You’re Invited to the World Premiere of "A Choice to Heal - Mental Health in California" Narrated by Mariel Hemingway

Kevin Hines, who jumped off the Golden Gate Bridge and Survived, Hosts this World Premiere Evening

The Mental Health Services Oversight and Accountability Commission (MHSOAC) invites you to join them for the premiere of the documentary "A Choice to Heal-Mental Health in California" at 6 p.m. **Wednesday, May 21, 2014**, at the Crest Theatre in Sacramento in commemoration of May Mental Health Awareness Month.

This documentary, hosted by actress Mariel Hemingway and sponsored by the Mental Health Services Oversight and Accountability Commission, will air on CBS stations in California on May 31, 2014. The documentary details California's groundbreaking approach to the prevention and early intervention of mental illness—an approach that is at the forefront of changing and improving the nation's mental health care system.

Speaker Kevin Hines will host the premiere at the Crest. Kevin has a very powerful story; in 2000, he tried to kill
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himself by jumping off the Golden Gate Bridge. He now reaches millions as he travels globally teaching others the importance of suicide prevention and mental health awareness. His book, Cracked Not Broken, is in its 13th printing.

This is a free event, open to the public. Snacks and beverages will be available for purchase. To make your reservation to attend, please RSVP to Communications Director Jennifer Whitney: jennifer.whitney@mhsoac.ca.gov

Article by Jim Beall - (D) Each Mind Matters in a Healthy Economy

The need for mental health treatment in California should be an overriding concern for all of us. About 1 in 5 adults in California need mental health support.

A national effort now underway draws attention to the role mental health plays in our overall wellness as individuals and communities. In California, a growing community is working hard to end the stigma surrounding mental health and to increase access to treatment and services.

Delivering treatment hinges on enforcing mental health parity laws that require health insurers to provide services for mental illnesses and addictions that are equivalent to coverage for physical medical care.

In other words, equal co-pays, equal deductibles, no caps on visits and no limits on treatment benefits. Parity laws, however, are only as effective as the compliance of health insurers. Last year, the state Department of Managed Health Care levied a $4 million fine against Kaiser, accusing the health care provider of limiting access to mental health care. Kaiser is appealing the fine.

In the meantime, I am pushing budget legislation at the state Capitol to reform parity enforcement in California. The existing enforcement system is based on patient-initiated complaints filed with health insurers. I am calling for health insurers instead to reach out and conduct surveys with consumers and providers to measure their compliance.

The state would collect the information and post it on the Internet to help consumers shopping for a new insurance carrier.
By affirming mental health and physical health are equal in importance and response to treatment, we commit a powerful act with a broad benefit to our state. Just consider the workplace, California's role in the global economy and how mental wellness affects innovation. Left misunderstood and untreated, the overall impact of mental or emotional health problems drains our economy and hurts businesses. Untreated mental health challenges cost America at least $105 billion annually in lost productivity.

But we can cut that cost by ensuring a workplace that supports wellness and eliminating prejudice toward people with mental health conditions. When employees have access to effective mental health treatment, employers see higher productivity, fewer unexcused absences, and both lower turnover and health care costs, according to Wellness Works, an organization that promotes mental health awareness in the workplace. In the public realm, we can channel our precious police and fire resources for public safety emergencies instead of responding to people in crises caused by untreated mental health problems.

Moreover, Californians have voiced their support for mental health treatment at the ballot box. In 2004, voters passed Proposition 63 to create a fair funding mechanism -- independent of the state's general fund -- to expand resources for people with serious mental health needs. However, much work remains. To build momentum, Mental Health Matters Day -- part of May as Mental Health Month -- will be observed by hundreds today (May 13th) in Sacramento. The event is sponsored by the California Mental Health Services Authority, which implements prevention and early intervention initiatives to expand resources for mental health, and reduce stigma and discrimination related to mental illness.

Partnering with the authority is Each Mind Matters, an organization bringing Californians together to increase mental health wellness through dialogue and early intervention.

Mental health awareness is a 365-day proposition that requires all of us to act and to recognize when ourselves or others need help.

Let us unite today and renew our efforts to overcome mental illness with understanding, compassion and accessible treatment.
NAMI CA Programs News

Family Programs Trainings:

Family to Family Training (Full)
May 30-June 1, 2014 Elk Grove, CA

Watch for information on trainings for the next fiscal year to be posted on this Weekly Report.

NAMI Family Program news is also posted on Facebook.

Check out the NAMI Family Programs Blog for up-to-date announcements:  http://namifamily.blogspot.com

Peer and Stigma Reduction Programs Trainings:

Peer-to-Peer
June 20 - 22, 2014 - Ventura (Full)

Peer-to-Peer
May 16-18, 2014 - Sacramento (Full)

Ending the Silence Webinar
May 6th - contact your local affiliate ETS Coordinator

Parents and Teachers / Provider Education Trainings
- None currently scheduled

Send inquiries to:

- Family Programs - Lynn.Cathy@namicalifornia.org
- IOOV, Peer to Peer and Connection - Stephenie.Gardella@namicalifornia.org
- Parents and Teachers as Allies, Ending the Silence, NAMI on Campus, Provider Education - Kelly.Boyles@namicalifornia.org
- Directing Change - Lauren.Hee@namicalifornia.org
- Programs Director, Beth Larkins - Beth.Larkins@namicalifornia.org

NAMI California Office: 916-567-0163
As families and individuals whose lives have been affected by mental illness, NAMI California has long been dedicated to breaking down the stigma and discrimination that can stand in the way of people with mental health challenges accessing support and living full and rewarding lives.

For three years, we have been proud to partner with the California Mental Health Services Authority (CalMHSA) to empower people with lived experience of mental health challenges to break down barriers. Together we are using our voices to shatter misconceptions about mental illness, create supportive environments where people with mental health challenges feel comfortable seeking and receiving help, and create resources to reach California's diverse communities with stories of recovery and resilience.

### Table 1: CalMHSA Presentation and Audience Numbers since 2011

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### Table 2: NAMI California Trained Presenter Numbers

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<td>Trained Presenters</td>
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<td>205</td>
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Now, through "Each Mind Matters: California's Mental Health Movement" we are standing together with thousands of individuals and organizations in a unified call for inclusion and acceptance for people living with mental health challenges.

Prevention and Early Intervention in Action Across California

Individuals and families living with mental illness know prevention and early intervention strategies are a critical way to embrace people in need of help with support that can prevent the onset of mental illness or lessen the severity of the symptoms.

NAMI members across the state were critical organizers
and took action to get out the vote to support the passage of the Mental Health Services Act of 2004 (Prop. 63). The voters agreed, including casting their votes to support for Prevention and Early Intervention (PEI) investments on a statewide basis.

Through CalMHSA, an organization of county governments working together to implement statewide PEI strategies, California has:

- Reached more than 820,000 Californians with crisis and early intervention services.
- Trained nearly 125,000 individuals in prevention strategies.
- Launched innovative social marketing campaigns that improve mental health awareness, inclusion, and equity from childhood through adulthood.
- Created lasting systems change, including new standards for K-12 educators to have training to improve identification of at-risk students.
- Enhanced local crisis hotline support by expanding language capacity, outreach and marketing, training and developing new crisis chat and text lines.
- Pioneered culturally relevant best practices to serve the needs of California’s diverse communities.

**New Resources**
California’s Mental Health Movement will grow stronger as we build community partnerships and share resources and strategies. CalMHSA's partners have developed a host of new tools and resources that can be useful in our work to champion change.

- Research shows one of the most effective ways to raise awareness and reduce stigma is through the face-to-face sharing of personal stories. CalMHSA’s partnership has enabled NAMI to greatly expand our network of speakers trained to share our stories of story of mental health challenges, stigma, and recovery for work, school or community organization audiences. Find a speaker through one of the many NAMI California programs including In Our Own Voice, Ending the Silence, Parents and Teachers as Allies and Provider Education.
- Share Each Mind Matters key messages with your partners and colleagues through your coalitions or
SuicidePreventable.org helps us find the words to say and the resources to reach out to for help in crisis.

Know a young person struggling with difficult thoughts and feelings? ReachOutHere.com is a way young people can connect with others understand what they're going through and offer support.

Share these tips about rights for individuals and families struggling with mental health challenges from Disability Rights California with your partners and colleagues through your coalitions or organizational communications.

**NAMI Can!**

**May 22 MHSOAC Commission Meeting Agenda Posted**

The Mental Health Services Oversight and Accountability Commission (MHSOAC) Commission meeting will be held on May 22 from 8:30 AM - 4:30 PM at the MHSOAC headquarters on 1325 J Street, Suite 1700, Sacramento, CA.

The agenda for the Commission meeting has been posted to the MHSOAC meetings page and may be accessed directly by clicking on this [LINK](#). The Call-in Number for the meeting is 866-817-6550 and the Participation Code is 3190377

**Governor's Budget Summary - May Revise**

The Governor's Budget - reflecting a modest surplus as a result of a temporary windfall in capital gains tax revenues - laid out a multiyear plan that was balanced, paid down budgetary debt from past years, saved for a rainy day, and increased spending for education, the environment, public safety, public works, affordable health care, and CalWORKs.

Under this May Revision, state revenues are forecast to increase by $2.4 billion. Nevertheless, the costs of health care, drought, and other programs have increased by essentially the same amount. This May Revision maintains the Governor's Budget principle of paying down debt and reducing long-term liabilities. After years of discussion, the May Revision finally proposes a plan to shore up the teacher pension system.

Despite the state's achieving a solid balanced budget, there remain a
number of major risks that threaten the state's fiscal stability, including the 
overhang of fiscal debts, growing long-term liabilities, and lingering 
uncertainties regarding the costs of the federal Affordable Care Act. The 
recent agreement between the Governor and legislative leaders to create a 
Rainy Day Fund will help the state minimize future boom—and—bust 
cycles.

Read the full summary HERE.

Joint Mental Health Legislator Visit 
Day May 12: A Success!

A coalition of 33 advocates assembled in Sacramento on May 12th to 
speak with California state legislators about issues related to child and 
family mental health. The groups represented CalACAP, NAMI California, the youth group LETS (Lets Abolish Stigma Now) and UACF- 
United Advocates for Children and Families.

Chris Castillo of Shaw/Yoder/Antwit, the lobbying firm the child 
psychiatrists of California support with an annual dues payment, organized 
the Sacramento event.

In the morning the group heard talks from Assemblyman Rob Bonta of the 
18th District (Oakland, Alameda and San Leandro), Senator Jim Beall of 
San Jose’s 15th District and Randall Hagar, lobbyist for the California 
Psychiatric Association. All three men discussed their efforts on behalf of 
mental health and drug/alcohol treatment parity in California.

After lunch, each group visited three legislators for thirty-minute 
discussions with staff in pre-arranged time slots. The specific targets were 
an overview of parity funding proposed by Senator Beall (a budget line 
item) and Assemblymember Campos’ bill, AB 1455, which would allow 
schools to better respond to victims and witnesses of bullying.

The combination of consumers who were willing to tell their personal and 
family narratives united with professionals who have expertise and 
knowledge in the field was a powerful experience.

On behalf of NAMI California, we thank all those who participated. If you 
would like to participate in next year’s visit, please contact David 
Czarnecki, Advocacy Coordinator at david.czarnecki@namicalifornia.org.

Workforce Education and Training 
(WET) Consumer and Family Member 
Employment Advisory Committee 
Meeting May 21, 2014

The Workforce Education and Training (WET) Consumer
and Family Member Employment Advisory Committee will be meeting on May 21, 2014 from 10:00am to 4:00pm at 400 R Street, Suite 471 Sacramento CA 95811 and via conference call.

This Advisory Committee is comprised of experts and stakeholders in the California Community Public Mental Health System and was formed to advise OSHPD on all aspects related to statewide mental health workforce education and training activities pertaining to consumer and family member employment.

OSHPD will be posting an agenda with meeting details at least 10 days before the meeting. If you have any questions on the WET Consumer and Family Member Employment Advisory Committee please contact OSHPD at OSHPD.MHSAWET@oshpd.ca.gov.

**RSVP For MHSOAC Forum May 29 in Redding CA**

The Mental Health Services Oversight and Accountability Commission's (MHSOAC's) Client and Family Leadership Committee and Cultural and Linguistic Competence Committee are holding a Mental Health Services Act (MHSA) Community Forum in Shasta County on May 29, 2014. The forum will be held at the Red Lion Hotel Redding, 1830 Hilltop Drive, Redding, CA from 3:00 to 6:30 PM.

The purpose of this Community Forum is to have a community discussion on the progress and impact of the MHSA in Shasta and Superior California counties. This is an important outreach effort for the MHSOAC, and area NAMI affiliates are encouraged to attend. Attendees are asked to RSVP to: mhsoac@mhsoac.ca.gov in order to have an estimated number of people who plan to attend.

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