

CalMHSA Express Week of July 14, 2014



EACH MIND MATTERS
California's Mental Health Movement



The CalMHSA Express provides mental health partners, policy makers, and stakeholders with timely updates from the Prevention and Early Intervention programs implemented on behalf of counties by the California Mental Health Services Authority (CalMHSA). It also helps community members become involved in Each Mind Matters: California's Mental Health Movement.

Week In Review:

- *CalMHSA Announces Native Communities of Care Mini-Grant Program Recipients*
- *California Appellate Court Supports Parity of Mental Health Coverage*
- *ReachOut TXT Expands with Five New TXT Supporters*
- *Journalist Trainings Help Reach Diverse Audiences with Accurate and Fair Reporting*
- *Disability Rights California Tool Helps Prevent Stigma and Discrimination*
- *UC San Diego Partners "Mind Your Health" During May is Mental Health Month*

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

CalMHSA Announces Native Communities of Care Mini-Grant Program Recipients: CalMHSA is pleased to announce the recipients of the Native Communities of Care Mini-Grant Program that will utilize Native Communities of Care messaging and other stigma and discrimination reduction tools to serve Native communities throughout the state. Applicants represented a diverse range of projects from 21 counties and both urban and reservation areas. View the awardees [here](#). Contact: Jeanine Gaines at JGaines@rs-e.com.

California Appellate Court Supports Parity of Mental Health Coverage: In an exciting victory that is expected to benefit thousands of people with mental health disabilities, the Second Appellate District Court issued their decision in [Rea v. Blue Shield of California](#), where the court agreed that the California Mental Health Parity Act requires health care service plans to cover all medically necessary mental health treatments and services. The court also found that full mental health parity is a matter of public policy. For more information about mental health parity, visit [Disability Rights California](#). For coverage of this important case, read the [San Francisco Chronicle's article](#). Contact: Margaret Jakobson-Johnson at Margaret.Jakobson@disabilityrightsca.org or (916) 504-5937.

ReachOut TXT Expands with Five New TXT Supporters: ReachOut TXT recently added five new TXT Supporters who are immediately accessible for peer support and information via cell phones. The innovative peer-to-peer mobile service has expanded from one to two nights per week and nearly doubled its volunteer base from 10 to 18 TXT Supporters! If you know a young

person looking for information, support, or to connect with a peer, encourage them to text "REACHOUT" to 877-877 on Mondays and Tuesdays between 4-8 p.m. PST. Contact: Emily O'Brien at emily@inspire.org.

Journalist Trainings Help Reach Diverse Audiences with Accurate and Fair Reporting: The Entertainment Industry Council's TEAM Up project partnered with the Maynard Institute of Journalism to conduct two 90 minute training and workshop fellowship webinars geared toward ethnic and diverse population journalists who cover and report on underserved communities. [These webinars](#) will help journalists to accurately and fairly portray mental health in their communities with the goal of reducing stigma and discrimination. Journalists who participated in the fellowship are producing a story for their respective communities. Contact: Skylar Jackson at sjackson@eiconline.org or (703) 481-1414.

Disability Rights California Tool Helps Prevent Stigma and Discrimination: The "[Legislative Filter to Help Spot Mental Health Stigma and Discrimination](#)" can stop stigma and discrimination from being written into the law. The tool can help policy makers, advocates and mental health stakeholders identify if a bill or statute is discriminatory or stigmatizing towards Californians with mental health disabilities, thereby diminishing their opportunities and rights. If potential stigma or discrimination is identified, changes to the bill or statute can be made in consultation with an attorney. Contact: Margaret Jakobson-Johnson at Margaret.Jakobson@disabilityrightsca.org or (916) 504-5937.

UC San Diego (UCSD) Partners "Mind Your Health" During May is Mental Health Month (MMHM): Campus communities throughout UCSD (Cross Cultural Center, The Zone, Wellness Peer Educators, Black Resource Center, UCSD Active Minds, Women's Center, Veterans' Resource Center) collaborated to promote mental health wellness during MMHM. MMHM incorporated social media using the hashtag #31Mentalhealthdays, where for each day of May, one photo was posted on the [UCSD Counseling and Psychological Services \(CAPS\)](#) website and distributed to various campus community social media pages, newsletters and websites to introduce student leaders, CAPS staff and various campus resources that support mental health wellness. Contact: Monique Mendoza at mmendoza@ucsd.edu.

Prop. 63 in the News

The [San Jose Mercury News](#) featured an op-ed by Samuel N. Keo on how CalMHSA's programs break down stereotypes and promote mental wellness among Asian and Pacific Islander communities.

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.