

Young Minds Matter

Investing in California's Young Minds Improves Mental Health Over Generations

Half of all mental health challenges begin by age 14 and three quarters appear before age 24. The California Mental Health Services Authority's (CalMHSA) Prevention and Early Intervention programs strategically target young Californians, connecting them with preventative services and setting them on a lifetime path of mental wellness.

**EACH MIND
MATTERS**

California's Mental Health Movement

A New Generation of Mental Health Leaders

Emerging mental health advocates will be among the thousands of individuals and organizations who will stand together in a unified call for inclusion and acceptance for people living with mental health challenges on Mental Health Matters Day, to be held May 13, 2014 at the State Capitol.

As new leaders pick up the torch that will lead Each Mind Matters into the future, the events will honor the pioneers of California's mental health movement, including Sally Zinman and Jay Mahler (pictured at right with CalMHSA Senior Program Manager Stephanie Welch).



**RSVP for Mental Health Matters Day
at www.eachmindmatters.org/events**

Empowering Youth to be Change Makers

This year, 422 submissions, representing 31 California counties were received in the contest that empowers California's youth to tackle the public health issues of suicide and stigma by producing public service announcements that educate and encourage their peers to take action. To view the full list of the regional winners and their winning videos, visit www.directingchange.org



400

Submissions were received in 2013, representing almost

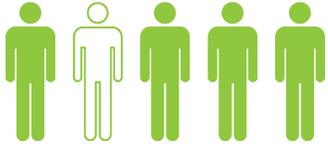
1,000

students from across California

"I think that having a film contest that tackles difficult topics like mental health and suicide is a wonderful thing because it opens students up to having a conversation about topics which are often swept under the rug." - Directing Change Student Video Contest Participant from Canyon High School

1 in 5

American children lives with a diagnosable **mental illness** in a given year



2,935,147

K-12 students reached through the California County Superintendents Educational Services Association's (CCSESA) demonstration programs, which encourage a positive school climate, including bullying prevention and positive behavioral support.

Number of children reached through the National Alliance on Mental Illness, California Chapter's "Ending the Silence" program, which empowers people with lived experience of mental health challenges to bring their stories to California's classrooms.

12,775

Starting a New Conversation

18,000 students have viewed in-school performances and 45,436 students have been engaged online through "Walk in Our Shoes," a positive way to engage young people in a conversation about our differences, with in-school theatrical performances and an engaging interactive website.



"I identify with [the Walk in Our Shoes performer] because I have ADHD, and it doesn't matter what mental health challenge you have because everyone is unique in their own way and it just adds to who you are." - Walk in Our Shoes Theatrical Performance Attendee Student in Modesto

Sweeping New Educational Standards

In 2013, the California Commission on Teacher Credentialing adopted new mental health curriculum requirements for school administrators that will build leadership capacity to improve student mental health.

351

During the 2012/2013 school year **351** school staff were trained through the California Department of Education's Training Educators Through Recognition and Identification Strategies (TETRIS) Eliminating Barriers to Learning program at 101 different schools. TETRIS provides urgently needed, high-quality professional development for school and district-level staff in order to train and support California's schools in recognizing children's mental health disorders and related barriers to school success.

45,436

Number of visits to ReachOutHere.com, a website containing content written by and for teens that offers information and support using evidence-based principles and technology to help teens and young adults facing tough times and struggling with mental health issues.