

CalMHSA Express Week of June 24, 2013

Extra! Extra!
CalMHSA Express



WELLNESS • RECOVERY • RESILIENCE

Week In Review:

- *It's Not Too Late to View Groundbreaking Stigma Reduction Documentary*
- *New PSA Offers Support to Vets on UC Campuses*
- *Sutter Yuba Mental Health Services Announces First-Ever Suicide Prevention Newsletter*
- *Wellness Works! Training Now Available to Employers*

Hot News (funded by CalMHSA and Proposition 63)

It's Not Too Late to View Groundbreaking Stigma Reduction Documentary: As you saw last week, people across California are responding to the message of hope and resilience in "[A New State of Mind: Ending the Stigma of Mental Illness](#)." The groundbreaking documentary, narrated by Glenn Close, will continue to be aired across California on PBS stations through July. Tune in to see how stories of real people overcoming mental health challenges shatter misconceptions about mental illness. Upcoming airings are as follows:

- *Tuesday June 25th: Los Angeles PBS Station KOCE-OC at 7:00pm; Los Angeles PBS station KLCSDT at 10:00pm.*
- *Wednesday June 26th: Los Angeles PBS Station KLCSDT at 4:00am; Bakersfield PBS Station KVPTDT at 11:00pm; Fresno-Visalia PBS Station KVPTDT at 11:00pm.*
- *Friday June 28th: Reno PBS Station KNPBDT at 7:00pm*
- *Sunday June 30th: San Francisco PBS Station KQEHDT at 3:00pm*
- *Friday July 12th: Los Angeles PBS Station KVCRDT at 10:00pm*
- *Saturday July 27th: San Francisco PBS Station KRCBDT at 12:00pm*
- *Tuesday July 30th: Los Angeles PBS Station KOCE-OC at 7:00pm; Sacramento PBS Station KVIEDT at 11:00pm*

For more information, or to view the documentary online, visit www.EachMindMatters.org or contact Kristen Lisanti at kristen.lisanti@citizenrelations.com.

New PSA Offers Support to Vets on UC Campuses: The University of California released a new Public Service Announcement (PSA) aimed at breaking down mental health stigma on campuses. With a focus on supporting students who are veterans, the video is the first in a series of stigma reduction ads UC will produce in partnership with CalMHSA. To make the stigma reduction resource available as widely as possible, UC is making each of the PSA's available for download and customization for use by other organizations. View the PSA [here](#). Contact Dr. Taisha Caldwell at taisha.caldwell@ucop.edu for more information.

Sutter Yuba Mental Health Services Announces First-Ever Suicide Prevention Newsletter: With support from CalMHSA, Sutter and Yuba counties have developed the region's first newsletter that brings together a vast array of suicide prevention resources. The newsletter provides information and stories that let those struggling with thoughts of suicide and their loved ones know it's okay to talk about the pain and that help is available through local programs and statewide initiatives like "Know the Signs." View the newsletter [here](#). Contact John Floe, MAOM at jfloe@co.sutter.ca.us or (530) 674-1885 ext. 114 for more information.

Wellness Works! Training Now Available to Employers: Wellness Works!, the workplace mental health training that reduces mental health stigma and promotes mental wellness in the workplace, is now available to employers. Wellness Works! addresses the organizational factors that affect overall workplace mental health, with an emphasis on creating psychologically safe and healthy work environments benefiting all workers. For additional information on how you can receive the trainings, contact Zima Creason at zcreason@mhac.org or (916) 557-1167 ext. 110, or visit their Mental Health America of California's website [here](#).

Prop. 63 in the News

In a Capitol Weekly op-ed, "[Finally, a dialogue about mental illness](#)," CalMHSA Board President Wayne Clark, PhD, outlines how California's successful Prevention and Early Intervention initiatives are putting California at the forefront of a new national dialogue about mental illness. Clark says, "With effective prevention and early intervention strategies, California is leading the way in saving lives and dollars by reaching youth at risk of mental health challenges, breaking down the barriers that prevent people from accessing life-saving services, and reducing suicides that shatter families."

The online education policy forum EdSource profiles a push from the Student Mental Health Policy Workgroup to build mental health training into teacher credentialing programs. Recognizing that student mental health care won't improve unless school personnel understand mental health issues, how they manifest at school, and how to connect students with appropriate resources, the group is asking State Superintendent of Public Instruction Tom Torlakson, to support inclusion of mental health curriculum in standards soon to be updated by the California Commission on Teacher Credentialing. Read more here: [New push for mental health training for teachers and principals](#).

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