

CalMHSA Express Week of March 25, 2013

Extra! Extra!  
CalMHSA Express



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**Week In Review:**

- *Mental Health Partners Share Strategies to Fight Stigma*
- *CalMHSA Counties and Program Partners Work to Improve Coordination*
- *UC Merced Introduces Student Support Network*
- *Law Enforcement Officers and Hostage Negotiators Learn about Crisis Intervention Team Opportunities*

**Hot News (funded by CalMHSA and Proposition 63)**

***Mental Health Partners Share Strategies to Fight Stigma:*** Over 300 participants convened in San Francisco for the 2013 “Tools for Change Conference” presented by the Mental Health Association of San Francisco’s Center for Dignity, Recovery and Stigma Elimination. The first-of-its kind conference which took place March 21st-22nd brought together community-based programs, consumers and families, county and state agencies, and leading national experts to share knowledge and skills to effectively reduce mental health stigma and discrimination. Workshops were provided by CalMHSA Stigma and Discrimination Reduction (SDR) Program Partners, CalMHSA county members, and SDR experts like Dr. Patrick Corrigan of the National Consortium on Stigma and Empowerment. Participants networked, exchanged best practices and gained skills to be effective change agents in their communities. Participants were also exposed to the critical importance of building pathways to cultural responsive stigma reduction and the work of Dr. Lawrence Yang and the Mental Health Association of San Francisco’s Promising Practices SDR Program. For more information on next steps from the conference or conference material contact: Luba Botcheva at [luba@mentalhealthsf.org](mailto:luba@mentalhealthsf.org) or Stephanie Welch at [stephanie.welch@calmhsa.org](mailto:stephanie.welch@calmhsa.org).

***CalMHSA Counties and Program Partners Work to Improve Coordination:*** CalMHSA’s program partners and representatives of more than 20 California counties gathered at a

*Statewide Coordination Workgroup meeting held in San Francisco on March 20, 2013, in an ongoing effort to improve the coordination of statewide efforts in local communities. From Senior Program Manager Stephanie Welch's powerful remarks on the opportunity for the mental health movement to take a leap forward with Stigma and Discrimination Reduction (SDR) efforts that empower consumers and families to participants' end-of-day reflections on finding synergy between CalMHSAs three initiatives, the richness of the dialogue reflected the maturity of programs in their full implementation phase. Throughout the day, program partners presented regionally-focused updates on SDR, Student Mental Health, and Suicide Prevention programs and county participants reported that the face-to-face interactions enabled them to forge new connections and strengthen partnerships that will foster their efforts to improve program quality locally. For more information, contact CalMHSAs Program Director Ann Collentine at [ann.collentine@calmhsa.org](mailto:ann.collentine@calmhsa.org).*

**UC Merced Introduces Student Support Network:** *The University of California, Merced's Counseling & Psychological Services recently introduced a new "Student Support Network" to seek out and train key students on campus in how to identify, reach out, and help other students in emotional distress. The Student Support Network (SSN) program aims to improve students' recognition of the signs and symptoms of mental health distress, improve confidence in reaching out to others in distress, and improve students' ability to provide support in the moment and refer peers to appropriate resources in the community. The Student Support Network also provides a great opportunity for students who wish to go into a helping profession (e.g., medical, counseling, social work, human services, etc.) to get a feel for what it might be like to work in that field. Trainings are held once per semester, and include a series of six one-hour meetings over the course of six weeks. Topics include issues related to core supportive skills, depression/anxiety, substance use, and suicidal behaviors. Contact: Sharon Cooper at [Sharon.Cooper@ucop.edu](mailto:Sharon.Cooper@ucop.edu).*

**Law Enforcement Officers and Hostage Negotiators Learn about Crisis Intervention Team Opportunities** *Disability Rights California (DRC) presented a workshop to the California Association of Hostage Negotiators at Torrance Memorial Hospital on March 15. Approximately 250 attendees from the law enforcement community learned about the Crisis Intervention Teams Project and how local law enforcement agencies are training officers to de-escalate crisis situations. Contact: Margaret Johnson at [Margaret.Jakobson@disabilityrightsca.org](mailto:Margaret.Jakobson@disabilityrightsca.org).*

### **Prop 63 in the News**

*The New York Times highlighted an innovative partnership between Los Angeles schools and mental health partners to keep students safe in "[Focusing on Violence Before It Happens](#)."*

### **Down the Pipeline**

***PEI Informational Booklets on their Way to Counties:*** Counties will soon receive their Prevention and Early Intervention informational booklets, “Transforming Mental Health Care.” The 8-page statewide overview introduces PEI programs and explains their role in California’s mental health transformation, gives examples of successful PEI programs statewide, and uses consumer stories to illustrate the impact of PEI on individuals, families and communities.

*In middle to late April, counties should receive printed copies of the local/regional focused inserts that can be used alone or with the statewide booklet, as well as login credentials for the online web-portal to access and update the local inserts. In early May, counties that have been designated will also receive Spanish-language statewide booklets.*

*The intended audiences for the booklets are Board of Supervisors and other policy makers in the counties, mental health and health service providers, California mental health consumers and families, community partners and the public at large. CalMHSA will provide counties with additional tools, such as template letters and emails, to assist in distribution. For more information, contact Justin Lock ([justin.lock@calmhsa.org](mailto:justin.lock@calmhsa.org)) or 916-370-0555.*

*Do you have news to share? Send submissions to Jenna Thompson at [Jenna@paschalroth.com](mailto:Jenna@paschalroth.com).*