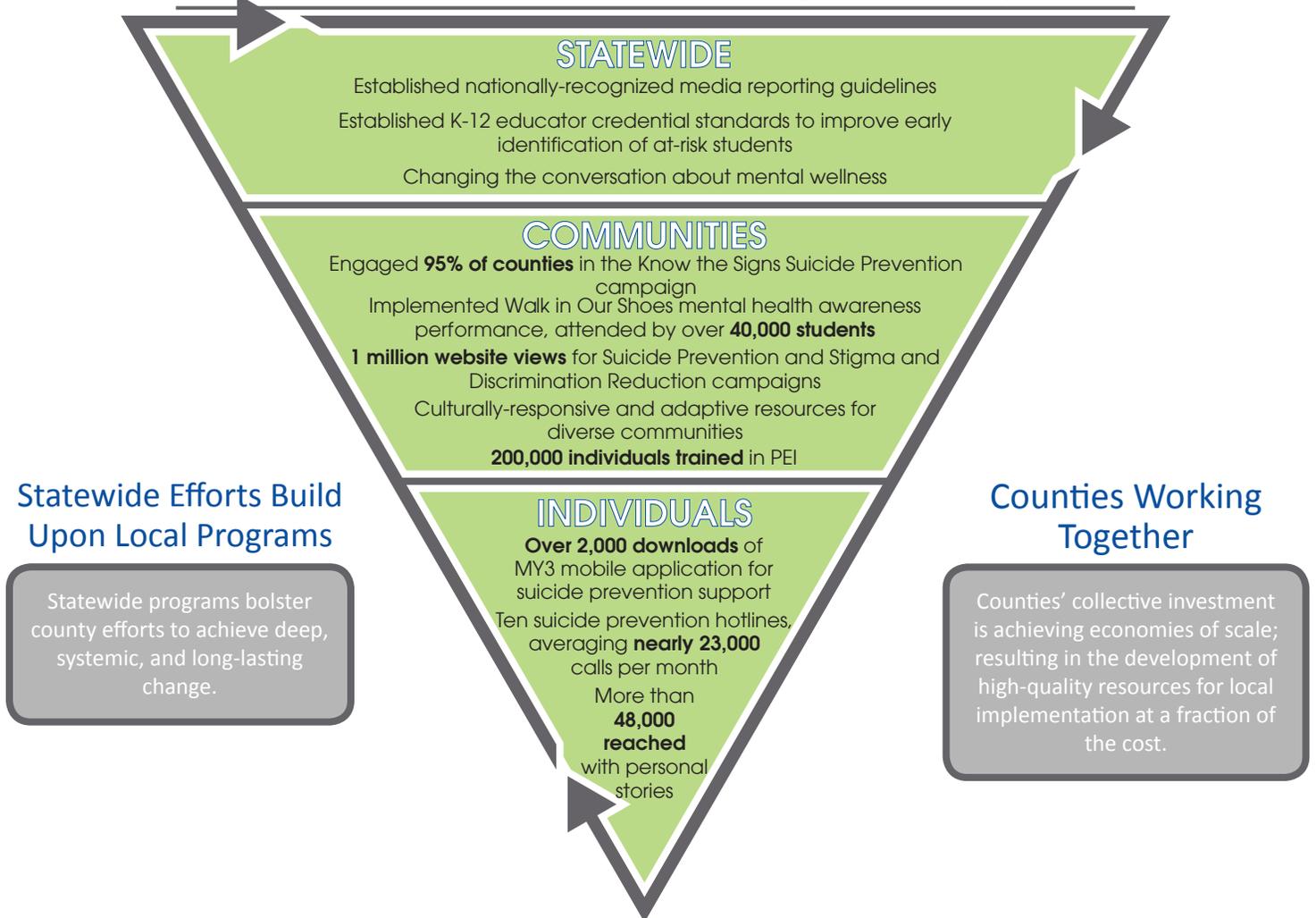


# San Diego County & The California Mental Health Services Authority: Supporting Mental Health Through Statewide Prevention and Early Intervention Programs

## Affirming that Each Mind Matters in California

Through the *California Mental Health Services Authority (CalMHSA)*, counties are leveraging their *Proposition 63 (Mental Health Services Act)* resources to support Prevention and Early Intervention (PEI) statewide programs that are preventing suicide, improving student mental health, and reducing stigma and discrimination.

### What Have CalMHSA's Statewide PEI Programs Accomplished?



## RESULTING IN WELLNESS & RECOVERY

Research demonstrates that PEI programs effectively reduce the risk of consequences related to untreated mental illness. PEI programs address multiple levels of prevention, focusing on improving the overall health and wellness of whole populations, changing knowledge, attitude and awareness of mental health conditions, and encouraging and facilitating help-seeking among those who are experiencing mental health challenges.

## A California Legacy

A unique spotlight is on California as one of the most innovative states implementing programs to promote mental health at an unprecedented scale. The Phase Two Plan continues this legacy. California's collective commitment to mental wellness thrives outside of California, as other states and counties adopt and benefit from these locally-developed programs.



# Prevention & Early Intervention Strategies working in San Diego County

San Diego County has benefited from statewide efforts: CalMHSA's multi-faceted PEI statewide projects are designed to complement local activities. Here are a few examples of the local impact of statewide PEI programs on San Diego County residents.

San Diego County's communities are becoming more aware and responsive to individuals with mental health challenges or thoughts of suicide



The **Know the Signs** Suicide Prevention Campaign informs Californians of 3 things: The warning signs for suicide, how to talk to someone about suicide, and how to identify helpful resources. San Diego County residents received Campaign information through TV, online and magazine ads, resulting in **86.6** million total estimated views within the county.



**Directing Change** is a statewide contest that engages students in creating videos about suicide prevention and stigma and discrimination reduction. A total of **103** submissions were received in the past two years. Student feedback on the Directing Change contest: *"The topic of suicide hits close to home for our school; we have had two students die by suicide, causing our school to change entirely. The Directing Change student video contest was a great way for us to get involved with suicide prevention. We hope that through the video we can give others hope and encourage them to reach out."*



The **Walk In Our Shoes** Campaign educates 4th-6th graders through school plays and online engagement about individuals with mental health challenges, and helps develop compassion and acceptance. Walk In Our Shoes school plays were held in **eight** San Diego County elementary schools from 2013-2014. There have been more than **5,200** website visits from San Diego County residents to *WalkInOurShoes.org*.



**Each Mind Matters**, California's mental health movement is a community of individuals and organizations dedicated to a shared vision of mental wellness and equality. *Each Mind Matters: Great Minds Gallery* features **nine** video vignettes from San Diegans about their stories of hope, resilience, and recovery.

**Native Communities of Care** brings together California's American Indian and Alaska Native Wellness Movement; working together to support behavioral health and wellness for mind, body and spirit. The Viejas Band of Kumeyaay, serving San Diego County, was a recipient of the Native Communities of Care mini-grant.



**California Community Colleges** focus on prevention and early intervention strategies addressing the mental health needs of college students and advancing the collaboration between community colleges and community-based agencies. More than **4,800** individuals were trained in suicide prevention, crisis/behavioral intervention, and early recognition of at-risk students at MiraCosta and San Diego City Colleges.



**Regional K-12 Student Mental Health Initiative** builds the capacity of schools and communities to implement prevention and early identification strategies that promote student mental health. In San Diego County, **2,100** individuals were trained in mental health topics, such as suicide prevention and bullying prevention.



**NAMI** is the National Alliance on Mental Illness. Their programs provide information on the impact of stigma and how to identify mental health concerns early on. More than **120** presentations have been provided to Fresno County from NAMI programs including *Ending the Silence*, *In Our Own Voice*, *Parents and Teachers as Allies*, and *Provider Education* reaching **3,600** individuals.



CalMHSA has expanded the reach of 24/7 **crisis hotline services** as well as the types of crisis and support services they provide. San Diego's Access and Crisis Line now also supports a new live crisis chat program to reach San Diegans online. More than **630** chats occurred within the last year.

Relationships in San Diego County are becoming more compassionate and supportive

Individuals in San Diego County have improved access to crisis support services