

## CalMHSA Express Week of November 17, 2014



# EACH MIND MATTERS

California's Mental Health Movement



WELLNESS • RECOVERY • RESILIENCE

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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### **Week In Review:**

- *Tools for Change* 2015 Fellowship Program Seeks Emerging Mental Health Leaders
- Speakers Bureaus Grants Extend Reach of *Each Mind Matters* Message
- *Each Mind Matters* Spreads California's Mental Health Movement Throughout the State
- Disability Rights California Releases New Mental Health Resources
- University of California Produces New Bystander Public Service Announcement

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

***Tools for Change* 2015 Fellowship Program Seeks Emerging Mental Health Leaders:** *The Center for Dignity, Recovery & Empowerment* is seeking nominations from the U.S. and abroad for a Fellowship Program for emerging leaders in the field of mental health and recovery. The selected fellows will participate in a one day Tools for Change Forum on February 17<sup>th</sup>, 2015, as well as the International Together against Stigma Conference February 18<sup>th</sup> – 20<sup>th</sup>, 2015 in San Francisco. The fellowship will help strengthen participant's leadership skills, teach leadership strategy for activating their communities, and establish networks and mentor/mentee relationships with prominent leaders in the field of mental health and recovery. For more information, [click here](#). Contact: Daniel Esparza at [daniel@mentalhealthsf.org](mailto:daniel@mentalhealthsf.org).

**Speakers Bureaus Grants Extend Reach of *Each Mind Matters* Message:** *Each Mind Matters* and CalMHSA are pleased to announce the recipients of the *Each Mind Matters* Community Engagement Grant and the Stigma and Discrimination Reduction Speakers' Bureau Grant. By providing a unique opportunity for speakers to share their experiences living with a diagnosis of mental health challenges, the grants are an important part of reducing the stigma and discrimination surrounding mental health challenges. For a full list of grantees, [click here](#). Contact: Aubrey Lara at [Aubrey.Lara@calmhsa.org](mailto:Aubrey.Lara@calmhsa.org).

### ***Each Mind Matters* Spreads California's Mental Health Movement Throughout the State:**

- *Each Mind Matters* will be promoting a six-week media advertising campaign through web banners and a Pandora-hosted audio spot. The campaign will encourage individuals across the state to speak up, reach out, share the facts and encourage others to join the

movement at [EachMindMatters.org](http://EachMindMatters.org). To learn more about the upcoming media, check out the [Each Mind Matters blog](#). Contact: Nicole Jarred at [njarred@rs-e.com](mailto:njarred@rs-e.com).

- *Each Mind Matters* recently participated in the *American Foundation for Suicide Prevention's* Annual [Out of the Darkness Walk](#) in Greater Los Angeles. *Each Mind Matters* joined with hundreds of individuals, families and organizations to increase awareness about suicide prevention by tabling and providing resources to participants. Contact: Miguel Perla at [Miguel.Perla@eachmindmatters.org](mailto:Miguel.Perla@eachmindmatters.org).



### **Disability Rights California (DRC) Releases New Mental Health Resources:**

- "[Everyone's Neighborhood: Addressing 'Not in My Backyard' Opposition to Supportive Housing for People with Mental Health Disabilities](#)" discusses efforts that housing developers, advocates and local governments have made to promote supportive housing for people with mental health disabilities, suggests strategies for bolstering community support, and provides tools for addressing neighborhood opposition if it does arise.
- "[The California Mental Health Parity Act Toolkit: A Guide to Appealing Health Plan Mental Health Care Denials](#)" helps readers navigate the sometimes complex world of mental health parity appeals.

Contact: Margaret Jakobson-Johnson at [Margaret.Jakobson@disabilityrightsca.org](mailto:Margaret.Jakobson@disabilityrightsca.org).

**University of California (UC) Produces New Bystander Public Service Announcement:** UC recently released a new public service announcement to teach the UC community about behavior that encourages students to protect each other, lookout for one another and make the campus a better place to thrive both socially and academically. Watch the video [here](#). Contact: Dr. Taisha Caldwell at [Taisha.Caldwell@ucop.edu](mailto:Taisha.Caldwell@ucop.edu).

*The next issue of the News to Use Bulletin highlighting consumer involvement in CalMHSA programs will be published next Monday, November 24<sup>th</sup>, 2014, in place of the CalMHSA Express.*

*The CalMHSA Express is published twice per month. Look for a new CalMHSA Express on December 8<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).*



**New Items on the *Each Mind Matters* Online Store!** The [Each Mind Matters online store](#) has new items, including a hashtag tee, lime green ribbon magnet, baseball hat, key chain and zip-up sweatshirt. Show your support for California's Mental Health Movement and shop online today! If you would like to place an order for *Each*

*Mind Matters* ribbons and stickers, please contact [store@eachmindmatters.org](mailto:store@eachmindmatters.org). All proceeds from the *Each Mind Matters* Store fund outreach and educational materials.

*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.*