

CalMHSA Express Week of March 17, 2014

Extra! Extra!  
CalMHSA Express



WELLNESS • RECOVERY • RESILIENCE

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### **Week In Review:**

- *Successful Event Draws Hundreds to Bust Stigma in San Diego Military Community*
- *Entertainment Industries Council Releases New Mental Health Resources for Journalists*
- *ReachOut Programs Featured at South by Southwest Interactive Festival*
- *Native American Stigma and Discrimination Reduction Grants Now Available*

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

***Successful Event Draws Hundreds to Bust Stigma in San Diego Military Community:*** Stigma and Discrimination Reduction (SDR) contractor Runyon Saltzman & Einhorn (RS&E) with Citizen Relations, in partnership with the County of San Diego and NAMI San Diego, recently hosted “Serving Those Who Serve: Wellness Fair for Veterans, Active Duty and Their Families.” The successful event drew more than 150 attendees, and addressed the importance of shattering the stigma of mental illness so the military community will feel comfortable reaching out to ask for help. In addition, more than 25 local organizations exhibited a variety of resources to promote wellness in the lives of the military community, from counseling and music therapy to employment services. Contact: Julie Stephens at [julie.stephens@citizenrelations.com](mailto:julie.stephens@citizenrelations.com).

***Entertainment Industries Council (EIC) Releases New Mental Health Resources for Journalists:*** [Picture This: Mental Health in the San Francisco Bay Area](#), a resource guide for journalists covering mental health, is now available through EIC’s TEAM Up (Tools for Entertainment and Media) project. The publication was developed as a resource from the [July 2013 forum](#) produced by EIC and KTVU/TV36 Oakland – San Francisco – San Jose. During the forum, issue experts in mental health were united with news media professionals to collaborate on prioritizing the under-served in their community. The forum and other resources are available on [EICtv](#). Contact: Scott Dorman at [sdorman@eiconline.org](mailto:sdorman@eiconline.org).

***ReachOut Programs Featured at South by Southwest Interactive Festival:*** Emily O’Brien, Director of Youth Engagement at the Inspire USA Foundation participated on a panel at

the South by Southwest Interactive Festival in Austin, TX to offer best practices for offering anonymous support through web and mobile technology. She previewed the exciting and innovative work of the [ReachOut Forums](#) and [ReachOut TXT program](#), which effectively engaged young Californians in a positive, anonymous dialogue about mental health and perceived taboo topics, while also providing evidence based health promotion information, peer support, and access to crisis services. ReachOut is a part of CalMHSAs Stigma and Discrimination Reduction Social Marketing Campaign aimed at youth ages 14-24. Contact: Emily O'Brien at [emily@inspire.org](mailto:emily@inspire.org).

**Native American Stigma and Discrimination Reduction Grants Now Available:** SDR contractor RS&E has launched "Native Communities of Care" with the release of a grant application that offers tribal/urban Indian entities, Native American-based organizations, and county agencies/departments, particularly those that work within the Native community, the opportunity to [apply](#) for grants of up to \$5,000. Grants can be used to promote wellness and incorporate stigma and discrimination reduction messaging into an existing or new activity in the Native community. The deadline for intent to apply is April 4<sup>th</sup>, 2014. Contact: Kayla Hansen at [khansen@r-se.com](mailto:khansen@r-se.com).

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

The [Contra Costa Times](#) recently highlighted how stigma affects people with mental health challenges in the workplace and how Prop. 63 funded anti-stigma campaigns involve people with lived experience in shattering misperceptions about mental illness.

### **Down the Pipeline**

**School Climate the Focus of California County Superintendents Educational Services Association (CCSESA) workshop:** On March 21<sup>st</sup>, 2014, in Imperial County, the Region 9 CCSESA K-12 Student Mental Health Initiative will host John Vandenburg, a nationally recognized speaker, to provide professional development on "Understanding School Climate" to 60 Imperial County administrators, teachers, counselors, and law enforcement professionals working in schools. The training will examine how a network of students, staff, parents and community members can strategically come together to develop activities that address School Climate and the prevention of bullying, cyberbullying and other acts of school violence. Contact: Miriam Belopolsky at [mbell@icoe.org](mailto:mbell@icoe.org) or (760) 312-6498.

**Disability Rights California (DRC) Hosts Workshop on Inclusion for People With Disabilities:** DRC will conduct a stigma and discrimination reduction training at the Disability Rights Workshop "Come One Come All!," at the Anaheim Downtown Community Center in Orange County, on April 4<sup>th</sup>, 2014, from 8:30 a.m. to 4:00 p.m. This event will feature keynote speaker Richard Devylder, a panel of experts, and a workshop on inclusion for people with disabilities and older adults, and is open to the public. RSVP to (714) 620-8360. Contact: Margaret Jakobson-Johnson at [Margaret.Jakobson@disabilityrightsca.org](mailto:Margaret.Jakobson@disabilityrightsca.org) or (916) 504-5937.

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