

## CalMHSA Express Week of August 4, 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, CalMHSA's statewide campaign that engages Californians about stigma and discrimination reduction and suicide prevention. To learn more about Each Mind Matters: California's Mental Health Movement, visit [www.eachmindmatters.org](http://www.eachmindmatters.org).

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### **Week In Review:**

- *Submit Your Prop. 63 Story!*
- *University of California Student Mental Health Conference Seeks Proposals*
- *Schools Superintendent Urges School Leaders to Adopt Suicide Prevention Policies*
- *Disability Rights California Releases Video on Mental Health*
- *University of California, San Francisco Provides Alcohol Abuse Workshop*
- *ReachOut Expert Connects Mental Health Professionals with Youth*

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

**Submit Your Prop. 63 Story!** The Mental Health Services Oversight and Accountability Commission (MHSOAC) is producing [The Prop. 63 Story](#), a commemorative book showcasing individual stories of hope and recovery, as Prop. 63 author and Senate President pro tem Darrell Steinberg concludes his tenure in the state legislature this year. To be considered for inclusion, individuals who have benefited from Prop. 63-funded mental health services or their family members can share stories of recovery, wellness, or personal triumph as related to mental health, along with a photo and [consent form](#) by October 31<sup>st</sup>, 2014. As a Champion for Suicide Prevention, Stigma Reduction and improved Student Mental Health, please take this opportunity to express gratitude to Senator Steinberg by encouraging individuals touched by your efforts to share stories that exemplify the power of prevention and early intervention. Contact: Jennifer Whitney at [jennifer.whitney@mhsoc.ca.gov](mailto:jennifer.whitney@mhsoc.ca.gov).

**University of California (UC) Student Mental Health Conference Seeks Proposals:** The UC Student Mental Health 2014 Best Practices Conference, being held on September 8<sup>th</sup> and 9<sup>th</sup>, 2014 in Los Angeles, is accepting proposals that reflect best and promising practices in student mental health with a focus on prevention and early intervention. Proposals should be informed by theory, research, and practice. See [details](#) and a [submission form](#) for more information. Contact: Taisha Caldwell at [Taisha.Caldwell@ucop.edu](mailto:Taisha.Caldwell@ucop.edu).

**Schools Superintendent Urges School Leaders to Adopt Suicide Prevention Policies:** Following a recommendation of CalMHSAs Student Mental Health Policy Workgroup, State Superintendent of Public Instruction Tom Torlakson recently issued a [letter](#) to County and District Superintendents and Charter School Administrators encouraging all governing boards to consider adopting a suicide prevention policy using the model provided by the California School Boards Association. Contact: Monica Nepomuceno at [MNepomuceno@cde.ca.gov](mailto:MNepomuceno@cde.ca.gov) or (916) 323-2212 and David Kopperud at (916) 323-1028.

**Disability Rights California (DRC) Releases Video on Mental Health:** DRC has released a new video, "[Awareness, Action & Acceptance](#)," featuring real people talking about their personal experiences with mental health stigma, employment, peer support, disclosure to others and recovery choices. DRC staff shot this video footage on location at two Sacramento area Wellness Recovery Centers. Contact: Margaret Jakobson-Johnson at [Marqaret.Jakobson@disabilityrightsca.org](mailto:Marqaret.Jakobson@disabilityrightsca.org) or (916) 504-5937.

**University of California, San Francisco (UCSF) Provides Alcohol Abuse Workshop:** UCSF Counseling and Psychological Services (CAPS) staff provided three trainings on the topic of Alcohol Abuse for the Xi Phi Psi International Dental Fraternity for 91 Graduate and Professional students. These programs used a pro-social, bystander-training approach (including elements of Step Up! Intervention) to frame discussion of alcohol abuse, mental health stigma, and the relationship between alcohol abuse and sexual assault. Contact: Dr. James Lyda at [James.Lyda@ucsf.edu](mailto:James.Lyda@ucsf.edu).

**ReachOut Expert Connects Mental Health Professionals with Youth:** The ReachOutHere Campaign recently launched [ReachOut Expert](#), an online forum for 13-24 year olds, where users can connect easily with mental health professionals. Users can ask anything and everything that is on their minds, and a rotating panel of qualified experts will field questions that range from relationship advice to living with depression. Contact: Meredith Sires at [meredithsires@inspire.org](mailto:meredithsires@inspire.org).

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

[KQED](#) radio highlights California's effort to prevent the onset of schizophrenia, including a Mental Health Services Act-funded prevention and early intervention program in Ventura County that promotes recovery and saves money.

### **Down the Pipeline**

**Save the Date Northern Region Mental Health and Spirituality Conference:** On October 9th and 10th, 2014, the Mental Health and Spirituality Northern Region Conference, [the Spirituality Factor: Weaving Behavioral Health and Spirituality Using Evidence and Practice Because "Each Mind Matters,"](#) will be held at the Allen Temple Family Life Center. The conference will explore what is needed achieve an inclusive and integrated behavioral health system of care that embraces spiritual and holistic approaches to wellness. Registration Opens August 20<sup>th</sup>, 2014. Contact: Gigi Crowder at [GCrowder@acbhcs.org](mailto:GCrowder@acbhcs.org).

**The 7<sup>th</sup> International Together Against Stigma Conference Comes to San Francisco February 17<sup>th</sup> – 20<sup>th</sup>, 2015:** The Call for Presentations and the Save the Date for registration can be found [here](#). This forum will bring together individuals, communities, and stigma researchers to advance education and increase awareness of the effects of stigma and discrimination on community mental health and access to quality and culturally responsive care. By empowering and strengthening the voices of those impacted by stigma, the conference will spark and sustain a dialogue and call to action to achieve significant and meaningful change. Submissions for both research presentations as well as presentations that focus on policy and practice strategies are encouraged. For questions about submissions or registration, visit [here](#), or contact Amanda Lipp at [Amanda.lipp@calmhsa.org](mailto:Amanda.lipp@calmhsa.org).

The CalMHSA Express is published on the first and third Monday of each month. Look for a new CalMHSA Express on August 18<sup>th</sup>, 2014! Please continue to submit your great activities, upcoming events and tips on how the mental health community 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.