

CalMHSA Express Week of January 12, 2015



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 Brings International *Together Against Stigma* Conference to California
- New *SanaMente* Website Brings *Each Mind Matters* Movement to California's Spanish Speakers
- Santiago Canyon College *Active Minds* Chapter Receives National Recognition
- New Spanish Language Parity Resource Available
- *ReachOutHere* Expands Peer Supporter Program

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

CalMHSA Brings International *Together Against Stigma* Conference to California: The 7th International Conference on Stigma Research, Policy and Practice, "*Together Against Stigma: Each Mind Matters*," will be held in San Francisco from February 18th – 20th, 2015, marking the first time the conference will be held in the United States. Hosted by CalMHSA, the County Behavioral Health Directors Association of California, the California Institute for Behavioral Health Solutions (CiBHS), and the World Psychiatric Association, the conference will focus on sharing global perspectives on stigma reduction, empowering the next generation of leaders and charting future opportunities. California's mental health community can learn more and can become involved in this groundbreaking conference:

- 1) Watch the video invitation [here](#) (password: calmhsa)
- 2) Register for the conference at www.togetheragainststigma.org
- 3) Follow the conference on Twitter [@IntlConf](#)

For more information contact: Amanda Lipp at amanda.lipp@calmhsa.org.

New *SanaMente* Website Brings *Each Mind Matters* Movement to California's Spanish Speakers: *SanaMente*, CalMHSA's Spanish-language stigma and discrimination reduction campaign, is excited to announce the launch of its website at www.SanaMente.org. Created with the Latino community in mind, the new website includes mental health information, resources, an informative radio segment featuring mental health expert Dr. Sergio Aguilar-Gaxiola, and video vignettes focused on hope, recovery and resilience. *SanaMente* is a growing movement for mental health awareness, equity for mental health care, and inclusion for people

living with mental illness in an accepting climate free of stigma. Contact: Mariana Baserga at mbaserga@rs-e.com.



Santiago Canyon College (SCC) Active Minds Chapter Receives National Recognition: SCC's student-led *Active Minds* Chapter was recently invited to present at the *Active Minds* National Conference and has been recognized as an exemplary program and received a 5-star rating from *Active Minds* for the 2013-14 school year. The recognition reflects the chapter's work to build outstanding campus

relationships, foster collaborations and relationship-building, quality programming, building membership and leadership, and presenting events and activities. Contact: Heather McClenahen at hmcclenahen@foundationccc.org.

New Spanish Language Parity Resource Available: Disability Rights California's new Mental Health Stigma & Discrimination Reduction Project publication, "The California Mental Health Parity Act Toolkit: A Guide to Appealing Health Plan Mental Health Care Denials" is now available in Spanish. You can find this translation and its English version at the [Mental Health Parity page](#). Contact: Margaret Jakobson-Johnson at Margaret.Jakobson@disabilityrightsca.org or (916) 504-5937.

ReachOutHere Expands Peer Supporter Program: This month, *ReachOutHere* will be expanding its corps of peer supporters with 10 recruits culled from the *ReachOut TXT* program. *ReachOutHere* targets 14-24 year old Californians, linking them to tools, resources, and interactive forums at ReachOutHere.com and BuscaApoyo.org. With the support of CalMHSA and the continued dedication of youth volunteers, the *ReachOutHere* forums have continued to grow with over 3,200 members in California and nearly 16,000 members nationwide. Additional support from the newest cohort of peer supporters, who will receive supplemental training around providing empathetic support to teens and young adults struggling with mental health issues, will further enhance the safe and supportive online community. Contact: Meredith Sires at meredithsires@inspire.org.

Down the Pipeline

Mental Health Parity Workshop: Attendees will learn the tools they need to obtain mental health care from insurance companies at this workshop presented by Disability Rights California's partner organization, Mental Health Advocacy Services. The "[Mental Health Parity: Don't Take No For an Answer](#)" workshop will be held in Camarillo on January 13th, 2015 in conjunction with NAMI Ventura County. This presentation will provide the information and tools necessary to challenge insurance companies and overcome their discriminating actions of denying mental health and substance use care. The presentation is open to the public. Contact:

Margaret Jakobson-Johnson at Margaret.Jakobson@disabilityrightsca.org or (916) 504-5937.

Serving Asian American Pacific Islander Community College Students Webinar: The California Community Colleges Student Mental Health Program will present a webinar on “[Addressing the Mental Health Needs of Asian American Pacific Islander \(AAPI\) College Students](#)” on Friday, January 23rd, 2015 from 11:00AM - 12:00PM. The webinar will talk about how cultural competency, cultural responsiveness and cultural humility have become imperatives in teaching and service practices with Asian Americans in educational settings. Register [here](#). Contact: Heather McClenahen at hmcclenahen@foundationccc.org.

The CalMHSA Express is published twice per month. Look for a new CalMHSA Express on February 2nd, 2014! Please continue to submit your great activities, upcoming events and tips on how the mental health community can become involved in your work 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.