

## NATIONAL BLACK HISTORY MONTH - RESOURCES TO SUPPORT MENTAL HEALTH



**National Black History Month**, celebrated in February each year, is a time to recognize the central role African Americans have played in U.S. history, and to recognize and celebrate their achievements. A focus on mental health and wellness is an important component in these efforts, to ensure that African Americans in our community have culturally responsive mental health information and resources available to them. Many key resources are available through Each Mind Matters (EMM), California's Mental Health Movement.

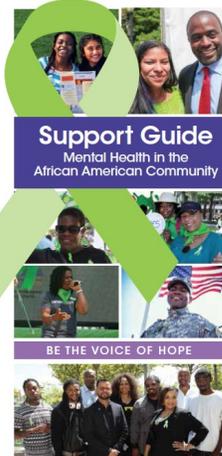
- Find all of EMM's resources for African American communities at: <https://emmresourcecenter.org/collection/african-american>
- Find a curated collection of materials selected for Black History Month at: <https://emmresourcecenter.org/collection/black-history-month>

- The double-sided **Support Guide** details the tools available to members of the African American community who are looking to improve their mental health.

<https://emmresourcecenter.org/resources/support-guide-mental-health-african-american-community>

- The **Know The Signs** suicide prevention poster encourages African American community members to learn about the warning signs of suicide and reach out to someone they are concerned about.

<https://emmresourcecenter.org/resources/know-signs-suicide-prevention-posters>



- The **Mental Health Friendly Communities** program addresses mental health stigma and resource access by providing culturally focused trainings and resources that directly speak to the mental health issues facing the African-American community in faith-based settings.

<https://emmresourcecenter.org/resources/mental-health-friendly-communities-brochure>

- View **personal story vignettes** of hope, recovery and resiliency from the perspective of African American communities at:

[www.eachmindmatters.org/stories/?story\\_category=african-american-stories&story\\_tag=&story\\_type](http://www.eachmindmatters.org/stories/?story_category=african-american-stories&story_tag=&story_type)

**MENTAL HEALTH**  
*friendly* COMMUNITIES

Building Mental Health Friendly Communities...  
one congregation at a time

- 60-second PSA videos created by youth for youth from the **Directing Change** program featuring African American youth.

- ◆ Not Alone: [https://youtu.be/R8G\\_FxZOWLM](https://youtu.be/R8G_FxZOWLM)
- ◆ Pain Never Lasts: <https://www.youtube.com/watch?v=tAB94H4-E54>

## SUPPORTING PARENTS & CHILDREN AFTER A DISASTER



**Saturday, March 3, 2018, 10am-12pm**

**Early Learning Institute, 311 Professional Center Dr, Rohnert Park**  
**Speaker: Dr. Vanessa Cobham, University of Queensland, Australia**

The recent fires have had a profound and lasting impact on the entire Sonoma County community, including its youngest residents. Parents and providers may be unsure about how to best respond to questions, emotions, and behavior following the fires. Please join us for a presentation and discussion on how we can best support parents and their children.

The FREE training will cover:

- How to manage children's emotions and behavior after a fire
- Answering children's questions
- Why some children are more affected than others
- Common triggers that may cause distress
- What you can do to help support parents

Space is limited. RSVP online at:

[calparents.org/afterdisaster](http://calparents.org/afterdisaster)

Sponsored by: Child Parent Institute, First 5 Sonoma County, Early Learning Institute, Triple P Positive Parenting Program



**SUBMISSIONS ARE DUE MARCH 1, 2018.**

**CALLING ALL YOUNG FILMMAKERS AND CHANGE AGENTS!**

**MAKE A DIFFERENCE AND WIN CASH PRIZES BY CREATING SHORT FILMS THAT WILL BE USED TO RAISE AWARENESS AND HELP YOUNG PEOPLE ACROSS CALIFORNIA.**

**SUBMISSION CATEGORIES:**

SUICIDE PREVENTION • MENTAL HEALTH MATTERS • THROUGH THE LENS OF CULTURE • ANIMATED SHORT • SANA MENTE

Visit [www.DirectingChangeCA.org](http://www.DirectingChangeCA.org) for contest rules & educational resources.

## “MI FUTURO: MY FUTURE IS IN HEALTHCARE CAREERS” HOLDS ANOTHER IMPACTFUL YOUTH HEALTHCARE SYMPOSIUM



Latino Service Providers and Sonoma State University, in cooperation with community healthcare providers, educators, and sponsors, held its third annual Healthcare & Career Symposium for youth (**Mi Futuro**) on January 19, 2018 at Sonoma State University.

Over 400 young healthcare career hopefuls from over 20 high schools gathered together with healthcare professionals at the standing-room-only event that informs, motivates, and compels youth to consider careers in the behavioral health and primary healthcare fields. Speakers at this year's convention included:

- Dr. Kirk Pappas, Physical Medicine & Rehabilitation Physician at Kaiser Permanente
- Professor Rachel Guerrero, Director of Center for Reducing Health Disparities, UC Davis
- Dr. Lisa Vollendorf, Provost/Executive VP, Sonoma State University
- Dr. Mary Kay Rudolph, Senior VP of Academic Affairs and Assistant Superintendent, Santa Rosa Junior College

While the symposium is offered to all youth, ages 16-30, the event targets Latino & Native American youth and is culturally sensitive to the unique Latino patient-care needs of Northern California.

Students attended informative presentations that delivered insight into career pathways, educational programs, and financial aid opportunities. Passionate speakers stressed the importance of cultural and linguistic responsiveness and how resiliency and courage play an integral part in mental health wellness within the youth community.

For more information about the symposium, visit [www.mifuturonorcal.org/](http://www.mifuturonorcal.org/).



Sonoma County Behavioral Health's Wendy Wheelwright leads the Mental Health Trauma Assessment Station at **Mi Futuro 2018**

### EACH MIND MATTERS MINI-GRANT OPPORTUNITY FOR SCHOOLS!

Each Mind Matters is excited to announce the release of its **2018 School Mini-Grant Application!** This is an opportunity for schools to build California's Mental Health Movement by hosting their own mental health awareness events on their school campus during **Mental Health Awareness Month** in May. This grant opportunity is open to student-run clubs on high school or college campuses in California. Applications are due **March 16, 2018**. For more information, visit: [www.eachmindmatters.org/action-items/2018studentminigrant/](http://www.eachmindmatters.org/action-items/2018studentminigrant/)

### PROJECT SUCCESS+ PARENT SUPPORT MEETING AT RANCHO COTATE HIGH SCHOOL

**Tuesday, February 20, 2018, 6-7:30pm**  
**Rancho Cotate High School Library, 5450 Snyder Lane, Rohnert Park**

Project **SUCCESS+** hosts a parent support meeting at **Rancho Cotate High School** entitled "Give Peace a Chance: Self-Care in the Midst of Chaos". Project **SUCCESS+** is a school-based, MHS-funded program that works to reduce the factors that put students at risk for substance misuse and mental health challenges while working to enhance the factors that will protect students from these risks.

For more information, please contact Flash Welch at (707) 792-4755.

### ADVANCE HEALTH CARE DIRECTIVE WORKSHOP

**Thursdays, February 22 & March 8, 2018, 1-3pm**  
**Jewish Family and Children's Services (JFCS)**  
**1360 North Dutton Ave, Suite C, Santa Rosa**  
**Cost: \$50 (covers both sessions)**



No one is too young or too healthy to prepare for the unexpected. In this two-part workshop, you can ask yourself "What matters most?" and give your loved ones the gift of a specific plan that honors your wishes.

Get an overview of what an **Advance Directive of Health Care** includes, and receive help creating and completing a document that addresses your wishes. At the completion of the two-day workshop you will leave with a notarized advance directive.

To register for the events, visit:

[www.eventbrite.com/e/its-about-how-you-live-advance-health-care-directive-workshop-tickets-41977612168](http://www.eventbrite.com/e/its-about-how-you-live-advance-health-care-directive-workshop-tickets-41977612168)

### MENTAL HEALTH RESILIENCY FORUM

**Thursday, February 22, 2018**  
**6pm (Resource and Services Fair); 7-9pm (Forum)**  
**Glaser Center, 547 Mendocino Ave, Santa Rosa**  
**Spanish translation will be available**



Our community has gone through a traumatic experience. The fires affected every one of us. We invite you to a **Mental Health Resiliency Forum** to learn about available services and resources, and hear expert panelists speak on trauma and how to foster

well-being during this difficult time.

Ask questions. Get help. You are not alone in this.

*Hosted by Sonoma County Supervisors Shirlee Zane and Lynda Hopkins, with special guest, Congressman Mike Thompson*

### EACH MIND MATTERS 2017-18 WEBINAR SERIES CONCLUDES

The **Each Mind Matters (EMM) Webinar Series** is designed to provide a deeper understanding of mental health awareness, stigma and discrimination reduction, suicide prevention strategies, & EMM materials that are available to support your work.

March 13, 2018, 1-2 pm: **Learning Exchange: Community Engagement for May is Mental Health Awareness Month**

Register at:

[attendee.gotowebinar.com/register/7333185489592972803](http://attendee.gotowebinar.com/register/7333185489592972803)

If you missed the earlier webinars in the series, you can access recordings and download the presentations at:

<https://emmresourcecenter.org/>

For more information about MHS programs and services, or to submit updates, events, success stories, or other content for this newsletter, please contact Amy Faulstich at [amy.faulstich@sonoma-county.org](mailto:amy.faulstich@sonoma-county.org). To sign up for this newsletter, go to: [www.sonoma-county.org/mhsa](http://www.sonoma-county.org/mhsa).

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