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CalMHSA Express



WELLNESS • RECOVERY • RESILIENCE

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**Week In Review:**

- TEAM Up Project Releases Mental Health Reporting Toolkit for Journalists*
- UC Campus Staff Trains to Respond to Student Mental Health Concerns*
- Crisis Centers Report on 2012 Suicide Prevention Trainings*
- Institute on Aging's Patrick Arbore Honored with Mental Health and Aging Award*

**Hot News (funded by CalMHSA and Proposition 63)**

**TEAM Up Project Releases Mental Health Reporting Toolkit for Journalists:** *As part of CalMHSA's stigma reduction efforts targeted at the news media, the Entertainment Industries Council's TEAM Up project has released a [three-part toolkit](#) offering resources to journalists on reporting on mental health-related stories. The toolkit includes mental health story ideas, sample news articles with before-and-after examples, and interview tips. The new tools complement the existing Mental Health Reporting Style Guide, which is now available in both English and Spanish. For more information, contact Nedra Weinreich at [TEAMUp@eiconline.org](mailto:TEAMUp@eiconline.org).*

**UC Campus Staff Trains to Respond to Student Mental Health Concerns:** *On February 8th, UC Berkeley's Counseling and Psychological Services staff offered a 2-hour "gatekeeper" training to Cal's housing staff. The first-of-its-kind training for the staff of 12 on the Cal campus included an overview of student mental health issues, information on services offered on campus, and in-depth material on how to assist an emotionally distressed student. Staff reported that the training helped to demystify and destigmatize mental health concerns and also increased their confidence in knowing how to help students in distress. For more information, contact Sharon Cooper at [Sharon.Cooper@ucop.edu](mailto:Sharon.Cooper@ucop.edu).*

*Also this month, UC Santa Cruz Counseling and Psychological Services partnered with the UCSC Office of Residential Life to provide a 12-Hour [Mental Health First Aid](#) (MHFA)*

training for 16 faculty and staff. Participants learned about risk factors, stigma reduction, and how to intervene and provide support and referrals to individuals with mental health concerns. To date, a total of 133 UCSC faculty and staff have been certified in MHFA through the CalMHSAs Student Mental Health Initiative. For more information, please contact Emilie Cate, Ph.D. at [eecate@ucsc.edu](mailto:eecate@ucsc.edu).

**Crisis Centers Report Success in 2012 Suicide Prevention Trainings:** Funded by CalMHSAs and in partnership with LivingWorks, three crisis centers (Contra Costa Crisis Center, Didi Hirsch, and The Effort- now WellSpace Health) hosted seven Applied Suicide Intervention Skills Trainings (ASIST) trainings for trainers (T4Ts) and three safeTALK T4Ts during 2012. 165 ASIST trainers completed the program, which is targeted at training caregivers in preventing suicide. 28 safeTALK participants learned to train community members with practical skills to help persons with thoughts of suicide. As a result of these trainings, 63% of CalMHSAs participating counties now have ASIST and/or safeTALK trainers available to teach suicide prevention and intervention skills locally.

During 2013 and 2014, CalMHSAs will roll out additional suicide prevention trainings across California. To learn more about these opportunities contact:

- Kathleen Snyder, (925) 939-1916 x147 or [kathleens@crisis-center.org](mailto:kathleens@crisis-center.org) (Bay Area and Central California)
- Gina Found, (310) 895-2329 or [gfound@didihirsch.org](mailto:gfound@didihirsch.org) (Southern California)
- Josh Miller, (916) 737-5554 or [jmiller@wellspacehealth.org](mailto:jmiller@wellspacehealth.org) (Northern California)

**Institute on Aging's Patrick Arbore Honored with Mental Health and Aging Award:** Patrick Arbore, EdD, Director and Founder of Elderly Suicide Prevention & Grief Related Services at the Institute on Aging will be honored by the American Society of Aging with the organization's 2013 Mental Health and Aging Award on March 12, 2013. Arbore, program lead for CalMHSAs partnership with the Institute on Aging to reduce suicide among older adults, is being recognized for his outstanding contributions to the field of aging. The Institute on Aging Friendship Line can be reached at 1-800-971-0016.

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

Sacramento Bee Columnist Marcos Breton spotlighted a Sacramento County supportive housing program that helps individuals get "[On the Path from Homelessness to Hope.](#)"

The Contra Costa Times highlighted opportunities for youth to reduce stigma by "Directing Change": "[Campolindo students make PSA video for contest.](#)"

The Hanford Sentinel profiled Kings/Tulare County Suicide Prevention partnership: "[Programs target teen suicide, mental health.](#)"

### **Down the Pipeline**

**Deadline Extended for Stigma Conference Presentation Proposals:** The deadline for presentation proposals for the Tools for Change Dignity, Recovery and Stigma

*Elimination Conference has been extended to February 28, 2013. The conference provides an opportunity for CalMHSA partners to present your knowledge, skills and tools at the conference. Presentations should help CalMHSA support and inform the rest of California in our stigma fighting efforts. To submit a presentation proposal, complete the [online application form](#). For more information, contact Luba Botcheva at [luba@mentalhealthsf.org](mailto:luba@mentalhealthsf.org).*

*Do you have news to share? Send CalMHSA Express submissions to Nikki Paschal at [Nikki@paschalroth.com](mailto:Nikki@paschalroth.com).*