Students Are Invited to Submit their Films to Help Others and Win Prizes!

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
Important Upcoming Events and Conferences Around California and Online

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
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

NAMI California Office: 916-567-0163

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**NAMI CAN**

**Action Alert: Lend Your Voice to the Statewide Data Collection and Reporting Survey**

Please take a moment to consider adding your voice to this critically important initiative.

As part of a contract for the State of California Mental Health Services Oversight and Accountability Commission (MHSOAC), the UCSD Health Services Research Center is designing a statewide data collection and reporting system to track, monitor, and evaluate client outcomes and services within the Community Services and Supports (CSS) component of the Mental Health Services Act (MHSA). The new system is intended to enable clients, providers, counties, and the State to better understand the clinical status and outcomes for adults receiving mental health services.
The statewide systems that are currently in place do not provide timely and meaningful data that is readily useful for improving mental health services and encouraging health, wellness, and recovery in mental health consumers. The goal of this project is to strengthen the ability of mental health providers, counties, and the State to use information about services and client outcomes to improve the quality and effectiveness of community-based mental health services offered throughout California. To be successful, this new system must be highly responsive to the needs and concerns of all stakeholders, including clients and family members, mental health advocates, counties, State entities, the Legislature, and the public. As such, we are asking you to please provide input that will help us build the foundation for the proposed new data collection and reporting system.

A survey to collect stakeholder feedback on the current systems and proposed new system is now available. We invite you to share your ideas about what you need or would hope to see in this new system, as well as the usefulness of the current systems. Please follow the link below to participate in the online survey that only takes about 20 minutes to complete. The survey will be available online through Friday, November 14, 2014. If you have questions, or if you would like to complete the survey as a phone interview, please contact the Mental Health Services Evaluation Help Desk at 858-622-1794 or via email at mhse@ucsd.edu. The link to the survey is here: [http://mhse.ucsd.edu/surveys/Start.aspx](http://mhse.ucsd.edu/surveys/Start.aspx)

**CalACAP Fall Advocacy and Collaboration Conference Nov.15**

The California Academy of Child and Adolescent Psychiatry, with participation by the National Alliance on Mental Illness California, United Advocates for Children and Families, Let’s Erase The Stigma, and the California Court Appointed Special Advocates for Children are proud to present the 6th Annual Advocacy and Collaboration Conference.

You are warmly invited to participate in this opportunity to learn about
current legislative issues in California, to develop relationships with members of the five sponsoring organizations, and to take part in the developing of a mutual advocacy agenda for the 2014-2015 legislative cycle.

In addition, we will be honoring CAL-ACAP Children's Hero Award winners for their exhaustive advocacy efforts benefiting children and families in California.

Complimentary continental breakfast and plated lunch will be served.

Fall Advocacy and Collaboration Conference will be held November 15 9-3 at the Green Hills Country Club, 500 Ludeman Lane, Millbrae, CA 94030
Please RSVP by November 1 by contacting David Czarnecki david@namica.org

Materials for the Upcoming Oct. 23rd MHSOAC Commission Meeting Posted.
  - October 23, 2014
  - 8:30 AM - 3:30 PM
  - MHSOAC, 1325 J Street, Suite 1700 Sacramento, CA 95814
  - Call-in Number: 866-817-6550
  - Participation Code: 3190377
Find the materials here: http://www.mhsoac.ca.gov/Meetings/Meetings_Commission.aspx

**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

MHSOAC Community Mental Health Forum 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 their representing the interests of your NAMI affiliate.

The Community Forum will be held from 3:00 to 6:30 PM. at the Crowne
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](http://www.mhsoac.ca.gov/Meetings/Meetings_Community_Forum.aspx)

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**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](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](https://www.facebook.com/namicalifornia) for breaking news about legislation or NAMI California program and events.

**Contact Us**

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