

CalMHSA Express Week of May 11, 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:

- Contest Inspires New Generation of Californians to "Direct Change"
- Powerful Voices Say "Join the Movement"
- Disability Rights California Releases New Spanish Language Mental Health Resources
- Join the California Department of Education in the Children's Mental Health Challenge!

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

Contest Inspires New Generation of Californians to "Direct Change": As part of May is Mental Health Matters Month, videos from the Third Annual Directing Change Student Video Contest will be honored at an award ceremony on May 19th, 2015 at the Crest Theater in Sacramento. This year 420 submissions were received, representing 1226 students from 31 counties. Participating high school and

University of California students produced 60-second public service announcements on ending the silence of mental illness and preventing suicide, empowering their community to change the way they view student mental health. RSVP to attend the award ceremony at www.directingchange.org. Several finalists' contributions to combating stigma and reducing suicide have been profiled in the news media:

- [Pleasant Valley High School's Regional Occupational Program students'](#) videos show how mental health challenges don't define a person and encourage youths to break the silence and speak up.
- [University of California, Los Angeles student Devyani Rana's](#) video discusses how people keep sadness or depression inside, not asking others for help.

Contact: Shanti Bond at Shanti@directingchange.org.

Powerful Voices Say "Join the Movement": *Each Mind Matters* in partnership with beauty brand philosophy's hope & grace initiative premiered the "We are the Movement for Mental Health" PSA on [the Huffington Post](#) and [Yahoo! Health](#). This Public Service Announcement (PSA) is the first version of several that will be released all month long featuring more than 40 celebrities from television and film delivering powerful messages of hope and recovery. Check out *Each Mind Matter's* [Facebook](#), [Twitter](#) and [Instagram](#) to see all the PSAs. Use the hashtags #iamstigmafree and #millionslikeme to support ending the stigma of mental health challenges and promote the PSAs. Contact: Jasmin Sosa at jsosa@rs-e.com.

Disability Rights California (DRC) Releases New Spanish Language Mental Health Resources: DRC has released a new publication, "[Mental Health Parity Infographic Poster](#)" to help consumers understand the often confusing subject of Mental Health Parity and the California Mental Health Parity Act. [DRC's website](#) contains additional fact sheets, flyers and training materials, as well as a Tip of the Month. Contact: Margaret Jakobson-Johnson at margaret.jakobson@disabilityrightsca.org.

Join the California Department of Education (CDE) in the Children's Mental Health Challenge! In the spirit of National Children's Mental Health Awareness Day,

the California Department of Education- along with other state departments of education, public health, and education agencies across the country - have issued a challenge for our schools to be 100% trained in mental health “gatekeeper” skills **by May 30th, 2015** thereby increasing our nation’s safety net for children who may be suffering. CDE encourages all school personnel to access and complete the Kognito on-line Middle School and High School Educators At-Risk training by May 30th, 2015. This online training is a stand-alone training available to any educator in California and there are no prerequisites. It’s easy to do! Go to <http://kognito.com/california> to access the training. Contact: Monica Nepomuceno at mnepomuceno@cde.ca.gov.

Prop. 63 in the News

[The University of California, Davis Aggie's Editorial Board](#) commends students working on campus to prevent suicide and eliminate the stigma of mental illness.

Through the California Well Being Survey, an unprecedented statewide survey of individuals who may be at risk for mental health problems but who may or may not have sought treatment, the RAND Corporation recently [found](#) that most California residents facing psychological distress do not perceive the public as being supportive. This important research has been discussed in the news media: [KPCC - Southern California Public Radio](#); [KQED](#); [Chico News & Review](#); [New America Media](#); [California Healthline](#), [Medical Daily](#); [Science Codex](#); [Medical News Today](#); [Psych Central](#); and the [Pakistan Observer](#).

Down the Pipeline

Join the Conversation During Mental Health Matters Month: Disability Rights California will be hosting four live TweetChats on Twitter in the month of May to celebrate Mental Health Awareness Month. Use the hashtag #TweetMH to join the live TweetChat on any of the days and times listed below.

- Friday May 8th, 2015 from 10:30-11:30AM about Mental Health Parity.
- Friday May 15th, 2015 from 10:30-11:30A.M. about Psychiatric Service and Emotional Support Animals.

- Friday May 22nd, 2015 from 10:30-11:30A.M. about Mental Health Employment Discrimination.
- Friday May 29th, 2015 from 10:30-11:30A.M. about Mental Health Peer Support. Go to <http://www.tweetchat.com> and authorize the app to link to your Twitter account. You can then search for #TweetMH and only see conversations using the hashtag. Contact: Margaret Jakobson-Johnson at Margaret.Jakobson@disabilityrightsca.org.

The next issue of the News to Use Bulletin will be published May 26th, 2015.

The CalMHSA Express is published twice per month. Due to the Memorial Day holiday, look for a new CalMHSA Express on June 1st, 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.