

## Extra! Extra! CalMHSA Express



WELLNESS • RECOVERY • RESILIENCE

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### **Week In Review:**

- *UC Davis Trains Peer Counselors in Mental Health First Aid*
- *Student PEI Strategies Key as San Mateo Schools Focus on School Safety*
- *Program Partner Spotlight Highlights Statewide Student Mental Health Initiative*

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

**UC Davis Trains Peer Counselors in Mental Health First Aid:** *On February 9 and 10, 2013 UC Davis' Counseling and Psychological Services delivered mental health first aid training to 22 peer counselors who work at "The House." The House is a peer-to-peer, drop-in and phone counseling service where students can talk to other students and get support with issues such as relationships, depression, loneliness, and help with academic and personal growth. The training educated student staff on mental health topics, equipped peer counselors with tools to identify signs of distress among members of their campus community, and provided strategies for offering support and encouraging use of mental health services on campus. For more information contact Zachary Ward at (530) 752-0871 or [zward@shcs.ucdavis.edu](mailto:zward@shcs.ucdavis.edu).*

**Student PEI Strategies Key as San Mateo Schools Focus on School Safety:** *Through the California County Superintendents Educational Services Association's Regional K-12 Student Mental Health Initiative, the San Mateo County Office of Education is making Prevention and Early Intervention a focus of its school safety efforts. Mental health prevention and supports for students will be among the topics at an upcoming countywide summit aimed at building partnerships to promote school safety. The County's education/mental health partnership is also engaging students in a bullying prevention campaign that uses online tools such as the Respect! 24/7 [Facebook page](#). For more information, contact Gaye Smoot at [gsmoot@ccsesa.org](mailto:gsmoot@ccsesa.org).*

**Program Partner Spotlight Highlights Statewide Effort to Boost Student Mental Wellness:** *Young people spend more time at school than just about anywhere else, putting California's education system in a powerful position to improve student mental health in the critical window before most mental illness takes hold. Schools across the state are partnering with mental health professionals and community organizations to help educators and staff identify young people at risk of or in early stages of mental illness and connect students with services early on. Read about the Regional K-12 Student Mental Health Initiative underway from the California County Superintendents' Educational Association [here](#). Previous issues of the Spotlight are available here: <http://calmhsa.org/documents/newsletters-reports/>.*

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

*The Redwood Times highlighted Humboldt County's "Seeds of Understanding" Speakers Collective, one of CalMHSA's Stigma Reduction partnerships. County health education specialist Karen Diers described the program's approach as bridging the "separation between people" by "sharing personal stories" in a way that "empowers the speaker as well as the listener." [Read the full story here.](#)*

### **Down the Pipeline**

***Know the Signs Campaign Shares Ideas on Promoting Suicide Prevention Year-Round:*** *On March 19, the Know the Signs campaign will share ideas on promoting suicide prevention events throughout the year and leveraging other efforts to ensure suicide prevention maintains a strong presence in your community. Hear from colleagues across the state on successful strategies for spreading the suicide prevention message year-round. [Follow this link to register.](#)*

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