

CalMHSA Express Week of October 28, 2013

Extra! Extra!  
CalMHSA Express



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### **Week In Review:**

- *Each Mind Matters Enthusiasm is Spreading Through Tri-City Mental Health*
- *Generation Next Invites California's College Students to Tell Stories About Mental Health*
- *UC San Diego Screens Students for Mental Health*
- *The Orange County Department of Education Launches New Positive School Climate Website*
- *CalMHSA Stigma & Discrimination Consortium Hosts Quarterly In-Person Meeting in Campbell*

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

***Each Mind Matters Enthusiasm is Spreading Through Tri-City Mental Health:*** In the one-month period since the State Coordination Workgroup Meeting in Los Angeles, Tri-City Mental Health, who serves the cities of Laverne, Pomona and Claremont, have recruited 600 Mental Health Ambassadors using the Each Mind Matters campaign. Ambassadors are community, staff and clergy members who share the Each Mind Matters story, talk about reducing stigma, invite people to take a pledge, and commit to wearing green ribbons daily. Additionally, staff at all levels are receiving education and are challenged to pass the information on to others. Staff have added Each Mind Matters logos to their email signature tags. New brochures and resource lists feature links to [Know the Signs](#), [Walk in Our Shoes](#), and [Each Mind Matters](#), and staff are submitting statements about their "Green Ribbon Moment" in order to share why they do the work they do with others. Contact: Dana Stein at [dstein@tricitymhs.org](mailto:dstein@tricitymhs.org) or (909) 784-3132.

***Generation Next Invites California's College Students to Tell Stories About Mental Health:*** The Entertainment Industries Council, Inc. (EIC)'s Generation Next, a program of TEAM Up (Tools for Entertainment And Media), launched its film/television,

*journalism, and social media competition and its faculty curricular support program this month. The competition gives students in the CSU, UC, and California Community College systems, as well as private colleges and universities across California, the opportunity to practice meaningful and socially-conscious storytelling while exploring an essential topic: mental health. Students can submit an entry in three categories: journalism, film and television and social media. Faculty participating in the curricular support program will receive a stipend to teach a class based on EIC's curricular resources on mental health depictions for storytellers, journalists, and social media strategists. View a [video](#) for more information, and visit Generation Next's [website](#) to apply (Due November 30<sup>th</sup>, 2013). Contact: Sabine Sighicelli at [ssighicelli@eiconline.org](mailto:ssighicelli@eiconline.org).*

**UC San Diego Screens Students for Mental Health:** The Counseling and Psychological Services (CAPS) Wellness Peer Education program held its annual National Depression Screening Day event. With an engaging display, unique incentives and peer outreach, UCSD CAPS screened a record 370 students, staff, and faculty. Each person participating received mental health screening and feedback from a CAPS professional, as well as CalMHSA funded mental health brochures and the UCSD CAPS smart phone app. For more information visit [here](#) or contact Tiffany O'Meara at [tmomeara@ucsd.edu](mailto:tmomeara@ucsd.edu).

**The Orange County Department of Education Launches New Positive School Climate Website:** The Orange County, Region 9 CCSESA K-12 Student Mental Health Initiative is reaching out to educators to build awareness and connect them to resources by launching a new website. The new website exhibits why a positive school climate matters, and promotes the inclusion of behavioral health as a consideration in a positive school climate. View the site [here](#). Contact: Daria Waetjen at [dwaetjen@ocde.us](mailto:dwaetjen@ocde.us) or (714) 327-1050.

**CalMHSA Stigma & Discrimination Consortium Hosts Quarterly In-Person Meeting in Campbell:** Consortium staff and members, staff from regional counties and organizations, and members of the Santa Clara NAMI and Mental Health Board met on October 21<sup>st</sup>-22<sup>nd</sup>, 2013 to highlight local SDR efforts, and to strategize greater implementation of statewide SDR efforts locally. The now 31 member Consortium is flourishing and has identified specific deliverables through four workgroups: Advocacy; Engaging Diverse Communities; Roles of Consumers and Family Members; and Sustainability and Dissemination. Consortium in-person meetings are open to counties, program programs and interested parties. The next quarterly meeting will be in Sacramento on January 27<sup>th</sup>-28<sup>th</sup>, 2014. Contact: Aubrey Lara at [Aubrey.Lara@calmhsa.org](mailto:Aubrey.Lara@calmhsa.org).

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

Julie Kang, an Each Mind Matters "Mom Blogger" recently shared her story about her road to recovery with [89.3 KPCC](#), where she talks about her struggle with depression during college, and how the stigma associated with mental illness in the Asian community can stop people from getting the help they need.

### **Down the Pipeline**

***Bay Area Suicide and Crisis Intervention Alliance (BASClA) and the Family Service Agency of Marin's North Bay Suicide Prevention Project Host Suicide Prevention Training:*** These CalMHSA program partners will host a regional suicide prevention network meeting and training on November 6<sup>th</sup>, 2013 at the Ukiah Valley Conference Center, 200 South School Street, Ukiah, CA 95482, from 9:00 am - 2:30 pm. There will be training on practical tools for working with individuals who are suicidal for educators, clergy, cultural and ethnic and LGBTQ counselors, law enforcement and other first responders. Workshops for survivor families, the Native American community and a discussion group focused on self-harm, wellness and recovery will be offered. Register online at [www.bascia.org](http://www.bascia.org). Contact: Amy Faulstich at [afaulstich@fsamarin.org](mailto:afaulstich@fsamarin.org).

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