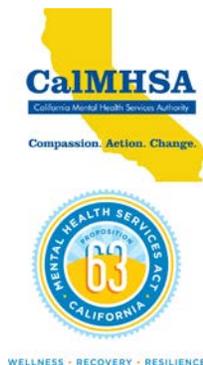


## CalMHSA Express Week of March 23, 2015



*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:**

- CalMHSA Releases "Reaching California's Diverse Communities" Request For Proposal
- List Your Event on Statewide Mental Health Matters Day Calendar
- California Students Direct Change
- Disability Rights California Tip of the Month Puts Focus on Mental Health Parity
- ReachOut Launches Volunteer Youth Speakers Bureau
- Nominate Mental Health Consumer or Peer Leaders for 2015 Voice Award

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

**CalMHSA Releases "Reaching California's Diverse Communities" Request For Proposal (RFP):** CalMHSA has released a RFP to fund programs that further disseminate and support the local use of mental health awareness and suicide

prevention tools and resources developed under the *Each Mind Matters* umbrella to effectively reach California and its diverse communities. This RFP is intended to support activities that are planned and implemented with a high level of collaboration and partnership with counties and their community partnerships to enhance local PEI efforts and avoid duplication. Access the RFP [here](#). Contact Ann Collentine at [Ann.Collentine@CalMHSA.org](mailto:Ann.Collentine@CalMHSA.org) with any questions.

**List Your Event on Statewide Mental Health Matters Day Calendar:** This May, Mental Health Matters Month will use the momentum from last year's Mental Health Matters Day, which brought over 1,500 people to the State Capitol, to grow *Each Mind Matters*. California's Mental Health Movement in communities throughout the entire state! CalMHSA is compiling a statewide calendar of events to share broadly 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](mailto:Jenna@PaschalRoth.com).

**California Students Direct Change:** All student film submissions are in and this year *Directing Change* received a total of 420 films from 34 counties. Regional winners will be announced on April 8<sup>th</sup>, 2015. Finalists will be showcased at the *Directing Change* Award Ceremony on May 19<sup>th</sup>, 2015, at the Crest Theater in Sacramento. Over the past two years, more than 2,000 students around California have decided to Direct Change, resulting in the submission of over 800 films, and over 4000 schools receiving information about school-based prevention programs. Films are being used across the state to support local awareness efforts. Films can be viewed and downloaded [here](#). Contact: Jana Sczersputowski at [Jana@YourSocialMarketer.com](mailto:Jana@YourSocialMarketer.com).

**Disability Rights California (DRC) Tip of the Month Puts Focus on Mental Health 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. This

month, DRC is answering the question: [What Does Parity Mean? Part 2](#). Find other tips online on [DRC's mental health parity website](#). Contact: Margaret Jakobson-Johnson at [Margaret.Jakobson@DisabilityRightsCA.org](mailto:Margaret.Jakobson@DisabilityRightsCA.org).

**ReachOut Launches Volunteer Youth Speakers Bureau:** Sponsored by the *Each Mind Matters* mini-grant initiative, a selection of youth volunteers passionate about mental health advocacy are forming a speakers bureau in California. Moved by requests from schools and communities looking for youth to discuss mental health topics and break down the stigma in the youth population, these volunteers will offer compelling presentations designed by young people for young people and youth advocates.

Interested

mental health event? Contact Nicola Survanshi at [Nicola@Inspire.org](mailto:Nicola@Inspire.org).

**Nominate Mental Health Consumer or Peer Leaders for 2015 Voice Award:** The Substance Abuse and Mental Health Services Administration (SAMHSA) and its Voice Awards program have demonstrated that stories of resilience and recovery in behavioral health can change lives. **Nominations for consumers or peer leaders must be made by Friday, March 27<sup>th</sup>, 2015.** The 2015 Voice Awards ceremony, spotlighting the impact of suicide on individuals, families and communities, will take place on, August 12<sup>th</sup>, 2015. More information on SAMHSA's Voice Awards and the nomination is available [here](#). Contact: Theresa Ly at [Theresa.Ly@CalMHSA.org](mailto:Theresa.Ly@CalMHSA.org).

### **Prop. 63 in the News**

[Cal Poly Pomona's Poly Centric](#) highlights the Red Folder, a helpful source that contains basic information about academic, psychological and physical indicators of a mental health crisis, ways to address the concern, and resources available on campus to assist faculty and staff.

[The Carter Center](#) highlights the talk Thomas Bornemann, the director of the Carter Center's Mental Health Program, gave at the 7<sup>th</sup> International Conference "Together

Against Stigma” about the Center’s efforts in Liberia to educate Liberians about the facts about mental illnesses.

### **Down the Pipeline**

#### **Suicide Intervention Training for Trainers Prevents Immediate Risk of Suicide:**

LivingWorks Education is providing an ASIST 11.1 Training for Trainers (T4T) April 20<sup>th</sup> – 24<sup>th</sup>, 2015 in Sacramento. ASIST 11.1 is a life-assisting, suicide first-aid intervention program that completes a shift from a focus upon risk reduction to a focus upon safety enhancement. Upon successful completion of the training, new trainers will provide at least three ASIST trainings during the first year and two each year thereafter to help meet the needs of the various communities. Participants should come in pairs unless they already have a matched registered ASIST 11 or 11.1 trainer they will be working with to facilitate the workshops. The deadline for registration is March 30<sup>th</sup>, 2015. Please fill out the **Letter of Interest**, and contact Kathleen Snyder at [Kathleen.Snyder@LivingWorks.net](mailto:Kathleen.Snyder@LivingWorks.net) with any questions.

**Directing Change in Your Neighborhood:** Join NAMI Alameda County South on Sunday, April 19<sup>th</sup>, 2015 from 11:30AM to 3:00PM at the Metropolitan Transportation Commission, 101 8<sup>th</sup> Street, Oakland, CA 94607, as they highlight films created by students in Alameda County and the surrounding area! Professor Stephen Hinshaw, the renowned Professor of Psychology at the University of California Berkeley, will be speaking at the event on reducing stigma of mental illness. Contact: Robert Villanueva at [CoachRobertV@Yahoo.com](mailto:CoachRobertV@Yahoo.com).

The next issue of the News to Use Bulletin, highlighting the 7<sup>th</sup> Annual “*Together Against Stigma*” International Conference, will be published March 31<sup>st</sup>, 2015.

The CalMHSA Express is published twice per month. Look for a new CalMHSA Express on April 6<sup>th</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.*