

CalMHSA Express Week of March 24, 2014

Extra! Extra!
CalMHSA Express



WELLNESS • RECOVERY • RESILIENCE

Week In Review:

- *Help Spread the Word About the MY3 Suicide Prevention Mobile App*
- *The Entertainment Industries Council Helps Students to Portray Mental Illness Accurately*
- *Stigma-Busting and Hope-Building Event Draws Hundreds in San Luis Obispo County*
- *UC Berkeley Holds Suicide Prevention Walk*

Hot News (funded by CalMHSA and Proposition 63)

Help Spread the Word About the MY3 Suicide Prevention Mobile App: The Know the Signs Campaign recently released four free website widgets that county agencies, local organizations and healthcare providers can post on their website to share information about the MY3 Suicide Prevention Mobile App, which features a customizable safety plan and resources page, and connects users to their primary support networks when they have thoughts of suicide. Visitors can click the widget and be directed to the [MY3 webpage](#). You can select a widget to post on your website, and encourage other local mental health care and health care provider organizations to do the same. All widgets and instructions for including them on websites can be found [here](#). Contact: Theresa Ly at tly@edc.org or (916) 494-9616.

The Entertainment Industries Council (EIC) Helps Students to Portray Mental Illness Accurately: EIC's TEAM Up (Tools for Entertainment and Media) and Saddleback College recently came together for "IT'S OK TO TALK," a panel discussion promoting best practices in portraying mental illness in the media. This event is part of EIC's Generation Next program and is available on [South Orange County's Channel 39](#). EIC will produce video vignettes from this dialogue for media departments and counseling services to use

in classes and campus media outlets. Contact: Sabine Sighicelli at ssighicelli@eiconline.org.

Stigma-Busting and Hope-Building Event Draws Hundreds in San Luis Obispo County: Transitions-Mental Health Association's (TMHA) recent Journey of Hope Forum on living mentally well was a great success! Over 600 attendees interacted with mental health and community leaders, learned about resources and celebrated hope. TMHA is currently seeking recommendations for keynote speakers for Journey of Hope 2015 about stigma and discrimination elimination, suicide prevention, family inclusion, peer power, and connectivity with underserved/unserved populations. Contact: Shannon McQuat at shannon@t-mha.org.

UC Berkeley Holds Suicide Prevention Walk: Hundreds of students and community members participated in "Out of the Darkness," a suicide prevention walk sponsored by UC Berkeley student organization You Mean More and the American Foundation for Suicide Prevention (AFSP). CalMHSA-funded efforts on campus such as AFSP's Interactive Screening Program, Question Persuade Refer bystander training and the Gold Folder resources for faculty and staff were highlighted at the event. Contact: Aaron Cohen at acohen@berkeley.edu.

Down the Pipeline

African American Community Dialogue and Wellness Fair Coming Soon: A Community Dialogue and Wellness Fair to Support the African-American Community will be held on Saturday, April 5th, 2014, from 10:00am to 1:30pm at Prewett Family Park, in Antioch. The event will bring together youth and family members, mental health professionals, spiritual leaders, law enforcement, educators and other key stakeholders to share information, learn from each other and work together to improve mental wellness. Register [here](#). Contact: Gigi Crowder at gigicrowder0283@comcast.net or (925) 238-0807.

The California Association of Social Rehabilitation Agencies (CASRA) Hosts Conference on Recovery: On April 23rd- 24th, 2014, CASRA will present their Spring conference, "Burst Out of the Bubble: Extending Our Recovery Community" in San Mateo. Colleagues from the Veteran's Administration, Substance Abuse Treatment Community and Child and Family Service Agencies are encouraged to attend the conference, which will feature 30 workshops on best practices in social rehabilitation, finding common ground in mental health and substance abuse treatment, community building and stigma busting. The complete [conference program](#) and [registration form](#) are available now. Contact: Betty Dahlquist at betty@casra.org.

UC Irvine's Counseling Center to Host Conference Focused on Mental Health Peer Programs: On April 26th, 2014, UC Irvine's Counseling Center will host a one-of-a-kind conference showcasing some of the best practices in mental health peer programming in the state of California. Students, faculty and staff members of peer programs from

across the UC, Cal State, and Community College campuses will gather together to highlight the [Each Mind Matters](#) statewide campaign and the unprecedented steps California is taking to eliminate the barriers of mental illness stigma and discrimination so that each person knows help is available and feels safe asking for the support they need and deserve. For more information or to register to attend the conference please visit [here](#). Contact: Rodolfo Victoria at rodolfov@uci.edu.

The second issue of the News to Use on Higher Education will be published next week instead of the CalMHSA Express. Look for a new CalMHSA Express on April 7th, 2014!

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