

CalMHSA Express Week of July 15, 2013

Extra! Extra!
CalMHSA Express



WELLNESS • RECOVERY • RESILIENCE

Week In Review:

- *Central Valley Suicide Prevention Hotline is Now Live 24/7*
- *California's Groundbreaking Mental Health Strategies Featured in Short Educational Video*
- *NAMI Webinar Highlights Support and Strength of Diverse Communities*
- *UC Merced Implements New "Student Support Network" Program*
- *UCSF Student Mental Health Initiative Eases International Students Through Difficult Adjustment*
- *New Media Campaign Connects Youth with Mental Health Resources*

Hot News (funded by CalMHSA and Proposition 63)

Central Valley Suicide Prevention Hotline (CVSPH) is Now Live 24/7: The CVSPH held a ribbon-cutting ceremony on July 11, 2013 to commemorate expansion of the hotline which is now live 24 hours a day, seven days a week. CVSPH, which serves Fresno, Madera, Mariposa, Merced and Stanislaus counties, provides immediate support for people in crisis and for families and friends seeking help for loved ones. News coverage of the event helped spread the word about the new local crisis resource. Learn more by visiting [Fresno Bee](#), [KSEE NBC 24](#), [KFSN ABC](#), [Univision](#) and [KMJ Radio in Fresno](#). For more information contact Jeff Gorski, LCSW, at jgorski@kingsview.org.

California's Groundbreaking Mental Health Strategies Featured in Short Educational Video: CalMHSA has produced an informative video that introduces California's groundbreaking stigma reduction strategies, made possible by the Mental Health Services Act (Prop. 63). The video provides an overview of an article CalMHSA Board President Dr. Wayne Clark, RAND corporation researchers, and CalMHSA staff contributed to in a special publication of the American Journal of Public Health, released in May 2013 focusing on stigma. It can be a useful educational tool. View the video [here](#). For more information contact Kristen Lisanti at kristen.lisanti@citizenrelations.com.

NAMI Webinar Highlights Support and Strength of Diverse Communities: NAMI invites you to participate in an informational webinar, "Our Strength and Support: Celebrating National Minority Mental Health Awareness Month." On July 17, 2013, from 1:00PM-2:00PM EDT, a panel of inspiring presenters will share their perspectives on mental health in diverse communities, emphasizing the strengths of cultural communities to come together to find support. Register [here](#). Contact Veronica J. Delgado at veronica.delgado@namicalifornia.org or (916) 567-0163 for more information.

UC Merced Implements New "Student Support Network" Program: UC Merced has implemented a new training program to educate students about mental health concerns as well as bystander intervention strategies. In the "Student Support Network" program, students meet for one hour per week over the course of six weeks to explore mental health; discuss depression, anxiety, substance abuse, and suicidality; and develop core helping skills. The trainings are highly interactive and experiential, and positive feedback is already rolling in from students who attended the pilot program. Contact Courtney de Blicke at cdeblieck@ucmerced.edu for more information.

UCSF Student Mental Health Initiative Eases International Students through Difficult Adjustment: On June 21, 2013, the UCSF Student Mental Health Initiative partnered with the School of Dentistry to provide a mental health workshop for the new class of students in the International Dentistry Program. International students who are adjusting to University life and a new culture in the United States have been identified as a key population in need of prevention and early intervention outreach. The UCSF program addresses stress management, cultural beliefs regarding mental health, stigma, resources available at the University, and how to seek counseling. For more information please contact Dr. James Lyda at James.Lyda@UCSF.edu.

New Media Campaign Connects Youth with Mental Health Resources: A new round of media to connect youth with the mental health resources of the ReachOutHere campaign has been launched and includes online banner ads, radio spots and print ads in English and Spanish. ReachOutHere targets 14-24 year old Californians, linking them to tools, resources, and interactive forums at ReachOutHere.com and BuscaApoyo.org. Counties and program partners are encouraged to leverage these ready-made resources to expand the reach and impact of the campaign. To request materials or more information, contact Alexandra Kathol at akathol@rs-e.com.

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