

CalMHSA Express Week of July 22, 2013

Extra! Extra!  
CalMHSA Express



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### **Week In Review:**

- *Teacher Credentialing Review Offers Rare Opportunity for Sweeping Student Mental Health Policy Improvements*
- *Mental Health First Aid Added to Federal Registry of Evidence-based Programs*
- *UC Berkeley's "Cal Gold Folder" Puts Mental Health Resources at Faculty's Fingertips*
- *Second Round of Speakers Bureaus Grants Extend Reach of "Each Mind Matters" Message*
- *Disability Rights California Offers Resources*

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

***Teacher Credentialing Review Offers Rare Opportunity for Sweeping Student Mental Health Policy Improvements:*** The Student Mental Health Policy Workgroup (SMHPW), convened by State Superintendent of Public Instruction Tom Torlakson with support from CalMHSA, has identified training educators in mental health and wellness as a critical step to improving student mental health. The [SMHPW recommends](#) including information about mental health conditions and how they manifest at school in teacher and administrator credential requirements. The current, once-in-a-decade review of educator credentialing programs by the California Commission on Teacher Credentialing (CTC) offers a rare opportunity to significantly improve student mental health policy. Individuals and organizations can voice their support for the SMHPW recommendations in advance of the CTC meeting on **August 1, 2013** using the sample letter available [here](#). Contact David Kopperud at [DKopperud@cde.ca.gov](mailto:DKopperud@cde.ca.gov) with any questions.

***Mental Health First Aid (MHFA) Added to Federal Registry of Evidence-based Programs:*** Last week, MHFA was added to the Substance Abuse and Mental Health Services Administration (SAMHSA)'s National Registry of Evidence-based Programs and Practices. MHFA is an in-person training designed for anyone to learn about mental

illness and addiction, including risk factors and warning signs. United Advocates for Children and Families will be providing MHFA training opportunities for counties in FY 2013-14. More information will be available in coming months. For more information, contact Sireyia Ratliff at [Sratliff@uacf4hope.org](mailto:Sratliff@uacf4hope.org).

**UC Berkeley's "Cal Gold Folder" Puts Mental Health Resources at Faculty's Fingertips:** UCB has delivered over 14,000 Gold Folders – mental health reference guides that bring together critical resources and information – to faculty and staff. The information will help identify students in distress, offer suggestions on how to talk with the student, and point to campus protocols and resources. Accompanying the launch of the Gold Folder, UCB's Counseling and Psychological Services, Police Department and Students of Concern Committee partnered to offer in-person training to more than 90 faculty and staff, with additional trainings planned. Contact Aaron S. Cohen at [acohen@berkeley.edu](mailto:acohen@berkeley.edu) for more information.

**Second Round of Speakers Bureaus Grants Extend Reach of "Each Mind Matters" Message:** An additional 21 speakers bureaus throughout the state have been awarded mini-grants to expand their stigma and discrimination reduction efforts. By providing a unique opportunity for speakers to share their experiences living with a diagnosis of mental illness, the grants are an important part of CalMHSA's social marketing plan to reduce stigma and discrimination and reach California's diverse communities with the message that "Each Mind Matters." View the full list of grantees [here](#). Contact Kristen Lisanti at [kristen.lisanti@citizenrelations.com](mailto:kristen.lisanti@citizenrelations.com) for more information.

**Disability Rights California (DRC) Offers Resources:** On Friday, July 26, from 4-6 p.m. at the Interwork Institute, San Diego State University, DRC will present an overview of the community resources the organization offers, including the Client Assistance Program, DRC's Stigma and Discrimination Reduction work with CalMHSA, and their Recovery approach to mental health services delivery. This event is open to the public, but seating is limited. If you are interested in attending, please RSVP to Charles Edmund Degeneffe at [cdegenef@mail.sdsu.edu](mailto:cdegenef@mail.sdsu.edu) or (619) 594-6921. Contact Margaret Jakobson-Johnson at [margaret.jakobson@disabilityrightsca.org](mailto:margaret.jakobson@disabilityrightsca.org) for more information about the program.

### **Down the Pipeline**

**Passionate Bay Area Teens and Young Adults Needed to Support ReachOut TXT:** In September 2013, the Inspire USA Foundation will launch ReachOut TXT, a new peer-to-peer text-based information and support service for young people in California. Volunteer TXT Supporters, ages 16-24 years old, are needed to listen, offer support and provide positive, encouraging and unintimidating perspectives on questions and concerns. For more information and to get an online application, contact Emily O'Brien, Director of Youth Engagement, Inspire USA Foundation at (415) 425-1122 or [emily@inspire.org](mailto:emily@inspire.org). The submission deadline is July 28<sup>th</sup>.

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