

# CaMHSA Supports Consumer-Powered Movement to Reach Across California



Sprouting from the seeds of a consumer movement planted decades before, the Mental Health Services Act (Prop. 63) explicitly recognizes the critical role people with lived experience of mental health challenges can and must have in a successful transformation of California's mental health services. Tens of thousands of Californians have taken an active role in voicing their community needs and priorities, and shaping the innovative services that connect people with mental health challenges to support and see them through to recovery.

Prop. 63 recognizes consumer-run organizations as important vehicles for empowerment and community building. The vision and expertise gained by lived experience fosters a new civic dialogue that combats fear and isolation with acceptance and inclusion.

On the 10th anniversary of voter approval of Prop. 63, the voices of those whose lives have been changed — and those whose activism have changed the lives of others — are a powerful reminder that Each Mind Matters.

## Direct contact with persons with mental health challenges appears to be the critical component in stigma reduction.

*RAND Corporation, (2012). Interventions to Reduce Mental Health and Stigma.*



**Each Mind Matters' Great Minds Gallery** features inspiring first-person stories of hope, resilience and recovery. The inspiring lives represented here are the heart of Each Mind Matters: California's Mental Health Movement. The videos are available on DVD at [Each Mind Matters](#).

### Powerful Stories Bring Hope to New Audience

Through the groundbreaking documentary, "A New State of Mind: Ending the Stigma of Mental Illness," people who have experiences mental health challenges shatter misconceptions about mental illness with their first hand accounts of hope and recovery.

The stories and perspectives are as diverse and powerful as California's mental health movement.

View the documentary at <http://www.eachmindmatters.org/great-minds-gallery/view-the-film/>



Bring first hand accounts of mental health challenges and recovery, combating stigma and sharing resources to your community at [www.SpeakOurMinds.org](http://www.SpeakOurMinds.org).

## Stories Help and Heal

Many people living with mental health challenges find sharing their stories to be a healing process; what's more, research shows that first hand accounts serve to shatter hurtful misconceptions about mental illness. CalMHSA partners with organizations that empower individuals to share the stories that promote healing and connect communities to help.

- The Mental Health Association of San Francisco's (MHASF) **Coming Out Proud** program helps people with mental health challenges decide when, how, and with whom to 'come out' through training sessions facilitated by mental health consumers.
- The United Advocates for Children and Families' **Tell Your Story** training empowers consumers to tell their stories to impact systems change, community response, and neutralizes the stigma and discrimination often associated with mental health challenges.
- The National Alliance on Mental Illness, California's (NAMI CA) **In Our Own Voice** and **Ending the Silence** programs connect audiences directly with speakers who share first-hand experience of living with mental illness and personal testimony about hope through recovery.



**Each Mind Matters** is growing with CalMHSA's support of organizations that engage people with lived experience to conduct community outreach and share healing stories. 17 mini grants were awarded in late 2014 to organizations and individuals who represent the growing energy of California's Mental Health Movement.

## Voices of Experience Lift Up California's Mental Health Movement

The experience of people living with mental health challenges brings a unique value and insight to mental health services. CalMHSA has invested in organizations that engage mental health consumer voices to empower communities.

- The **Center for Dignity, Recovery and Empowerment** boosts the effectiveness of community-driven stigma change programs led by a diverse staff with lived experience of mental health challenges.
- The **Honoring Our Perseverance and Empowerment (HOPE)** peer-run group, led by MHASF and San Francisco Suicide Prevention, provides suicide attempt survivors with a safe space to share their experiences.
- Service to fellow students is a major component of recovery for participants in UC Riverside's **Healing Highlanders** student-run program.
- Kern County's **Survivor Outreach Team**, comprised of trained survivors, visit and provide support to families and loved ones who have lost someone to suicide. The success of this approach is evident in the number of survivors who seek follow-up resources.
- For people living with mental health challenges in Santa Barbara county, two peer-to-peer warm lines offer regular check-ins and support from people with lived experience.