

Mental Health Awareness Week

First Week of October

Mental Health Awareness Week (MHAW) is an annual event where advocates across the nation come together to spread awareness about the importance of mental health and to speak out against the stigma around mental illness. Thanks to the efforts of the **National Alliance on Mental Illness (NAMI)** in 1990, the U.S. Congress established the first full week in October for the observance. This year, MHAW takes place from October 7-13.

MENTAL HEALTH AWARENESS WEEK TOOLKIT



Visit the **Each Mind Matters Resource Center** to find several mental health resources as well as tools to help you spread the word in your community. The toolkit has posters, brochures and activities that are ready to be downloaded and shared, as well as a series of videos that you can post on social media.

We Believe
Each Mind Matters

<http://emmresourcecenter.org/resources/mental-health-awareness-week-toolkit>

THE WELLNESS AND ADVOCACY CENTER HOLDS AN OPEN HOUSE AT ITS NEW LOCATION AT THE SONOMA COUNTY BEHAVIORAL HEALTH HUB



Wellness and Advocacy Center, 2245 Challenger Way, Suite #104, Santa Rosa

On August 3, 2018, the **Wellness and Advocacy Center** moved to its new location at 2245 Challenger Way, Suite #104, Santa Rosa. At this new “Hub”, the Wellness Center will be co-located with Sonoma County Behavioral Health and other services. The new site features expanded hours, with the Center now being open Mon-Fri 10am-4pm (except Wed 10am-3pm). Community members, family, friends, and providers joined together on September 27th at the Wellness Center Open House to celebrate the new facility.

The Wellness and Advocacy Center is a program of Goodwill-Redwood Empire with funding from Sonoma County Department of Health Services Behavioral Health Division - Mental Health Services Act. For more information, call (707) 565-7800, or visit: www.wellnessandadvocacy.org/

Pictured above: Sean Bolan, 2245 Challenger Way, Sean Kelson

SONOMA COUNTY SUPERVISORS SIGN GOLD RESOLUTION RECOGNIZING SUICIDE PREVENTION WEEK



On Tuesday, September 11, the **Sonoma County Board of Supervisors** presented a Gold Resolution proclaiming the week of September 9 through September 15, 2018 as **Suicide Prevention Week**.

The Gold Resolution was accepted by **Tamara Player**, Executive Director of Buckelew Programs; **Sarah Chapman**, Program Manager of the North Bay Suicide Prevention Hotline of Sonoma County; **Wendy Wheelwright** (Sonoma County Department of Health Services staff), Project Manager for the California HOPE Project; and **Mary-Frances Walsh**, Executive Director of National Alliance on Mental Illness (NAMI) Sonoma County.

SONOMA COUNTY BEHAVIORAL HEALTH CONTRACTS WITH SMITHWATERS GROUP FOR PATIENT RIGHTS ADVOCACY (PRA) SERVICES



The **SmithWaters Group**, a professional Patient Rights Advocate (PRA) organization, has been hired by Sonoma County Behavioral Health to manage its PRA services going forward.

The SmithWaters Group consists of **Frank and Bill Smith-Waters** and **Jackie Shephard**, who collectively possess more than five decades of experience providing PRA services for Napa, Lake and Sacramento counties. PRA duties will include: oversight over the Lanterman-Petris-Short (LPS) Certification Hearing process; grievance response from clients, staff and community members; mandated PRA audits; PRA & LPS trainings; and quarterly and annual reports of Patients' Rights Services. Frank, Bill, and Jackie can be contacted on the PRA Line at **(707) 565-4978**.



Thursday, November 1, 2018, 7:30am-4:30pm
Sonoma State University Student Center Grand Ballroom
1801 East Cotati Ave, Rohnert Park
Cost: \$100 (the day of the event, price will go up \$25)
CEUs for Nurses & MFTs/LCSWs (additional \$25)

Over the past 25 years, the **Latino Health Forum** has seen firsthand the increase of the Latino Population in Sonoma County. The demand for the culturally relevant education provided at the conference is greater than ever. The Latino Health Forum is one of the most educational and informative Latino health care events in Northern California.

The goals of the Latino Health Forum continue to be to inform healthcare professionals about the most relevant problems facing the Latino population and the community at large in Sonoma County, to encourage and inspire students and individuals to pursue careers in health and medicine and to facilitate networking among health care providers.

The Latino Health Forum is proud to continue as an academic conference. For the past 25 years, the Forum has offered BRN continuing education units to health professionals. They provide registration scholarships to high school and college level students to expose them to the many career choices available in the health and social service field.

Who should attend?

- Health Care Professionals & Administrators
- Community Health Care Workers & Promotores de Salud
- Students (High School & College)
- Teachers and School Administrators
- Government Representatives
- Community Leaders
- Community Members
- Health Care Advocates

For more information and to register:
www.latinohhealthforum.org

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.

Newsletter Content: Amy Faulstich; Design: Bruce Robbins

Directing Change Box Office Returns

- 86%** of youth learned proper response to a friend's suicide warning signs via program
- 58%** of youth encouraged someone going through a tough time to seek help
- 86%** agreed even people who seem successful can be hurting on the inside and thinking about suicide
- 9,000** youth participants since 2012
- 6,142** Number of films submitted by youth since 2012
- 325,372** Number of times films have been viewed online since 2012

The **Directing Change Program & Film Contest** encourages young people to learn about suicide prevention, mental health, and how to support a friend in an innovative way: a film contest. Researching these topics, applying knowledge to the making of the film, and thinking deeply about impacting the opinions of others requires a level of involvement that has lasting impact.

For Youth ages 14-25 or in grades 7-12:
 Win cash, get recognized and use your creativity to make a difference.

For Schools and Organizations:
 Trainings to support AB 2246, parent workshops, lesson plans, and educational resources.

For Everyone:
 View and download hundreds of free films and public service announcements.

Submission Categories:


- Suicide Prevention
- Mental Health Matters
- Animated Short
- Through the Lens of Culture

Submissions are due **MARCH 1st** every year.

Visit www.DirectingChangeCA.org

Funded by counties through the Mental Health Services Act (Prop 63) and administered by the California Mental Health Services Authority (CalMHSA), an organization of county governments working to improve mental health outcomes for individuals, families and communities.

UPCOMING MOVES TO THE NEW BEHAVIORAL HEALTH CAMPUS

 **Sonoma County Behavioral Health** is continuing its phased relocation of services to the new **Behavioral Health Campus** at the Lakes Corporate Center in Santa Rosa.

- **September** - Whole Person Care (2255 Challenger Way); Behavioral Health Program Support & Special Projects (2227 Capricorn Way)
- **October** - Youth and Family Services (2227 Capricorn Way); Mobile Support Team (2255 Challenger Way)