

EACH MIND MATTERS

California's Mental Health Movement

Each Mind Matters Resources

General Information:

[CalMHSa Cultural Responsiveness Project](#)

CalMHSa partnered with the California Institute for Mental Health (CiMH) and implemented phase one of the Cultural Responsiveness Project – a cultural competence assessment of CalMHSa and its program partners to help identify strengths and gaps to further enhance efforts in reducing disparities. This website provides an overview of the Cultural Responsiveness Program and the Training Webinars to be conducted as part of the program.

[Each Mind Matters Program and Resources Catalogue](#)

The recently launched Each Mind Matters Program & Resource Catalogue is a searchable website that features programs, resources, and tools produced through the California Mental Health Services Authority (CalMHSa).

[Great Minds Gallery](#)

Each Mind Matters Great Minds Gallery houses videos from two-to-six minutes in length and share stories of Californians hope, resilience and recovery.

Asian Pacific Islander:

[Suicide Prevention Materials for Asian and Pacific Islander Populations](#)

Through the Know the Signs campaign, outreach materials have been developed in Vietnamese, Chinese (Traditional), Korean, Tagalog, Khmer, Lao and Hmong. The available formats vary by cultural group and include posters, brochures, print ads, online ads, and TV spots.

[California Reducing Disparities Project \(CRDP\) Asian Pacific Islander Population Report](#)

This report examines the disparities experienced in the Asian Pacific Islander community. It also offers recommendations to reduce these disparities.

[Mental Health Awareness Resources](#)

Each Mind Matters targeted resources for the API community include in-language Myth vs. Fact Sheets as well as mental health glossary sheets, TV ads (Lao), radio ads (Lao, Hmong, Cambodian) and stories developed by youth via the storytelling competition.

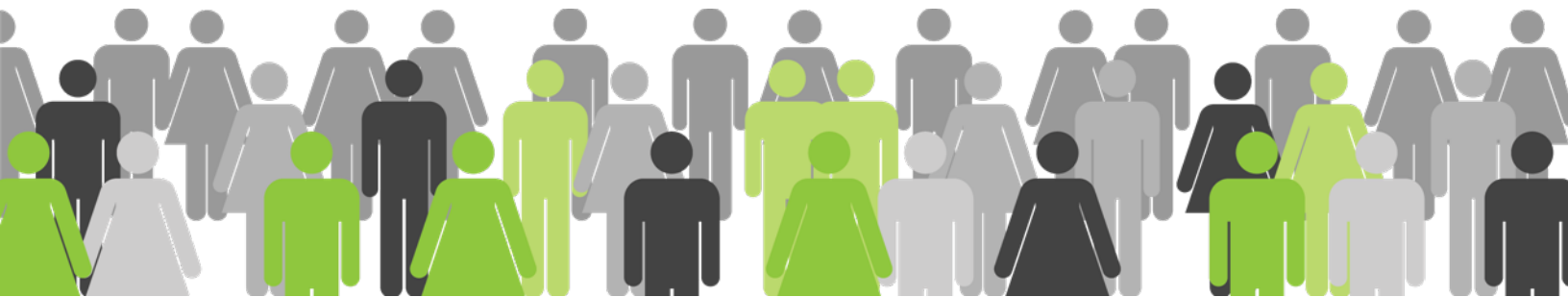
African American:

[California Reducing Disparities Project \(CRDP\) African American Population Report](#)

This report focuses on rationale and the approaches to eliminating mental health disparities among African Americans in California.

[Mental Health Friendly Communities Brochure](#)

This brochure describes the Mental Health Friendly Communities program introduced in four regions across California to address mental health challenges in the African American community. The



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program provides culturally focused trainings and resources that directly speak to the mental health issues facing the African American community.

[African American Community Mental Health Fact Sheet](#)

This National Alliance on Mental Health fact sheet provides data on mental health disparities in the African American community.

[Suicide Prevention Materials for African American Populations](#)

Through the Know the Signs campaign, outreach materials have been developed to reach African American communities. Materials include posters, brochures, print ads, and a billboard.

Native American:

[California Reducing Disparities Project \(CRDP\) Native American Population Report](#)

This report examines the disparities experienced in the Native American community. It also offers recommendations to reduce these disparities

[American Indian and Alaska Native Communities Mental Health Fact Sheet](#)

This National Alliance on Mental Health fact sheet provides data on mental health disparities in the Native American community.

[Cultural and Community: Suicide Prevention Resources for Native Americans in California](#)

The Culture and Community Guide assembles suicide prevention marketing and messaging materials that have been created by and for Native American and Alaska Native people. The guide provides ideas and inspiration so that others can adapt these messages for local use. The guide also provides background on social marketing and safe messaging, helpful resources for planning suicide prevention programs in Native communities, and an appendix of related materials.

[Native Communities of Care Toolkit](#)

Native Communities of Care brings together California's American Indian & Alaska Native Wellness Movement to work together to support behavioral health and wellness for mind, body, and spirit.

Latino:

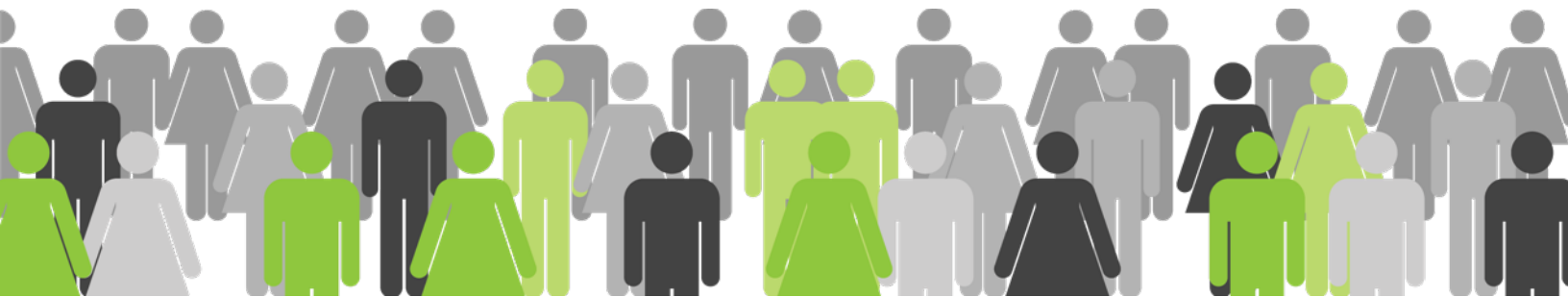
[California Reducing Disparities Project \(CRDP\) Latino Population Report](#)

This report examined mental health disparities for the Latino population with the goal of developing and implementing the appropriate process for identifying community-defined, strength-based promising practices, models, resources, and approaches that may be used as strategies to reduce disparities in mental health.

[Latino Community Mental Health Fact Sheet](#)

This National Alliance on Mental Health fact sheet provides data on mental health disparities in the Latino community.

["Healthy and Happy Families Start Here" Fotonovela Series](#)



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Created as part of CalMHSA's Stigma and Discrimination Reduction Initiative, the fotonovela series includes three fotonovelas created to help increase awareness of mental health challenges and promote understanding and acceptance among Latino families.

[SanaMente](#)

SanaMente, CalMHSA's Spanish-language stigma and discrimination reduction campaign, was created with the Latino community in mind. The website includes in-language mental health information, resources, an informative radio segment featuring mental health expert Dr. Sergio AguilarGaxiola, and video vignettes focused on hope, recovery and resilience. SanaMente is a growing movement for mental health awareness, equity for mental health care, and inclusion for people living with mental illness in an accepting climate free of stigma.

[El Rotafolio – Suicide Prevention Materials in Spanish](#)

As part of the Know the Signs campaign, outreach tools including a flip chart were created to support suicide prevention community outreach by Promotoras and community health workers.

