

Extra! Extra! CalMHSA Express



WELLNESS • RECOVERY • RESILIENCE

Week In Review:

- *UC San Francisco Bystander Training Shows Graduate Students how to “See Something? Say Something. Do Something!”*
- *Upcoming “Know the Signs” Webinar Explores Opportunities to Use Social Media in Suicide Prevention*
- *Program Partner Spotlight Highlights how Family Service Agency of Marin and Family Service Agency of the Central Coast Connect with the Community to Prevent Suicide*

Hot News (funded by CalMHSA and Proposition 63)

UC San Francisco Offers Bystander Training for Graduate Students: On January 15th, 2013, UC San Francisco Student Health and Counseling Services (SHCS) conducted a 90-minute bystander training for students in the Graduate Division, entitled “See Something? Say Something. Do Something! How students can support peers, and themselves.” Twenty-one graduate and professional students took part in the event, which was offered both in person and streamed online to help students learn the signs of depression and other mental health concerns, how talk to their peers, and options for referral and support. The training served to demystify and de-stigmatize helping and help seeking regarding mental and emotional health concerns. The event was co-sponsored by the UCSF Graduate division, and in a great display of institutional support for student wellness and stigma reduction, Dean Elizabeth Watkins made opening remarks.

Upcoming “Know the Signs” Webinar Explores Opportunities to Use Social Media in Suicide Prevention: Join the Know the Signs campaign team for a webinar that will explore how to use social media to complement suicide prevention efforts. The webinar will discuss how to assess if social media is a good fit for your communication efforts, discuss considerations specific to social media and suicide prevention and present

several case studies from organizations who are using social media to complement their suicide prevention efforts.

When: Tuesday, February 19th from 1.30-2.30pm

Host: AdEase/"Know the Signs" campaign

Register: <https://attendee.gotowebinar.com/register/2549075120492621312>

Program Partner Spotlight Features Family Service Agency of Marin and Family Service Agency of the Central Coast: Find out how the Family Service Agency of Marin and Family Service Agency of the Central Coast are empowering California coastal communities to prevent suicide through crisis hotlines and community outreach in the [Program Partner Spotlight](#). Past issues of the Spotlight are available [here](#).

Prop. 63 in the News

Senate President pro Tempore Darrell Steinberg authored an [op-ed](#) in Saturday's Sacramento Bee, calling for increased federal investment in mental health services and citing Prop. 63 as a model for the nation. Steinberg specifically cited Prevention and Early Intervention programs including the University of California's student mental health efforts as ways to link individuals to services before they hit "rock bottom."

Down the Pipeline

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