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.

Want to stay updated with all things Directing...
Change? Subscribe to The Advocate: Directing Change Newsletter! The Newsletter features updates about Directing Change and monthly educational films about topics on mental health and suicide prevention.

DVDs of the 2014 finalists and promotional flyers are available upon request. Please contact Lauren Hee at lauren@namica.org or 916-567-0163

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.

- 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:

- Peer to Peer: Fresno, January 23-25, 2015
- Peer to Peer: Fairfield, Feb. 20-22, 2015
- 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.

**NAMI on Campus High School:** We are launching NAMI on Campus High School (NCHS) this Fall! NCHS is a student-led club that promotes mental health and wellness. In addition to our two trainings in November, a new training date has been set for Monday, December 1, 2014 in San Bernardino County. Please contact Kelly Boyles at kelly@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**

**Sen. Darrell Steinberg to be Honored at Nov. 15 Fall Advocacy and Collaboration Conference**

California Academy of Child and Adolescent Psychiatry, 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 host the 6th Annual Advocacy and Collaboration Conference.

The Conference will take place on November 15, from 9:00 am to 3:00 pm at the Green Hills Country Club, 500 Ludeman Lane, Millbrae, CA 94030.

We are happy to announce CAL-ACAP will honor Sen. Darrell Steinberg
with the Lifetime Achievement Award for his exhaustive advocacy efforts benefiting children and families in California.

The event is free to the public. You must RSVP with your lunch entree selection by Nov 1.

Please choose either a) Chicken Piccata or b) Mushroom Risotto (vegetarian and gluten free)

To make your reservation, please contact David Czarnecki, Advocacy Coordinator at david@namica.org

Mental Health Services Oversight and Accountability Commission (MHSOAC) Seeks Committee Members

The MHSOAC is looking for people who would like to serve as members on various committees for the 2015/2016 Committee Cycle. Please be aware that the committee membership for the current two-year cycle will end on December 31, 2014. If you would like to be considered for selection in the 2015/2016 MHSOAC Committee cycle, please complete and submit the attached MHSOAC Committee Application by November 10, 2014. The application can also be found by clicking here.

Commitments of selected Committee members are as follows:

* Attend a minimum of 75% of scheduled Committee meetings in person or by teleconference (at minimum, committee meetings are held once every other month)

* Committee members are asked to give notice to staff when they are unable to attend a meeting; failure to regularly attend meetings may result in removal from your Committee assignment
* Contribute to Committee work products, including review and feedback of recommendations, position papers, etc.

* Communicate with Committee staff between meetings on Committee business and/or work products

* Advance the vision, goals and work of the Committee

* Participate in Committee Workgroups as needed

* Committee membership is for two years

**Reminder:** MHSOAC Community Mental Health Forum in Ventura on 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](http://www.mhsoac.ca.gov/Meetings/Meetings_Community_Forum.aspx)

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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