



# Mental Health Matters Day

Building Momentum & Strength TOGETHER

May 24, 2017 • 9:30 a.m.

East Side, Capitol Building • Sacramento, CA

# PROGRAM

[www.mentalhealthmattersday.org](http://www.mentalhealthmattersday.org)

# Welcome, and Happy Mental Health Month!

We believe passionately in the power of building momentum and strength together to better the lives of those with mental health challenges. Speaking up about mental health is an essential part of battling stigma, and our voices are amplified when we speak up together. By hosting Mental Health Matters Day, we continue to strengthen our community and the movement towards ending stigma.

## Schedule

- 9:30 a.m. DJ Entertainment & Exhibit Tables Open
- 10:00 a.m. Official Welcome
- 10:30 a.m. Speakers & Entertainers
- 1:55 p.m. Closing Comments

Food trucks arriving at 11:30 a.m.



## Art Exhibitors

**Mental  
Illness:**  
It's not  
always what  
you think.

The “**Mental Illness: It’s not always what you think**” project’s Mental Health Month art display features artwork from Sacramento County residents that are living with mental illness, or who support others that may be living with mental illness. All art displayed helps to dispel myths and stereotypes about mental illness and promote messages of wellness, hope and recovery.

**Painted Brain** creates lasting community based solutions to mental health challenges and the impact of social injustice through arts, advocacy and enterprise.



**Peer Recovery Art Gallery** is an avenue for peer support that uses non-traditional means to unite people with mental health challenges in community-based projects that are all-inclusive with no labeling.

# Speakers

**Richard Dreyfuss**, Actor - best known for starring in *American Graffiti*, *Jaws*, *Stand By Me*, *Close Encounters of the Third Kind*, *Down and Out in Beverly Hills*, *The Goodbye Girl*, and *Mr. Holland's Opus*. In 1978, the 30-year-old actor was the youngest person to win a Best Actor Oscar for *The Goodbye Girl*. Perhaps what is lesser known is that he has lived experience with mental health challenges. Richard Dreyfuss will share his story of those challenges and what impact they may have had on both his personal and his professional life.

**Kevin Briggs**, a retired California Highway Patrol officer, will share his story of stopping upwards of two hundred people from jumping to their deaths from the Golden Gate Bridge into San Francisco Bay. Kevin Briggs will speak on the topic of suicide prevention, including his efforts to successfully convince Kevin Berthia to not jump off the bridge on March 11, 2005.

**Kevin Berthia** will share his story of despair, suicidal ideation, healing and mental health advocacy at the Mental Health Matters Day event. Kevin will speak on the topic of suicide prevention and the events that led to March 11, 2005 when he stood on the San Francisco Golden Gate Bridge, ready to take his life.

**Cindy Martinez**, Board Member, California Youth Empowerment Network – Sharing the story of a young person that must remain anonymous due to the current political climate - *My Story, A Young American that Happens to be an Undocumented Immigrant with Lived Experience of Mental Health Challenges*.

**Lisa Klein** is the director of *THE S WORD*, a powerful new documentary that puts a face on a subject that has long been stigmatized and buried with the lives it's claimed. As the survivor of both her father's and brother's suicides, she struggled with the "whys" for years, along with the guilt, shame and confusion that lingers in suicide's wake. She will talk about the journey that ultimately compelled her to make this film.

**Kelechi Ubozoh** will share her story of surviving a suicide attempt and her path of recovery that brought her to working in the California mental health consumer movement. Kelechi will speak about utilizing her story in the new documentary, *THE S WORD*, to bring more awareness of mental health and suicide in the African American community.

**Rudy Caseres** is a public speaker, writer, and vlogger who shares his story of living with bipolar. His content has been featured on *The Mighty*, *This is My Brave*, *Wear Your Label*, *BP Magazine*, and *HealthyPlace*.

**Fable the Poet** ...Is a Bi-racial North American writer, teacher, community activist, performer, and motivational speaker. Fable The Poet is a Nationally Touring Artist highly noted for his work with the youth; spreading Mental Health Awareness using his own stories to consume the audience, and spread a much needed message: "At times, we all feel fragile. We are all paper boats entertaining the waves of life." Acoustic, through written word, with musical backing, or even with a live band you will be taken on an emotional rollercoaster unlike any other you have ever experienced.

## Remarks by:

Zima Creason, President and CEO, Mental Health America of California

The Honorable Sebastian Ridley-Thomas, CA State Assembly, 54th District

## Event MC

**Paul Gilmartin**, Former TV host (TBS' *Dinner and a Movie*), stand-up comedian (Comedy Central Presents) and host of the *Mental Illness Happy Hour*.



## Live Entertainment

**DJ Anointed** will be on the ones and twos spinning today's top hits and yesterday's favorites.

**Urban Beats** is an innovative artistic expression program for Transitional Age Youth (TAY). Through creating and delivering artistic productions and TAY-focused social media messaging, Urban Beats aims to enhance self-sufficiency and increase TAY engagement in behavioral health treatment. Urban Beats utilizes strengths identification and artistic self-expression to fight the stigma related to mental illness and promote youth self-empowerment and improve wellness.



# Important Areas of Focus in California Policy and Advocacy

The following is a brief overview of the policy and advocacy efforts shared by the many partners that joined together to bring you Mental Health Matters Day.

## Supportive Housing

Studies show that a large number of adults who are homeless also have a serious mental illness. California's lack of affordable housing and supportive housing programs that provide needed services along with housing is a challenge that the mental health community is prepared to address. A safe, stable place to live is essential to ensure effective treatment and recovery outcomes. We advocate for additional affordable housing development and housing-based supports for individuals living with mental illness and for families with children who experience mental illness and emotional disturbances. We encourage affordable housing developers and advocates to form partnerships with the mental health community to address California's housing shortage as the high costs make it difficult for many to find stable housing. All deserve equal access to housing.

## Cultural Equity

Diverse stakeholder inclusion is essential to shape mental health policy to appropriately serve diverse communities. Stakeholders from California's varied unserved, underserved and inappropriately served racial, ethnic, and cultural populations, including LGBTQ, veteran, and special needs communities across the lifespan must be included in service development and delivery to appropriately address their mental health needs. We advocate for more providers, administrators, and policy makers from these communities and for more community defined practices that better meet the needs of these communities.

## Protecting and Supporting Mental Wellness in Immigrant and Undocumented Communities

We advocate for policies and services that support mental wellness in immigrant and undocumented communities. We recognize that the current political climate has created extreme fear, terror and trauma in some of California's communities, all of which impede mental wellness. We support policies such as the establishment of sanctuary cities and the refusal to participate in federal immigration raids. Not only do we support policies that promote mental wellness, but we also promote access to community defined mental health services and supports for this unique population.

## Peer Certification

Peer Certification creates a practice that is distinguished from other disciplines within the behavioral health workforce that provides services from the perspective of recovery through shared experience. Peer Support is a relationship of mutual learning founded on the key principles of hope, equality, respect, personal responsibility and self-determination. The services provided are evidence-based, nontraditional, therapeutic interactions between people who have a shared lived experience of a behavioral health challenge or the shared experience as a parent/family member of a person with a behavioral health challenge. Peer support specialists reduce hospitalizations and hospital stays, improve client functioning, increase client satisfaction, reduce family concerns, alleviate depression and other symptoms, and enhance self-advocacy.

## **Intervention Diversion from the Criminal Justice System Including Bail Reform**

The criminal justice system is often the worst place for individuals with mental illness, yet they comprise 64% of people in jail and 56% of people in prison nationwide. We advocate for reforms to prevent entry into the criminal justice system and to divert out as early as possible, including training law enforcement on crisis intervention, minimizing pretrial detention through bail and pretrial reform, implementing alternative custody programs and behavioral health courts, and reforming sentencing laws and practices.

## **Access to Treatment**

An individual with mental illness should have timely access to all available treatments that are effective in treating their mental illness. Support is key to treatment and recovery, therefore efforts must be made to identify supportive friends and family members to integrate into a collaborative systems of care. An individual with mental illness should have the right to engage their preferred provider or change providers as meets their needs. Ultimately treatments should be client centered to efficiently meet the needs of the individual.

## **Mental Health Awareness & Stigma Reduction**

Approximately 1 in 5 adults in the United States experiences a mental illness in a given year, and 1 in 25 experiences a serious mental illness that significantly interferes with or limits one or more major life activities. However, only 41% of the adults with a mental health condition and 63% of the adults with a serious mental illness received mental health services in the last year. We believe that state and local governments should continue and increase funding for stigma and discrimination reduction programs. By increasing awareness of mental illness and decreasing stigma, we take the most important step towards increasing access to treatment.

## **Prevention and Early Intervention**

Half of all chronic mental illness begins by the age of 14, and three quarters by the age of 24. Early diagnosis and early initiation of treatment is therefore medically effective and critical to recovery. We believe that school-based programs are essential to the prevention and early intervention of mental illness. School based supports should be available, with appropriate privacy and anti-discrimination protections for students and families. We support every county in the implementation of Prevention and Early Intervention (PEI) programs to engage and intervene with individuals who are developing early signs and symptoms of mental illness. Many programs targeting underserved communities should be PEI programs. Programs should be available to all individuals of all ages, and should include partnerships with families and community based organizations.

## **Alternatives to Institutional Care**

Alternatives to institutional care are community-based, trauma-informed, person-centered programs that focus on crisis prevention and crisis support in settings that are staffed and operated by people with lived experience of the mental health system. We seek to enable each mental health consumer with support when they need it, not wait until a crisis grows and ends with involuntary treatment. Self-determination and receiving treatment in the least restrictive environment are important and essential components of an effective, efficient and ethical system of care.

## Substance Use Disorder

A large number of those impacted by substance use disorders also report having a mental health challenge. A substance use disorder is a chronic, relapsing health condition of the brain. The misuse of alcohol and drugs impacts the health and well-being of individuals, and can put lives at risk. Stigma, lack of access to substance use disorder treatment due to high demand for treatment combined with low capacity due to limited funding and lack of and/or limited insurance coverage continue to represent the major barriers to addressing substance use disorders in our communities. The good news is that treatment works and each dollar spent on treatment can save up to \$11 in un-incurred societal costs. Through the provision of evidence-based therapies, individuals can build and maintain recovery after treatment.

## Importance of Meaningful Stakeholder Process

A stakeholder is person or group of people who are directly impacted by mental health or a person who represents others' interests relative to mental health. A meaningful stakeholder process outreaches to all communities to educate, engage and partner with stakeholders while honoring the Recovery Philosophy and its values of: Hope, Empowerment, Self-determination, Freedom of Choice, Knowledge of Rights, Self-Confidence, Self-Advocacy, Responsibility, Developing Peer & Other Support Systems, and Resiliency. A proper stakeholder process also focuses on the specific needs of stakeholders including linguistic, socioeconomic, educational, spiritual and ethnic experiences of consumers and their support systems. A meaningful stakeholder process allows consumers to bring their personal perspective and wisdom derived from their experiences to the decision making process and to have their voice incorporated into the outcomes that result from the stakeholder process.

## The Role of Parents and Families

Parents and family members, including relative caregivers, of minor children and youth with mental health challenges have the right to be included in every step of their child's treatment. Parents and family members have unique insight to their children's/youth's mental health and overall well-being. Family advocacy should be included in the process of developing treatment plans for minor children and adult children when there is consent. Parents should have access to education about their child's mental illness, peer-peer support, and awareness of the array of treatment options. Further, parents should not be shamed or blamed for their child's actions and attitudes. It is not a matter of 'good' or 'bad' parenting.

To take action and get involved in policy activities, sign up for MHAC's email distribution list at <https://goo.gl/0ge2ZO> or email [info@mhac.org](mailto:info@mhac.org).



# Event Map



## Exhibitors

- Mental Illness: It's Not Always What You Think - Sacramento County
- Alliant International University
- Anti-Recidivism Coalition
- California Association of Mental Health Peer-Run Organizations (CAMHPRO)
- California Coalition for Youth
- California Consortium of Addiction Programs and Professions (CCAPP)
- California Department of Corrections & Rehabilitation
- California Institute for Behavioral Health Solutions (CIBHS)
- California Primary Care Association
- California Youth Connection
- California Youth Empowerment Network
- Counseling California (sponsored by the California Association of Marriage and Family Therapists)
- Crossroads Diversified Services
- Disability Rights California
- Downtown TAY
- Each Mind Matters
- Goodwill of Sacramento Valley, Wind Youth Services, Next Move
- Human Touch Behavioral Health
- Kaiser Permanente
- Mental Health America of California
- Mental Health America of Northern California
- Mental Health Association of San Francisco
- National Holistic Institute: The Massage Garage Pit Crew with Jo Bruno
- NAMI California
- Nile Sisters Development Initiative
- Office of Patients Rights
- Peer Recovery Art Project Incorporated
- Peers Envisioning and Engaging in Recovery Service (PEERS)
- Steinberg Institute
- Sutter Health
- The S Word (Documentary Film)
- TLCS, Inc.
- Urban Beats - Pathways
- Wellness Together
- Wellness Works
- Yolo Community Care Continuum

## Sponsors



Stars Behavioral  
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## Partners



Meghan Parkansky,  
Founder of  
In This Together Festival



Contact: [info@mhac.org](mailto:info@mhac.org)

[www.mentalhealthmattersday.org](http://www.mentalhealthmattersday.org)