Our nation's health care system is changing dramatically. Because these changes are so important, the National Alliance on Mental Illness (NAMI) wants to understand how the ACA and the new parity rules affect Medicaid, Medicare, TRICARE, VA health benefits, student health, any other type of coverage or don’t have coverage at all.

Take this survey on behalf of yourself or your loved ones in need of mental health and/or substance use care. Spread the word to your friends, family, co-workers, and colleagues. It should only take 15-30 minutes. Post the link on your Facebook or Twitter!

The more responses we get, the stronger our advocacy can be. Thanks for your help.

**Deadline:** October 17, 2014, Midnight eastern time (11 pm CT, 10 pm MT, 9 pm PT)

For more information see [www.nami.org](http://www.nami.org).
Directing Change 2015 - Calling All Student Film Makers and Change Agents!

Students throughout California are invited to Direct Change by submitting 60-second films in two categories: "Suicide Prevention" and "Ending the Silence about Mental Illness". The winning teams and their associated schools will win prizes, receive mental health or suicide prevention programs for their schools, get to participate in a meeting with state legislators on these topics, and attend the award ceremony at the end of the 2014-15 school year. Visit the campaign website for contest rules and information: [www.directingchange.org](http://www.directingchange.org). Submission Deadlines: February 1, 2015.

A DVD of the 2014 winners and promotional flyers are available upon request. Please contact Lauren Hee at lauren@namica.org or 916-567-0163.
Free Teen Depression Webinar on October 30th

For parents, teachers, and other caring adults who work with youth

Presented by Nancy Rappaport, M.D.

Thursday, October 30, 7:00 - 8:00 PM ET

Why is teen depression an important issue?
* The average onset age for depression is 14 years old.
  * 20% of young adults will have experienced depression during their teen years.
* More than 70% of teens respond to depression treatment.
* Untreated depression can lead to substance abuse, self-harm, and in some cases, suicide.

How can you help a teen struggling with depression? Watch our Teen Depression Webinar and learn from Dr. Nancy Rappaport, as she discusses:
* How to recognize the signs of depression in teens
* How to talk to teens about depression
* How to get help for a struggling teen
* How to address difficulties that may arise, such as the refusal of help

Watch the webinar live to submit questions to Dr. Rappaport.

After the webinar, complete the online evaluation and we'll send you a free set of Depression and Bipolar Wellness Guides for Parents and Teens, available in English and Spanish.

Dr. Nancy Rappaport is a board-certified child and adolescent psychiatrist and associate professor of psychiatry at Harvard Medical School.

Register at www.familyaware.org/trainings
Not available for the live webinar? Register today and watch it on demand, at your convenience.

"Together Against Stigma: Each Mind Matters" Annual Conference Coming Soon!

Please mark your calendars for this very important conference coming soon February 17-20th. Training for consumers, family members and other mental health advocates.

Save the date information:


NAMI California Programs Training News

NAMI FAMILY PROGRAMS TRAININGS: These are also posted on http://namifamily.blogspot.com

Note: These trainings are for family members to become teachers of the education programs listed below. Support group trainings are for family members to become facilitators of a support group.

- Spanish de Familia a Familia: October 24-26, 2014 in Sacramento, California
- Family to Family: November 7-11, 2014 Fresno, California (new date)
- Basics: January 23-25, 2015 Ontario, California (NEW LOCATION)
- Family Support
Group:  February 6-8, 2015 Chico, California  
- Family Support Group:  March 20-22, 2015 San Diego, California  
- Family to Family:  March 20-22, 2015 San Diego, California  
- Family to Family:  April 17- April 19, 2015 Bakersfield, California  
- Family to Family:  May 15-17, 2015 Vacaville, California  
- Basics:  May 15-17, 2015 Vacaville, California  

There will also be Family to Family trainings offered by the LACC (NAMI Los Angeles County).  Please contact Brittney Weissman: brittney@namilaccc.org for more information.

Grants will also be available to NAMI California affiliates desiring to put on their own trainings.  Please contact Lynn Cathy at Lynn@namica.org for further details.

**NAMI PEER PROGRAMS TRAININGS:**
These trainings are for peer members to become teachers of the education programs listed below:

- Connection:  Sacramento, October 18-19, 2014 (Registration closed)
- Peer to Peer:  Fresno, January 23-25, 2015
- Peer to Peer:  Fairfield, February 2015 (Weekend TBD)
- Peer to Peer:  Campbell, April 2015 (Weekend TBD)
- Peer to Peer:  San Diego, May 15-17, 2015
- Persona a Persona:  Date and Time TBD

Grants are available to NAMI California affiliates to put on their own trainings for the Connection and Peer to Peer programs.  Please contact Stephenie Gardella at Stephenie@namica.org for more information.

Send inquiries to:

- Family Programs - Lynn@namica.org
- IOOV, Peer to Peer and Connection - Stephenie@namica.org
- Parents and Teachers as Allies, Ending the Silence, NAMI on Campus, Provider Education - Kelly@namica.org
- Directing Change - Lauren@namica.org
- Programs Director, Beth Wolf (Larkins)- Beth@namica.org
AskCHIS Online Workshop: A Focus on Behavioral Health and Wellness

AskCHIS is a tool that allows you to access data on mental health in California and in any of the 20 largest counties and quickly search for health statistics on your county, region and state. AskCHIS draws upon the responses of more than 50,000 Californians interviewed by The California Health Interview Survey (CHIS) - the largest state health survey in the United States. This free two hour online workshop will provide an overview of both.

Date: November 5, 2014 Time: 10:00 am - 12:00 pm (PST) introductory and advanced functions in AskCHIS, the online query tool for the California Health Interview Survey. The workshop will utilize data and examples specific to behavioral health and mental health services, conditions, and risk factors in order to teach users how to locate and analyze health data. Those who are looking for exposure to online data systems and data for Californian households are especially encouraged to register. The training walks individuals through participant generated examples, teaching participants how to work with multiple CHIS variables, generate bivariate tables, and export data tables and graphs.

Register for the event here: https://www.eventbrite.com/e/askchis-online-workshop-a-focus-on-behavioral-health-and-wellness-tickets-13474114439
in Ventura Nov. 6th

A Community Forum will be held on November 6, 2014, to discuss the impact of Proposition 63, the Mental Health Services Act (MHSA), in Ventura Area Counties. The Community Forum is sponsored by the California Mental Health Services Oversight and Accountability Commission (MHSOAC), and facilitated by two MHSOAC committees, the Client and Family Leadership Committee and the Cultural and Linguistic Competence Committee.

NAMI California STRONGLY URGES you to consider participating. Should you attend please indicate that you are representing the interests of your NAMI affiliate.

The Community Forum will be held from 3:00 to 6:30 PM. at the Crowne Plaza Ventura Beach Hotel, 450 East Harbor Blvd., Ventura, CA 93001.

Specifically, the MHSOAC is interested in hearing from stakeholders about how MHSA services and supports that were funded as a result of Proposition 63 have made a difference for them, their families and/or their community. MHSOAC Committee members and staff will facilitate a semi-structured discussion with attending stakeholders designed to elicit feedback and diverse views. Information and stories gleaned through this discussion will be summarized annually and used to provide feedback to the MHSOAC about how persons have experienced the MHSA in local communities throughout California. This information will be considered by the MHSOAC in shaping future policy direction.

Find more details on the event here: http://www.mhsoac.ca.gov/Meetings/Meetings_Community_Forum.aspx
California Institute for Behavioral Health Solutions (CIBHS) Hosts Free Webinar: Examining the Juvenile Justice Population in CA: Part 1

Webinar Description:
This webinar will examine who makes up the juvenile justice population in California and what are the pathways into the juvenile justice system. Statistical data will be presented on juvenile justice youth demographics, types of offenses, mental health diagnoses, substance use challenges, family histories, and the impact of certain school discipline policies.

The goals of the webinar are to:

- Raise awareness of the behavioral health needs of juvenile justice youth and the differential impact of certain school discipline policies on racial and ethnic minority youth.
- Engage participants in an interactive and solution-focused discussion around how to divert more youth into treatment through process improvements.

Space is limited.
Reserve your Webinar seat now at: https://www1.gotomeeting.com/register/161240433
Date: Wednesday, October 29, 2014
Time: 10:00 AM - 11:00 AM PDT
For More Information: Kelly Bitz, kbitz@cibhs.org, (916) 379-5322

Check Facebook for Breaking News!
Check https://www.facebook.com/namicalifornia for breaking news about legislation or NAMI California program and events.

**Contact Us**

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