

CalMHSA Express Week of October 7, 2013

Extra! Extra!
CalMHSA Express



WELLNESS • RECOVERY • RESILIENCE

Week In Review:

- *New Educator Credentialing Standards to Improve Student Mental Health for a Generation*
- *Los Angeles Area Colleges Launch Innovative Student Mental Health Programs*
- *Promotional Toolkit Available to Expand Reach of “A New State of Mind”*
- *Directing Change High School Student Video Contest Gears up for Second Year*
- *Youth: Text “Reachout” to 877-877 for Support and Information*
- *San Francisco Suicide Prevention Partnership Launches New Spanish Language Crisis Hotline*

Hot News (funded by CalMHSA and Proposition 63)

New Educator Credentialing Standards to Improve Student Mental Health for a Generation: On September 26th, 2013, the California Commission on Teacher Credentialing (CTC) adopted new mental health curriculum requirements for school administrators that will build leadership capacity to improve student mental health. The decision came after the Student Mental Health Policy Workgroup recommendations to include mental health curriculum for all educators were endorsed by State Superintendent of Public Instruction Tom Torlakson and after the mental health community sent hundreds of letters to the CTC. Contact: David Kopperud at DKopperud@cde.ca.gov.

Los Angeles Area Colleges Launch Innovative Student Mental Health Programs: The Los Angeles College Consortium, an association of six community colleges in the Los Angeles County area, has launched new services with the goal of reducing anxiety, alcohol and drug abuse, depression, mood disorders and intimate partner violence among students:

- *The Los Angeles Community College District is working to establish Behavior Intervention Teams to improve wellness-oriented behavior intervention on all nine campuses within the district.*

- Los Angeles Harbor College has formed the Life Skills Center, a model mental health services intern program of Masters and Doctoral students to support the mental wellness of students on campus. The program is now being replicated at other campuses in California.

Contact: Heather McClenahen at hmcclenahen@foundationccc.org.

Promotional Toolkit Available to Expand Reach of “A New State of Mind”: Counties, partners and organizations can use the tools to share the “A New State of Mind” documentary with new audiences and to start conversations about stigma. The toolkit includes targeted messages for specific audiences, promotional tools along with the DVD, and a planning guide with resources for hosting a local screening. Check out the interactive tour of the toolkit and download other resources [here](#). Contact: Aubrey Lara at Aubrey.Lara@CalMHSA.org.

Directing Change High School Student Video Contest Gears up for Second Year: Students throughout California are invited to Direct Change by submitting 60-second videos in two categories: Suicide Prevention and Ending the Silence about Mental Illness. Directing Change is aimed at preventing suicide, reducing stigma and discrimination related to mental illness, and promoting the mental health and wellness of students. Last year, the contest received 371 submissions from 35 California counties. This year, Directing Change is excited to partner with NAMI California, which will be the lead organization for the “Ending the Silence of Mental Illness” category, and will take the lead in coordinating the promotion, judging and review of entries for the category, and will develop a sustainability plan for the contest in the future. The submission deadline is February 1st, 2014. Visit www.directingchange.org for more information. Contact: Jana Sczersputowski at jana@yoursocialmarketer.com.

Youth: Text “Reachout” to 877-877 for Support and Information: Responding to the needs of a new generation, trained peer counselors are now available to offer information and support via text message on Mondays from 4:00-8:00 pm. ReachOut TXT aims to reduce mental health stigma and increase help-seeking, reducing suicide rates for young Californians, ages 14-24. For more information and flyers, contact Nicola Survanshi at nicola@inspire.org.

San Francisco Suicide Prevention Partnership Launches New Spanish Language Crisis Hotline: The new “Línea de Crisis” provides Spanish Language crisis support to the Bay Area, and is a partnership of San Francisco Suicide Prevention, Contra Costa Crisis Center, Star Vista of San Mateo County and the Santa Clara County Mental Health Department. The line is staffed by Spanish speaking staff and volunteers, and is open from 1:00-9:00 pm every day, with expanded hours coming soon. The hotline number is (800) 303-7432. Contact: David Paisley at (415) 984-1900 x106.

Prop. 63 in the News

The [Lake County News](#) highlighted local Suicide Prevention Task Force education, support and awareness efforts with a focus on youth and Native American communities.

The [Gridley Herald](#) featured the “Walk in Our Shoes” performance in Butte County to local fourth through eighth graders.

The Senate Select Committee on Mental Health held a meeting on September 24th, 2013 to discuss the future of suicide prevention in California. View a video of the hearing [here](#).

Down the Pipeline

“Send Silence Packing” Builds Awareness of Suicide Risk on College Campuses: The California Community Colleges Student Mental Health Program launched earlier this month on California college campuses and will come to California’s Capitol on October 11th, 2013. The program promotes a positive dialogue about mental health on college campuses and raises awareness about student suicide with a powerful traveling public exhibit of 1,100 backpacks, representing the number of college students who die by suicide each year. For dates of other stops on the campus tour, visit [the CalMHSA Express from June 17, 2013](#). Contact: Isabel Reyna at ireyna@foundationccc.org.

Coming Out Proud Program (COPp) Training Aimed at Safe Disclosure: The Center for Dignity, Recovery, and Empowerment will host the first COPp facilitator training on October 28th –29th, 2013 in San Francisco. The six-hour training assists individuals with lived experience of mental illness and mental health conditions to evaluate the costs and benefits of disclosing mental health conditions, develop strategies for safer disclosing, and craft a disclosure story into a powerful message. Trained facilitators will be expected to lead two COPp trainings in their communities in 2014. Space is limited. Please see the [flyer](#) and [application](#) (due October 11th, 2013) for more information. Contact: Aran Watson at aran@mentalhealthsf.org.

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