

CalMHSA Express Week of February 3, 2014

Extra! Extra!
CalMHSA Express



WELLNESS • RECOVERY • RESILIENCE

Week In Review:

- *University of California Recognizes and Responds to Behaviors of Concern*
- *Orange County Teachers and Students Reduce Stress to Improve Learning*
- *Directing Change Student Video Contest Aiming to Prevent Suicide and Eliminate Stigma Seeks Judges*
- *In Our Own Voice Focus Groups Gather Perspectives from Diverse Communities*
- *February Program Partner Spotlight Highlights United Advocates for Children and Families' Stigma and Discrimination Reduction Efforts*

Hot News (funded by CalMHSA and Proposition 63)

University of California (UC) Recognizes and Responds to Behaviors of Concern: The UC Office of the President recently hosted a Behavioral Threat Assessment and Management Training at UC Berkeley where participants were taught to assess behaviors of concern through best practices applied to higher education settings. The instruction was augmented by case studies allowing participants to practice the process of evaluating risk in a no-fault environment. Over 60 attendees were present representing all five UC Northern California campuses. Contact: Dr. Taisha Caldwell at Taisha.Caldwell@ucop.edu.

Orange County Teachers and Students Reduce Stress to Improve Learning: Seven Orange County elementary schools are engaging in a year-long professional community learning effort in which teachers first enhance their own resilience and stress-coping skills and then learn how to integrate stress management, self-management, and mindful attention strategies within their daily classroom routines for their students. As part of the [Resilient Mindful Learner Project](#), students in grades 4-8 will be assessed on their perceived stress, depressive symptoms, and social-emotional factors through a self-report survey and teacher observation measure with the goal of improving the classroom

environment and promoting educational success. Contact: Lucy Vezzuto, Ph.D. at lvezzuto@ocde.us or (714) 327-1018.

Directing Change Student Video Contest Aiming to Prevent Suicide and Eliminate Stigma Seeks Judges: The Directing Change Contest is now seeking judges who have expertise or interest in directing, writing, editing, acting, journalism, public service announcements, video production, suicide prevention and/or mental health, to help select the winning videos. [Directing Change](#) asks California high school and University of California students to submit 60-second films in two categories: Suicide Prevention or Ending the Silence of Mental Illness. The contest aims to engage youth and to further suicide prevention and mental health efforts in California schools and universities. Contact: Lauren Hee at Lauren@directingchange.org or (916) 567-0163 x104.

In Our Own Voice (IOOV) Focus Groups Gather Perspectives from Diverse Communities: NAMI CA has conducted 12 focus groups statewide with members of the Native American, African American, Asian and Pacific Islander and Lesbian, Gay, Bisexual, Transgender, and Questioning (LGBTQ) communities to gather feedback which will inform the cultural adaptation of IOOV. The focus groups allowed NAMI CA to recruit individuals living with mental health conditions from diverse cultural and linguistic communities to share their stories in the IOOV program. Upcoming focus groups (through May 2014) will support the new IOOV adaption that is in progress. Contact: Katherine Ferry at katherine.ferry@namicalifornia.org.

February Program Partner Spotlight Highlights United Advocates for Children and Families' (UACF) Stigma and Discrimination Reduction Efforts: February's [Program Partner Spotlight](#) highlights how UACF forms collaborations and educates communities about important issues to improve the quality of life for all children and youth with mental, emotional, and behavioral challenges and to eliminate institutional discrimination and social stigma. Previous issues of the Spotlight can be found [here](#).

Down the Pipeline

Ventura County Office of Education Presents Restorative Discipline Workshop: On February 19th, 2014 International Restorative Justice trainer, Jessalyn Nash, will train over 250 Ventura County educators and community members at a [Restorative Discipline workshop](#) that aims to boost student achievement by promoting positive social-emotional-behavioral development that reduces bullying and negative classroom behaviors. Contact: Jaclyn Bull at jbull@vcoe.org or (805) 437-1370.

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