

CalMHSA Express Week of May 13, 2013

Extra! Extra!  
CalMHSA Express



WELLNESS • RECOVERY • RESILIENCE

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### **Week In Review:**

- *Attend a Pre-screening of a Stigma Reduction PBS Documentary*
- *Bay Area Suicide & Crisis Intervention Alliance Holds Suicide Prevention Network Meeting*
- *UC Santa Barbara Takes Student Mental Health Initiative On-Air*
- *RSVP for Suicide Bereavement Support Webinar*

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

***Attend a Pre-screening of a Stigma Reduction PBS Documentary:*** California's mental health leaders and stakeholders are invited to preview "[A New State of Mind: Ending the Stigma of Mental Illness](#)." The groundbreaking documentary, narrated by Glenn Close, aims to shatter misconceptions about mental illness through stories of real people who experience hope and resilience in the face of mental health challenges. Pre-screenings will be held as follows:

- *Los Angeles/Orange County: May 20th, 2013 at PBS SoCal Studio, 3080 Bristol St., Suite 100, Costa Mesa, CA 92626. Program begins at 6:00pm. RSVP to Ashley Strong at [astronq@pbssocal.org](mailto:astronq@pbssocal.org) or 714.241.4132 by Thursday May 16th.*
- *Riverside/San Bernardino: May 20th, 2013 at KVCR Studio, 701 S. Mt. Vernon Ave., San Bernardino, CA 92410. Program begins at 6:00pm. RSVP at 909.384.4350 or visit [www.KVCR.org/screening](http://www.KVCR.org/screening) by Friday May 17th.*
- *Sacramento: May 21st, 2013 at KVIE Studio, 2030 W. El Camino Ave., Sacramento, CA 95833. Program begins at 5:30pm. RSVP to [calmhsideas@kvie.org](mailto:calmhsideas@kvie.org) by Friday May 17th.*
- *Redding: Tuesday May 21st, 2013 at KIXE-TV Studio, 603 North Market Street, Redding, CA 96003. Program begins at 6:00pm. RSVP to Rob Keenan at [rkeenan@kxie.org](mailto:rkeenan@kxie.org) or 530.243.5493 x. 106 by Friday May 17th.*

- Eureka: Wednesday May 22nd, 2013 at Humboldt Area Foundation, 363 Indianola Road, Bayside, CA 95524. Program begins at 6:30pm. RSVP to 707.445.0813 by Friday May 17th.

Space is limited, so early RSVPs are recommended. The film will air statewide on PBS stations on Thursday, May 30th. For more information, visit [www.EachMindMatters.org](http://www.EachMindMatters.org) or contact Kristen Lisanti at [kristen.lisanti@citizenrelations.com](mailto:kristen.lisanti@citizenrelations.com).

**Bay Area Suicide & Crisis Intervention Alliance (BASCIA) Holds Suicide Prevention Network Meeting:** BASCIA — with co-sponsors, North Bay Suicide Prevention Project/Family Service Agency of Marin and Sonoma County Behavioral Health, hosted a regional meeting of the State Suicide Prevention Network in Santa Rosa on May 7, 2013. Participants included staff and volunteers in schools, workplaces, youth, ethnic and LGBTQ community groups, and religious organizations. Presented in both English and Spanish, the meeting gave participants the opportunity to share suicide prevention challenges and sharpen their skills in suicide prevention. The program included a special workshop on the topic of preventing suicide among Latina Youth. For more information contact Amy Faulstich at 415.493.1193, ext 3004.

**UC Santa Barbara Takes Student Mental Health Initiative (SMHI) On-Air:** On April 15, 2013, UC Santa Barbara SMHI staff participated as special guests on a live weekly radio show, "Spindrift," on KCSB, the campus radio station. The radio appearance offered the opportunity for Gladys Koscak, M.S., SMHI Mental Health Specialist, and Janet Osimo, Psy.D. SMHI Psychologist, to educate the campus community about mental health, the importance of early intervention, and to build awareness of campus mental health resources. For more information, contact Sharon Cooper at [Sharon.Cooper@ucop.edu](mailto:Sharon.Cooper@ucop.edu) or 510. 987-9877.

**RSVP for Suicide Bereavement Support Webinar:** The Know the Signs Campaign has introduced "Pathways to Purpose and Hope," a guide for creating sustainable suicide bereavement support organizations for families and friends after a suicide death. This webinar will provide an overview of "Pathways to Purpose and Hope, A Guide to Creating a Sustainable Suicide Bereavement Support Organization" by Friends for Survival. The guide includes chapters on how to assess if you're ready to start a support organization, how to assess the needs in your community is ready, and detailed descriptions of the "how-to's" of creating a sustainable and effective suicide bereavement support organization. For more information and to RSVP, contact Richelle Brown at [Richelle@adease.com](mailto:Richelle@adease.com) or visit [here](#).

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

In [Medical Program Helps Sacramento County Caregivers Take a Break](#), the Sacramento Bee highlights several new Mental Health Services Act Initiatives. One is a new program to support the mental health needs of those caring for elderly loved ones with dementia,

Do you have news to share? Send submissions to Jenna Thompson at [Jenna@paschalroth.com](mailto:Jenna@paschalroth.com).

*reducing the toll caregiving can take on their mental health. For more information, visit [www.mentalhealthrespite.org](http://www.mentalhealthrespite.org).*

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