

CalMHSA Express Week of October 21, 2013

Extra! Extra!  
CalMHSA Express



WELLNESS • RECOVERY • RESILIENCE

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### **Week In Review:**

- *UC Davis Trains Resident Advisors and Assistants on Recognizing and Responding to Students in Distress*
- *UC Santa Cruz Welcomes New Students with Mental Health Resources*
- *Cuesta Community College Creates Video for Mental Health Outreach*

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

***UC Davis Trains Resident Advisors and Assistants on Recognizing and Responding to Students in Distress:*** *The Student Mental Health Initiative team at UC Davis used September and October to train 250+ resident advisors and assistants within the residence halls on campus about the signs of distress commonly experienced in a University setting, and methods for encouraging fellow students to seek mental health services when in need. Contact: Dr. Zachary Ward at [zward@shcs.ucdavis.edu](mailto:zward@shcs.ucdavis.edu).*

***UC Santa Cruz Welcomes New Students with Mental Health Resources:*** *During Summer and Fall Orientations, UCSC trained approximately 6,000 students on responding to students in distress, reducing stigma, preventing sexual assault, and utilizing campus mental health resources. Additionally, UCSC collaborated with AdEase to implement the "Know the Signs" campaign to positively impact the campus climate via social marketing designed to reduce stigma around mental health issues, and increase positive help-seeking behaviors within the campus community. To date, a total of 800 posters have been displayed at strategic display points across campus. Contact: Dr. Emilie Cate at [ecate@ucsc.edu](mailto:ecate@ucsc.edu).*

***Cuesta Community College Creates Video for Mental Health Outreach:*** *To educate students about mental health on campus and the resources available, Cuesta Community College in San Luis Obispo and the Foundation for Community College's Student Mental Health Program created "[Cuesta College: Mental Wellness on Campus](#)"*

geared towards students. The film provides information on the resources available at Cuesta Community College, testimonials from students, and support from the Cuesta Community College Student Health Center therapist. Contact: Kelsey Kehoe at (805) 546-3100 x2213.

### **Prop. 63 in the News**

[ABC Action News](#) in San Francisco highlighted the CalMHSAs funded San Francisco Suicide Prevention (SFSP)'s innovative text-based suicide intervention program, MyLife, where students can connect with a trained crisis counselor via text messaging. SFSP began MyLife as a pilot program with one San Francisco high school and plans to expand to other schools in the city early next year.

### **Down the Pipeline**

**Sierra College Pride Days Incorporates Talk About Mental Wellness:** On November 5<sup>th</sup>, 2013 at 2:00 pm, campus Peer Health Advocates will talk about the intersection between LGBTQI and mental health issues at Sierra College Pride Days. Sierra College Pride Days is a three-day educational event, tied closely to college curricula, that provides a safe and supportive learning environment for Sierra's LGBTQI students, as well as rich, academic and cultural learning opportunities for all students. For more information, visit [here](#) or contact Jennica Jenkins at [jjenkins5@sierracollege.edu](mailto:jjenkins5@sierracollege.edu).

**Know the Signs Hosts Informational "MY3" Mobile App Webinar:** On November 19<sup>th</sup>, 2013, Know the Signs, in collaboration with Santa Clara County and the National Suicide Prevention Lifeline, will host a webinar about the new innovative mobile app MY3. My3 was developed to connect users to their primary support networks when they have thoughts of suicide. The exciting 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. Register for the MY3 webinar to learn more about the launch of MY3, its associated website, and see how it can be useful for any individuals that you know who may be at risk for suicide. Webinar time: Tuesday, November 19<sup>th</sup>, 2013, from 1:00-2:00 pm. Register for the webinar [here](#). Contact: Theresa Ly at [tly@edc.org](mailto:tly@edc.org) or (916) 494-9616.

**Please Save the Date for the Second Annual Tools for Change Conference:** The Center for Dignity, Recovery & Stigma Elimination is proud to announce that the Second Annual Tools for Change Conference will be this coming March 6<sup>th</sup>-8<sup>th</sup>, 2014 in downtown San Francisco! The aim of the conference is to share tools for freeing communities from stigma associated with mental health conditions and with suicidality. Please see the Center's [website](#) for more information and for opportunities to participate. Hope to see you there! Contact: Aran Watson at [aran@mentalhealthsf.org](mailto:aran@mentalhealthsf.org).

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