

CalMHSA Express Week of April 7, 2014

Extra! Extra!
CalMHSA Express



WELLNESS • RECOVERY • RESILIENCE

Week In Review:

- *ReachOutHere Partners to Reach Transition-Aged Youth*
- *Peer-to-Peer Programming Empowers UC San Francisco Students*
- *Disability Rights California Releases Mental Health Resources*
- *RAND Corporation Releases Study on Caregivers of Military Service Members*
- *CalMHSA Program Partners Presenting at Annual American Association of Suicidology Conference*

Hot News (funded by CalMHSA and Proposition 63)

ReachOutHere Partners to Reach Transition-Aged Youth: Through a partnership with the California Youth Empowerment Network, Runyon Saltzman & Einhorn has distributed ReachOutHere.com and BuscaApoyo.org promotional materials to 75 drop-in centers for transition-aged youth (TAY). The materials invited TAY to join online forums that provide a safe, anonymous community to discuss social and mental health related issues with peers. To request outreach materials to distribute in your community, please contact Carlo Ammatuna at cammattuna@rs-e.com.

Peer-to-Peer Programming Empowers UC San Francisco Students: UCSF has taken the opportunity presented by the Student Mental Health Initiative to empower students to use their voice, their energy, and their boundless creativity to bring forth peer-programming ideas. UCSF's Student Health and Counseling has received several outstanding proposals from an [open call for proposals for Peer-to-Peer funds](#), and plans to announce the awardees at the beginning of Spring Quarter. This endeavor will bring peer programming to a community of graduate and professional students for the first time, addressing mental health awareness, suicide prevention, and stigma. Contact James Lyda at James.Lyda@ucsf.edu.

Disability Rights California (DRC) Releases Mental Health Resources: DRC's training and resources provide consumers, practitioners and advocates with information about the rights of Californians with disabilities:

- DRC released a [large color poster](#) featuring twelve of their most requested fact sheets as visual Quick Response (QR) codes, which allow a user with a mobile device to scan the QR codes and instantly download the fact sheet to their device.
- DRC released a new "[Report on dehumanizing terms in California codes that foster stigma against people with mental health challenges & policy recommendations.](#)" You can also view the new "Housing Resources for People with Mental Health Disabilities" and "Supportive Housing under the Mental Health Services Act" reports [here](#).
- **April Tip of the Month:** One of the most important documents to read about your insurance coverage is the Evidence of Coverage. Why? It contains a description of your plan and procedures to follow if you have a dispute with the company.

More resources are available on the Disability Rights California [website](#). Contact: Margaret Jacobson-Johnson at Margaret.Jakobson@disabilityrightsca.org.

RAND Corporation Releases Study on Caregivers of Military Service Members: The RAND Corporation recently released a study that focuses on the caregivers of wounded, ill, and injured military service members and veterans to quantify military caregivers' needs and examine existing policies and programs for meeting them. For more information, visit [the RAND Military Caregivers Study](#), and listen to a segment on [NPR](#). Contact: Rajeev Ramchand at ramchand@rand.org.

CalMHSA Program Partners Presenting at Annual American Association of Suicidology (AAS) Conference: The 47th Annual National AAS conference will be held this week in Los Angeles, where hundreds of people will participate in a forum focused on suicide prevention, intervention, postvention, and research. Many CalMHSA program partners will be presenting, including the RAND Corporation, Didi Hirsch, LivingWorks, AdEase, Entertainment Industries Council, and the Mental Health Association of San Francisco, along with CalMHSA staff. Resources created through CalMHSA funding will be disseminated to suicide prevention partners nationwide. Contact: Sarah Brichler at Sarah.Brichler@calmhsa.org.

Prop 63. in the News

The [Vacaville Reporter](#) featured Gabriel Saenz, a 6th-grader who was the statewide winner of the "[Walk in Our Shoes](#)" contest for 4th through 8th graders, a part of the CalMHSA Stigma and Discrimination Reduction social marketing campaign.

Down the Pipeline

Save the Date for Upcoming Training, Technical Assistance and Capacity Building (TTACB) Workgroup: The RAND Corporation will be hosting a workgroup "Evaluation Approaches for Prevention and Early Intervention (PEI)," from 10:00am-3:30pm in three locations: Santa Monica (Wednesday, April 30th, 2014); Sacramento (Wednesday, May 14th, 2014); and Redding (Thursday, May 15th, 2014). The workgroup is intended for

individuals who have already had basic training or experience with program evaluation, and will focus on how to design and conduct evaluation for different kinds of PEI programs. E-mail or fax the [registration form](#) to Kaci Williams at kaci@rand.org or (310) 451-6921 by Friday, April 18th, 2014. Contact: Sarah Brichler at sarah.brichler@calmhsa.org.

Save the Date for Mental Health Matters Day! On May 13th, 2014, thousands of people will gather on the South Lawn of California's Capitol Building in Sacramento to show that mental health is important to everyone. The day will begin with a dynamic speaking program, interactive exhibits, live entertainment and food, followed by an Each Mind Matters walk on Capitol Mall and ending at Raley Field where the Sacramento River Cats will play the "Mental Health Matters" School Day baseball game. To end the day, the Directing Change award ceremony will take place at the Crest Theatre and honor high school and college students who submitted Public Service Announcements about mental illness stigma and discrimination or suicide prevention. [RSVP here](#) for the event and claim your tickets for the River Cats game and Directing Change. An event flyer is also available on this website – please distribute widely! Contact: Jeanine Gaines at jgaines@rs-e.com.

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