

CalMHSA Express Week of May 12, 2014

Extra! Extra!
CalMHSA Express



WELLNESS • RECOVERY • RESILIENCE

Week In Review:

- *Tomorrow, Tuesday, May 13th, 2014, is Mental Health Matters Day!*
- *University of California, Irvine Mental Health Peer Programming Conference Highlights Best Practices*
- *The Entertainment Industries Council's TEAM Up Releases New Social Media Guidelines*
- *Disability Rights California May Tip of the Month*
- *Orange County Mental Health Professionals Train in Cognitive Behavioral Therapy*

Hot News (Funded by County Members of CalMHSA and Prop 63.)

Tomorrow, Tuesday, May 13th, 2014, is Mental Health Matters Day! You are invited to join this powerful event at the State Capitol at 10:30 am tomorrow, Tuesday, May 13th, and to participate from anywhere in the state with the tools available at www.eachmindmatters.org! The inspiring program will feature pioneering mental health leaders Sally Zinman and Jay Mahler, Congresswoman Doris Matsui and California Senate pro Tem Darrell Steinberg, and youth advocates. A drum line, dancers, and hip hop group Beats, Rhymes and Life will keep the momentum going as attendees take a stand for California's Mental Health Movement. Partners from across the state will get tools and resources to make change happen at home. The day will close with the Directing Change Student Video Contest Award Ceremony at the Crest Theatre. Extensive statewide outreach for MHMD was made possible in large part by the generous contributions and volunteer efforts of the mental health community and CalMHSA program



Mental Health Matters Day Billboard

partners, including 5 large LED boards in Sacramento provided by Clear Channel. [Click here](#) for more information on the event and to RSVP, or contact Jeanine Gaines at JGaines@rs-e.com.



**UCSD Caps Wellness Peer Educator
Program Students**

University of California, Irvine (UCI) Mental Health Peer Programming Conference Highlights Best Practices: The Counseling Center at UCI, a CalMHSA grant recipient, recently hosted a one-day conference showcasing best practices in mental health peer programming in the Southern California region. Each Mind Matters and the unprecedented steps California is taking to eliminate the barriers of stigma and discrimination were the overarching themes of the conference. Contact: Miguel Perla at Miguel.Perla@eachmindmatters.org.

The Entertainment Industries Council's (EIC) TEAM Up Releases New Social Media Guidelines: This week, EIC's TEAM Up released first-of-its-kind [Social Media Guidelines for Mental Health Promotion and Suicide Prevention](#), a set of tools that assist individuals and organizations in safely and effectively talking about mental health and suicide-related issues via social media. Dr. Drew Pinsky and EIC President Brian Dyak were joined by Dr. Dan Reidenberg, Executive Director of Suicide Awareness Voices of Education, Stephanie Welch, CalMHSA Senior Program Manager, Nedra Weinreich, EIC Project Manager, The National Action Alliance for Suicide Prevention, Facebook Inc. and leading journalism organizations the National Association of Broadcasters and Radio Television Digital News Association to make the announcement. For information about how you can use this tool contact Nedra Weinreich at nweinreich@eiconline.org, or (818) 861-7782.

Disability Rights California (DRC) May Tip of the Month: In order to reduce the stigma and discrimination surrounding mental illness, DRC is ensuring the enforcement of both the California Mental Health Parity Law and the Federal Mental Health Parity and Addiction Equity Act by providing information and trainings so that people are aware of how to activate their rights, as well as a monthly tip. This month, DRC is answering the question: [My health plan denied my appeal for mental health services, what should I do?](#) Find other tips online on [DRC's website](#). Contact: Margaret Jakobson-Johnson at margaret.jakobson@disabilityrightsca.org.

Orange County Mental Health Professionals Train in Cognitive Behavioral Therapy: The Orange County Department of Education, Foster Youth Services is excited that 61 school based Mental Health Professionals are anticipated to complete the Trauma Focused Cognitive Behavioral Therapy training, and will be eligible for certification by July 2014. These skilled professionals will be able to utilize this model of care with our most vulnerable, and fragile youth within school districts across Orange County, which allows for stronger collaboration between school districts, while exploring means to increase continuity of mental health services. Contact: Dara Cortes at dcortes@ocde.us or (714) 835-4909 x2493.

Down the Pipeline

View the Premiere of "A Choice To Heal - Mental Health in California": The premiere of this new documentary will be held at 6:00 pm on Wednesday, May 21st, 2014, at the Crest Theatre in Sacramento in commemoration of May Mental Health Awareness Month. The film, hosted by actress Mariel Hemingway and sponsored by the Mental Health Services Oversight and Accountability Commission, will air on CBS stations in California on May 31st, 2014. The documentary details California's groundbreaking approach to the prevention and early intervention of mental illness that is changing and improving the nation's mental health care system. This is a free event, open to the public. Please RSVP to Jennifer Whitney at jennifer.whitney@mhsaac.ca.gov.

Seeking All Emerging Transition Age Youth (TAY) Mental Health Advocates in the Bay Area: The California Youth Empowerment Network, with PEERS, will host a TAY Local Advocacy Training on May 23rd, 2014 in Oakland that will introduce emerging TAY Mental Health Advocates to methods, strategies, and tools to advocate about mental health issues in their local community. If you know of any TAY between the ages of 16-25 who are passionate about creating positive change in the mental health system, please share this opportunity with them! Contact Jeannine Farrelly at jfarrelly@mhac.org for more information or to RSVP.

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

CalMHSA is an organization of county governments working to improve mental health outcomes for individuals, families and communities. Prevention and Early Intervention programs implemented by CalMHSA are funded by counties through the voter-approved Mental Health Services Act (Prop. 63). Prop. 63 provides the funding and framework needed to expand mental health services to previously underserved populations and all of California's diverse communities.