Suicide Prevention & Mental Health Stigma Reduction: Statewide Resources for Schools & SBHCs

California School-Based Health Alliance

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Webinar Housekeeping

• Everyone is in “listen-only” mode.
• Two listen options: phone or web (phone tends to be better!)
• Call in #: 415-655-0003, Access Code: 662 505 734
• Type questions in the sidebar to the right and there will be time for questions throughout.
• The webinar is being recorded.
• The powerpoint and supporting materials will be emailed to you and available on our website.
California School-Based Health Alliance

The California School-Based Health Alliance is a statewide non-profit organization dedicated to improving the health and academic success of children and youth by advancing health services in schools.

Our work is based on two basic concepts:

• Health care should be accessible and *where kids are*, and
• Schools should have the services needed to ensure that poor health is not a barrier to learning
Statewide Annual Conference

Join Us in sunny San Diego April 30 & May 1, 2015, for Advancing Equity in Education & Health Care, our statewide annual conference.

The California Mental Health Services Authority (CalMHSA) and the Mental Health Services Act funding
Three statewide Prevention & Early Intervention (PEI) initiatives

- Stigma & Discrimination Reduction
- Suicide Prevention
- Student Mental Health

Each Mind Matters: California’s Mental Health Movement

- Stigma & Discrimination Reduction
- Student Mental Health
- Suicide Prevention

Each Mind Matters resources for schools

Resource #1: Each Mind Matters
Resource #2: Know the Signs

www.SuicideIsPreventable.org

Resource #2: Know the Signs

Pain Isn’t Always Obvious

Suicide Is Preventable

Do you know the warning signs for suicide?

National Suicide Prevention Lifeline
1-800-273-TALK

PAIN ISN’T ALWAYS OBVIOUS

Suicide is Preventable

Thank you everyone so much for all the kind words! It means a lot to have a community that shows this much support. I don't even know any of you personally but I still feel like I'm not alone in this.—anonymous forum member

Resource #4: Walk In Our Shoes

Performance
Statewide school-based performance tour

Website
Educational, interactive website (English and Spanish)

Media
Targeted mass media (radio, digital, cable TV)

Comprehensive campaign targeting 9-13 year olds
Statewide Educational Campaign
• Target audience 9-13 yr. old students
• Teach mental health challenges are common and variable
• Recovery is possible

Goals
• Encourage asking questions about mental health
• Encourage help-seeking behavior
• Reduce stigma, discrimination, and bullying with mental health challenges
• Provide teachers with materials and resources

Performance ➔ Website (make a shoe!) ➔ Dialogue

18,000 students viewed performance.

45,436 students engaged on website.

“The performance is great. The kids were singing the songs and the play fits right into our bully prevention curriculum. – School Psychologist

I identify with Ethan because I have ADHD, and it doesn’t matter what mental health challenge you have because everyone is unique in their own way and it just adds to who you are. – Student

In a pre-post evaluation, RAND found significant increase in knowledge and shift in attitude after the performance
Resource #5: Directing Change

“This contest represents a unique opportunity for students to become involved in raising awareness about student mental health issues and helping their peers to become better informed”.

Tom Torlakson, State Superintendent of Public Instruction, California Department of Education.

Resource #6: MY3 Suicide Prevention Mobile App

Resource #7: K-12 Mental Health Resources Clearinghouse

- Resources and best practices that assist California county offices of education, districts and schools to develop and implement effective programs and services that promote mental health and wellness of K-12th grade students

- Available programs rated as “evidence based practice”, “promising practice”, or “emerging practice”
Resource #7: K-12 Mental Health Resources Clearinghouse

- Anger management
- Behavior management
- Professional Development
- School Climate & Culture
- Stigma and Discrimination Reduction
- Bullying
- Youth Violence
- Drugs/Alcohol/Tobacco use
- Youth Development
- Suicide
- Gangs
- Mental health/wellness
- Pregnancy
- Parent/Family/Community Collaborations

Resource #8: Educators Guide to Children’s Mental Health in California

• Behaviors and symptoms commonly associated with mental health disorders
• Affect on performance
• How to form partnerships with parents
• Common mental health disorders among children & youth
Resource #9: Healthy Transitions

- Created with feedback from 200 youth and Community College faculty
- Provides curriculum for young adults transitioning out of foster care
- Goal of the curriculum is to increase awareness and disseminate information about wellness and self-care
Resource #10: Gatekeeper Trainers

Each Mind Matters created a toolkit to help organizations raise awareness about the importance of mental health throughout the month.

Toolkit includes:
- Each Mind Matters posters & flyers
- Engaging activities
- Guides for planning events about mental health on social media
- Website banners
- And more!
Resources

- Each Mind Matters: www.eachmindmatters.org
- Sana Mente: www.sanamente.org
- Walk In Our Shoes: www.walkinoursehes.org
- Ponte en Mi Zapatos: www.ponteenmizapatatos.org
- Reach Out Here: www.ReachOutHere.Com
- Busca Apoyo: www.buscaapoyo.com
- Directing Change: www.directingchange.org
- Know the Signs: www.suicideispreventable.org
- Reconozca Las Senales: www.elsuicidioesprevenible.org
- My3 App: www.my3app.org
- K-12 Mental Health Resources Clearinghouse: http://www.regionalk12smhi.org/
- Mental Health Matters Month toolkit: http://www.eachmindmatters.org/get-involved/spread-the-word/may-is-mental-health-matters-month/
Thank you!

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