announcements will be included in future versions of the Express.

Down the Pipeline

Note: Due to the upcoming holidays, there will be no CalMHSA Express on Monday, November 26, December 24 and 31.