

CalMHSA Express Week of August 26, 2013

Extra! Extra!
CalMHSA Express



WELLNESS • RECOVERY • RESILIENCE

This special edition of the CalMHSA Express focuses on Suicide Prevention Week

- *Save the Date for Suicide Prevention Week!*
- *Inspire USA Asks Teens 'How Do U ReachOut?' for Suicide Prevention Week*
- *CA State Senate Select Committee on Mental Health Holds Informational Hearing on Suicide Prevention*
- *“Survivors: Hope & Healing” Video Offers Message of Hope*

From September 8th-14th, CalMHSA joins partners across the state to observe the 39th Annual Suicide Prevention Week. During the week, and throughout the month of September, suicide prevention activities will take place in nearly every county across California. These activities give California’s mental health partners an opportunity to highlight California’s efforts to reduce suicide and spread the message that suicide is preventable. Here are just a few examples of the over 120 events planned statewide:

- *September 8-14th: **The “Not On My Watch” Suicide Prevention Campaign** brings awareness to the resources available regarding suicide prevention in San Diego County, including how to recognize the signs of suicide risk at UC, CSU and Community College campuses. Contact Elizabeth Vaughan at evaughan@sdchip.org for more information.*
- *September 10th in Los Angeles: The Los Angeles County Suicide Prevention Network presents the **3rd Annual Suicide Prevention Summit**, featuring training from Columbia University's Kelly Posner, PhD on the Columbia Suicide Severity Rating Scale and Barbara Stanley, PhD on Safety Planning. Contact Richard Lieberman at lieberman_richard@laco.eu for more information.*
- *September 10th-October 18th: **Send Silence Packing** raises awareness through a program that brings 1,100 backpacks to campuses across California, representing the 1,100 college students lost annually to suicide. 9/10: Riverside Community College; 9/17: Santiago Canyon College; 9/27: Cal Poly San Luis Obispo; and*

10/18: San Francisco State University. Contact Hannah Roberts at hrober02@calpoly.edu for more information.

- September 13th in Humboldt County: **Creating Safety Where we Live, Work, & Play: Strategies to Reduce Access to Lethal Means.** Inform and involve your community about strategies to prevent suicide. Contact Kris Huschle at khuschle@co.humboldt.ca.us to participate.
- September 27th at Pasadena City College: **Veteran Suicide Awareness: Gatekeeper Training** aims to prevent suicide among veterans. Contact Patricia D'Orange-Martin at pddorange-martin@pasadena.edu to participate.

For more information about Suicide Prevention Week and to learn how you can become involved, contact Sarah Brichler at sarah.brichler@calmhsa.org. An official announcement and a full calendar of events will be forthcoming!

Inspire USA Asks Teens 'How Do U ReachOut?' for Suicide Prevention Week: ReachOut.com is launching a campaign for Suicide Prevention Week to raise awareness around self-care and to de-stigmatize help-seeking behavior. "How Do U ReachOut?" consists of Facebook and Twitter profile picture takeovers, an Instagram photo competition, and encouraging e-cards to send to friends. ReachOut's youth will also attend outreach events to raise awareness about services within each of the newly established ReachOut California chapters. Find out how you can get involved [here](#). For more information email Liz Crampton at liz@inspire.org.

CA State Senate Select Committee on Mental Health Holds Informational Hearing on Suicide Prevention: On Tuesday, September 24th, from 1:00pm-3:00pm, CA State Senator Jim Beall and members of the CA Senate Select Committee on Mental Health will hold an important informational briefing to discuss the future of suicide prevention in California. "Every Life Matters: Implementing Effective Suicide Prevention Strategies in California" will include guest speakers Kevin Hines, who will speak about living mentally well after a failed suicide attempt, along with other national, state and local officials. To stay updated on this hearing, visit [the Committee's homepage](#), or call Diana Traub at (916) 651-4015.

"Survivors: Hope & Healing" Video Offers Message of Hope: Cal State University, Fresno created a short video that can be incorporated into system-wide campus trainings and community outreach efforts to highlight the personal impact of suicide, and to offer messages of hope and healing to our audience. View the video [here](#), and contact Melissa Watkins at melissaw@csufresno.edu for more information.

Down the Pipeline

The Walk In Our Shoes Campaign is Coming to a School Near You: Stigma and Discrimination Reduction contractor RS&E recently released the Walk In Our Shoes campaign, aimed at 9-13 year olds, which includes a statewide school-based performance tour kicking off in Sacramento on Monday August 26th. View the tour schedule for the next nine weeks at www.walkinourshoes.org. 8/26 – 9/1: Sacramento

Region; 9/2 – 9/8: Greater Chico Area; 9/9 – 9/15: Shasta/Redding Area; 9/16 – 9/22: Eureka/Sonoma; 9/23 – 9/29: Bay Area; 9/30 – 10/6: Fresno/Bakersfield; 10/7 – 10/13: Riverside/San Diego; 10/14 – 10/26: Orange County/LA. Contact Kayla Hansen at khansen@rs-e.com to learn more about bringing a performance to your area.

The CalMHSAs Express will not be published on Monday, September 2 (Labor Day). Look forward to the next edition on September 9, 2013.

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