

CalMHSA Express Week of December 16, 2013

Extra! Extra!
CalMHSA Express



WELLNESS • RECOVERY • RESILIENCE

Week In Review:

- *Media Toolkit available for Mental Health Stakeholders*
- *Student Mental Health Initiative Makes Strides*
- *Volunteer Judges Needed for Hmong and Mien Storytelling Contest*

Hot News (funded by CalMHSA and Proposition 63)

Media Toolkit available for Mental Health Stakeholders: The new resource, "[Working with the Media to Tell Your Story](#)," produced by the Entertainment Industries Council, Inc. is a toolkit to help mental health community organizations and individuals connect with the media around accurate and positive mental health stories. The toolkit is currently available in both English and Spanish. Contact: Nedra Weinreich at nweinreich@eiconline.org or (818) 861-7782.

Student Mental Health Initiative Makes Strides: With students and educators preparing for a holiday break, updates and outcomes from the fall semester have been rolling in. The following are a few recent highlights from CalMHSA's K-12 and higher education student mental health initiatives:

- ***CalMHSA's Regional K-12 Program Partners Provide Training and Resources About Student Mental Health:*** The San Diego, San Luis Obispo, and Santa Barbara County Offices of Education each report deploying new trainings and resources aimed at improving student mental health and creating positive school climates. Contact: Mara Madrigal-Weiss at mmadrigal@sdcoe.net; Shannon White Bond at (805) 782-7272; Helen Rehm at hrehm@sbcoe.org.
- ***New Best Practices Database:*** The California Community Colleges' Student Mental Health Program has launched a new online tool that shares best practices for successfully promoting student mental health on college campuses. This searchable database is available to all higher education campuses. Contact: Betsy Sheldon at bsheldon@cccco.org.

- **New Online Resources at UC:** The University of California has successfully launched a student mental health [website](#) that provides helpful resources on suicide prevention strategies. **UC Berkeley** recently launched a smart phone application where faculty and staff can immediately access the information they need to intervene in a crisis. Contact: Taisha Caldwell at Taisha.Caldwell@ucop.edu; Dr. Aaron Cohen at acohen@berkeley.edu.
- **UCLA Candlelight Vigil draws 500 Students to Raise Awareness About Suicide:** Students stopped by to light a candle and write a message in support, remembrance, or hope for those who have been touched by suicide or mental illness. Contact: Lisa Liu at liliu@caps.ucla.edu.
- **UCSF Mental Health Awareness Week the Most Successful in Campus History:** Nearly 1,000 health sciences students, faculty, staff, and community stakeholders attended events ranging from suicide awareness to women's mental health workshops. Contact: James Lyda at James.Lyda@ucsf.edu.

Volunteer Judges Needed for Hmong and Mien Storytelling Contest: Program Partner Runyon Saltzman & Einhorn seeks judges to select stories authored by Hmong and Mien students from 7-12th grade. The contest is aimed at reaching Fresno and Sacramento Hmong and Mien communities with culturally relevant, compelling messages that inspire their communities to speak up about mental health. If you are interested in participating as a judge, please contact Anna Vue at avue@solskenpr.com or (916) 595-8157.

Prop. 63 in the News

The [Woodland Daily Democrat](#) highlighted the University of California Davis' "Just in Case" mobile friendly website, which is part of a larger initiative to reduce the stigma students may feel seeking mental health services and to provide suicide prevention services and resources.

Down the Pipeline

Imperial County Presents Training on Engagement Strategies: On January 10th, 2014, the Imperial County, Region 9 CCSESA K-12 Student Mental Health Initiative will host Dr. Ernie Mendes, author, executive coach, and professional development trainer, who will present "Brain Based Engagement Strategies and Managing Challenging Student Behavior." Dr. Mendes' trainings offer evidence-based prevention and early identification practices to educators. Contact: Miriam Belopolsky at mbell@icoe.org or (760) 312-6498.

Santa Barbara County Education Office Hosts Understanding Bullying Program: On January 14th, 2014, the Santa Barbara County Education Office will host "Understanding Bullying — Strategies and Systems of Prevention and Intervention," to help schools create prevention and intervention approaches. For registration information, contact Anna Freeland at afreedland@sbceo.org. Contact: Helen Rehm at HRehm@sbceo.org.

Save the Date For Mental Health and Substance Use Disorder Awareness Day! On May 13th, 2014, California's mental health community will come together for [Mental Health](#)

[and Substance Use Disorder Awareness Day](#) in Sacramento, CA. The event is being coordinated through the California Coalition for Mental Health and Each Mind Matters to raise awareness of mental health and substance use disorder treatment. Additional details on this exciting event are coming soon. Contact: Joseph Robinson at Joseph.Robinson@calmhsa.org.

The CalMHSA Express will not be published on Monday, December 23rd, 2013 and Monday, December 30th, 2013. Look forward to the next edition on January 6th, 2014!

Do you have news to share? Send submissions to Jenna Thompson at Jenna@paschalroth.com.