

CalMHSA Express Week of June 17, 2013

Extra! Extra!  
CalMHSA Express



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### **Week In Review:**

- *“A New State of Mind” is the Talk of California*
- *Central Valley Suicide Prevention Grows with New Hotline Volunteers*
- *Help the “Know the Signs” Suicide Prevention Campaign Reach California’s Diverse Populations*

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

*“A New State of Mind” is the Talk of California:* The groundbreaking documentary aired May 30th on PBS stations across California, with additional airtimes scheduled in the coming months. News reports from across California highlight the film’s stigma-busting power and wide reach:

- [KCRW’s “Which Way LA?”](#) talks to Monica Potts, one of several Californians profiled in the film, about her own recovery and how she is helping others conquer mental illness through her work on Los Angeles’ Skid Row.
- The [Visalia Times-Delta](#) highlights Tulare County mental-health care advocate Lali Moheno’s participation in the documentary. “I think getting as much information about mental illness as possible is always a good thing,” says Moheno.
- [Orange County Weekly](#) calls the film “upbeat” and emphasizes the hope projected in the real-life profiles, showing “Californians living full lives despite mental illness.”
- [Mom blogger Julie Kang describes her experience](#) viewing the documentary: “Words cannot properly describe how informative and inspirational it was to see my fellow native Californians, some famous and some not famous (yet), bravely talk about their struggles ... and triumphs.” (Kang is one of the many Californians who is refusing to stay silent about mental illness; she shares her own story about overcoming mental health challenges and breaks down myths on her blog, *Geisha School Dropout*.)

**Central Valley Suicide Prevention Hotline (CVSPH) Grows with New Hotline Volunteers:** The CVSPH, which serves Fresno, Madera, Mariposa, Merced and Stanislaus counties, is developing its volunteer base with an eye towards sustainability. Several cohorts of volunteer crisis workers have recently been trained in Applied Suicide Intervention Skills Training (ASIST) and Telephone Responder Training as they prepare to respond to crisis calls. Contact Greg Nelson at [gnelson@kingsview.org](mailto:gnelson@kingsview.org) or (559) 256-7602 if you have questions or know someone interested in volunteering on the hotline.

**Help the “Know the Signs” Suicide Prevention Campaign Reach California’s Diverse Populations:** The Know the Signs suicide prevention campaign is looking for workgroup participants to assist in the development of culturally and linguistically competent suicide prevention materials. Interested individuals should have experience working with or conducting outreach to African Americans, Asian Pacific Islander Youth, Lesbian, Gay, Bisexual, Transgender or Questioning Youth or Low Literacy Spanish-speaking individuals, or speak Vietnamese, Tagalog, Cantonese/Mandarin, Hmong, Khmer, Korean and Lao. Estimated time commitment will be 10-15 hours between July 1, 2013 and September 30, 2013. Participants will be compensated for their time with a \$300 stipend. Interested individuals should contact Richelle Brown [Richelle@adease.com](mailto:Richelle@adease.com) by June 27th, 2013.

#### **Down the Pipeline**

**Disability Rights California Builds Awareness of Housing Rights:** The June 21, 2013 presentation to the California Association of Local Mental Health Boards and Commissions will address stigma, stereotypes, and discrimination as well as state and federal housing laws that protect people with disabilities. For more information, contact Margaret Jakobson-Johnson at [margaret.jakobson@disabilityrightsca.org](mailto:margaret.jakobson@disabilityrightsca.org).

**“Send Silence Packing” Builds Awareness of Suicide Risk on College Campuses:** The California Community Colleges Student Mental Health Program is working with its higher education partners and the student-led organization Active Minds to bring the “Send Silence Packing” tour to California college campuses. The program promotes a positive dialogue about mental health on college campuses and raises awareness about student suicide with a powerful traveling public exhibit of 1,100 backpacks -- representing the number of college students who die by suicide each year. The tour will stop at Riverside City College on September 10<sup>th</sup>; Palomar College on September 12<sup>th</sup>; Santiago Canyon College on September 17<sup>th</sup>; CSU Fullerton on September 19<sup>th</sup>; CSU San Bernardino on September 24<sup>th</sup>; California Polytechnic State University on September 27<sup>th</sup>; Porterville College on September 30<sup>th</sup>; Fresno City College on October 2<sup>nd</sup>; West Valley College on October 8<sup>th</sup>; Santa Rosa Junior College on October 15<sup>th</sup>; and San Francisco State University on October 18<sup>th</sup>. Contact Isabel Reyna at [ireyna@foundationccc.org](mailto:ireyna@foundationccc.org).

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

In [“Suicide prevention efforts growing,”](#) the Sonoma Union Democrat highlights Tuolumne and Calaveras counties’ efforts to prevent suicides by connecting people with mental

*health services and empowering ordinary citizens to intervene to prevent death by suicide. The counties are utilizing multiple strategies, including “safeTALK,” a program that enables anyone to learn to identify those at risk of suicide and connect them to the right resources, and the Applied Suicide Intervention Skills Training (ASIST) program to teach community members how to intervene directly.*

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