

## CalMHSA Express Week of September 8, 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 FOR SUICIDE PREVENTION WEEK**

From September 8<sup>th</sup> – 14<sup>th</sup>, 2014, CalMHSA joins partners across the state to observe the 40<sup>th</sup> Annual Suicide Prevention Week. During the week, and throughout the month of September, suicide prevention activities will take place throughout California, raising awareness about suicide prevention, and highlighting California's efforts to reduce suicide. Here are a few examples of suicide prevention activities happening in local communities:

- September 9<sup>th</sup>, 2014 in Los Angeles: The Los Angeles County Suicide Prevention Network hosts the 4<sup>th</sup> Annual Suicide Prevention Summit, featuring 7 emerging best practices in suicide prevention that were developed in regions throughout California. Contact: [suicideprevention@dmh.lacounty.gov](mailto:suicideprevention@dmh.lacounty.gov).
- Throughout Suicide Prevention Week, Santa Clara County will provide a variety of Mental Health First Aid trainings and speakers panels on suicide prevention. Contact: Evelyn Tirumalai at [evelyn.tirumalai@hhs.sccgov.org](mailto:evelyn.tirumalai@hhs.sccgov.org).
- September 12<sup>th</sup>, 2014 in Redding: Stand Against Stigma and Called to Move will co-sponsor the "Hope Is Alive!" Open Mic Night to celebrate how art and creativity helps the healing process. The Shasta County Suicide Prevention Workgroup will also be holding an Out of Darkness Walk to further raise suicide prevention awareness in the community. Contact Marc Dadigan at [mdadigan@co.shasta.ca.us](mailto:mdadigan@co.shasta.ca.us).
- September 20<sup>th</sup>, 2014 in Monterey: Family Services Agency of Central Coast will host the [8<sup>th</sup> Annual Coastal Trail Walk](#), which offers community members a chance to join together in celebration of life, remembrance of loved ones and in support of the services of suicide prevention.
- September 27<sup>th</sup>, 2014 in Tulare: The Tulare & Kings Counties Suicide Prevention Task Force will be holding the [5th Annual Festival of Hope](#) to raise community awareness of suicide prevention through art and music.

Throughout September, [Each Mind Matters](#) will be highlighting suicide prevention resources on its website, and sharing more about suicide prevention on its blog, events page, and social media sites. For questions regarding suicide prevention week activities, contact Theresa Ly at [Theresa.ly@calmhsa.org](mailto:Theresa.ly@calmhsa.org).

**Kings County Behavioral Health Brings Suicide Prevention to Local Agricultural Community:** Kings County Behavioral Health partnered with KIGS AM 620 to air a series of talk shows and news programs and to run two suicide awareness ads targeting this population. Additionally, they will be interviewed on one of the agricultural programs to provide information and resources to the local farming community as well as promote events in September. Contact: Ahmadreza Bahrami at [Ahmadreza.Bahrami@co.kings.ca.us](mailto:Ahmadreza.Bahrami@co.kings.ca.us).

**Suicide Prevention Programs Receive Best Practices Recognition:** As part of the CalMHSA Program #1 Best Practices Project, two local programs have received full recognition as “best practices” from the Suicide Prevention Resource Center’s Best Practices Registry. [The Manual for Support Groups for Attempt Survivors](#) serves to guide individuals and organizations in developing and implementing an attempt survivors’ support group in their communities. [A Guide to Using Facebook to Promote Suicide Prevention and Mental Illness Stigma Reduction](#) serves as a resource for developing and implementing a stigma reduction and suicide prevention campaign via Facebook. Contact: Stephanie Lino at [slino@didihirsch.org](mailto:slino@didihirsch.org).

**ReachOutHere Supports Suicide Prevention Month:** To promote National Suicide Prevention Month, the [ReachOutHere](#) campaign is inviting teens and young adults across California to visit [ReachOutHere.com](#) and remember this important truth: You Are Not Alone. All month long, the #YouAreNotAlone message will be broadcast across social media and via [video](#). By encouraging fans to support friends in need by joining the [ReachOutHere Forums](#) and visiting the [Know the Signs](#) site, the ReachOutHere campaign echoes the wider [Each Mind Matters](#) movement, inspiring youth to overcome stigma and take the brave step of seeking help. Contact: Meredith Sires at [meredithsires@inspire.org](mailto:meredithsires@inspire.org).

**Week In Review:**

- CalMHSA Brings International Stigma and Discrimination Reduction Conference to California, Seeks Presentation Proposals
- New Mental Health Awareness Week Resources!
- Positive Behavioral Interventions & Supports Scaling-up in San Bernardino County
- Disability Rights California Releases New Mental Health Resource For Law Enforcement Officials

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

**CalMHSA Brings International Stigma Conference to California, Seeks Presentation Proposals:** “Together Against Stigma: Each Mind Matters” is the 7<sup>th</sup> International Conference on Stigma Research, Policy and Practice and will be held in San Francisco February 18<sup>th</sup> – 20<sup>th</sup>, 2015. It is being hosted by California Mental Health Services Authority (CalMHSA), the California Institute for Behavioral Health Solutions (CIBHS), and the World Psychiatric Association (WPA). The international character of this conference underscores the fact that stigma is not exclusive to any one country or culture: it is pervasive, encountered at all levels of society, institutions, among families and within the healthcare profession itself. This conference will be the first to be hosted in the United States. Confirmed keynote speakers include world renowned experts in stigma and discrimination research, media and journalism, and youth leadership which include

Graham Thornicroft, Professor of Psychiatry and Chair of the WPA Scientific Section on Stigma and Mental Health, Patrick Corrigan, Professor of Psychology and Principal Investigator at the National Consortium for Stigma and Empowerment, Sergio Aguilar-Gaxiola, Professor of Clinical Internal Medicine and Founding Director of the UC Davis Center for Reducing Health Disparities, former U.S. Senator Gordon H. Smith and current President and CEO of the National Association of Broadcasters, and Executive Director and founder of Active Minds, Alison Malmon. Please consider [submitting a presentation proposal](#) (Due September 26<sup>th</sup>, 2014). [Early registration](#) closes November 14<sup>th</sup>, 2014. Contact: Amanda Lipp at [amanda.lipp@calmhsa.org](mailto:amanda.lipp@calmhsa.org).

**New Mental Health Awareness Week Resources!** Mental Health Awareness Week is October 5<sup>th</sup> – 11<sup>th</sup>, 2014, and CalMHSA has developed a [toolkit](#) containing ideas and resources to promote the week in your county, including key messages, template fliers, social media and press materials and guides to holding events such as a lunchtime movie screening and ribbon pledge drive. Contact: Jeanine at [JGaines@rs-e.com](mailto:JGaines@rs-e.com).

**Positive Behavioral Interventions & Supports (PBIS) Scaling-up in San Bernardino County:** Through enhanced partnership between the Student Mental Health Initiative, the San Bernardino County Superintendent of Schools and the County of San Bernardino Department of Behavioral Health, the PBIS program has implemented a pilot training initiative. This valuable partnership will build the capacity of the pilot schools/districts in supporting student wellness and creating positive school environments. The number of schools requesting PBIS training has increased from 15 in 2013-14 to 69 in 2014-15. Contact: Erica Porteous at [eporteous@dbh.sbcounty.gov](mailto:eporteous@dbh.sbcounty.gov).

**Disability Rights California (DRC) Releases New Mental Health Resource For Law Enforcement Officials:** Because law enforcement is often the first responder when a person is experiencing a mental health crisis, DRC has released a policy paper with recommendations called "[An Ounce of Prevention: Law Enforcement Training and Mental Health Crisis Intervention](#)," to ensure this first point of contact is beneficial to all involved. Contact: Margaret Jakobson-Johnson at [Margaret.Jakobson@disabilityrightsca.org](mailto:Margaret.Jakobson@disabilityrightsca.org) or (916) 504-5937.

### **California Leaders Challenge Stigma**

Two recent personal disclosures of resilience in the face of mental health challenges demonstrate how California is embracing Each Mind Matters' call for acceptance and inclusion.

Jordana Steinberg, daughter of Senate President pro Tempore Darrell Steinberg, shared her story of mental health challenges, her family's role in her recovery, and her decision to come forward to combat stigma with the [Sacramento Bee](#). The [Los Angeles Times](#) also profiled her family's struggles and courage.

Secretary of State Debra Bowen disclosed that she lives with depression in this [Los Angeles Times](#) piece. Bowen poignantly discussed the additional challenges stigma pose to individuals living with a mental health challenge.

### **Down the Pipeline**

***The California Youth Empowerment Network (CAYEN) Hosts Networking Call: On Wednesday, September 24<sup>th</sup>, 2014 from 10:00am - 11:30am, CAYEN will host a Statewide Drop-In Center Networking Call to provide an opportunity for mental health advocates to learn what other drop-in centers across the state are doing to engage their clients and to assist them in their transition to self-sufficiency. Participants will learn about issues affecting Transition Aged Youth and other topics. Register via email to Briana Escamilla at [bescamilla@mhac.org](mailto:bescamilla@mhac.org).***

*The CalMHSA Express is published on the first and third Monday of each month. Look for a new CalMHSA Express on September 22<sup>nd</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).*

*Do you have news to share? Send submissions 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.*