

CalMHSA Express Week of April 22, 2013

Extra! Extra!  
CalMHSA Express



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### **Week In Review:**

- *CalMHSA Stigma and Discrimination Reduction Efforts Gain National Attention at Carter Center Event*
- *RSVP for the Directing Change Award Event Featuring Guests from Fox's Hit TV Series "Glee"*
- *New "You Have the Power to Empower" Poster Unveiled*
- *Reminder! NAMI California is Looking for Ending the Silence Presenters*



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

***CalMHSA Stigma and Discrimination Reduction Efforts Gain National Attention at Carter Center Event:*** *On April 18, 2013, CalMHSA Board President Dr. Wayne Clark and Senior Program Manager Stephanie Welch joined former First Lady Rosalynn Carter, experts from federal agencies, and other mental health officials at the Carter Center in Atlanta, GA to discuss new research on mental health stigma published in May's edition of the American Journal of Public Health. "California's Historic Effort to Reduce the Stigma of Mental Illness: The Mental Health Services Act," authored by Dr. Clark, CalMHSA Staff, and RAND corporation researchers is one of 30 expert articles featured in the publication – the first of its kind to dedicate an issue to the long-overlooked issue of stigma. CalMHSA's contribution to the journal examines the planning, programming, and evaluation of California's historic effort to reduce mental health stigma and discrimination. Photo: CalMHSA Board President Dr. Clark presents the First Lady with an Each Mind Matters t-shirt. For more information, contact Stephanie Welch at [Stephanie.Welch@calmhsa.org](mailto:Stephanie.Welch@calmhsa.org).*

**RSVP for the Directing Change Award Event Featuring Guests from Fox's Hit TV Series "Glee"** Directing Change, a statewide high school student video contest to engage students in preventing suicide and reducing stigma, invites you to a screening and award ceremony at the Crest Theater in Sacramento on May 23<sup>rd</sup>, 2013. The event will feature guest speakers from Fox's hit TV series Glee: director Bradley Buecker and actor Max Adler, who plays "Dave Karofsky." Regional winners were selected by a panel of volunteer judges from a total of 371 submissions received, representing 922 students from 35 counties. As a next step, the regional winners will be narrowed down to the top three in each category by a statewide judging panel, and on May 1<sup>st</sup>, Californians will be asked to cast their vote to determine the final winners. To view the regional winners visit: [www.directingchange.org](http://www.directingchange.org). RSVP for the event [here](#). For more information, contact Richelle Brown at [Richelle@adease.com](mailto:Richelle@adease.com).

**New "You Have the Power to Empower" Poster Unveiled:** Disability Rights California's "You Have the Power to Empower!" poster was unveiled at the California Psychological Association 2013 Annual Convention, April 11<sup>th</sup>-14<sup>th</sup>. Intended to raise the awareness of mental health professionals about stigma and discrimination in their work with people with mental health challenges, the poster is eye opening, encouraging the viewer to confront stigma and challenge their own views about mental illness. View and download the poster [here](#). For more information, contact Margaret Jacobson-Johnson at [Margaret.Jakobson@disabilityrightsca.org](mailto:Margaret.Jakobson@disabilityrightsca.org).

**Reminder! NAMI California is Looking for Ending the Silence Presenters:** NAMI California is seeking presenters who have a passion for reducing stigma and discrimination through education. Ending the Silence is an educational program designed for high school audiences. Through a PowerPoint, short videos, and personal testimony, students learn symptoms and indicators of mental illness, as well as how to help themselves or others who may be in need of support. Since the program targets high school students, NAMI is especially interested in getting young adults (18-29), especially those with a diagnosable mental health condition who are doing well in their recovery, involved in this program. Presenters should be comfortable with self-disclosure and knowledgeable about the various disorders. Applicants selected will be invited to take part in an upcoming two-hour webinar training offered on April 30, June 12, and June 27. If you are interested, please complete the application [here](#) and email/fax to Beth Larkins at [beth.larkins@namicalifornia.org](mailto:beth.larkins@namicalifornia.org) or 916.567.1757 (fax).

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