

## **CalMHSA's Statewide PEI Program Impact on Santa Clara County**

### ***Focusing on programs impacting student mental health***

Prepared by CalMHSA for Santa Clara County on September 4, 2015

#### **Lime Green Ribbon Partner School Mini Grant**

- West Valley College's NAMI on Campus Club received a \$1,000 grant to disseminate Each Mind Matters/Lime Green ribbons on campus events. The Each Mind Matters team supported NAMI on Campus at West Valley College at a tabling event on May 6<sup>th</sup>, 2015, reaching nearly 100 students

#### **Community College Campus Based Grants**

- West Valley College & Gavilan College received a Campus Based Grant, which reached nearly 14,000 individuals through training, events, presentations, activities, screenings, outreach workshops & regional forums

#### **Kognito At-Risk Suicide Prevention Gatekeeper Training provided at Community Colleges**

- Kognito's avatar-based online suicide prevention gatekeeper training program was provided at the following Community Colleges: De Anza, Evergreen, Foothill, Gavilan, Mission, San Jose City, and West Valley, training over 2,500 individuals

#### **Know the Signs Suicide Prevention Campaign**

- Know the Signs Campaign outreach materials were mailed to San Jose Unified School District at no cost

#### **Directing Change Student Film Contest**

- For the past 3 years, 7 films were submitted from 6 Santa Clara-based high schools including: Andrew Hill High, Ann Sobrato High, Gunderson High, Henry M Gunn High, Homestead High and Pioneer High.
- All participating schools were offered suicide prevention programs and an Ending the Silence presentation from NAMI California
- 7 people from Santa Clara County have participated as judges on the Directing Change Films. As a judge, these individuals were provided with a one-hour training on appropriate messaging about suicide prevention & mental health.
- A Directing Change video submitted in 2015 by Ann Sobrato High can be found here: [http://www.directingchange.org/2015-films-by-county/#Santa Clara](http://www.directingchange.org/2015-films-by-county/#Santa%20Clara)

#### **Interactive Video Simulation Training (IVST)**

- IVST was an Innovation Project of Santa Clara County, which was then adopted by CalMHSA and its contractors at the California State University system to provide the training to other CSU public safety officers

## **California State University activities at San Jose State University**

San Jose State University received a variety of trainings, peer-to-peer activities, and resources as part of CalMHSA's contract with the CSU system, including:

- **Trainings provided**
  - ASIST
  - Mental Health First Aid
  - QPR
  - Thousand stars
  - Three-tiered trainings
- **Peer-to-Peer activities**
  - 15 peers were hired and trained as QPR instructions. They also conducted 3 documented suicide interventions
  - Establishment of an Active Minds chapter
- **Community partnerships**
  - San Jose State University was connected to partnerships outside the campus including: Santa Clara County; Santa Clara Suicide Prevention Workgroup; San Jose Unified School District, Community Colleges, Suicide Prevention Hotline, Billy DeFrank LGBT Community and private practitioners; participated in Sexual Assault Healing Conference; NAMI Santa Clara, and the Bay Area Suicide and Crisis Intervention Alliance
- **Resources developed**
  - First draft of campus' Suicide Prevention Handbook was completed
- **Outreach events**
  - Student Health 101 digital magazines were disseminated
  - 4 outreach events & workshops were held
  - A suicide prevention candle-lighting event called "A Thousand Lights" was held