

CalMHSA Express Week of April 29, 2013

Extra! Extra!
CalMHSA Express



WELLNESS • RECOVERY • RESILIENCE

Week In Review:

- *Mental Health Month Begins this Week*
- *17th Annual PRISM AWARDS Honor Entertainment Industry's Accurate Portrayal of Mental Illness*
- *"In Our Own Voice" Presenters Sought for Redding and Ontario Trainings*

Hot News (funded by CalMHSA and Proposition 63)

Mental Health Month Begins this Week: *The mental health community will come together around the message "Each Mind Matters" as Mental Health Month begins May 1st. CalMHSA and its program partners will launch a number of exciting activities including:*

- *"Each Mind Matters: California's Mental Health Movement," a message symbolizing how California is transforming its mental health systems—from the ground up.*
- *Directing Change, a statewide high school student video contest to engage students in preventing suicide and reducing stigma, will hold a screening and award ceremony at the Crest Theater in Sacramento on **May 23rd**. The event will feature guest speakers from Fox's hit TV series Glee—director Bradley Buecker and actor Max Adler, who plays "Dave Karofsky." RSVP required: <http://www.directingchange.org/award-ceremony/>.*
- *Later this month, EachMindMatters.org will launch and serve as the home to CalMHSA's SDR and educational tools, including the new PBS documentary "A New State of Mind: Ending the Stigma of Mental Illness," which will air statewide on 13 PBS stations on **May 30th**. The documentary tells the stories of everyday people through their struggles, recovery and resilience in the face of mental health challenges.*



17th Annual PRISM AWARDS Honor Entertainment Industry's Accurate Portrayal of Mental Illness: More than 400 people celebrated writers, directors, producers, actors and actresses for their accurate depictions of mental health and substance abuse at the 17th Annual PRISM Awards presented by Entertainment Industries Council—a SDR program partner—on April 25th at the Beverly Hills Hotel. California's mental health movement also got a boost at the PRISM Awards, as the symbolism of lime green ribbons was explained from the stage,

featured as the prevalent motif in decorations, and distributed to everyone in the audience. Among those productions honored at the ceremony were feature films *Silver Linings Playbook* and *Flight*, and television shows *Go On*, *Elementary*, *Nurse Jackie*, *Parenthood*, *Chicago Fire*, *American Horror Story: Asylum*, *Homeland*, *Rehab with Dr. Drew*, and *Days of Our Lives*. For more information, contact John Hinrichs at jhinrichs@eiconline.org or visit <http://prismawards.com/>.

“In Our Own Voice” Presenters Sought for Redding and Ontario Trainings: NAMI California seeks individuals living with mental health challenges to participate in upcoming “In Our Own Voice” (IOOV) presenter trainings in Redding and Ontario. Through the trainings, individuals gain confidence in sharing their personal journey towards recovery with a variety of audiences. IOOV helps break through stigma when members of the public hear firsthand from people living with mental illness about their path toward recovery. The trainings are being offered on May 18th-19th in Redding or June 22nd-23rd in Ontario. Interested participants should submit completed [applications](#) to NAMI California. For more information contact Stephenie Gardella at Stephenie.Gardella@namicalifornia.org.

Prop. 63 in the News

In [“Struggles to Bear in Mind,”](#) UC Berkeley’s student newspaper, the *Daily Californian* on April 26th, highlighted the UC Berkeley campus’ sweeping efforts to improve student mental health and reduce suicide through CalMHSA’s Student Mental Health Initiative. In addition to reporting on campus efforts to increase awareness of mental illness and available resources, reduce stigma, and reduce suicide, the newspaper devoted significant space to educating readers about signs of suicide and actions to take in a crisis.

In [“High School Starts Mental Health Conversation,”](#) the Hanford Sentinel profiled Hanford West High School’s new Reduction and Elimination of Stigma through Art Targeted Education Program (RESTATE). Through the program, students learn about the signs and symptoms of mental health concerns and how to help their peers with support and resources. The program also uses art to help teens confront stigma. One student said of the program: “It’s great because you’re opening your mind to how the actions of society can affect people.”

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