

## CalMHSAs Express Week of December 8, 2014



# EACH MIND MATTERS

California's Mental Health Movement



The CalMHSAs 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 (CalMHSAs). It also helps community members become involved in [Each Mind Matters: California's Mental Health Movement](#).

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### **Week In Review:**

- *Each Mind Matters* Launches Online Program and Resource Catalogue
- Fellowship Helps Develop Next Generation of Mental Health Leaders
- ReachOutHere.com Puts Focus on Creating Safe Place for LGBTQ Youth
- Disability Rights California Releases New Mental Health Resources
- California Reducing Disparities Project Releases New Strategic Plan to Reduce Mental Health Disparities

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

***Each Mind Matters* Launches Online Program and Resource Catalogue:** The [Program Resource Catalogue](#), available December 12<sup>th</sup>, 2014, is a searchable website that puts information on hundreds of programs, resources, and tools produced through CalMHSAs within easy, searchable reach of counties, organizations and mental health partners, making it easy to integrate these resources into behavioral health and wellness prevention and early intervention efforts. Contact: [info@eachmindmatters.org](mailto:info@eachmindmatters.org).

**Fellowship Helps Develop Next Generation of Mental Health Leaders:** [The Center for Dignity, Recovery and Empowerment Fellowship Program](#) will be awarding 25 fellowships to emerging leaders in the field of mental health and recovery from the U.S. and abroad. Passionate, emerging leaders who utilize innovative approaches to mobilize/contribute to their communities for the advancement of mental health wellness, are encouraged to apply. The program is in partnership with 7<sup>th</sup> International Together Against Stigma: Each Mind Matters conference taking place February 18<sup>th</sup>-20<sup>th</sup> 2015 in San Francisco. Fellows will need to commit to this project for one year under the mentorship of prominent leaders in the field and with the support of other fellows. Contact: Daniel Esparza at [daniel@mentalhealthsf.org](mailto:daniel@mentalhealthsf.org).

**ReachOutHere.com Puts Focus on Creating Safe Place for LGBTQ Youth:** In partnership with the Gay-Straight Alliance Network, and with support from CalMHSAs, the *ReachOutHere* campaign produced new mental health resources on [ReachOutHere.com](#) for LGBTQ youth in California. Teens and young adults were recruited from across the state to develop resources

and stories that promote acceptance and inclusion of the diverse population of LGBTQ youth who face mental health challenges. Check out the [fact sheets](#) and [real stories](#) on [ReachOutHere.com](#). Contact: Meredith Sires at [meredithsires@inspire.org](mailto:meredithsires@inspire.org).

**Disability Rights California (DRC) Releases New Mental Health Resources:** To reduce the stigma and discrimination surrounding mental illness, DRC is empowering Californians to enforce their rights under the California Mental Health Parity Law and the Federal Mental Health Parity and Addiction Equity Act by providing information and trainings.

- DRC has released a new fact sheet, "[What is "Recovery" in Mental Health?](#)," to help readers understand recovery as it relates to the mental health world.
- Each month, DRC releases a new mental health parity tip. Find them and other tips online on [DRC's website](#).

Contact: Margaret Jakobson-Johnson at [Margaret.Jakobson@disabilityrightsca.org](mailto:Margaret.Jakobson@disabilityrightsca.org) or (916) 504-5937.

**California Reducing Disparities Project Releases New Strategic Plan to Reduce Mental Health Disparities:** The California Department of Public Health (CDPH), Office of Health Equity is excited to share the community driven, [California Reducing Disparities Project draft Strategic Plan to Reduce Mental Health Disparities](#) (Plan). This groundbreaking Plan represents the voice of unserved, underserved, and inappropriately served communities by highlighting recommendations on improving the delivery of prevention and early intervention services for multicultural communities, identifying community-defined promising practices, and emphasizing the need for systems change. The Plan also provides direction to CDPH on the roll out of \$60 million dollars to implement these recommendations. View the plan [here](#). For questions or comments on the Plan, contact Ruben Cantu, California Pan-Ethnic Health Network Program Director, at [rcantu@cpehn.org](mailto:rcantu@cpehn.org).

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

The [Sacramento State Hornet](#) informed readers about the Sac State Red Folder, a quick-reference resource to guide faculty in responding to a distressed student, including identifying indicators of student distress.

### **Down the Pipeline**

**Native Communities of Care Sustainability Summit:** Native Communities of Care invites you to participate in their upcoming sustainability summit in Sacramento on December 11<sup>th</sup>, 2014 from 8:00am – 3:00pm, celebrating the culmination of a successful grant program that supported 14 organizations, counties and tribes across the state with the purpose of incorporating mental health and wellness messaging into Native American community resources. The final summit will present an opportunity for grantees, counties and community members to come together to share highlights and learning experiences. If you would like to attend please RSVP to Jeanine Gaines at [jgaines@rs-e.com](mailto:jgaines@rs-e.com) or (916) 446-9900.

**Los Angeles Advocacy Training for Transition Age Youth:** On January 28<sup>th</sup>, 2015, the California Youth Empowerment Network (CAYEN), in partnership with Project Return Peer Support

Network, will be holding its second Local Advocacy Training for Transition Age Youth (TAY) in Los Angeles. The training, designed and facilitated by TAY, is available to anyone 16-25 years old who is interested in learning about the methods, tools, and strategies for becoming a mental health advocate. For more information and to register, contact Briana Escamilla at [bescamilla@mhac.org](mailto:bescamilla@mhac.org) or (916) 557-1167 ext. 113.

*The next issue of the News to Use Bulletin, highlighting the 7<sup>th</sup> "Together Against Stigma" International Conference, will be published December 22<sup>nd</sup>, 2014.*

*The CalMHSA Express is published twice per month. Look for a new CalMHSA Express on January 12<sup>th</sup>, 2015! 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.*