

EACH MIND MATTERS

California's Mental Health Movement

The Mental Health Movement in Diverse Communities

Each Mind Matters: California's Mental Health Movement creates supportive communities that encourage anyone and everyone to get help when it's needed. Below are a few examples of how the movement is advancing mental health in California's diverse communities.

African-American

Mental Health Friendly Communities

Mental Health Friendly Communities – a program introduced in four regions across California – addresses mental health challenges in the African American community by providing culturally focused trainings and resources that directly speak to the mental health issues facing the African-American community. The program's goal is to engage communities by helping them get on a path that will lead toward mental wellness. [Building Mental Health Friendly Communities](#) is a brochure developed to provide details on the program.

Community Baptist Church (CBC)

[Community Baptist Church](#) is located in Sonoma County and was the denomination's first African American church. Currently, CBC has an ethnically and culturally diverse congregation. CBC provides programming and services to children, youth, and their families including special services to seniors that are supported by volunteers and donations. There are four programs run by CBC that are funded by the Mental Health Services Act (MHSA). The target populations for these programs are members of CBC with specific focus on mental health in the African American community.

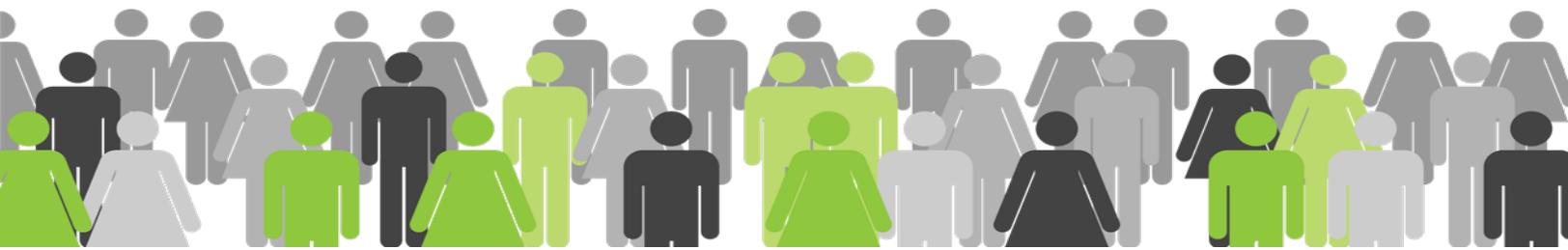
Successfully Motivating African Americans through Resiliency Training (SMAART)

[The SMAART Program](#) is an exciting partnership between Young Visionaries Youth Leadership Academy (YVYLA) and Black Voice Foundation (BVF), funded by the Mental Health Services Act, Proposition 63. SMAART is aimed at Motivating African-American children and their families within San Bernardino County through Resiliency Training (primarily students within San Bernardino Unified School District). The objectives are to educate, empower and engage students through mentorship from professionals, workshops addressing the importance of mental health, nutrition, character and career development.

Native American

Native Communities of Care: Kern County Department of Mental Health

Kern County Department of Mental Health presented the [Native American Cultural and Wellness Fall Gathering](#). The first portion of the event trained county staff and other community members in strengthening relationships with tribal communities. The afternoon included a wellness fair, talking circles, drumming, dancing and cultural presentations on mental wellness.



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Native Communities of Care: Fresno American Indian Health Project

[Fresno American Indian Health Project](#) worked with community stakeholders to include mental health information at the annual Health Fair. Attendees were able to learn about mental health, how to find support, and speak with youth leaders who created videos about mental health.

Asian Pacific Islander

Hmong Women's Heritage Association

[Homng Women's Heritage Association](#) (HWHA) is a non-profit, community-based organization located in Sacramento committed to empowering Hmong women and their families in the Sacramento Region to lead healthy lives. They provide culturally sensitive programs and services that educate and support families as they thrive.

United Cambodian Community

[United Cambodian Community](#) a multicultural social services agency serving the greater Long Beach community held a three-day symposium called "Trauma, Healing and Resiliency: The Healing Fields" on January 27-29, 2015. The event brought together medical, human services agencies and survivors of trauma, war, violence and domestic abuse, and private foundations concerned with multi-cultural integrated holistic care to cultivate resiliency of individuals and communities in Long Beach area.

Latino

The County of Sonoma Department of Health Services

On October 16, 2014 the Department of Health Services hosted the [22nd Annual Latino Health Forum](#). The event increases the awareness of the impact of mental and behavioral health issues in the Latino community. The sold-out event brought to light many important issues, such as mental health treatment gaps in Latino underserved populations and health trends at the local and national level.

The Sacramento County Division of Behavioral Health

Sacramento's Division of Behavioral Health presented the "[Strength In Connections](#)" event to bring awareness to the Latino community about available cultural and linguistic services, in recognition of September's National Latino Heritage Month and California's Latino Behavioral Health Week. This special community event featured presentations by Carmela Castellano-Garcia, President and CEO of California Primary Care Association and Dr. Lina Mendez, Postdoctoral Scholar of Internal Medicine, UC Davis Health System-Center for Reducing Health Disparities. The goal was to inform the public about opportunities the Affordable Care Act presents to integrate behavioral health into general healthcare, as well as effective strategies for improving access to behavioral health services for Latino communities.

