Extra! Extra! CalMHSA Express





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Week in Review:

- CalMHSA Puts Spotlight on Veterans' Mental Health
 - California Community Colleges Foster Wellness for Veterans on Campus
 - United Advocates for Children and Families Trains Veterans to Tell Their Stories
 - California State University Launches On-Campus Programs for Veterans
- President Obama Puts National Focus on Mental Health Stigma
- Groundbreaking Stigma Reduction Documentary Aired Statewide on PBS
- June Program Partner Spotlight Highlights NAMI CA's Stigma and Discrimination Reduction Efforts

CalMHSA Puts Spotlight on Veterans' Mental Health

Following Memorial Day, this special edition of the CalMHSA Express highlights the mental health needs of returning combat veterans and the efforts CalMHSA is making to address the unique challenges they face in returning to civilian life.

California Community Colleges Foster Wellness for Veterans on Campus: The California Community Colleges are offering "Veterans on Campus" training to improve veteran retention and academic performance, promote early intervention of students with psychological distress, and reduce stigma that could make veterans uncomfortable on campus. Chabot College, Cabrillo College, Southwestern College, Cuesta Community College, and College of San Mateo each have trainings planned in 2013. For more information, contact Isabel Reyna at ireyna@foundationcc.org.

United Advocates for Children and Families (UACF) Trains Veterans to Tell Their Stories: UACF partnered with Victor Community Support Services (VCSS) in Victorville to bring Tell Your Story training to local veterans and their families on June 3, 2013. The program empowers veterans to neutralize stigma and discrimination by telling their

stories; veterans will be trained as trainers who can grow the number of their peers who receive the training and become agents of change. For more information, contact Kathleen Dunning at kdunning@victor.org.

California State University Launches On-Campus Programs for Veterans: The California State University system has launched a series of programs that serve veterans and help them achieve their new mission: obtaining a degree. Each campus has established a Veterans Resource Center to support veteran students. Trainings improve recognition of emotional distress among veterans, and promote suicide prevention strategies for this population. Contact Ana Aguayo-Bryant at aaquayo@calstate.edu for more information.

Hot News (funded by CalMHSA and Proposition 63)

President Obama Puts National Focus on Mental Health Stigma: On June 3rd, the President and Vice President held a National Conference on Mental Health with a focus on breaking through stigma. "Struggling with a mental illness or caring for someone who does can be isolating," Obama said. "It begins to feel as if, not only are you alone, but that you shouldn't burden others with the challenge." Demonstrating California's leadership in stigma reduction, CalMHSA partners from the Team Up and Reach Out projects joined mental health advocates and consumers, educators, health care providers, faith leaders, lawmakers and local government officials from across the country who participated in the conference.

Groundbreaking Stigma Reduction Documentary Aired Statewide on PBS: "A New State of Mind: Ending the Stigma of Mental Illness," the groundbreaking documentary narrated by Glenn Close, aired on May 30th on PBS stations across California. The documentary aims to shatter misconceptions about mental illness through stories of real people who experience hope and resilience in the face of mental health challenges. Visit www.EachMindMatters.org to view the documentary. For more information contact Kristen Lisanti at kristen.lisanti@citizenrelations.com.

June Program Partner Spotlight Highlights NAMI CA's Stigma and Discrimination Reduction Efforts: On average there is a 10-year gap between when a person begins exhibiting signs of mental illness and when they receive treatment, a time when conditions grow worse and quality of life can suffer. June's Program Partner Spotlight highlights the National Alliance on Mental Illness (NAMI) California's efforts to reduce this gap by creating a supportive environment for people with mental health challenges and making it more socially acceptable for them to receive help. Previous issues of the Spotlight can be found here.