

CalMHSA Express— Week of March 11, 2013

Extra! Extra!
CalMHSA Express



WELLNESS • RECOVERY • RESILIENCE

Week In Review:

- *Influential News Organization Adopts Mental Health Reporting Guidelines*
- *“Ending the Silence” Offers Chance to Make a Difference for Youth*
- *“In Our Own Voice” Trainings Seeks People with Lived Experience to Share Recovery Stories*
- *UC Irvine Helps Faculty and Staff Make Positive Impact for Students in Distress*

Hot News (funded by CalMHSA and Proposition 63)

Influential News Organization Adopts Mental Health Reporting Guidelines: The mental health community’s collective effort to change public attitudes around mental illness took a giant step forward this week as the [Associated Press announced](#) it will include guidelines for reporting on mental illness in its influential AP Stylebook. The widely used reference guide will transform the way many journalists report on mental illness. The Stylebook calls on journalists to report a person’s mental health status only when clearly pertinent to a story and the diagnosis properly sourced. The new guidelines also correct the assumption that mental illness is a factor in violent crime and identifies that people with mental illness are more likely to be victims of crime rather than perpetrators. Journalists are also advised to use accurate, non-derogatory terms to describe mental health conditions. AP was one of many news organizations with which the Entertainment Industries Council has conducted outreach to improve mental health reporting as part of CalMHSA’s Stigma and Discrimination Reduction Prevention and Early Intervention Initiative. Through the TEAM UP project, EIC has developed a wealth of [resources for reporters, in both English and Spanish](#), that will enhance and support AP’s mental health guidance. Contact: John Hinrichs at jhinrichs@eiconline.org.

“Ending the Silence” Offers Chance to Make a Difference for Youth: NAMI California is seeking presenters who have a passion for reducing stigma and discrimination through education. Ending the Silence is an educational program designed for high school

audiences. Through a PowerPoint, short videos, and personal testimony, students learn symptoms and indicators of mental illness, as well as how to help themselves or others who may be in need of support. Since the program targets high schoolers, NAMI is especially interested in getting young adults (18-29), especially those with a diagnosable mental health condition who are doing well in their recovery, involved in this program. Presenters should be comfortable with self-disclosure and knowledgeable about the various disorders. Applicants selected will be invited to take part in an upcoming two-hour webinar training offered on April 2, April 30, June 12, and June 27. Interested speakers should complete the [application](#) and submit by email or fax by March 26 to Beth Larkins, beth.larkins@namicalifornia.org, or 916-567-1757 (fax). Beth can be reached by phone at 916-567-0163.

“In Our Own Voice” Seeks People with Lived Experience to Share Recovery Stories: NAMI California is seeking applicants interested in being trained on how to share their personal journey to recovery with a variety of audiences. In Our Own Voice (IOOV) is a unique public education program in which two trained speakers share compelling personal stories about living with mental illness and achieving recovery. IOOV presentations are given to peer groups, students, law enforcement officials, educators, providers, faith community members, politicians, professionals, inmates, civic groups and the general public. This presenter training offers an opportunity for those living with mental illness to gain confidence and to share their individual experiences of recovery and transformation. Interested speakers should complete the [application](#) and submit by April 8th, 2013 via mail, email or fax: NAMI California Programs, 1851 Heritage Lane, Ste. 150, Sacramento, CA 95815; fax 916-567-1757; email Nereida.Castillo@namicalifornia.org.

UC Irvine Helps Faculty and Staff Make Positive Impact for Students in Distress: In February 2013, the UC Irvine Counseling Center hosted a 3-part workshop series designed to teach faculty and staff skills they can use to diffuse situations with individuals who are distressed or causing distress. The three trainings included: Dealing with Disruptive or Distressed Students, Question, Persuade, Refer (QPR) Suicide Prevention Training, and “Step Up” UCI Bystander Intervention Training. More than 100 faculty and staff attended all 3 workshops. UCI plans to offer the trainings on a quarterly basis in a continued effort to reduce stigma and prevent suicide on campus. More information on the workshop series can be found [here](#). Contact: Sharon Cooper at sharon.cooper@ucop.edu.

Down the Pipeline

Do you have news to share? Send submissions to Nikki Paschal at nikki@paschalroth.com.