

CaIMHSA Express Week of June 22, 2015



WELLNESS • RECOVERY • RESILIENCE



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

Week In Review:

- *ReachOut* Advances Mental Health Movement Among Teens and Young Adults
- New Resource Catalogue Helps Faith Leaders and Media Leaders
- California Older Adult LGBT Program Receives National Recognition
- Change Agents Help Each Mind Matters Reach Diverse Populations
- Disability Rights California Releases New Mental Health Reports

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

***ReachOut* Advances Mental Health Movement Among Teens and Young Adults:** The *ReachOut* speakers bureau, sponsored by the *Each Mind Matters* mini grant, has reached over twelve hundred youth and youth advocates since its January launch. All across California, seven transition age youth volunteers delivered compelling presentations on mental health challenges and the stigma that often makes it difficult for high school and college students to discuss these topics. The positive impact on audiences at events, including the [San Mateo Youth Conference](#) and the [7th Annual Together Against Stigma Conference](#), was reflected in insightful questions,

warm receptions, and several requests for repeat appearances. Contact: Meredith Sires at meredithsires@inspire.org.

New Resource Catalogue Helps Faith Leaders and Media Leaders: The Entertainment Industries Council created a catalogue of [Toolkits and Content Suggestions](#) for faith and cultural leaders and faith and family friendly media. The tools help entertainment creators to provide tools for those who minister to their communities and those who create media to guide their audiences to understand mental health challenges as non-stigmatizing, non-discriminatory health concerns. The goal of this effort is to create trust and provide stories that start conversations, to encourage help-seeking behavior. Contact: Marie Dyak at mgdyak@eiconline.org.

California Older Adult LGBT Program Receives National Recognition: The [Community Gatekeeper Training: LGBT Older Adults & Suicide Prevention](#) has recently been accepted into the Suicide Prevention Resource Center's Best Practices Registry, which identifies, reviews, and disseminates information about best practices for suicide prevention. The Community Gatekeeper Training helps gatekeepers recognize when a Lesbian, Gay, Bisexual, or Transgender older adult may be at-risk for suicide and respond appropriately according to their role. Contact: Crisis Support Services of Alameda County at communityeducation@crisissupport.org or (510) 420-2473.



Change Agents Help *Each Mind Matters* Reach Diverse Populations: Since January, *Each Mind Matters* Change Agents have helped reach out to many diverse communities throughout Southern California by tabling at events like the “Cambodian New Year Celebration Festival” in Long Beach to the “Volunteer Lawyers Women’s Resource Fair” in San Diego. Asked why she was interested in becoming a Change Agent, dancer and Norco College student Rae Manzano said, “having loved ones who have mental illnesses and having faced symptoms of my own with depression, I realized how important mental health is and how much the community needs to utilize self-care.” For more information and to become an *Each Mind Matters* Change Agent, contact Miguel Perla at Miguel.Perla@EachMindMatters.org.

Disability Rights California (DRC) Releases New Mental Health Reports: 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:

- "[Placement of Individuals Found Incompetent to Stand Trial: A Review of Competency Programs and Recommendations](#)," helps readers understand treatment and placement for those found to be incompetent to stand trial.
- "[Tips to Promote Supportive Housing for People with Mental Health Disabilities](#)" offers tools for supportive housing developers and advocates.
- "[Housing Elements Checklist for Supportive Housing](#)" helps advocates and land use planners ensure that their buildings adequately plan for supportive housing.

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

Prop. 63 in the News

The [Orange County Register](#) honored Orange County area students that participated in the Third Annual Directing Change Student Film Program.

Down the Pipeline

Meaningful Roles for Peer Providers in Integrated Healthcare Toolkit and Webinars: The California Association of Social Rehabilitation Agencies (CASRA) recently released a toolkit, "[Meaningful Roles for Peer Provides in Integrated Healthcare](#)," which provides information, helpful tips and examples of how integrated care settings can best hire, train, integrate and retain Health-Trained Peer Support Specialists onto multi-disciplinary teams for the benefit of individuals who have co-occurring and behavioral health and healthcare issues. A series of webinars introducing the content of the resource guide are scheduled for June 22nd, 2015 at 1:30PM PDT, June 25th, 2015 at 10:30AM PDT, July 14th, 2015 at 1:30PM PDT and July 15th, 2015 at 11:30AM PDT, where participants will receive a tour through the toolkit in order to make best use of the information. Register for a webinar [here](#). Contact: Betty Dahlquist at Betty@casra.org.

Have news to share? Send submissions 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.