

CalMHSA Express Week of June 9, 2014

Extra! Extra!  
CalMHSA Express



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### **Week In Review:**

- *CalMHSA Student Mental Health Initiative Helps University of California, Santa Barbara Respond to Tragedy*
- *SanaMente Fact Sheets Highlight California's Mental Health Movement with the Latino Community in Mind*
- *UC Davis' Each Aggie Matters Campaign Supports Mental Health on Campus*
- *New Entertainment Industries Council Online Series Illustrates Power of Storytelling*

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

***CalMHSA Student Mental Health Initiative Helps University of California, Santa Barbara (UCSB) Respond to Tragedy:*** *In the aftermath of the recent tragedy in Isla Vista, the UCSB Counseling and Psychological Services (CAPS) staff has been flooded with students who need support, requesting resources for themselves and their friends. UCSB CAPS, along with our sister campuses who have come to UCSB to lend support, have provided outreach to classes, the Greek community, housing and other areas of campus that have been touched by this tragedy. The Student Mental Health Initiative grant team resources and the #saysomething resource cards that list campus services and cards with download instructions for our #saysomething app, which provides instruction on how to talk to friends in distress and campus resources, have been distributed to thousands of students on campus. Our [@UCSBGauchoTalk](#) Twitter account has been a useful tool to update students on extended hours and locations for counseling services. Contact: Janet Osimo at [Janet.Osimo@sa.ucsb.edu](mailto:Janet.Osimo@sa.ucsb.edu).*

***SanaMente Fact Sheets Highlight California's Mental Health Movement with the Latino Community in Mind:*** *New English- and Spanish-language fact sheets outline SanaMente, the Spanish-language companion to Each Mind Matters. The fact sheets describe the SanaMente tagline and provide information, tools and resources that are specific to English- and Spanish-speaking Latino communities across the state. View these fact sheets and learn*

how you can integrate SanaMente with your work [here](#). Contact: Each Mind Matters at [info@eachmindmatters.org](mailto:info@eachmindmatters.org).

**UC Davis' Each Aggie Matters Campaign Supports Mental Health on Campus:** UCD Student Health and Counseling Services recently launched [Each Aggie Matters](#), in partnership with the Each Mind Matters campaign, to increase the dialogue about mental health on campus and increase the willingness of students to support one another and seek mental health services when in need. The campaign empowers students, faculty, and staff to advocate for mental health on campus and in their respective communities, access campus resources, and tell their own stories of mental health challenges and successes. In less than two months, over 500 pledges have been collected. The campaign was featured in the [Sacramento Bee](#) this week. Contact: Dr. Zachary Ward at [zward@shcs.ucdavis.edu](mailto:zward@shcs.ucdavis.edu).

**New Entertainment Industries Council (EIC) Online Series Illustrates Power of Storytelling:** EIC, through its TEAM Up (Tools for Entertainment & Media) project, in association with the National Action Alliance for Suicide Prevention, Each Mind Matters, and a panel of esteemed journalism and medical research professionals, produced a special discussion for the Radio Television Digital News Association and Society of Professional Journalists' Excellence in Journalism Conference to provide writers and journalists resources and tools to elevate the conversation around mental health. The series spotlights the power of media to change attitudes and behaviors and underscores the importance of cultural competency. This production is now available on [eicnetwork.tv](http://eicnetwork.tv). Contact: Scott Dorman at [sdorman@eiconline.org](mailto:sdorman@eiconline.org) or Skylar Jackson at [sjackson@eiconline.org](mailto:sjackson@eiconline.org).

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

The [Sacramento Bee](#) featured Board President Maureen Bauman's letter to the editor highlighting how CalMHSA's higher education partnerships improve student mental health.

### **Down the Pipeline**

**Disability Rights California (DRC) Hosting Trainings on "Reducing Stigma and Discrimination Against People with Mental Health Disabilities":**

- Wednesday, June 18<sup>th</sup>, 2014 in Santa Maria: DRC will host a training for members of the community and Santa Barbara county mental health staff to learn about the causes and effects of stigma and strategies for reducing it. The event is open to the Public. RSVP to Robyn Gantsweg at [robyn.gantsweg@disabilityrightsca.org](mailto:robyn.gantsweg@disabilityrightsca.org).
- Thursday, June 19<sup>th</sup>, 2014 in Solvang: DRC will host a training for members of the Consumer and Family Member Advisory Committee to learn about the causes and effects of stigma and strategies for reducing it. This training is only open to Committee members. Contact: Diana Duffy at [diana.duffy@disabilityrightsca.org](mailto:diana.duffy@disabilityrightsca.org).

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

The California Mental Health Services Authority (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.