

CalMHSA Express Week of March 3, 2014

Extra! Extra!
CalMHSA Express



WELLNESS • RECOVERY • RESILIENCE

Week In Review:

- *Additional RAND Evaluation Publications are Available*
- *Student Mental Health Policy Workgroup Recommendations Urged for School Safety Plans*
- *Each Mind Matters Featured at Tools for Change Conference*
- *Help Spread the Word About the MY3 Suicide Prevention Mobile App*
- *Program Partners Bring Mental Health Resources to Underrepresented Communities*
- *Teen Writers Needed for Walk in Our Shoes Campaign*
- *Disability Rights California Releases New Mental Health Resources*
- *Student Mental Health Highlighted to Campuses and Communities*

Hot News (funded by CalMHSA and Proposition 63)

Additional RAND Evaluation Publications are Available: An Executive Summary and Baseline Survey fact sheets have recently been added to the series of preliminary reports from the RAND Corporation on progress and initial findings from its evaluation of the CalMHSA administration of Statewide Prevention and Early Intervention Initiatives on behalf of counties. View all the documents [here](#). Contact: Nicole Eberhart at eberhart@rand.org.

Student Mental Health Policy Workgroup (SMHPW) Recommendations Urged for School Safety Plans: State Superintendent of Public Instruction Tom Torlakson has urged schools to follow the SMHPW recommendation to include mental health programs in their school safety plans. This action follows the California Commission on Teacher Credentialing adopting another of the SMHPW's recommendations to include mental health curriculum requirements for credentialing of school administrators. Contact: David Kopperud at DKopperud@cde.ca.gov.

Each Mind Matters Featured at Tools for Change Conference: With the help of Tri-City Mental Health Services, Each Mind Matters will present numerous stigma-busting activities at the Tools for Change Conference this week. Tri-City's successful strategies include collecting and sharing

My Green Ribbon stories, launching the social inclusion program **Room 4 Everyone**, and organizing Green Ribbon Week. The team will present at the conference in San Francisco from 1:45-2:45PM on March 7th, 2014. Contact: Miguel Perla at Miguel.Perla@eachmindmatters.org.

Help Spread the Word About the MY3 Suicide Prevention Mobile App: The Know the Signs Campaign's MY3 Mobile App has had over 500 downloads since its launch in November 2013! What are some ways you can help spread the word about MY3? Share [MY3 Materials](#), such as a listing of all of California's 24/7 crisis hotlines and an easy-to-customize version that can highlight your local crisis hotline with your community and local health and mental health care providers; contact your local health care providers about MY3 and encourage them to share it with their clients who may be at risk for suicide; include MY3 as one of your suicide prevention resources when you conduct presentations throughout your community; share MY3 with your local grief and support networks; and share MY3 with your local school staff. Contact: Theresa Ly at tly@edc.org or (916) 494-9616.

Program Partners Bring Mental Health Resources to Underrepresented Communities: These resources help reduce stigma and discrimination among community influencers and decision makers:

- Runyon Saltzman & Einhorn has released five more short videos on the [Each Mind Matters website](#) that share mental health experiences from the perspective of a parent, Native American, rural community member, and a former staff sergeant in the military. Contact: Kate Calderazzo at kcalderazzo@rs-e.com or (916) 446-9900.
- United Advocates for Children and Families conducted a training to reduce mental health stigma and discrimination in the African American Community. Contact: Margaret Jakobson-Johnson at margaret.jakobson@disabilityrightsca.org.

Teen Writers Needed for Walk in Our Shoes Campaign: Stigma and Discrimination Reduction Contractor, Runyon Saltzman & Einhorn, is looking for adolescents aged 15 – 25 to write about their experience with a mental health challenge and be featured on the website www.WalkInOurShoes.org. Stories that promote hope, recovery and resilience, highlight California's diversity and are age-appropriate are welcomed. Contact: Kayla Hansen at khansen@rs-e.com.

Disability Rights California (DRC) Releases New Mental Health Resources: DRC has released three new publications to help consumers understand that health insurance must provide equal coverage for physical and mental health conditions. These, and other resources, can be found [here](#). Contact: Margaret Jakobson-Johnson at margaret.jakobson@disabilityrightsca.org.

Student Mental Health Highlighted to Campuses and Communities: The University of California and the California Community Colleges partner to bring student mental health awareness to campuses and their communities:

- *University of California, Riverside hosted Scotty's Build a Bear Wellness Fair where students could build and customize a bear while learning about different components of wellness. Over 300 students attended. Contact: Natalie Rios at natalie.rios@ucr.edu.*
- *University of California, Santa Barbara recently launched the second phase of its suicide prevention #saysomething bus wrap campaign, where bus ads on the exterior of 15 buses and the interior of the entire fleet encourage all members of the Santa Barbara community to "Speak up about Suicide." Contact: Gladys Koscak at Gladys.Koscak@sa.ucsb.edu.*
- *The Los Angeles Harbor Community College Consortia recently hosted a one-day "Partnering for Peace and Wellness" training with 147 participants to increase dialog and foster relationships between colleges, universities, mental health partners and law enforcement and share resource information that supports safe and secure learning environments and student wellness. Contact: Dr. Deb Tull at tulld@lahc.edu or (310) 233-4621.*

Prop. 63 in the News

The [New York Times](#) recently featured text based crisis intervention hotlines as a way of providing emergency services and counseling. Here in California, text REACHOUT to 877-877 for peer support on Mondays and Tuesday from 4-8pm PST through ReachOut.

The [Daily Bruin](#) and the [Daily Californian](#) highlighted the University of California's participation in the second annual Directing Change student video contest that seeks to amplify suicide prevention and mental health awareness.

Down the Pipeline

Attend "Serving Those Who Serve: Wellness Fair for Veterans, Active Duty and Their Families" this week! *Stigma and Discrimination Reduction Contractor Runyon Saltzman and Einhorn with Citizen Paine are partnering with the County of San Diego and NAMI San Diego to host an event designed to break down the barriers that prevent service members and veterans from seeking mental health services. The event will feature a keynote address from John Roberts of the Wounded Warrior Project, followed by a panel discussion with local veterans and mental health experts. This event is Tuesday, March 4th, 2014 from 5-8 p.m. at the San Diego Air & Space Museum. Formal program starts at 6 p.m. Reserve a spot [here](#). Contact: Julie Stephens at julie.stephens@citizenrelations.com.*

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