

CalMHSA Express Week of December 9, 2013

Extra! Extra!
CalMHSA Express



WELLNESS • RECOVERY • RESILIENCE

Week In Review:

- *Resources Available for Supporting Students as Nation Remembers Newtown Tragedy*
- *Download MY3, the Suicide Prevention Mobile App!*
- *Know the Signs Suicide Bereavement Guide Now Available as National Resource*
- *Central Coast Suicide Prevention Service Receives Accreditation*
- *Deadline for Walk In Our Shoes Sweepstakes is Approaching*
- *Final Week for Submissions for Generation Next Competition*
- *December Program Partner Spotlight Highlights the California Community College's Student Mental Health Program*
- *Save the Date for New, Advanced "Getting to Outcomes" Webinar*

Hot News (funded by CalMHSA and Proposition 63)

Resources Available for Supporting Students as Nation Remembers Newtown Tragedy: News coverage on the one-year remembrance of the Newtown tragedy can cause concern in school communities, even if they were not directly affected by the event. [CCSESA's Regional K-12 Student Mental Health Initiative Clearinghouse and Website](#) has compiled resources for administrators, teachers, and parents that can be helpful in supporting students and school communities in the upcoming days. These resources include: [Tips for School Administrators for Reinforcing School Safety](#), [Tips for Teachers and Parents Following School and Community Violence](#) and [Guide for Preventing and Responding to School Violence](#). Contact: Diane Lampe at dlampe@scoe.net or (916) 228-2542.

Download MY3, the Suicide Prevention Mobile App! The Know the Signs Campaign has officially launched MY3, the suicide prevention mobile app that connects individuals at-risk for suicide to their support networks and their safety plan when they are experiencing thoughts of suicide. Learn more about MY3 and find marketing materials

that will help you share MY3 throughout your community [here](#). Contact: Theresa Ly at tly@edc.org or (916) 494-9616.

Know the Signs Bereavement Guide Now Available as National Resource: *The Pathways to Purpose and Hope Guide to Creating a Sustainable Suicide Bereavement Program* has been accepted into the national Suicide Prevention Resource Center/American Foundation for Suicide Prevention Best Practices Registry. The guide describes in lay terms how to develop a sustainable program to meet the complicated needs of survivors. The Guide can be downloaded for free from the [Resource Center on Your Voice Counts](#) or from www.FriendsforSurvival.org. Contact: Sandra Black at sblack@edc.org, or Marilyn Koenig at mkoenig@sonic.net.

Central Coast Suicide Prevention Service Receives Accreditation: Family Service Agency of the Central Coast's Suicide Prevention Service has achieved an initial three-year accreditation (through 2016) from the American Association of Suicidology (AAS). The program's accomplishments will be acknowledged at the AAS conference in April 2014. Contact: Carly Galarneau at carlygfsa@gmail.com or (831) 459-9373 x17.

Deadline for Walk In Our Shoes Sweepstakes is Approaching: The sweepstakes deadline for the Walk In Our Shoes and Ponte En Mis Zapatos campaigns to encourage 9-13 year olds to learn about mental health and enter to win five pairs of shoes for themselves and 100 pairs of shoes for their school is December 15th, 2013. Winners must be in 4th through 8th grades and enrolled in a California Department of Education recognized elementary, middle or home school. To view a clip of the Walk In Our Shoes performance, please click [here](#). Contact: Ashley Bradley at abradley@rs-e.com.

Final Week for Submissions for Generation Next Competition: The Entertainment Industries Council's Generation Next film/television, journalism, and social media competition's deadline for entries is December 13th, 2013. The competition gives students in the CSU, UC, and California Community College systems, as well as private colleges and universities across California, the opportunity to practice meaningful and socially-conscious storytelling while exploring an essential topic: mental health. View a [video](#) for more information, and visit Generation Next's [website](#) to apply. Contact: Sabine Sighicelli at ssighicelli@eiconline.org

December Program Partner Spotlight Highlights the California Community College's Student Mental Health Program: December's [Program Partner Spotlight](#) highlights the unique partnership between the California Community Colleges Chancellor's Office and the Foundation for California Community Colleges to deliver innovative prevention and early intervention strategies that impact students across 112 campuses statewide. Previous issues of the Spotlight can be found [here](#).

Save the Date for New, Advanced “Getting to Outcomes” Webinar: On Thursday, December 12th, 2013 from 9:00-10:30 am, RAND will host the last “Getting to Outcomes Webinar – Program Quality Improvement.” The webinar will help counties and program partners focus on how to assess the quality of program data and use information on process and outcomes for continuous quality improvement (CQI). Tools for synthesizing program evaluation data will be provided to registrants in advance of the webinar along with CQI action planning worksheets. The webinar will be recorded and made available on the CalMHSA website at a later date. Contact: Kerry Newsome at knewsome@rand.org.

Prop. 63 in the News

The [Los Angeles Daily News](#) highlighted the grand opening of a residential program in Pacoima that will help 60 homeless moms manage mental health illnesses, gain stable housing and find employment.

Do you have news to share? Send submissions to Jenna Thompson at Jenna@paschalroth.com.