

CalMHSA Express Week of October 14, 2013

Extra! Extra!
CalMHSA Express



WELLNESS • RECOVERY • RESILIENCE

Week In Review:

- *UC Riverside Provides Training for Power of the Peers Members*
- *UC Santa Barbara “#saysomething” Campaign Reaches Beyond Campus*
- *North Star Counseling Center Reaches Inyo and Mono County Students*

Hot News (funded by CalMHSA and Proposition 63)

UC Riverside Provides Training for Power of the Peers Members: UCR kicked off the 2013-2014 academic year with Zero Week Training for 300 peer mentors and educators involved in UCR’s extensive peer network, where they learned essential skills to assist them in supporting fellow students on campus. Topics included diversity awareness and education, promoting a culture of wellness on campus, campus suicide awareness resources, and a bystander intervention training. Contact: Dr. Natalie Rios at natalie.rios@ucr.edu.



UC Santa Barbara “#saysomething” Campaign Reaches Beyond Campus: With a new partnership between UCSB and Santa Barbara County, the campuses’ new suicide prevention campaign “#saysomething” has grown to educate the community and encourage open conversations about mental health and suicide prevention. Ads appearing on city buses show a united front in suicide prevention and provide the community with the National Suicide Prevention Lifeline number. The ads will run throughout the month of October. Contact: Taisha Caldwell at Taisha.Caldwell@ucop.edu or (510) 987-9353.

North Star Counseling Center Reaches Inyo and Mono County Students: Students and families in these two Frontier counties now have access to affordable counseling services thanks to funding from the California County Superintendents Educational Services

Association's Regional K-12 Student Mental Health Initiative. The North Star Counseling Center opened in September 2012 and has since seen more than 150 students and families at the Bishop and Mammoth Lakes locations. Counselors are also now able visit to smaller, remote school sites in both counties. Visit www.northstar-counseling.org for more information. Contact: Ana Danielson at adanielson@monocoe.org or (760) 934-0031.

Growing Awareness of the Mental Health Movement

Brandon Marshall of the Chicago Bears wore [lime green cleats](#) during Thursday Night Football in order to raise awareness for Mental Illness Awareness Week.

Down the Pipeline

Disability Rights California (DRC) Presents at the California Association of Social Rehabilitation Agencies (CASRA) Fall Conference: DRC will present the "Assisting People to Get Rehabilitative Mental Health Services under Parity Laws" workshop at the CASRA Fall Conference. The conference will be at the Marriott Los Angeles Burbank Airport from 1:15-2:45 pm on October 22nd, 2013, and will focus on how people can get services, including rehabilitative mental health services, under parity laws. Contact: Margaret Jakobson-Johnson at margaret.jakobson@disabilityrightsca.org.

Stanislaus County Office of Education Hosts Suicide and Threat Assessment for Schools: The Stanislaus County Office of Education and Region 6 of the Regional K-12 Student Mental Health Initiative will host the training with Dr. Laurel Bear on November 4th, 2013. Suicide and Threat Assessment training for schools provides hands-on training about conducting suicide assessments and threat assessments, and an overview of integrated school-based mental health services that support a positive school climate. Contact: Ken Fitzgerald at kfitzgerald@stancoe.org.

Alameda County Office of Education Hosts Safe and Healthy Schools Conference: The Conference will feature keynote speakers Kevin Sabet, Ph.D., former Senior Advisor at the White House Office of National Drug Control Policy, and Father Gregory Boyle, founder and Executive Director of Homeboy Industries, the largest gang intervention, rehabilitation and re-entry program in the U.S.. Topics such as bullying prevention and gender transitions will be discussed, as well as a screening of the film *Addiction Incorporated*. More information on the conference, to be held November 7th-8th at UC Berkeley, is available [here](#). Contact: Madelyn Blair at mblair@acoe.org or (510) 670-4199.

NAMI CA Seeks Creative Artists for In Our Own Voice (IOOV) Presenter Training: Individuals living with mental illness, for whom art has been a factor in their recovery, are invited to join an upcoming IOOV presenter training event in Campbell, CA on November 22nd-23rd, 2013. Individuals who enjoy the arts (painters, photographers, sketch/drawing; written or spoken word; theater; music; etc.) are encouraged to

participate. IOOV is a unique public education program, in which trained speakers share compelling personal stories about living with mental illness and achieving recovery. For more information, please contact Veronica J. Delgado at veronica.delgado@namicalifornia.org or (916) 567-0163.

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