

CalMHSA Express Week of September 9, 2013

Extra! Extra!
CalMHSA Express



WELLNESS • RECOVERY • RESILIENCE

Week In Review:

- *CalMHSA and Partners Observe Suicide Prevention Week September 8th-14th*
- *Help Young People “ReachOut” with New Materials*
- *PRISM Awards Recognize Entertainment Industry’s Work to Reduce Stigma*
- *Reminder! Deadline for Educator Credentialing Support Letters is September 26th!*

Hot News (funded by CalMHSA and Proposition 63)

CalMHSA and Partners Observe Suicide Prevention Week September 8th-14th: Below are just a few snapshots of new and ongoing efforts to reduce suicide and spread the message that suicide is preventable:

- ***Know the Signs Releases New “My3” Mobile App:*** A new mobile app developed in collaboration with Santa Clara County and the National Suicide Prevention Lifeline will connect users to their primary support networks when they have thoughts of suicide. The free app, My3, features a customizable safety plan and resources page, and is initially being promoted to healthcare providers and caregivers, who can endorse the app to clients who may be at risk for suicide. For more information contact Theresa Ly at tly@edc.org or (916) 494-9616.
- ***KBHR in Big Bear*** highlighted California’s implementation of comprehensive suicide prevention programs and the resources available to address this public health issue.
- ***September Program Partner Spotlight Highlights Regional Suicide Prevention Capacity Building Programs:*** September’s [Program Partner Spotlight](#) highlights the Institute on Aging’s, WellSpace Health’s, and Kings View Behavioral Health System’s suicide prevention services that expand the availability of crisis support and link people to available resources among many Superior and Central region and Central Valley counties. Previous issues of the Spotlight can be found [here](#).
- View a calendar of more than [120 activities](#) planned statewide.

Help Young People “ReachOut” with New Materials: FREE materials are available to counties and CalMHSAs program partners to help promote the ReachOutHere Stigma and Discrimination Reduction campaign! English- and Spanish-language posters, fliers, stickers, resource cards and take-ones are available to direct transition aged youth to ReachOut and BuscaApoyo. These websites have a series of interactive in-language forums, promoting well-being by de-stigmatizing mental illness and encouraging help-seeking. Submit your order [here](#), or contact akathol@rs-e.com for more information.

PRISM Awards Recognize Entertainment Industry’s Work to Reduce Stigma: Remember to tune in Saturday, September 14, 2013 at 3pm as “Each Mind Matters,” California’s mental health movement, is highlighted with a national broadcast of the 17th annual PRISM Awards Showcase on FX network hosted by Dr. Drew Pinsky. The PRISM Awards honor television shows, music, movies and other media that accurately depict mental health and substance abuse prevention, treatment and recovery. The showcase is presented by Entertainment Industries Council, a CalMHSAs Stigma and Discrimination Reduction program partner. Visit <http://www.prismawards.com/> for more information about the program, viewing opportunities, and a list of honorees.

Reminder! Deadline for Educator Credentialing Support Letters is September 26th! At its August 1, 2013 meeting, the California Commission on Teacher Credentialing (CTC) moved forward on a recommendation from the Student Mental Health Policy Workgroup (SMHPW) to include mental health curricula in teacher and administrator credential requirements. A decision on [proposed language](#) will be considered at the September 26th CTC meeting in Sacramento. The CTC’s once-in-a-decade review of educator credentialing programs offers a rare opportunity to significantly improve student mental health policy on a statewide scale. Individuals and organizations can voice their support for the SMHPW recommendations **by September 26, 2013** using the sample letter available [here](#), which includes the CTC’s address. Contact David Kopperud at DKopperud@cde.ca.gov with any questions.

Down the Pipeline

Video Casting Call Opportunity! NAMI CA is culturally adapting the In Our Own Voice (IOOV) video program for African American, Asian and Pacific Islander, Latino, LGBTQ, and Native American communities. Community leaders and members from these communities living with a mental illness are invited to participate in the creation of new IOOV videos. The new videos will be culturally specific, featuring people with lived experience that are 18 years and older. Interested candidates should submit a completed [Video Interest Form](#) to Veronica Delgado, at veronica.delgado@namicalifornia.org. All forms must be submitted by September 14, 2013, and video recording will begin in early October 2013.

Applications for 2013 Two-Way Text (TXT) Peer Supporters Closing Soon! Inspire USA Foundation has spots open for the ReachOut TXT program, launching this fall! If you

know any Bay Area based young people, aged 16-24, who have a passion for helping others, encourage them to [apply here](#) by September 16th. Out of their San Francisco office, Inspire USA will train and oversee young recruits to lead safe and supportive peer-to-peer text conversations on ReachOut TXT. Trainings will be in San Francisco on 9/20-9/22. Contact Emily O'Brien at Emily@inspire.org or explore other ways to get involved [here](#).

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