

BEHAVIORAL HEALTH DIVISION'S COMMUNITY PARTNERS FEATURED AT STATEWIDE CULTURAL COMPETENCE SUMMIT



Left: Congressman Patrick Kennedy and Kevin Berthia. Right: Javier Rivera

The Sonoma County Behavioral Health Division (SC-BHD) would like to acknowledge the work of our community partners that participated in the recent **Cultural Competence Summit XX** on March 15 and 16 in Santa Rosa. This statewide behavioral health conference was organized by the California Institute for Behavioral Health Solutions and highlighted community-defined practices used by cultural communities to reduce stigma and to increase access to mental health services and treatment throughout California counties. The following community partner organizations will be recognized by the Sonoma County Board of Supervisors for their work at the Summit: Positive Images, Latino Service Providers, Sonoma County Indian Health Project, Community Baptist Church, and Kawahara and Associates.

Keynote Speakers

The first day of the Summit featured keynote addresses given by former Congressman Patrick Kennedy of Rhode Island and suicide survivor Kevin Berthia. (The attendance of both speakers was secured by SC-BHD.) Community partner Positive Images' Javier Rivera delivered a keynote address on the final day of the Summit.

Upon his retirement from Congress, **Patrick Kennedy** founded the Kennedy Forum, which unites the community of mental health, and co-founded One Mind for Research, a global leader in open science collaboration in brain research. Congressman Kennedy's remarks at the Summit focused on "mental health parity", which seeks to ensure that mental health is treated on-par with physical health.

Kevin Berthia shared his journey of hope and recovery as a suicide survivor. In 2005, Berthia plotted to take his own life by jumping off the Golden Gate Bridge but it was a first responder's listening ear that eventually brought Kevin to the safe side of the railing. **Javier Rivera**, the Program Director of Positive Images, and LGBTQ+ partner with SC-BHD, spoke about the work of his organization to provide culturally relevant services to youth.

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Congressman Kennedy & SC-BHD Director Mike Kennedy

THE MANY FACES OF YOUTH MENTAL HEALTH: FOSTERING SOLUTIONS, RESILIENCY AND HOPE



The **Teen Health Advocacy Coalition (THAC)** of Sonoma County, in conjunction with the Sonoma County Behavioral Health Division, presents "The Many Faces of Youth Mental Health: Fostering Solutions, Resiliency and Hope."

May 4, 2017, 8am-4:30pm

Finley Center, 2060 West College Avenue, Santa Rosa

Cost: \$55, includes meals & optional CEU credits

This conference will bring together a dynamic group of speakers that include survivors and professionals to address the issues surrounding youth mental health and to provide tangible resources to youth serving providers, educators, community members, parents and youth themselves.

The keynote speaker will be **Kevin Hines**, an award-winning global speaker, bestselling author, and suicide prevention and mental health advocate who has reached millions with his story of an unlikely survival of a Golden Gate Bridge jump.

To register, visit:

www.picatic.com/manyfacesofmentalhealth

May is **Mental Health Matters Month**

Every May the nation comes together to raise awareness about mental health. **Each Mind Matters (EMM)** encourages everyone to start conversations, listen openly to one another and support a loved one with mental health challenges. EMM has created its **May is Mental Health Matters Month 2017 Toolkit** to assist you in carrying the mental health movement forward in your community. The toolkit includes:

- Sidewalk Talk - Volunteer Opportunity & 7 Listening Tips
- "Say This, Not That" tip sheet to start meaningful conversations
- Lime Green Spirit and Ribbon Wall Activities
- Pre-written social media posts to use on your channels
- Drafted email blasts to distribute to your network every Monday during May
- "May is Mental Health Matters Month" 11x17 poster
- Link to videos to inspire your May activities

www.eachmindmatters.org/get-involved/spread-the-word/toolkit-may-mental-health-matters-month-2017/

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Community Partner Participation

Two community partners who contract with SC-BHD – Latino Service Providers (LSP) and Sonoma County Indian Health Project (SCIHP) – delivered presentations at the Summit. SC-BHD staff, as well as consultant Kawahara and Associates, provided assistance to these partners in applying for their conference presentations.



Left: Musetta Pezearce and Wanda Tapia. Right: Dave Smith and Cecilia Dawson

LSP and SCIHP are both funded by the state's Mental Health Services Act (MHSA), which is administered locally by SC-BHD. Each of these contractors recently received over a million dollars from the state for their work reducing disparities for those seeking mental health services and bolstering the local mental health workforce, with a focus on the Latino and California Native American community here in Sonoma County.

Latino Service Providers received funding last year from the California Department of Public Health (CDPH) totaling \$1.18 million over five years. This funding will aid LSP in recruiting and training mental health Promotores. These Promotores are launching a community-wide bilingual and Spanish-speaking educational campaign to reduce stigma surrounding mental health, increase awareness of resources, and encourage workforce development in behavioral health careers. LSP is also assisting the County in recruiting and hiring bilingual and bicultural Spanish-speaking staff.

Sonoma County Indian Health Project received \$1.14 million from CDPH as part of Phase II of the California Reducing Disparities Project. SCIHP's Aunties and Uncles Program, a Community-Defined Evidence Practice, will provide community-level suicide prevention and mental health stigma and discrimination reduction with its implementation of the Sonoma County funded model.



Left: Manchester Pt. Arena Band of Pomo Indians. Right: James Coffee, Jr. and his band.

The Community Baptist Church Collaborative's MHSA-funded Safe Harbor program participated in the Summit by sharing their music. Sonoma County Indian Health Project also worked with local Native American dancers to provide a blessing of the food with the Manchester Pt. Arena Band of Pomo Indians.

SAVE THE DATE!



The Behavioral Health Division
presents a Public Hearing
to review the
Mental Health Services Act (MHSA)
Three-Year Integrated Plan
for 2017-2020 and
Annual Update for 2015-2016

Tuesday, May 16, 2017
5:00 to 7:00 PM
Finley Center, Person Senior Wing
2060 West College Avenue
Santa Rosa 95401

Please join us for an informative evening discussing the services provided by MHSA-funded programs throughout the community, and by Sonoma County Behavioral Health. You'll hear from individuals who are transforming their lives with the help of these programs. There will also be an opportunity for public comment.

Contact: 707-565-4850

5TH ANNUAL ASIAN & PACIFIC ISLANDER HEALTH FORUM



Aging with Dignity: Preparing for Graceful Transitions

May 18, 2017 - Finley Community Center, Person Senior Wing
2060 West College Avenue, Santa Rosa

Presented by Santa Rosa Family Residency Program, the 5th Annual **Asian & Pacific Islander Health Forum** is Northern California's premier health education conference focusing on the Asian and Pacific Islander Communities. Seating is Limited - Registration is now open. To download registration, exhibitor, and sponsorship forms, visit: <http://asianhealthforum.wix.com/apihf>

EACH MIND MATTERS WEBINAR SERIES

Each Mind Matters, California's Mental Health Movement, is offering a new webinar series that is part of statewide efforts to prevent suicide, reduce stigma and discrimination related to mental illness, and to promote the mental health and wellness of students.

"SanaMente: Resources for Latino Communities"

April 4, 2017, 1-2 pm

<https://attendee.gotowebinar.com/register/294849816537989633>

"Mental Health Resources for Diverse Communities"

May 2, 2017, 1-2 pm

<https://attendee.gotowebinar.com/register/8210419842362519297>

"Skills Building Webinar: Suicide Prevention"

June 6, 2017, 1-2 pm

<https://attendee.gotowebinar.com/register/3870779388925992193>

For more information about MHSA 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. To sign up for this newsletter, go to: www.sonoma-county.org/mhsa.

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