

## CalMHSA Express Week of June 8, 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](#).*

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### **Week In Review:**

- New *Each Mind Matters* Videos Made for Sharing
- LGBTQ Youth Voices Shape New ReachOut.com Resources
- New Leaders Emerge through Opportunity to "Direct Change"
- Mental Health Matters Month Reaches California's Schools

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

**New *Each Mind Matters* Videos Made for Sharing:** A series of new videos have been designed to start conversations about mental health in communities across California. Made for sharing via social media and email, these short, easy-to-understand animated videos help viewers learn more about California's Mental Health Movement and how each of us can play a role. This week, we're sharing the [first of three videos in the series](#). Two future videos will show how to start a conversation about mental health, and how to use social media to grow the

movement. Check back for their release on the *Each Mind Matters* [website](#) in the coming weeks! Contact: Lisa Smusz at [lisa.smusz@gmail.com](mailto:lisa.smusz@gmail.com).

**LGBTQ Youth Voices Shape New ReachOut.com Resources:** The voices and experiences of LGBTQ youth in California and the Gay-Straight Alliance Network make new LGBTQ-specific content on [ReachOut.com](#) relevant and relatable to a youth population often affected by mental health stigma and challenges around sexual orientation and identity. The content produced from this partnership includes a full-color booklet that will be available for distribution at community events and youth centers and download on [www.EachMindMatters.org/resources/](http://www.EachMindMatters.org/resources/). Contact: Kate Calderazzo at [kcalderazzo@rs-e.com](mailto:kcalderazzo@rs-e.com).

**New Leaders Emerge through Opportunity to "Direct Change":** The Third Annual Directing Change student film contest, where participating high school and University of California students produced 60-second public service announcements on ending the silence of mental illness and preventing suicide, honored student filmmakers with an award ceremony on May 19th, 2015 at the Crest Theatre in Sacramento.

- Several student videos from the Third Annual Directing Change Student Video Contest have been profiled in the news media:
  - [Franklin High School's Brenda Vang's](#) first-place winning video shows that it is OK to tell an adult when someone you know is in danger. The [Elk Grove Citizen](#) also featured Brenda Vang.
  - [Enochs and Riverbank high school's students'](#) videos follow teens talking their friends into seeing a counselor.
  - [Riverside County students'](#) videos show that you can help your friends without formal education.
  - [Apple Valley High School's students'](#) video follows a student who senses his friend may not be safe by himself.
  - [San Juan Hills High School's Katrina Fernandez's](#) first-place winning video was featured in the Orange County Register.

- [Pleasant Valley High School students'](#) video focuses on how mental illness should never be considered a person's defining characteristic.

Contact: Shanti Bond at [Shanti@directingchange.org](mailto:Shanti@directingchange.org).

- The Legislative Day for Directing Change gave students an opportunity to be change agents for the acceptance and early support that can make a difference in the lives of Californians impacted by mental health challenges. Hosted by the National



Alliance on Mental Illness California (NAMI CA), the day began with an inspiring kick-off event where the students heard from Senator Jim Beall (D-San Jose), Senator Richard Pan (D-Sacramento), and their peers about the importance of youth mental health awareness. Over the course of the day, students met with over 30 lawmakers and their staff to share the stories that inspired them to participate in Directing Change and how the program gave them the tools to be supportive peers and mental health advocates. Contact: Lauren Hee at [lauren@namica.org](mailto:lauren@namica.org).

**Mental Health Matters Month (MHMM) Reaches California's Schools:** Mental Health awareness stretched across the state through California's schools.

- *Each Mind Matters* expanded May is MHMM activities to schools across the state this past month through the Lime Green Ribbon Partner Schools Mini-Grant Program, which reached 28 colleges and high schools to empower students to get involved in the mental health movement during May and integrate *Each Mind Matters* resources and programs into their campus health outreach. Contact: Aubrey Lara at [Aubrey.Lara@calmhsa.org](mailto:Aubrey.Lara@calmhsa.org).
- University of California, San Diego sent all faculty, staff and students an email promoting MHMM and workshops, events and awareness fairs happening on campus during May. Contact: Taisha Caldwell at [Taisha.Caldwell@ucop.edu](mailto:Taisha.Caldwell@ucop.edu).
- Nine student clubs and organizations in the California Community Colleges system held peer-to-peer awareness and outreach events in May as part of

MHMM. The events focused on a variety of different mental health issues, including ways to manage stress and create a path to wellness for mind and body. View a gallery of mental health events held on California Community College campuses on the Foundation's [Facebook page](#). Contact: Heather McClenahen at [hmcclenahen@foundationccc.org](mailto:hmcclenahen@foundationccc.org).

Look for a new CalMHSA Express on June 22<sup>nd</sup>, 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](mailto: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.*