

CalMHSA Express Week of May 20, 2013

Extra! Extra!
CalMHSA Express



WELLNESS • RECOVERY • RESILIENCE

Week In Review:

- *Don't Miss the "Directing Change" Award Event Featuring Guests from Fox's Hit TV Series "Glee"*
- *Tools for Change Conference Materials Available Online*
- *University of California Campuses Make Mental Health Training a Top Priority*
- *ReachOut.com is Looking for Youth with a Passion for Affecting Positive Change*
- *Contra Costa Partners with Schools to Build Diverse Mental Health Workforce*

Hot News (funded by CalMHSA and Proposition 63)

Don't Miss the Directing Change Award Event Featuring Guests from Fox's Hit TV Series "Glee": *Directing Change, a statewide high school student video contest to engage students in preventing suicide and reducing stigma, invites you participate in a screening and award ceremony honoring top youth-produced public service announcements from across the state. This must-attend event at the Crest Theater in Sacramento on May 23rd, 2013 will feature guest speakers Senate President pro Tempore Darrell Steinberg, along with director Bradley Buecker and actor Max Adler, who plays "Dave Karofsky" from Fox's hit TV series Glee. RSVP for the event [here](#). For more information, contact Richelle Brown at Richelle@adease.com or visit www.directingchange.org.*

Tools for Change Conference Materials Available Online: *Presentations and original materials from the 2013 Center for Dignity, Recovery, and Stigma Elimination's inaugural Tools for Change Conference are now available online [here](#). These tools are the latest addition to the Dignity and Recovery Center's new website which also enables mental health partners to learn best practices in Stigma and Discrimination Reduction and request technical assistance on their own efforts, and stay connected with the latest in resources. For more information contact Jenifer Reeve at jenifer@mentalhealthsf.org.*

University of California Campuses Make Mental Health Training a Top Priority: UC Irvine and UC Davis have launched trainings that highlight the importance of attending to mental health concerns in the academic setting and work to engage faculty in recognizing distress and obtaining the skills to respond to what they see with appropriate referrals:

- In close collaboration with the UCI Mental Health Initiative Committee, the Counseling Center at UCI launched a 2-part training series for academic department chairs on May 1, 2013. UCI will also train academic department chairs in Question, Persuade, Refer (QPR) Suicide Prevention Training. Contact Dr. Negar Shekarabi at nshekara@uci.edu for more information.
- UC Davis is on a mission to train all faculty and staff how to recognize and respond to students in distress. May 2013 marked the 8th training hosted by Counseling and Psychological Services this year, reaching over 255 faculty/staff. Contact Dr. Zachary Ward at zward@shcs.ucdavis.edu for more information.

ReachOut.com is Looking for Youth with a Passion for Affecting Positive Change: Inspire USA is expanding digital youth programs on www.ReachOut.com and they are looking for youth between the ages of 16-24 to support their peers through:

- Leading safe and supportive online peer-to-peer community discussions and providing community outreach to promote stigma reduction on ReachOut Forums (More information [here.](#))
- Being trained to be a part of the ReachOut TXT confidential peer-to-peer information and support text message service for youth. (More information [here.](#))
- Working with LGBTQ Content Developers who are developing and delivering new LGBTQ content for ReachOut.com (More information [here.](#))

Contact Emily O'Brien at emily@inspire.org for more information all the programs listed.

Contra Costa Partners with Schools to Build Diverse Mental Health Workforce: Contra Costa County Mental Health has partnered with local schools to develop a new mental health concentration in local high school health academies. The program aims to both decrease stigma associated with mental illness and increase the number of high school students who are interested in pursuing a career in mental health, with a focus on diversity. A total of 102 students across three schools participated in the 10-week mental health course curriculum. Surveys following the course show reduced mental health stigma among students and the vast majority of students reported they are better prepared and ready for a mental health career. Contact Imo Momoh, MPA, at 925.957.5239 for more information about the program.

In honor of military service members and veterans, the CalMHSA Express will not be published on Monday, May 27 (Memorial Day). Look forward to the next edition on June 2, 2013.

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