

## CalMHSA Express Week of August 18, 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](#).

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### **Special Message from CalMHSA**

We know that many members of the mental health community have been approached by media or others to talk about Robin Williams' death. With so much attention focused on the public health issue of suicide, CalMHSA and our partners are committed to building public awareness of suicide prevention resources. The latest numbers show that Californians are responding to this tragedy by seeking information and help. This week, hotlines and warm lines across the state and around the country have experienced a significant increase in calls. Know the Signs, California's suicide prevention campaign, has seen a 10-fold increase in website traffic.

Every county in California has resources to support people experiencing thoughts of suicide. Visit [www.suicideispreventable.org](http://www.suicideispreventable.org) or [www.elsuicidiespreventable.org](http://www.elsuicidiespreventable.org) to learn how you can support others who may be experiencing thoughts of suicide, and find local resources such as crisis hotlines and support groups that can provide care. Here are some additional resources that might be helpful to you in responding to requests from the media, public or family and friends:

- [Resources for Journalists and the Public](#)
- [June 2014 News to Use featuring CalMHSA's Suicide Prevention Efforts in California](#)

Contact: Theresa Ly at [Theresa.ly@calmhsa.org](mailto:Theresa.ly@calmhsa.org) or (916) 859-4827.

### **Week In Review:**

- [Tell Us What You're Doing For Suicide Prevention Week 2014!](#)
- [Stigmatizing Language Removed from California Laws](#)
- [New Walk In Our Shoes Video Performance and Webinars Available Online](#)

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

**Tell Us What You're Doing For Suicide Prevention Week 2014!** With September fast approaching, CalMHSA is interested in learning about what you are doing to promote suicide prevention throughout the month of September as well as to highlight the 40<sup>th</sup> Annual National Suicide Prevention Week. Please fill out a [brief survey](#) to inform us of your activities and events by Friday, August 29<sup>th</sup>, 2014. Please share this link with your local partners who may also be implementing suicide prevention week activities. CalMHSA will be using this information to

highlight your collective efforts in press releases, newsletters as well as on the Each Mind Matters blog and events page. Contact: Theresa Ly at [Theresa.ly@calmhsa.org](mailto:Theresa.ly@calmhsa.org).

**Stigmatizing Language Removed from California Laws:** Governor Brown signed AB 1847 (Chesbro) into law, replacing offensive and outdated terms concerning people with mental health disabilities in California statutes. The Disability Rights California-sponsored bill was inspired by a [report](#) that discusses how some terminology still in use in California Law reflected false beliefs about people with mental health life experiences. Read more information about the bill in the [San Francisco Chronicle](#) and this short [one-pager](#). Contact: Margaret Jakobson-Johnson at [Margaret.Jakobson@disabilityrightsca.org](mailto:Margaret.Jakobson@disabilityrightsca.org) or (916) 504-5937.

**New Walk In Our Shoes Video Performance and Webinars Available Online:** The award-winning [Walk In Our Shoes](#) campaign, inoculating 9 – 13 years olds against stigmatizing attitudes about mental illness, has added a [video-taped version of the musical performance play](#) to its website that follows four authentic stories from real youth about their experiences with mental health. This new resource will allow all schools to access the play and implement the lessons learned from the performance in the classroom. Additionally, two new webinars ([webinar 1](#), [webinar 2](#)) that educate school staff and teachers about how to discuss the topic of mental health to 4<sup>th</sup> – 8<sup>th</sup> graders has been added to the website. Contact: Kate Calderazzo at [kcalderazzo@rs-e.com](mailto:kcalderazzo@rs-e.com).

### **Down the Pipeline**

**Register for the University of California's Best Practice Conference:** On September 8<sup>th</sup> and 9<sup>th</sup>, 2014, in Los Angeles, the California State University, the California Community College system, the University of California will come together and host ["Stronger Together: California Colleges & Universities United for Student Mental Health"](#) to share what works, what doesn't, and discuss where we go from here to sustain many of the programmatic efforts made possible through Proposition 63. This culminating conference will feature engaging keynote speakers, collaborative presentations from California higher education segments, best/promising practice workshops, poster presentations, round table discussions, networking opportunities, and student mental health vendors. Registration ends August 25<sup>th</sup>, 2014. Contact: Taisha Caldwell at [Taisha.Caldwell@ucop.edu](mailto:Taisha.Caldwell@ucop.edu).

**Register for Los Angeles County Department of Mental Health Suicide Prevention Summit:** The Los Angeles County Department of Mental Health in partnership with Didi Hirsch Mental Health Services, and funding provided by CalMHSA is holding its 4<sup>th</sup> Annual Suicide Prevention Summit on September 9<sup>th</sup>, 2014, in Los Angeles from 8:00 am – 4:00 pm at the California Endowment Center. The summit will feature the Emerging Best Practices in Suicide Prevention that were developed by Didi Hirsch in partnership with statewide subcontractors through the Statewide Suicide Prevention Networks project. For more information about the Summit or how to register, please refer to this [flyer](#). A Northern California Summit will be held in October. For more information or questions, please contact Stephanie Lino at [slino@didihirsch.org](mailto:slino@didihirsch.org).

*The next issue of the News to Use Bulletin highlighting CalMHSA's programs for K-12 Educators will be published next Monday, August 25<sup>th</sup>, 2014, in place of the CalMHSA Express.*

*A new CalMHSA Express on September 7<sup>th</sup>, 2014 will highlight resources for Suicide Prevention Week! Please continue to submit your great activities, upcoming events and tips on how communities can become involved in your work to Jenna Thompson at [Jenna@paschalroth.com](mailto: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.*