

CalMHSA Express Week of April 13, 2015



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](#).

Week In Review:

- *Each Mind Matters* Sponsors Music Contest for Transitional Aged Youth
- New Resources Help California Gear Up for Mental Health Matters Month
- New Student Mental Health Collaboration Resource Available

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

***Each Mind Matters* Sponsors Music Contest for Transitional Aged Youth:** Music can make a difference! To get young people thinking and talking about mental health in a fresh, positive way during the month of May, *Each Mind Matters* is sponsoring the *My Song Matters* contest. Young adult residents of California (age 18-24) are invited to submit their positive, inspiring lyrics about mental health shared during the month of May. The winner will receive the opportunity to have their song professionally produced, released, and promoted online; a day in Los Angeles to meet with a team of entertainment professionals; and \$500. Ten runners

up will each receive \$100 and the opportunity to interact with entertainment professionals, ask questions about the business, and get input on their songs. Submissions must be made by midnight, May 16th, 2015. For more information, go to www.mysongmatters.com. Contact: Kate Calderazzo at kcalderazzo@rs-e.com.

New Resources Help California Gear Up for Mental Health Matters Month: May is Mental Health Matters Month! Throughout the month, people from across California will come together to spread awareness about the importance of mental health and demonstrate hope through personal recovery stories. These new resources will help you connect your communities to Mental Health Matters activities and spread the word about events your organization has planned.

- [Free, downloadable toolkit and videos](#) will get your community talking about mental health during the month of May! The toolkit is designed to help spread the word about May is Mental Health Matters Month in your community! Contact: Kate Calderazzo at kcalderazzo@rs-e.com.
- **Statewide Activities Calendar:** CalMHSA will share your local events with organizations statewide and on EachMindMatters.org to encourage local participation and grow the reach of the movement. Please send event information, including who will participate and who is invited, who is the host/sponsoring organization, date, time, location, contact name, number, email, and website or social media links. Send to Jenna Thompson at jenna@paschalroth.com, or submit your event at the [Each Mind Matters Events website](#).
- **Social Media Contest:** In April leading up to Mental Health Matters Month, tag *Each Mind Matters* in your organization's photos on Twitter and Instagram, and to use the hashtag #MillionsLikeMe. You'll have a weekly chance to win an Each Mind Matters Bag and lime green ribbons to share with your community. Winners will be announced each week in April leading up to May. The contest starts April 1st, 2015 and ends April 30th, 2015. For a full list of rules visit the [Each Mind Matters blog](#). Contact: Jasmin Sosa at jsosa@rs-e.com.

New Student Mental Health Collaboration Resource Available: California Community Colleges Student Mental Health Program (CCC SMHP) has released the [Collaboration Toolkit: California Community Colleges and California County Behavioral and Mental Health Departments](#). To build collaborations that will better meet student mental health needs, the toolkit provides tools, processes and tips on addressing the special or unique circumstances for colleges and mental health departments within urban, mid-sized, and rural communities. Community college administrators and staff, California's county behavioral and mental health department personnel, including: MHSA coordinators, ethnic service managers, transitional age youth coordinators, prevention and early intervention staff, or other mental and substance use coordinators, CalMHSA members, and other community agencies serving community college students will find the toolkit helpful. You can download your own copy of the Toolkit [here](#). Contact: Heather McClenahen at hmcclenahen@foundationccc.org.

Prop. 63 in the News

The [Sacramento News and Review](#) highlighted the successes of Proposition 63, with millions of Californians attaining the opportunity for mental wellness through this groundbreaking initiative.

Down the Pipeline

ReachOut Speaks Youth Speakers to Appear at San Francisco State University (SFSU) Mental Health Panel: On April 26th, 2015, four members of the ReachOut Speakers Bureau will appear on a mental health panel at SFSU sponsored by the *Each Mind Matters* mini-grant initiative. The presentation include trained youth sharing stories of lived experience and the power of peer support to help break down the stigma that often stops college students from discussing or reporting mental health issues. For more details on the event, see the [SFSU Residential Life Facebook page](#). Interested in booking a trained youth speaker at an upcoming mental health event? Contact Michael Young at Michael@inspire.org.

Suicide Intervention Training for Trainers Helps People Recognize Signs of

Suicide: LivingWorks Education is providing a safeTALK Training for Trainers (T4T) May 11th – 12th, 2015 in La Verne. safeTALK is a half-day workshop that trains community members to recognize persons with thoughts of suicide and connect them to intervention resources. Upon successful completion of the training, new trainers will provide at least three safeTALK trainings during the first year and two each year thereafter to help meet the needs of the various communities. The deadline for registration is April 16th, 2015. Please fill out the **Letter of Interest**, and contact Kathleen Snyder at Kathleen.Snyder@LivingWorks.net with any questions.

The next issue of the News to Use Bulletin, previewing Mental Health Matters Month activities, will be published April 27th, 2015.

The CalMHSA Express is published twice per month. Look for a new CalMHSA Express on May 4th, 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.

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.