

CalMHSA Express Week of May 6, 2013

Extra! Extra!
CalMHSA Express



WELLNESS • RECOVERY • RESILIENCE

Week In Review:

- *Get Engaged with EachMindMatters.org*
- *New Toolkit Helps Forge Collaborative Health/Mental Health Relationships*
- *CalMHSA Unveils Updated Website*
- *UC San Diego Celebrates Mental Health Month*
- *UC Santa Cruz Provides Mental Health First Aid Trainings*
- *California Community Colleges Student Mental Health Program Holds Convening*

Hot News (funded by CalMHSA and Proposition 63)

Get Engaged with EachMindMatters.org: Coinciding with Mental Health Month, CalMHSA launched EachMindMatters.org to give every Californian the tools to combat stigma and build mental health awareness. Learn about the power of prevention and early intervention in the [Get Informed](#) section. Click [Join the Movement](#) and make a personal pledge to defy stigma, or share your own story to break down barriers for others. Visit [Get the Tools](#) to add the green ribbon to your Facebook or Twitter profile photo. In the [Great Minds Gallery](#), watch the trailer for “A New State of Mind: Ending the Stigma of Mental Illness,” and spread the word about the groundbreaking PBS documentary airing statewide on May 30th. Finally, don’t forget to follow [@EachMindMatters](#) on Twitter! For more information, contact Kristen Lisanti at kristen.lisanti@citizenrelations.com.

New Toolkit Helps Forge Collaborative Health/Mental Health Relationships: The hot-off-the-presses “Partners in Health: Mental Health, Primary Care and Substance Use Inter-agency Collaboration Tool Kit” can now be accessed [here](#) or by visiting www.ibhp.org. The Tool Kit provides resources that help primary care clinics and behavioral health agencies forge collaborative relationships, recognizing that mental and physical wellness are closely linked. For more information on the Tool Kit, contact Barbara Demming Lurie, barb@ibhp.org.

CalMHSAs Unveils Updated Website: CalMHSAs updated website is now live! The new site makes commonly used resources easy to find on the homepage. The website's inspiring art, submitted by mental health consumers, reflects CalMHSAs mission to deliver services that promote wellness and resilience. Visit <http://calmhsa.org/> to check it out!

UC San Diego Celebrates Mental Health Month: To celebrate May is Mental Health Month, UCSD has developed a series of workshops, events, presentations and a film screening that promote awareness of mental health issues among young people. The goal of the month's activities is to reduce stigma, promote identification of mental health issues and increase help seeking. You can view a flyer of the events [here](#). For more information, contact Jerry Phelps, Ph.D. at jerryphelps@ucsd.edu.

UC Santa Cruz Provides Mental Health First Aid Trainings: UC Santa Cruz Counseling and Psychological Services partnered with the campus Office of Residential Life to provide Mental Health First Aid (MHFA) trainings to 10 faculty and staff and 15 student leaders in March and April. Participants learned about risk factors, stigma reduction, and intervention skills for how to provide support and referrals to individuals experiencing a mental health concern. Since the Student Mental Health Initiative Grant was initiated, a total of 150 UCSC faculty and staff have been certified in MHFA. To learn more about MHFA please visit www.mentalhealthfirstaid.org or contact Dr. Emilie Cate at eecate@UCSC.edu.

California Community Colleges Student Mental Health Program Holds Convening: On April 24th-25th, 2013 the California Community Colleges Student Mental Health Program held a two-day convening of the 23 campuses that received CalMHSAs Student Mental Health Initiative funding. The event was an opportunity to share best practices and resources. Workshop topics and discussions included "Strategies for Reaching Underserved Student Populations" and "Establishing and Maintaining Intervention Teams." Participants commented that the event was well organized and directly relevant to their work on campus. For more information, contact Betsy Sheldon at bsheldon@CCCCO.edu.

Prop. 63 in the News

In "[Sacramento Dedicates 7th and H Street Housing Community for Working Poor, Homeless.](#)" the Sacramento Bee highlighted a new housing development and health clinic built partly with Prop. 63 funds. The building contains a new WellSpace Health clinic on the ground floor to provide low-cost care for tenants. Rep. Doris Matsui, D-Sacramento, observed that bringing housing and mental health services together is a core strategy in reducing homelessness, noting: "the gap is continually growing, and we must do more to address these challenges of homelessness, substance abuse, mental illness and the need for job training. I think any one of us could be in this situation at any time. It can happen."

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