

CalMHSAs Express Week of February 2, 2015



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](#).

Week In Review:

- CalMHSAs Programs Deliver Positive Outcomes
- *Directing Change* Student Video Contest Ramps Up
- New Fellows Represent Next Generation of Mental Health Stigma and Discrimination Leaders
- New Resources Provide Opportunity to Engage Californians in Mental Health
- Student Mental Health Best Practices Highlighted in New Video

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

CalMHSAs Programs Deliver Positive Outcomes: Emerging evidence shows that the statewide initiatives are "reaching targeted California populations, reducing mental illness stigma, increasing the number of Californians with the skills to intervene with and refer individuals with mental health challenges, and disseminating evidence-based practices through online resources and strategic collaborations." View the latest findings from RAND's comprehensive evaluation [here](#). This new report from the RAND Corporation's independent review of CalMHSAs's Prevention and Early Intervention Initiatives (PEI) shows these public health programs are making a difference in reducing stigma, preventing suicide, and improving student mental health. The RAND Corporation's snapshot of early, short-term PEI outcomes finds CalMHSAs programs are "successfully launched and already showing positive outcomes." Contact: Nicole Eberhart at eberhart@rand.org.

***Directing Change* Student Video Contest Ramps Up:** The [Directing Change](#) student video contest asks California high school and University of California students to submit 60-second public service announcements in either or both of two categories: Suicide Prevention and Ending the Silence of Mental Illness, in order to engage youth and to further suicide prevention and mental health efforts in California's schools and universities.

- **Submission Deadline Extended:** The deadline to participate in this exciting opportunity has been extended to February 16th, 2015! The winning student advocates will be invited to participate in Mental Health Matters Day activities in Sacramento on May 19th, 2015, where they will meet with their legislators to talk about mental health and

suicide prevention awareness. The day will culminate with an award ceremony to honor their accomplishments.

- **Seeking Judges:** Judges who have expertise or interest in directing, writing, editing, acting, journalism, public service announcements, video production, suicide prevention and/or mental health, to help select the winning videos are needed. Contact: Shanti Bond at Shanti@directingchange.org or (619) 786-5622.
- **Educational Videos Available Online:** [Several helpful videos](#) for students and schools on the basics of mental health, suicide prevention, stigma reduction, and accessing resources are now available.
- **Subscribe to The Advocate Newsletter** to stay up to date with the contest and youth-friendly current events about mental health and suicide prevention. Subscribe [here!](#)
- **Follow on Social Media:** Like the contest on [Facebook](#) and [Twitter!](#)
- **Promotional Materials Available:** DVDs of the 2014 finalists and promotional flyers are available upon request. These tools are a great way to spread the word about *Directing Change* in the community!

Contact: Lauren Hee at lauren@namica.org or (916) 567-0163.

New Fellows Represent Next Generation of Mental Health Stigma and Discrimination Leaders:

The *Center for Dignity, Recovery and Empowerment* has chosen 24 candidates to participate in their Fellowship Program, a one-year leadership development program that prepares emerging community leaders to become transformational leaders, creating significant and innovative improvements within their communities. Fellows come from all over the United States and internationally as well. Fellows work with prominent mentors to implement their specific projects to enhance and reach the wider community, while also collaborating with change agents in their communities. [Click here to meet the Fellows!](#) Contact: Daniel Esparza at daniel@mentalhealthsf.org.

New Resources Provide Opportunity to Engage Californians in Mental Health:

- Disability Rights California has released a new mental health parity video, "[The California Mental Health Parity Act](#)" to explain the fundamentals behind the law using easy to understand language, animation and visual effects. Contact: Margaret Jakobson-Johnson at margaret.jakobson@disabilityrightsca.org.
- The California Community Colleges' new [Online Searchable Database](#) is now available. The database will assist colleges, including the California State University and University of California campuses, in discovering what their colleagues across the community college system are doing to promote student mental health on campus. Over 70 resources are currently in the system. Contact: Heather McClenahen at hmcclenahen@foundationccc.org.
- The California Community Colleges have also released two new fact sheets, "[Supporting Students from Diverse Racial and Ethnic Backgrounds](#)," and "[Highlights from the Field: Developing a Psychological Services Intern Program at Your Community College](#)."

Student Mental Health Best Practices Highlighted in New Video: The University of California (UC) recently posted footage from the “*Stronger Together: Student Mental Health Best Practice Conference 2014*” on [YouTube](#). The conference brought together leaders from UC, the California State University system, the California Community Colleges, several private colleges and universities in the state, and various county organizations, to showcase best practices in addressing student mental health. Contact: Dr. Taisha Caldwell at Taisha.Caldwell@ucop.edu.

Prop. 63 in the News

[Huffington Post UK](#) recently featured “*All of Us: A Campaign to Rethink Mental Health*,” a photo campaign, created by University of California, Los Angeles (UCLA) students to change the way people think about and respond to mental health challenges.

The CalMHSA Express is published twice per month. Look for a new CalMHSA Express on March 2nd, 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.

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.