

CalMHSA Express Week of July 21, 2014



EACH MIND MATTERS

California's Mental Health Movement



The CalMHSA Express provides mental health partners, policy makers, and stakeholders with timely updates from the Prevention and Early Intervention programs implemented on behalf of counties by the California Mental Health Services Authority (CalMHSA). It also helps community members become involved in Each Mind Matters: California's Mental Health Movement.

Week In Review:

- *Comedian Margaret Cho Speaks Out Against Bullying and Stigma*
- *Disability Rights California Releases Fact Sheet on Mental Health Parity Court Decision*
- *Native Communities of Care Summit Brings Together Mental Health Advocates*
- *ReachOutHere Peer Supporters Create Powerful Videos About Mental Health*
- *UCLA Hosts "CARE Take Back the Night"*

Hot News (Funded by County Members of CalMHSA and Prop 63.)

Comedian Margaret Cho Speaks Out Against Bullying and Stigma: Stigma and Discrimination Program Partner Runyon Saltzman & Einhorn, in collaboration with Los Angeles County, recently released a new video vignette featuring comedian Margaret Cho and her message against bullying and stigma. This short video is a part of a project to reduce stigma and discrimination among community influencers and key decision makers. Readers are encouraged you to [view this story and other videos](#) about mental health and stigma. Contact: Kate Calderazzo at kcalderazzo@rs-e.com.

Disability Rights California (DRC) Releases Fact Sheet on Mental Health Parity Court Decision: DRC's Mental Health Stigma & Discrimination Reduction project team has released a new publication for distribution: "[Recent Decision on the California Mental Health Parity Law: Health Plans Must Cover All Medically Necessary Treatment.](#)" This short, 3 page fact sheet details the impact of the California appeals court decision on *Rea v. Blue Shield of California*, where the Second Appellate District Court agreed that the California Mental Health Parity Act requires health care service plans to cover all medically necessary mental health treatments and services. Contact: Margaret Jakobson-Johnson at Margaret.Jakobson@disabilityrightscal.org or (916) 504-5937.

Native Communities of Care Summit Brings Together Mental Health Advocates: Stigma and Discrimination Program Partner Runyon Saltzman & Einhorn recently hosted a summit for the Native Communities of Care grant recipients, which brought together grantees, counties and community members to educate participants on utilizing grant funding to reduce mental health

stigma and discrimination in Native American communities. Over 30 different tribes were represented at the summit, facilitating meaningful dialogue, collaboration and relationships across communities and organizations. Contact: Jeanine Gaines at jgaines@rs-e.com.

ReachOutHere Peer Supporters Create Powerful Videos About Mental Health: *Five*



recently attended a video production boot camp hosted by the Bay Area Video Coalition where these aspiring filmmakers learned the production skills – from planning to shooting and editing – that will help the next generation of storytellers communicate their powerful stories of recovery, resilience, and strength. During the boot camp, participants produced [three amazing short videos](#) with powerful messages of help-seeking, peer support and overcoming stigma in difficult circumstances. Contact: Emily O'Brien at emily@inspire.org.

UCLA Hosts “CARE Take Back the Night”: *UCLA Center for Counseling and Psychological Services (CAPS) recently held “CARE Take Back the Night” – a jointly sponsored event with the Santa Monica Rape Treatment Center and the Clothesline Project, to inform students and community members about resources and how to access services for those who have experienced sexual assault or harassment. Contact Lisa Liu at lliu@caps.ucla.edu.*

The next issue of the News to Use Bulletin highlighting CalMHSA's programs for the Asian-Pacific Islander community will be published next Monday, July 28th, 2014, in place of the CalMHSA Express.

For the fiscal year 2014-15, the CalMHSA Express will be published on the first and third Monday of the month. Look for a new CalMHSA Express on August 3rd, 2014! Please continue to submit your great activities, upcoming events and how the mental health community can get involved in your work to Jenna Thompson at Jenna@paschalroth.com.

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

CalMHSA is an organization of county governments working to improve mental health outcomes for individuals, families and communities. Prevention and Early Intervention programs implemented by CalMHSA are funded by counties through the voter-approved Mental Health Services Act (Prop. 63). Prop. 63 provides the funding and framework needed to expand mental health services to previously underserved populations and all of California's diverse communities.