

CalMHSA Express Week of January 13, 2014

Extra! Extra!
CalMHSA Express



WELLNESS • RECOVERY • RESILIENCE

Week In Review:

- *New Videos Bring Each Mind Matters to Spanish Speakers*
- *Make Local Connections With Walk In Our Shoes Materials for Schools*
- *ReachOutHere Partners with Health Clinics to Reach Youth*
- *UC Irvine's Counseling Center Gets Social*
- *Suicide Prevention Crisis Centers Partner to Collect Common Metrics*

Hot News (funded by CalMHSA and Proposition 63)

New Videos Bring Each Mind Matters to Spanish Speakers: CalMHSA Stigma and Discrimination Reduction contractor, Runyon Saltzman & Einhorn (RS&E), recently released two Spanish-language videos at www.EachMindMatters.org. Counties, community-based organizations and CalMHSA grantees can use these short videos to help reduce stigma and discrimination among community members and decision makers. Additional videos will be posted to the website in the first quarter of 2014 – stay tuned! Contact: Ashley Bradley at abradley@rs-e.com.

Make Local Connections With Walk In Our Shoes Materials for Schools: The Walk In Our Shoes Campaign, which aims to reduce stigma and discrimination in 9–13 year olds, is making available a limited supply of materials, including buttons and shoelaces (in both Spanish and English), for distribution. These materials encourage students to visit www.WalkInOurShoes.org and www.PonteEnMisZapatos.org. If your county or organization would like to disseminate these items to schools or programs in your area, please contact Kayla Hansen at khansen@r-se.com. Requests will be honored on a first come, first served basis.

ReachOutHere Partners with Health Clinics to Reach Youth: Program Partner RS&E partnered with the California Primary Care Association (CPCA) to distribute ReachOutHere.com and BuscaApoyo.org promotional materials to almost 500 CPCA

member clinics. Posters, take-ones and memos were distributed to direct youth ages 14-24 to join the ReachOut forums, which provide a safe, anonymous community to discuss social and mental health related issues with peers. If you would like to request outreach materials to distribute in your community, please contact Carlo Ammatuna at cammatuna@rs-e.com.

UC Irvine's Counseling Center Gets Social: UCI's Counseling Center has launched into social media with the establishment of both a [Facebook](#) and [Twitter](#) campaign, delivering psychoeducation, stigma reduction, and mental health awareness messaging to students. As a part of the social media campaign, the UCI Counseling Center C.O.A.C.H. Peer Program, a motivational program that assists UCI students in accomplishing their academic, social, and personal goals, has introduced, "[COACHes Corner](#)" a weekly web-video series where C.O.A.C.H. program peers deliver helpful tips and skills for students. Contact: Negar Shekarabi at nshekara@uci.edu.

Suicide Prevention Crisis Centers Partner to Collect Common Metrics: Ten crisis centers in California partnered to identify key data elements relevant to crisis callers (e.g. demographic data, risk level, etc.) and came to consensus regarding the collection of these common metrics. Since June 2013, data has been collected by each center and aggregated into a [single report](#) that can help to identify utilization and trends. Contact: Sandri Kramer at skramer@didihirsch.org, or Georgina Parra Morris at gparra@didihirsch.org.

Down the Pipeline

Deadline for Best Practices in Peer Programming Conference Proposals is Approaching: The Counseling Center at UC Irvine invites peer educators in the Southern California region to submit proposals to present on their most effective programming, most promising practices, and/or exploration of next steps in peer programming at the [Best Practices in Peer Programming Conference](#) on April 26th, 2014. Proposal topic areas can include training, supervision, programming, student development, and recruitment and selection, and can be for oral presentations, demonstrations, poster sessions, or other type of presentation. The deadline is January 31st, 2014. Contact: Taisha Caldwell at Taisha.Caldwell@ucop.edu.

Updated: NAMI CA Seeks Participants in Parents and Teachers as Allies Training: On Saturday, March 1st, 2014, NAMI CA will host Parents and Teachers as Allies in Sacramento. The two-hour in-service program will focus on helping school professionals and families within the school community better understand the early warning signs of mental illness and how to best intervene. If you are interested in being part of a trained team and want to participate, please email Kelly Boyles at Kelly.boyles@namicalifornia.org for an application and additional information.

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 7th-8th, 2014 at the Hilton in downtown San Francisco! The aim of the conference is to share the latest research and best practices for communities in the effort to eliminate stigma. Register [here](#), and view the [new event flyer](#) for more information about the conference. Hope to see you there! Contact: Aran Watson at aran@mentalhealthsf.org.

In recognition of the Dr. Martin Luther King, Jr. holiday, the CalMHSA Express will not be published on Monday, January 20th, 2014. Look forward to the next edition on January 27th, 2014!

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