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

California School-Based Health Alliance

March 2015

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CALIFORNIA SCHOOL-BASED HEALTH ALLIANCE
Putting Health Care Where Kids Are

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

Putting Health Care Where Kids Are

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.

More information at www.schoolhealthcenters.org.

Compassion. Action. Change.

The California Mental Health Services Authority (CalMHSA) and the Mental Health Services Act funding

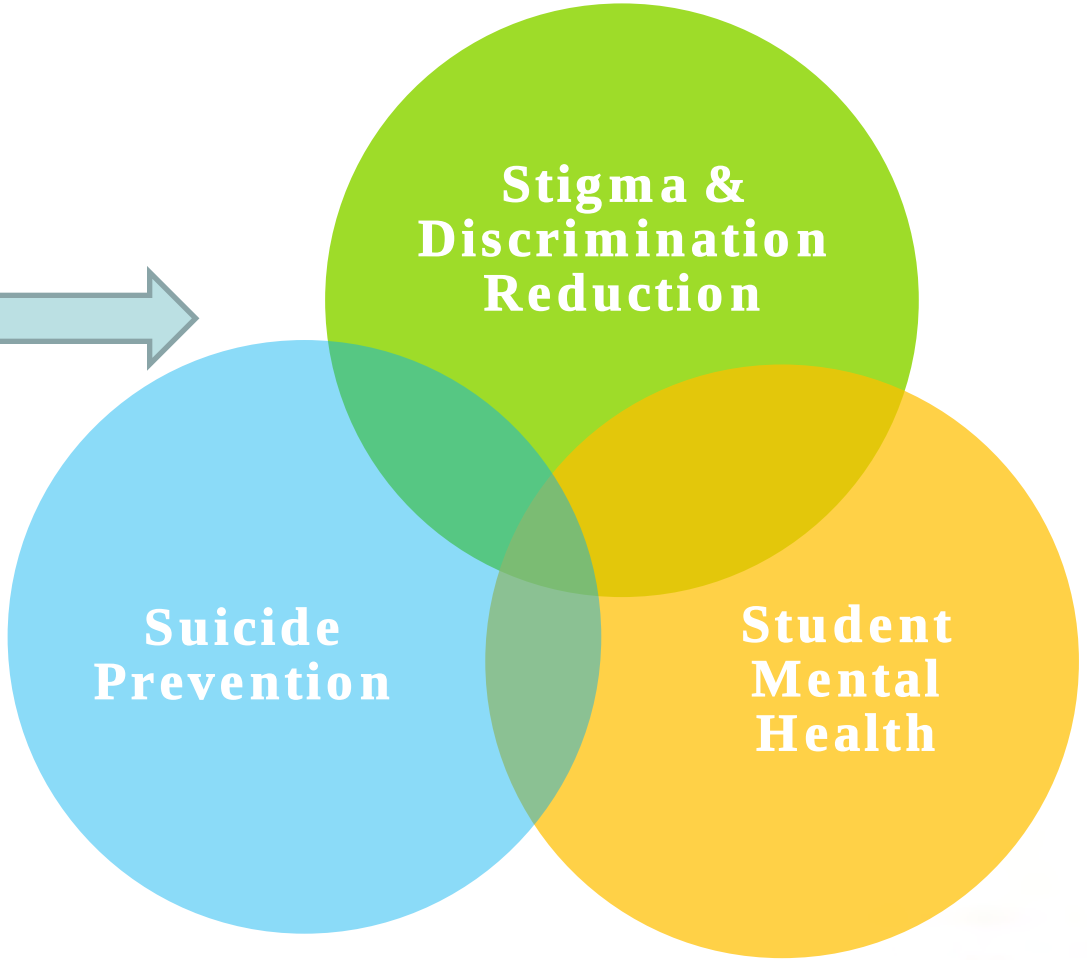
MENTAL HEALTH SERVICES ACT · PROPOSITION 63 · CALIFORNIA

WELLNESS • RECOVERY • RESILIENCE

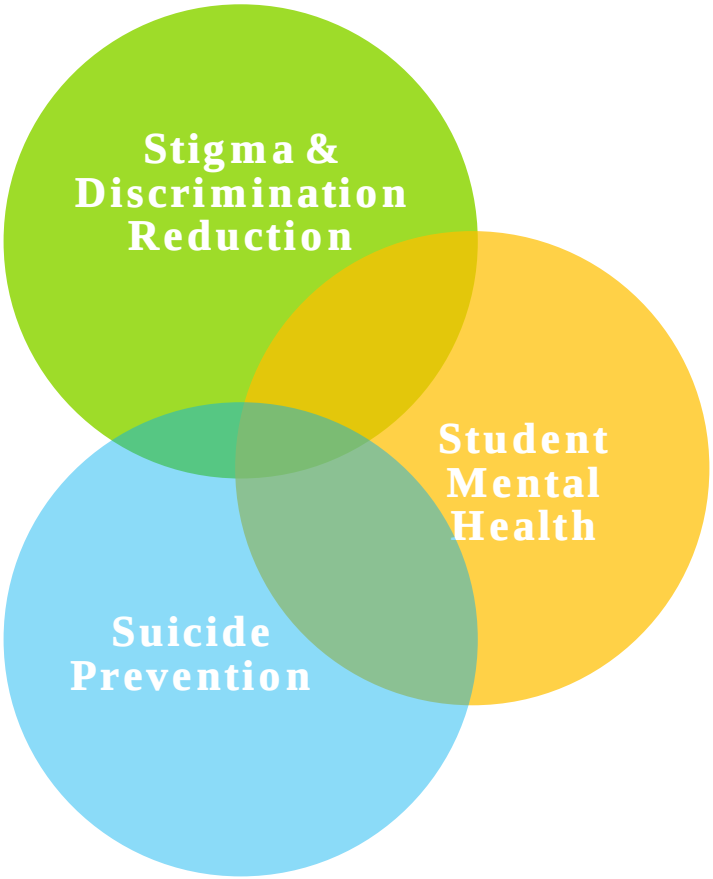
CalMHSA
California Mental Health Services Authority

Three statewide Prevention & Early Intervention (PEI) initiatives

CalMHSA
California Mental Health Services Authority



Each Mind Matters: California's Mental Health Movement



EACH MIND MATTERS
California's Mental Health Movement

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CalMHSA
Compassion. Action. Change.

Each Mind Matters resources for schools

REACH OUT.COM

WALK IN OUR SHOES

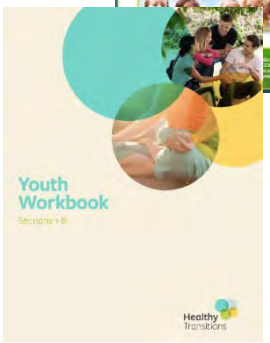
MY3

EACH MIND MATTERS
California's Mental Health Movement

Pain Isn't Always Obvious
KNOW THE SIGNS
Suicide Is Preventable

SUICIDE ASIST

USA MENTAL HEALTH FIRST AID



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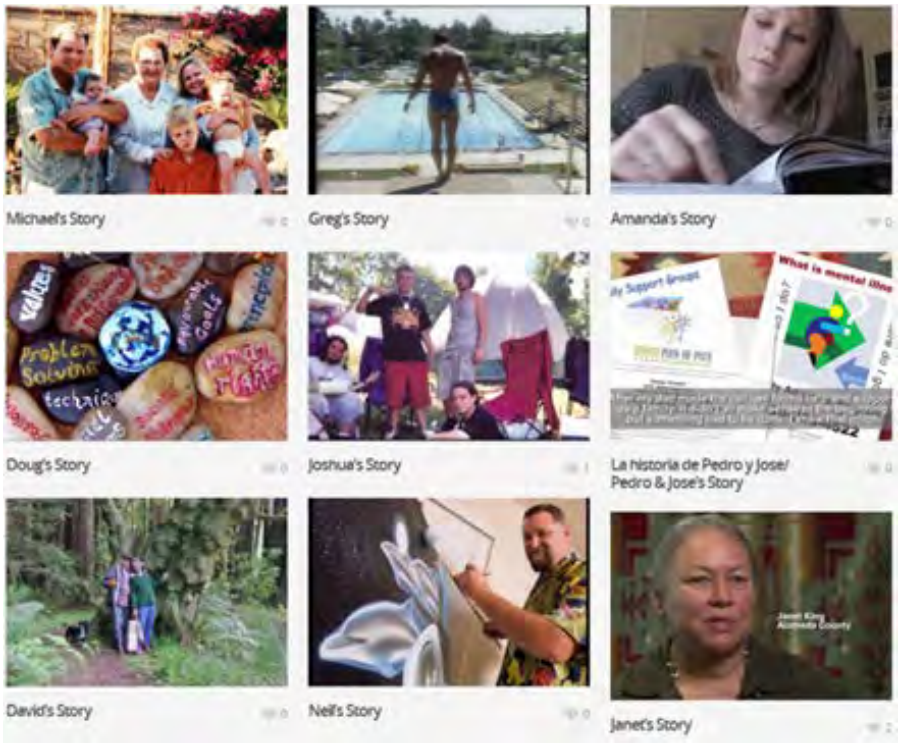
Resource #1: Each Mind Matters

EACH MIND MATTERS
California's Mental Health Movement



SanaMente
Movimiento de Salud Mental de California

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California Mental Health Services Authority
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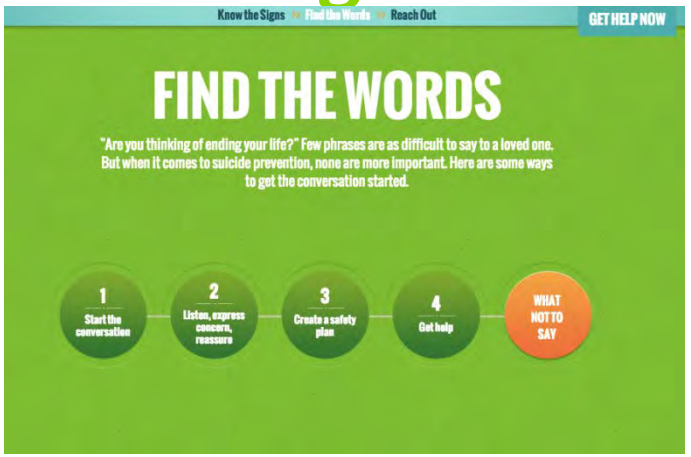
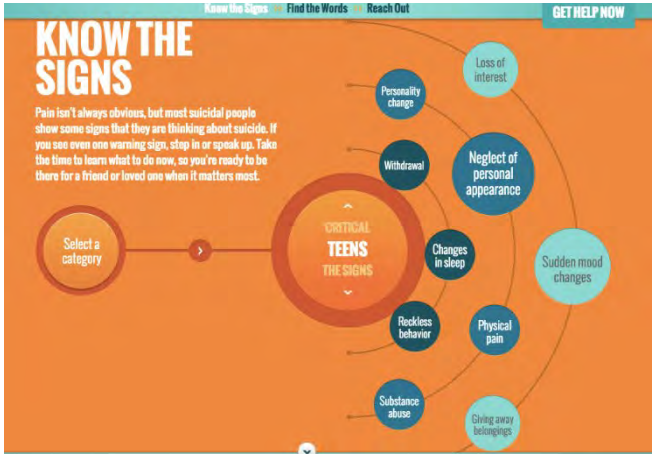
Resource #2: Know the Signs





www.SuicideIsPreventable.org

Resource #2: Know the Signs

Pain Isn't Always Obvious

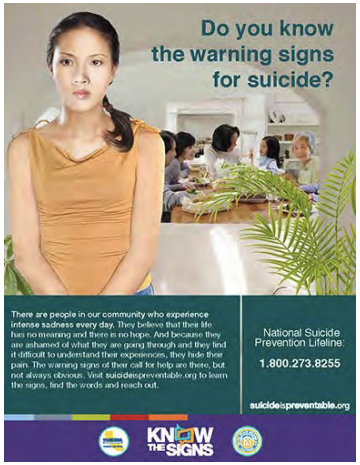
KNOW THE SIGNS

Suicide Is Preventable

El Sufrimiento No Siempre Se Nota

RECONOZCA LAS SEÑALES

El Suicidio Es Prevenible



Compassion. Action. Change.

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Resource #3: Reach Out Here

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*

23 peer supporters of variety of ethnicities, gender who contribute to forums

Number of CA ReachOut visits: 345,102
(May 2012-August 2014)

Resource #4: Walk In Our Shoes

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

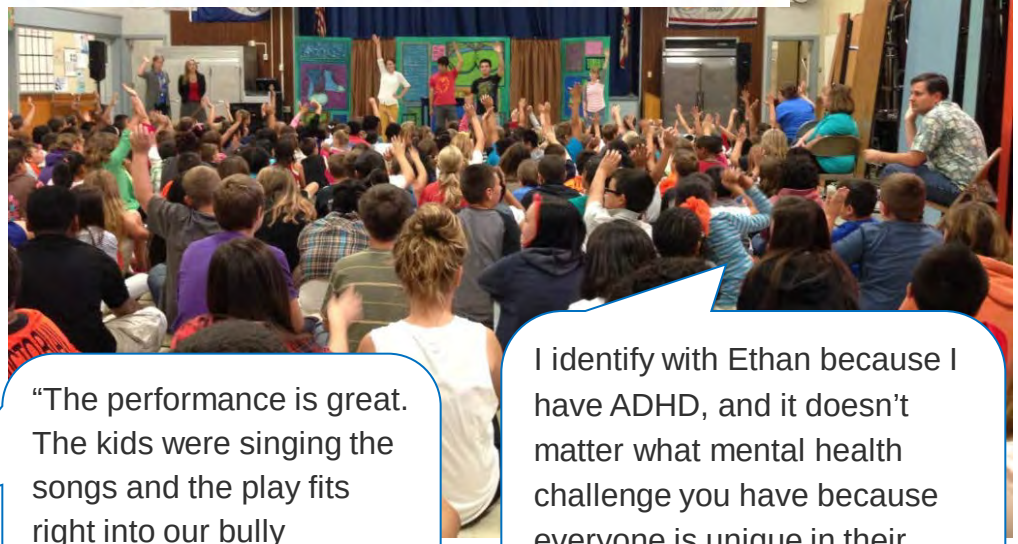
WALK IN OUR SHOES .ORG

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



"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**

Performance → Website (make a shoe!) → Dialogue

18,000 students viewed performance.

45,436 students engaged on website.

In a pre-post evaluation, RAND found significant increase in knowledge and shift in attitude after the performance

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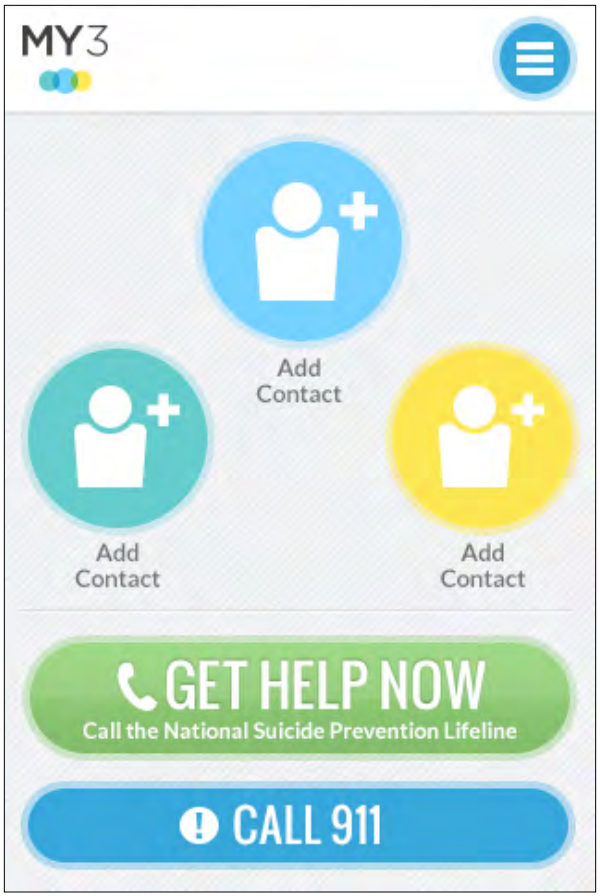
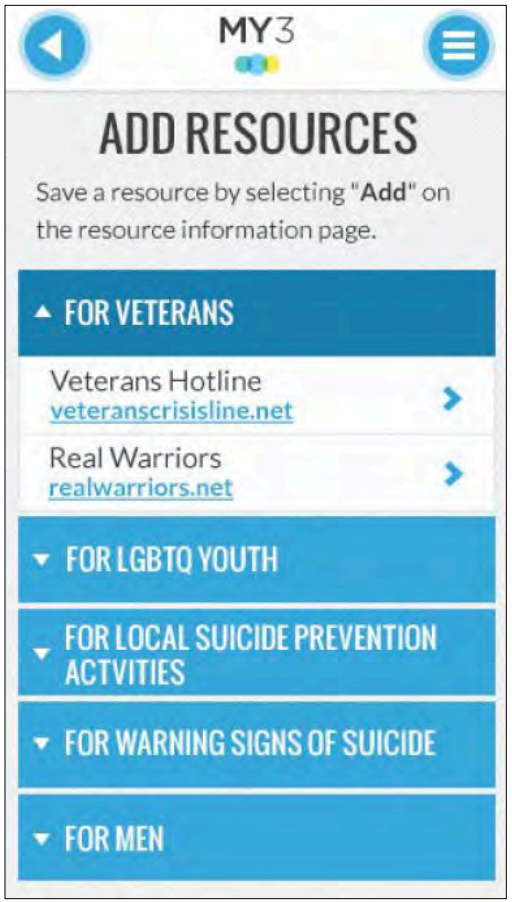
Resource #5: Directing Change

"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".

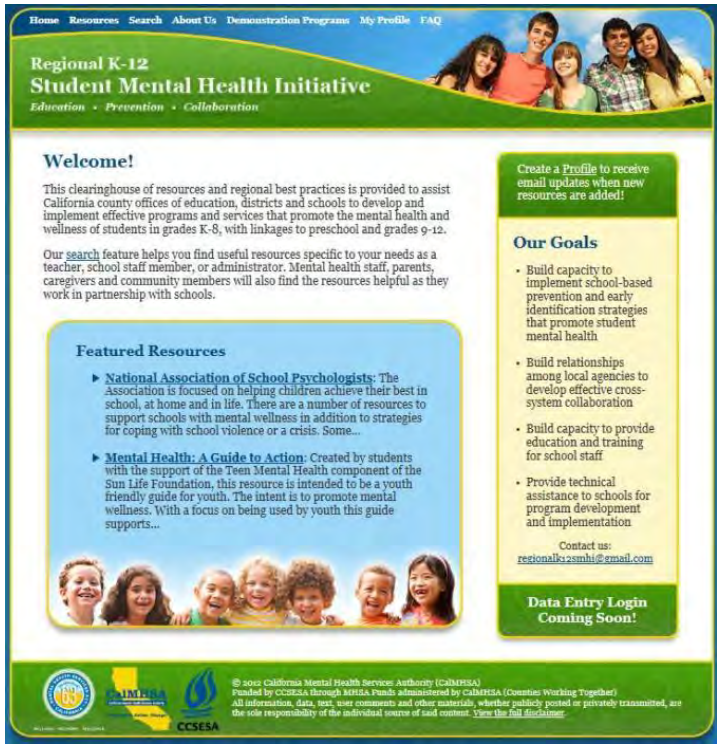
Tom Torlakson,
State Superintendent of Public Instruction, California Department of Education.

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

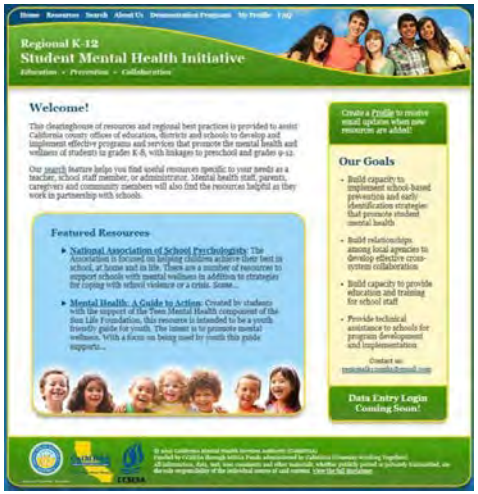
Drugs/Alcohol/ Tobacco use

Bullying

Youth Violence

Anger management

Youth Development



Suicide

Behavior management

Gangs

Professional Development

Mental health/wellness

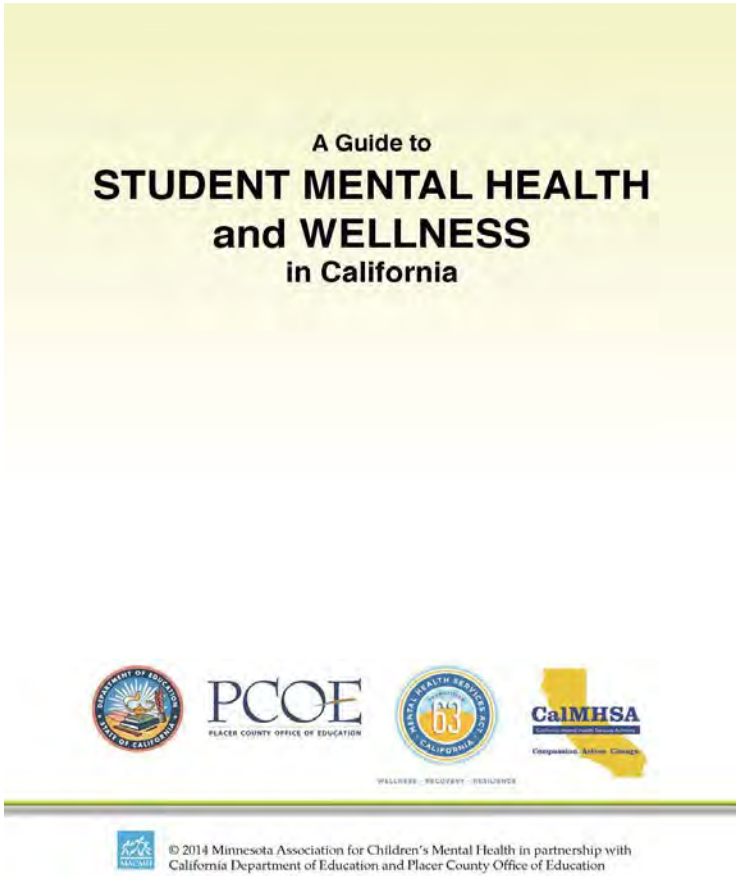
School Climate & Culture

Parent/Family/ Community Collaborations

Pregnancy

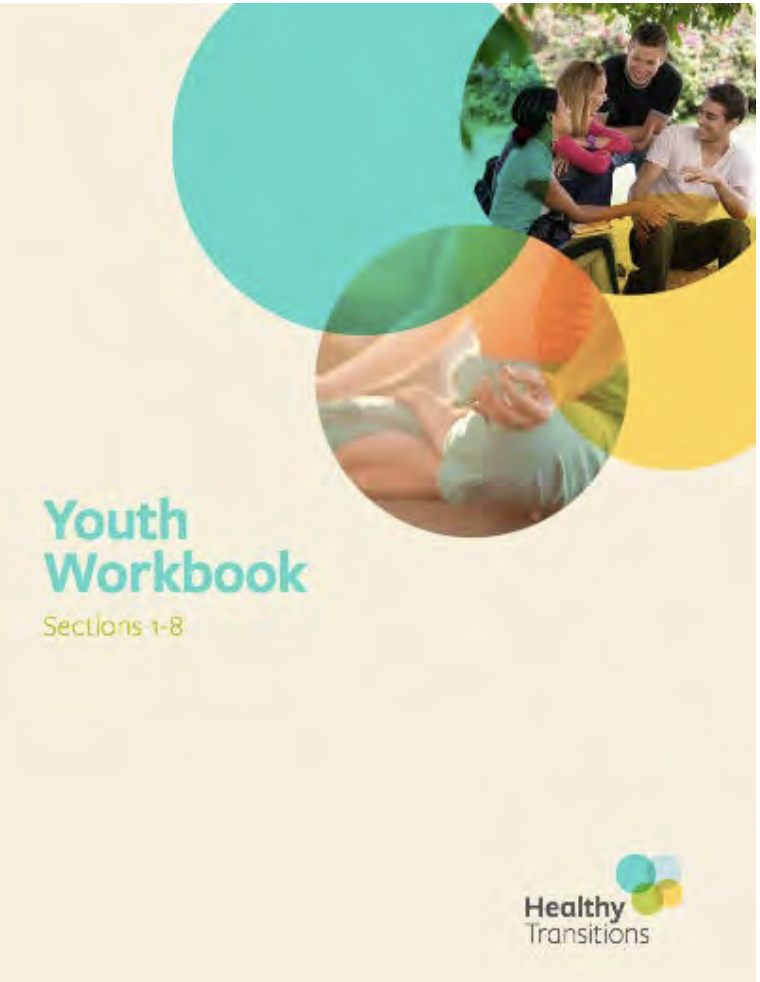
Stigma and Discrimination Reduction

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.walkinourshoes.org
- Ponte en Mi Zapatos: www.ponteenmizapatos.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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