

CalMHSA Express Week of September 22, 2014



EACH MIND MATTERS
California's Mental Health Movement



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:

- *18th Annual PRISM Showcase Honors Accurate Mental Health Depictions in Entertainment*
- *Suicide Prevention Summit Brings Stakeholders Together*
- *Disability Rights California September Tip of the Month Puts Focus on Parity*

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

18th Annual PRISM Showcase Honors Accurate Mental Health Depictions in Entertainment: Recognizing the powerful impact entertainment has on the public's perception of mental health and mental health challenges, the 18th Annual PRISM Awards recognized writers, producers, actors and actresses for their compelling and authentic storytelling of mental health concerns and substance abuse recovery. See Dr. Drew Pinsky, Candace Cameron Bure, and Tim King share this year's esteemed winners online at EIconetworks.tv. This year's PRISM Awards prominently featured lime green ribbons and Each Mind Matters messaging, seizing the opportunity to engage artists and the public as collaborators in changing minds and hearts. The PRISM awards are produced by the Entertainment Industries Council and include collaboration with CalMHSA, Each Mind Matters, National Association of Broadcasters, National Cable and Telecommunications Association, Commission on Accreditation of Rehabilitation Facilities International, and others. Contact: Skylar Jackson at sjackson@eiconline.org.

Suicide Prevention Summit Brings Stakeholders Together: The Los Angeles County Department of Mental Health, in partnership with Didi Hirsch Mental Health Services and CalMHSA, recently held their 4th Annual Suicide Prevention Summit with the participation of a record number of attendees. The Summit showcased the Emerging Best Practices developed by Didi Hirsch in partnership with statewide subcontractors through the Statewide Suicide Prevention Networks. Didi Hirsch will hold a second summit in Northern California on October 24th, 2014, in Oakland. For more information about this summit or how to register, please contact Paul Muller at pmuller@mullerandsmith.com

Disability Rights California (DRC) September Tip of the Month Puts Focus on Parity: 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 and trainings. This month, DRC is answering the question: [What is a self-funded employer plan and do those plans have to provide mental health parity also?](#) Find other tips online on [DRC's website](#). Contact: Margaret Jakobson-Johnson at marqaret.jakobson@disabilityrightsca.org.

Prop. 63 in the News

The [San Mateo Daily Journal](#) highlighted a performance of Walk in Our Shoes, now in its second year, which provided students in the county a first-hand look at what life is like for their peers living with mental health challenges. The program aims to prevent the next generation of Californians from experiencing stigma.

As part of Suicide Prevention Week, [KFBK](#) radio in Sacramento featured an interview with Anara Guard from the Know the Signs Campaign informing listeners about tools available to prevent suicide, including www.suicideispreventable.org, www.EachMindMatters.org and the [MY3 App](#).

[KPBS](#) radio in San Diego shared Regina Whicker's personal experience living with mental health challenges and how her recovery helps empower others through the National Alliance on Mental Illness' [In Our Own Voice Program](#).

Down the Pipeline

Understanding Indigenous History and Culture Key to Unlocking Stigma: On September 30th, 2014, from 10:00 – 11:00AM (PDT) the Center for Dignity, Recovery and Empowerment will host a webinar, "Addressing Mental Health and Wellness Within Diverse Communities." The event will bring together experts and practitioners to demonstrate effective strategies and practices to reduce the stigma of mental health issues in indigenous communities. Register [here](#). Contact: Daniel Esparza at daniel@mentalhealthsf.org.

Faith Community Gathers to Learn About Stigma: On Wednesday, October 8th, 2014, from 8:30AM – 12:00PM, United Advocates for Children and Families, with support from San Diego County Health and Human Services, is hosting "Opening Hearts. Creating Community," where people from diverse faith traditions – clergy, staff and lay people from all walks of life – will learn about ways to reduce the stigma of mental illness within their faith communities. The conference features keynote speaker Rev. Susan Gregg-Schroeder, nationally recognized author and coordinator of San Diego-based Mental Health Ministries. Six workshops will offer tools and information to help recognize and ease the stigma of mental illness in some of the most at-risk age groups. For more information and to register, visit [here](#). Contact: Christine Thompson at cthompson@fumcesc.com or (760) 745-5100 x33.

Attend the 2014 Crisis Intervention Team (CIT) International Conference: From October 13th – 15th, 2014 in Monterey, CA, CIT International and Monterey County Behavioral Health will host the 2014 CIT International Conference for stakeholders in the Mental Health and Criminal Justice

System. The conference will have informative national speakers and a variety of workshops including program development, implementation, and sustainability issues, innovative CIT and community collaborations for adult, adolescent, and children populations, trauma, recovery, and resiliency, and jail/prison diversion for persons living with mental health challenges and their families. View more information about the conference and register [here](#). Contact: confinfo@citinternational.org.

The next issue of the News to Use Bulletin highlighting Suicide Prevention Month and California's crisis lines will be published next Monday, September 29th, 2014, in place of the CalMHSA Express.

The CalMHSA Express is published on the first and third Monday of each month. Look for a new CalMHSA Express on October 6th, 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.