

CalMHSA Express Week of June 2, 2014

Extra! Extra!  
CalMHSA Express



WELLNESS • RECOVERY • RESILIENCE

---

### **Week In Review:**

- *New RAND Evaluation Reports Available*
- *Directing Change Student Filmmakers Receive Local Recognition*
- *Journalism Program Trains San Quentin State Prison Journalists*
- *Youth Volunteers Wanted NOW!*
- *Mendocino County Mental Health Resources Now Available Online*
- *Kings County Behavioral Health Expands Reach of Stigma Reduction Tools*

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

***New RAND Evaluation Reports Available:*** RAND Corporation recently produced a number of brief reports with evaluation findings, which can be accessed through the [new RAND website for the CalMHSA evaluation](#). These reports include:

- [Where Would California Adults Prefer to Get Help If They Were Feeling Suicidal?](#)
- [Racial and Ethnic Differences in Exposure to Suicide Prevention Messaging, Confidence in One's Ability to Intervene with Someone at Risk, and Resource Preferences](#)
- [Findings from the School-Based Theatrical Performance Walk In Our Shoes](#)
- [Adults Exposed to "Know the Signs" Are More Confident Intervening with Those at Risk for Suicide](#)
- [California K–12 Schools and Communities Collaborate to Support Student Mental Health](#)
- [California Colleges and Universities Collaborate to Support Student Mental Health;](#) and
- [Racial and Ethnic Differences in Mental Illness Stigma in California](#)

Contact: Nicole Eberhart at [eberhart@rand.org](mailto:eberhart@rand.org).

***Directing Change Student Filmmakers Receive Local Recognition:*** Riverside and San Bernardino County high school and University of California students were honored at the historic Fox Theater for their Directing Change films addressing the important topics of suicide prevention

and ending the silence about mental illness. A similar event held in Orange County was recently highlighted by the [Orange County Breeze](#). Contact: Janine Moore at [JAMoore@rcmhd.org](mailto:JAMoore@rcmhd.org).

**Journalism Program Trains San Quentin State Prison Journalists:** The prevalence of mental health issues throughout the California prison system is well known and the [San Quentin News](#), the only inmate-produced newspaper in the country, has done extensive reporting on these issues. Recently, the Entertainment Industries Council's TEAM Up professional team, including communication specialists, a forensic psychiatrist and a former Los Angeles Times editor trained San Quentin's 14 journalists on the best ways to accurately portray mental health issues in a non-stigmatizing manner. Their reporting on these issues will reach readers at San Quentin and the 17 other California prisons to which the News is distributed. Contact: Scott Dorman at [sdorman@eiconline.org](mailto:sdorman@eiconline.org) or (818) 861-7782.

**Youth Volunteers Wanted NOW!** [ReachOutHere Discussion Forums](#) have engaged over 13,000 youth in a safe and supportive online community that offers peer-to-peer dialogue and support in coping with tough times. As the forums grow, ReachOut.com is looking for more California youth, ages 16-24, to join the 55 existing volunteers in reducing stigma and helping others. Please encourage interested youths to apply by June 15<sup>th</sup>, 2014. Youth selected to become peer supporters will have the opportunity to attend a special training in San Francisco in late June. Contact: Michael Young at [michael@inspire.org](mailto:michael@inspire.org).

**Mendocino County Mental Health Resources Now Available Online:** The Mendocino County Office of Education has created a [web page](#) that provides information about the Student Mental Health Initiative Project, Eliminating Barriers to Learning Training, and many of the local community service providers and resources available in Mendocino County. Resources are categorized by topic as well as location. The site offers local resources as well as online and evidence-based resources with broad application. Contact: Natasha Yim at [ncarter@mcoe.us](mailto:ncarter@mcoe.us).

**Kings County Behavioral Health Expands Reach of Stigma Reduction Tools:** The County has actively shared mental health resources at a variety of events, including:

- Presenting on mental health awareness at a county wide Brown Bag training,
- Training all county staff using segments of the "A New State of Mind" film and the Directing Change videos to address stigma, and,
- Offering Mental Health First Aid, including Mental Health First Aid for youth at the Annual Statewide California Association of Supervisors of Child Welfare and Attendance/Truancy Summit, where 90 people were certified.

Contact: Ahmadreza Bahrami at [Ahmadreza.Bahrami@co.kings.ca.us](mailto:Ahmadreza.Bahrami@co.kings.ca.us).

### **Down the Pipeline**

**Community Events Foster Outreach to African-Americans:** Exciting events offer an opportunity for mental health consumers, family members, mental health providers, African-American faith leaders and community stakeholders to come together to understand and foster the cultural connection between spirituality and mental wellness that is unique to the African-American community and work together to improve mental wellness.

- *Bay Area, Thursday, June 12<sup>th</sup>, 2014: A Community Dialogue and Wellness Fair will be held to address mental health challenges facing African-American youth. More information and registration available online [here](#).*
- *San Bernardino, Saturday, June 14<sup>th</sup>, 2014: A Mental Health Friendly Communities Kickoff Event will take place. [More information and registration available online](#).*

Contact: Minister Monique Tarver at [moniquetarver@yahoo.com](mailto:moniquetarver@yahoo.com) or (510) 552-5284.

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