



WELLNESS • RECOVERY • RESILIENCE



Mental Health Services  
Oversight & Accountability Commission

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**Commission Teleconference Meeting  
February 24, 2022  
PowerPoint Presentations and Handouts**

- Agenda Item 2:** • **PowerPoint:** Sonoma County Crossroads to Hope  
MHSOAC Innovation Project
- Agenda Item 3:** • **PowerPoint:** MHSOAC Budget Overview and Expenditure Plan
- Agenda Item 4:** • **PowerPoint:** Well Beings Youth Mental Health Project Overview
- Agenda Item 5:** • **Article:** New Model Needed to Meet Mental Health Needs  
of Our Communities

# THE NEED IN SONOMA COUNTY



**Individuals with mental health illness are over-represented in the local criminal justice system**

- Nearly 25% of the total probation population has unmet needs in mental health services and/or housing
- Lack of safe and stable housing increases rate of recidivism back into the criminal justice system
- The Housing Needs report recommends dedicated housing with supports and services for individuals with a history of incarceration

*Crossroads*  
TO HOPE

**MHSA Innovation Project**

# Crossroads TO HOPE

## MHSA Innovation Project

Crossroads to Hope  
Addresses the Need in  
Sonoma County

- Provides a dedicated and comprehensive supported housing program model for individuals involved in criminal justice system and experiencing severe mental illness
- Placement into transitional housing provides a stable and supportive environment for initiating recovery
- Financial and expert assistance for transition to long-term housing
- Supportive peer services and Assertive Community Treatment team working together to provide residents with natural supports, skills and linkages to community resources
- Culturally responsive program



# WHAT IS INNOVATIVE ABOUT CROSSROADS TO HOPE?

## Integrated model of Peer Support with Assertive Community Treatment Team and Transitional Housing

- Peers with both lived mental health and justice system involvement
- Client driven and recovery orientation
- A multidisciplinary team coordinating efforts
- Philosophy of self-determination and support by the peers providing personal encouragement, relevant education and connections to community resources

## Learning Goals to study

- Challenges and best practices in developing blended model
- Impact of peers on building natural support system
- Impact of peers on clients' achievement of recovery goals and reintegration within the community

# CROSSROADS TO HOPE BUDGET

**\$2.5 Million over 5 years**

**Budget includes:**

- Peer Support Staff
- Supportive Peer Services
- Financial assistance for securing long-term housing
- Integrated Weekly Group Meals and therapeutic activities for residents

**Braided funding including:**

- State grant to purchase house (CHFFA)
- California Department of State Hospitals Felony Incompetent to Stand Trial contract to fund Assertive Community Treatment Team.
- Federal Financial Participation

# HOW WILL CROSSROADS TO HOPE BE SUSTAINED AFTER THE 5 YEAR INNOVATION FUNDING?

If Crossroads to Hope program model demonstrates clients' achievement of recovery goals, clinical and cost effectiveness, sustainability strategies may include:

- Allotment of MHSAs Community Services and Support General System Development Funds
- California Department of State Hospitals Felony Incompetent to Stand Trial contract to fund Assertive Community Treatment Team
- Federal Financial Participation
- Additional federal and/or state grants to support the project ongoing

## **Proposed Motion:**

**The Commission approves Sonoma County's Innovation Project, as follows:**

<b>Name:</b>	<b>Crossroads to Hope</b>
<b>Amount:</b>	<b>Up to \$2,500,000 in MHSA Innovation funds</b>
<b>Project Length:</b>	<b>5 Years</b>





Mental Health Services  
Oversight & Accountability Commission

# MHSOAC Budget Overview and Expenditure Plan

February 24, 2022



# MHSOAC Budget Overview

2021-22	2021-22	2022-23
\$45 Million	\$255 Million	\$105 Million

**MHSOAC**

Mental Health Services  
Oversight & Accountability Commission

# MHSOAC Budget Overview – 2021/22

- **Fiscal Year 2021-22**
- Commission approved Expenditure Plan for 2021-22 on August 26, 2021
- Mid-year 2021-22 update on January 27, 2022
- Fiscal Year 2021-22 Final Report in June or July 2022

# 2021-22 Budget Expenditure Plan

## Approved 8/26/21

	Budget	Expended year to date as of 08/19/21	Encumbered By Contract/PO	Expected	Potentially Available
<b>Operations</b>					
Personnel	\$6,720,000	\$556,462	\$0	\$6,163,538	\$0
Temporary Help (Peer Social Media Network)	\$300,000	\$0	\$0	\$300,000	\$0
Administration (MHSSA)	\$5,000,000	\$0	\$0	\$5,000,000	\$0
Core Operations	\$1,065,000	\$70,856	\$157,261	\$836,883	\$0
<b>TOTAL Operations</b>	<b>\$13,085,000</b>	<b>\$627,318</b>	<b>\$157,261</b>	<b>\$12,300,421</b>	<b>\$0</b>
<b>Commission Priorities</b>					
Communications	\$509,880	\$0	\$0	\$509,880	\$0
Innovation	\$462,500	\$0	\$0	\$462,500	\$0
Research	\$6,197,178	\$0	\$610,000	\$5,587,178	\$0
Stakeholder	\$5,415,500	\$0	\$4,690,000	\$725,500	\$0
Peer Social Media Network	\$5,000,000	\$0	\$0	\$5,000,000	\$0
<b>TOTAL Commission Priorities</b>	<b>\$17,585,058</b>	<b>\$0</b>	<b>\$5,300,000</b>	<b>\$12,285,058</b>	<b>\$0</b>
<b>UNCATEGORIZED FUNDS</b>	<b>\$357,942</b>	<b>\$0</b>	<b>\$0</b>	<b>\$0</b>	<b>\$357,942</b>
Subtotal (Operations + Priorities+Pending Categorization)	\$31,028,000	\$627,318	\$5,457,261	\$24,585,479	\$357,942
<b>Local Assistance</b>					
Triage	\$20,000,000	\$0	\$0	\$20,000,000	\$0
MHSSA	\$8,830,000	\$0	\$8,830,000	\$0	\$0
MHSSA Augmentation	\$95,000,000	\$0	\$0	\$95,000,000	\$0
MHSSA FEDERAL Augmentation	\$100,000,000	\$0	\$0	\$100,000,000	\$0
Suicide Prevention Voluntary Fund	\$239,000	\$0	\$0	\$239,000	\$0
<b>TOTAL Local Assistance</b>	<b>\$224,069,000</b>	<b>\$0</b>	<b>\$8,830,000</b>	<b>\$215,239,000</b>	<b>\$0</b>
<b>GRAND TOTAL</b>	<b>\$255,097,000</b>	<b>\$627,318</b>	<b>\$14,287,261</b>	<b>\$239,824,479</b>	<b>\$357,942</b>

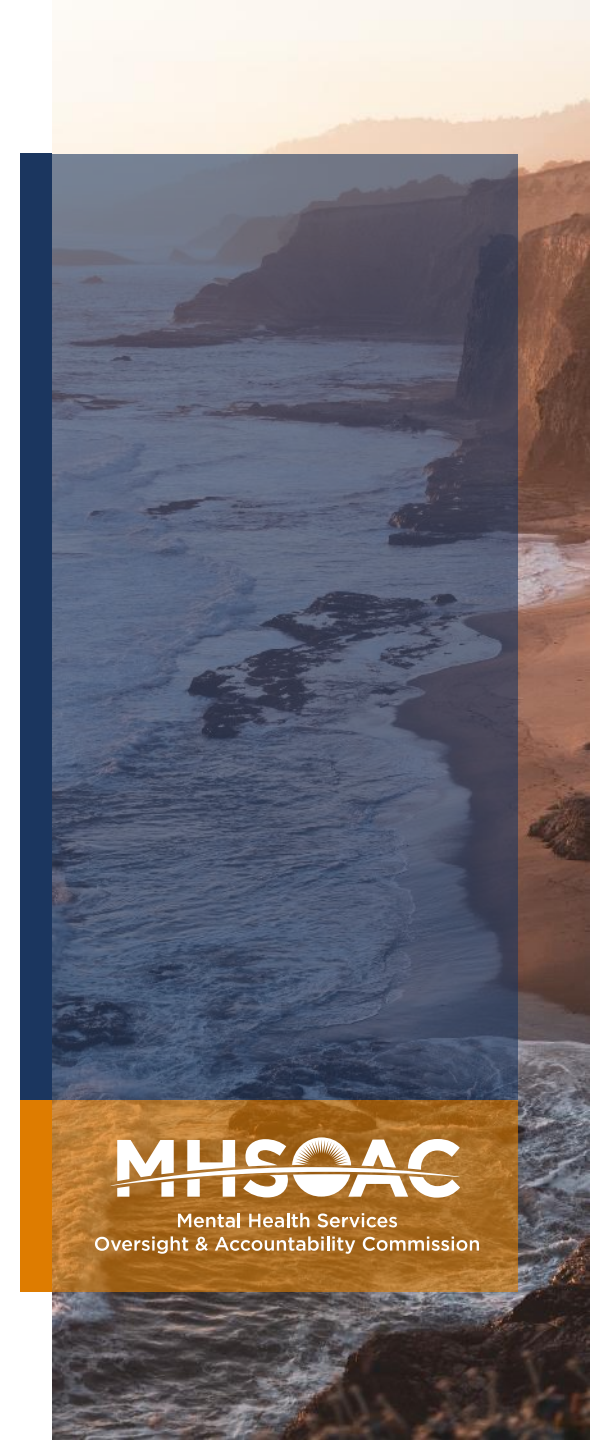
# 2021-22 Budget Mid-year Update

	Budget	Expended year to date as of 01/21/2022	Encumbered By Contract/PO	Expected	Potentially Available
<b>Operations</b>					
<b>Personnel</b>	\$6,720,000	\$3,361,273	\$0	\$3,350,000	\$8,727
<b>Temporary Help (Peer Social Media Network)</b>	\$300,000	\$97,500	\$82,000	\$0	\$120,500
<b>Administration (MHSSA)</b>	\$5,000,000	\$0	\$0	\$5,000,000	\$0
<b>Core Operations</b>	\$1,065,000	\$575,181	\$483,915	\$160,640	-\$154,736
<b>TOTAL Operations</b>	\$13,085,000	\$4,033,954	\$565,915	\$8,510,640	-\$25,509
<b>Commission Priorities</b>					
<b>Communications</b>	\$509,880	\$165,577	\$199,283	\$156,500	-\$11,480
<b>Innovation</b>	\$462,500	\$12,500	\$0	\$450,000	\$0
<b>Research</b>	\$6,197,178	\$342,540	\$613,000	\$5,187,178	\$54,460
<b>Stakeholder</b>	\$5,415,500	\$1,007,788	\$3,682,212	\$725,500	\$0
<b>Peer Social Media Network</b>	\$5,000,000	\$0	\$0	\$5,000,000	\$0
<b>Work Place Mental Health</b>	\$0	\$0	\$0	\$65,000	-\$65,000
<b>TOTAL Commission Priorities</b>	\$17,585,058	\$1,528,405	\$4,494,495	\$11,584,178	-\$22,020
<b>UNCATEGORIZED FUNDS</b>	\$357,942	\$0	\$0	\$0	\$357,942
<b>Subtotal (Operations + Priorities + Pending Categorization)</b>	\$31,028,000	\$5,562,359	\$5,060,410	\$20,094,818	\$310,413
<b>Local Assistance</b>					
<b>Triage</b>	\$20,000,000	\$0	\$0	\$20,000,000	\$0
<b>MHSSA</b>	\$8,830,000	\$0	\$8,830,000	\$0	\$0
<b>MHSSA Augmentation</b>	\$95,000,000	\$1,392,625	\$56,952,052	\$36,655,323	\$0
<b>MHSSA FEDERAL Augmentation</b>	\$100,000,000	\$0	\$0	\$100,000,000	\$0
<b>Suicide Prevention Voluntary Fund</b>	\$239,000	\$0	\$0	\$239,000	\$0
<b>TOTAL Local Assistance</b>	\$224,069,000	\$1,392,625	\$65,782,052	\$156,894,323	\$0
<b>GRAND TOTAL</b>	\$255,097,000	\$6,954,984	\$70,842,462	\$176,989,141	\$310,413

# Governor's Proposed 2022-23 Budget

	Fiscal Year 2022-23
<b>Operations</b>	
Personnel	\$8,207,000
<ul style="list-style-type: none"> <li>• 1 position for SB 465 evaluation \$118,000</li> <li>• 2 positions for MHSSA evaluation \$224,000</li> </ul>	
Core Operations	\$24,951,000
<b>Total Operations</b>	<b>\$33,158,000</b>
<b>Grant Programs and Local Assistance</b>	
Children and Youth Behavioral Health Initiative*	\$42,900,000
Mental Health Student Services Act	\$8,830,000
Mental Health Wellness Act/Triage	\$20,000,000
<b>Total Grant Programs</b>	<b>\$71,730,000</b>
<b>Total</b>	<b>\$104,888,000</b>

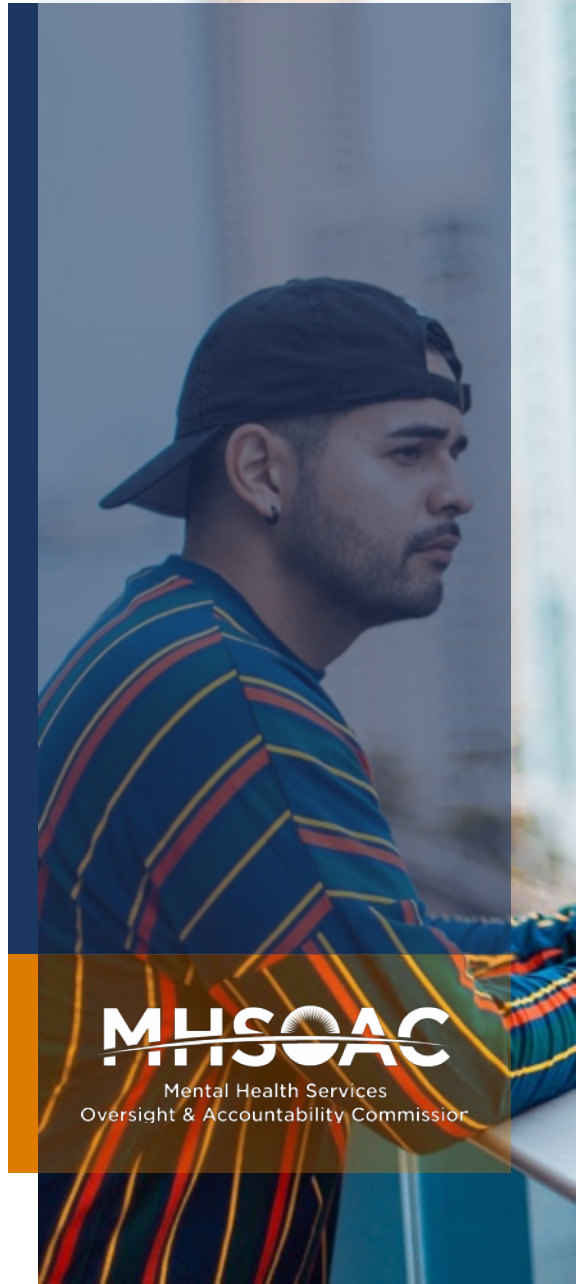
\* one-time funds





# MHSOAC Expenditure Plan – 2022/23

- **Fiscal Year 2022-23**
- Approved in June or July 2022
- Mid-year update on January 26, 2023
- Fiscal Year 2022-23 Final Report in June or July 2023



**MHSOAC**

Mental Health Services  
Oversight & Accountability Commission

## Motion

- The Commission approves the Fiscal Year 2021-22 Mid-year expenditure plan.



**MHSOAC**

Mental Health Services  
Oversight & Accountability Commission



# Thank You

**MHSOAC**

Mental Health Services  
Oversight & Accountability Commission

# WELL BEINGS YOUTH MENTAL HEALTH PROJECT

## Project Overview

July 2020 - February 2022





# WELL BEINGS YOUTH MENTAL HEALTH PROJECT

SUPPORT PROVIDED BY



PARTNERS





# CLIPS

- [Ken Burns Introduction](#)
- [Hiding In Plain Sight Excerpt](#)



WELL  
BEINGS



## What is Well Beings?

**Well Beings** is a multiplatform, multi-year campaign from public media that launched in July 2020 to address the critical health needs in America through original broadcast and digital content, engagement campaigns, and impactful local events. **Well Beings** works to demystify and destigmatize health concerns through storytelling. Featured Well Beings projects address youth mental health, rural health care, survival of childhood cancer, caregiving and more, with projects planned through at least 2028.

**Well Beings**, created by WETA, brings together partners from across the country, including people with lived experience of health challenges, families, caregivers, educators, medical and mental health professionals, social service agencies, private foundations, filmmakers, corporations and media sponsors, to create awareness and resources for better health and well-being.

# JUNE 2022: KEN BURNS PRESENTS: HIDING IN PLAIN SIGHT: YOUTH MENTAL ILLNESS 2/120



This two-part, four-hour documentary addresses the youth mental health crisis in America. Following a variety of mental health journeys, twenty-one young individuals speak courageously about their personal experiences with mental health challenges — including anxiety, depression, anorexia, bipolar, schizophrenia, psychosis, addiction, self-harm and suicide. These featured subjects also discuss the stigma and discrimination they faced when speaking up and trying to find help — as well as their experiences, successful or not, in treating their conditions. The film also features experts, advocates, therapists, counselors, educators, family and friends, who make it clear that people everywhere face these challenges — in our communities, schools, youth organizations, and in our own homes. Ultimately, the interviewees provide a message of hope, and the realization that the first step, and often most difficult one, in healing is to simply start talking about it. The film shows the stark reality that many people face and provides viewers the opportunity to find empathy and relatability in these real, everyday experiences.

**The first in a three-film series from Ewers Brothers Productions on mental health.**

FLORENTINE FILMS



A production of Florentine Films, Ewers Brothers Productions, and WETA Washington, D.C. Directed by **Erik Ewers** and **Christopher Loren Ewers**. Written by **David Blistein**. Produced by **Erik Ewers**, **Christopher Loren Ewers**, **Julie Coffman** and **David Blistein**. Executive produced by **Ken Burns**. Executive producers for WETA are **John F. Wilson** and **Tom Chiodo**. WETA project management by **Kate Kelly**. WETA production management by **Jim Corbley**.

**SPRING 2025: KEN BURNS PRESENTS:**

# **HIDING IN PLAIN SIGHT: A SENSE OF URGENCY (WT)**

1/120 or 2/120



The brave intimate accounts of adults ages 25-55, some of whom also appear in HIDING IN PLAIN SIGHT: YOUTH MENTAL ILLNESS — destigmatizing and raising awareness of mental illness. These are the years when mental health concerns can be triggered and exacerbated by the stresses of finances, relationships, parenting, employment, military service, and more. This film dispel, in part, common misconceptions, particularly related to aggression, violence and criminalization that are often unjustifiably associated with the mentally ill. While chronicling interviewees' search for effective mental healthcare, the film will also provide a historical perspective of mental health care in America — from traditional asylums, to the 19th century compassionate-care movement, to President John F. Kennedy's signing of the Community Mental Health Act in 1963 that placed the emphasis on care in the community. The film will also explore the challenges that society still faces to adequately address the needs of the seriously mentally ill — while sharing examples of innovative medical research, therapies, and new approaches being taken by the military, employers, and community organizations to acknowledge and address these problems. Other topics will include the comorbidity of mental and physical illnesses in middle age, how other countries and cultures have addressed these issues, and how America can learn from their failures and successes.



**The second in a three-film series from Ewers Brothers Productions on mental health.**



A production of Florentine Films, Ewers Brothers Productions, and WETA Washington, D.C. Directed by Erik Ewers and Christopher Loren Ewers. Written by David Blistein. Produced by Erik Ewers, Christopher Loren Ewers, Julie Coffman and David Blistein. Executive produced by Ken Burns.



**SPRING 2028: KEN BURNS PRESENTS:**

# **HIDING IN PLAIN SIGHT: OUR COMMON STRUGGLE (WT)**

1/120 OR 2/120



**FLORENTINE FILMS**



The personal stories of individuals over age 55 who are coping with declining brain health, new emotional stresses, and the physical challenges of aging. Featuring conversations with experts in government and mental health advocacy, as well as with front-line workers — health care providers, non-profit organizations, home health aides and social workers. The film will focus on issues related to mental health in the seniors' experience in terms of declining physical health, retirement and loss. The film will also show the power of resilience and the promise of new therapies, lifestyle changes and medication. This documentary will also ask hard questions about what has really changed in society's relationship with mental health over the previous decade — including interviews with some of the young people who appeared in *HIDING IN PLAIN SIGHT: YOUTH MENTAL ILLNESS* (2022), documenting their journey over the decade — how they have coped and how things have changed. Based upon the mental health “climate” in 2028, an integral component of *OUR COMMON STRUGGLE* will be conversations with leading scientific and medical professionals who will provide viewers with a glimpse into the future, based on the most recent developments in brain health and the promise of other breakthroughs anticipated in the near future.

**The third in a three-film series from Ewers Brothers Productions on mental health.**

A production of Florentine Films, Ewers Brothers Productions, and WETA Washington, D.C. Directed by Erik Ewers and Christopher Loren Ewers. Written by David Blistein. Produced by Erik Ewers, Christopher Loren Ewers, Julie Coffman and David Blistein. Executive produced by Ken Burns.



# SPRING 2024: CAREGIVING (WT) 2/120



This series will shine a light on the realities of caregiving, from the personal victories and precious memories to the seemingly unbearable dilemmas. Exploring caregiving across themes such as seniors, veterans, cancer, youth, mental health and more, the documentary will demonstrate the resourcefulness of the human spirit, as well as creative solutions and successful programs, both large and small, that exist throughout the United States. Caregiving will be front and center — to educate, to change the public discourse, and to offer hope.



A production of Lea Pictures and WETA Washington, D.C., in association with Ark Media. Executive producers are **Bradley Cooper** and **Weston Middleton**. The producer is **Barak Goodman**. The director is **Chris Durrance**.

# JANUARY 2022: REMOTE CHANCE: RURAL HEALTH CARE IN AMERICA

*(Soft Launch Late 2021; First Short Film Premiered on WellBeings.org 1/3/22.)*



**WELL BEINGS** Digital-First Premiere



The pandemic has exacerbated the crisis in rural health care and mental health in America. To raise awareness, educate, reduce stigma, and change the national conversation, Well Beings created **REMOTE CHANCE: RURAL HEALTH CARE IN AMERICA**, a digital-first project that launched in late 2021 dedicated to sharing a portrait of the disparities that exist in rural and frontier regions of the United States in health care and mental health. From lack of services to isolation and ethnic inequities, Well Beings presents data, infographics, maps, and a series of digital-first short films by award-winning filmmaker Elizabeth Arledge that shine a light on this crisis. Personal stories of lived experience from rural regions in Georgia and New Mexico begin the series, which lay the groundwork for a full-length documentary anticipated for 2023/2024.

Support provided by:  **NAMI**  
National Alliance on Mental Illness

Short films produced, directed and written by **Elizabeth Arledge / Gurney Street Films**

# Well Beings Digital — Ongoing Growth

60.5M impressions

across our social media platforms since  
launching in May 2020.

530k acts of  
engagement

on social media, i.e., likes, comments, shares

Over 1.6M

Well Beings virtual event views and event clip views  
to date

Over 9.2k Posts

posts to the We Are Well Beings Storywall

As of February 22, 2022

Next Update: March 15, 2022



**WELL BEINGS**

PREVENTING TEEN SUICIDE IN A PANDEMIC OF ISOLATION

FRIDAY, MARCH 16, 2021

#Ohio teens & #mentalhealth experts will talk about teen suicide, warning signs + more during @calltomindnow's & @917wvuu's 3/16 panel: Preventing Teen Suicide in a Pandemic of Isolation. Hosted by @MicMonksMedia. @w...

Call to Mind (@calltomindnow) an hour ago

**WELL BEINGS**

"Gray skies are just clouds passing over."

— Duke Ellington

In the words of icon Duke Ellington, tough times don't last long. Stay positive. #WELLBEINGS #BlackHistoryMonth

Keep It Real Mental (@keepitreal.m) 3 days ago

**WELL BEINGS**

UTAH'S ANTI-RACISM AND MENTAL HEALTH WELL-BEING INITIATIVE

Join PBS Utah and programming partner, Mental Healthy F.I.T., for an important discussion with refugee youth in Utah. Hear first-hand experiences from Salt Lake City's newest neighbors and how mental...

Well Beings 5 days ago

**WELL BEINGS**

WE SUPPORT BLACK QUEER AND TRANS YOUTH!

— @LGBTQIA+ Youth

LGBTQ+ college students show signs of feeling left out of mental health support due to the pandemic. #WellBeings

Well Beings 13 days ago

Here's what you need to know about stress

**WELL BEINGS**

65% of students sought help with their mental health from their families.

Source: 2nd Psychological October 2019 study on Fresh Year College Experiences and Emotional Resilience

A reminder from @wellbeingsorg about where students go for help during a #MentalHealth crisis. Another example of how learning @MHFirstAidUSA can help families and loved ones. #BeTheDifference #wellbeings

Keep It Real Mental (@keepitreal.m) an hour ago

Did you miss yesterday's virtual discussion with refugee youth? You can check it out here: [wellbeings.org/events/utahs-r...](https://wellbeings.org/events/utahs-r...) @wellbeingsorg ...

Call to Mind (@calltomindnow) 5 days ago

Join Well Beings, PBS Utah, and Mental Healthy FIT, for an important discussion with refugee youth in Utah TONIGHT at 7 PM MT. Hear first-hand experiences from Salt Lake City's newest neighbors and how #mentalhe...

Well Beings 5 days ago

A New Way to Help Restaurant Workers' #MentalHealth grubstreet.com/2021/02/resta... #WellBeings

Well Beings (@wellbeingsorg) 13 days ago

Instagram User 16 days ago

**WELL BEINGS TOUR**

SEATTLE, WASHINGTON

On Feb 25 at 7 PM PT, @WellBeingsOrg, @KCI159, @WATherapyFund, and The Root of Our Youth will be hosting a virtual discussion about Centering the #MentalHealth of Black Youth. Mark your calendars for a #WellBeingsLive ...

Call to Mind (@calltomindnow) 4 days ago

**Black History Month**

**WELL BEINGS**

Join Well Beings, PBS Utah, and Mental Healthy FIT, for an important discussion with refugee youth in Utah TONIGHT at 7 PM MT. Hear first-hand experiences from Salt Lake City's newest neighbors and how #mentalhe...

Well Beings 5 days ago

**WELL BEINGS**

Every day, people of color experience subtle traumas:

- People often avoid them and their neighbors/friends
- Not all experiences are bad
- Being around people of color who aren't well from money or the security of higher income jobs
- Needs accommodations of their lives
- Subtle traumas that ignore or minimize that contribute to a shared history
- Racial profiling

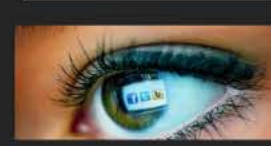
Thanks to our friends wellbeingsorg for reminding us about the important role of culturally competent therapy

—@blackhistorymonth #culturalcompetence #mentalhealthawareness #blackmentalhealthmatters #wellbeingslive

Instagram User 16 days ago

#PeteDavidson reveals the emotional truth about his mental illness: nypost.com/2021/01/27/pe... #WellBeings (via @nypost)

Well Beings (@wellbeingsorg) 18 days ago



**WELL BEINGS**

What is #Depression? A Closer Look At This Mood Disorder: [verywellhealth.com/what-is-depres...](https://verywellhealth.com/what-is-depres...) #WellBeings #mentalhealth

Well Beings (@wellbeingsorg) 6 days ago

**WELL BEINGS**

As the pandemic continues, the number of those suffering from #eatingdisorders rises. #WellBeings (via NPR)

Well Beings 10 days ago



If you missed last week's panel: "Call to Mind Presents: Life's Not On Hold -- Teens Navigate Missed Milestones," you can catch it right here: [calltomindnow.org/teens-navigate](https://calltomindnow.org/teens-navigate)

Call to Mind (@calltomindnow) 18 days ago



**WELL BEINGS**

Hold -- Teens Navigate Missed Milestones," you can catch it right here: [calltomindnow.org/teens-navigate](https://calltomindnow.org/teens-navigate)

Call to Mind (@calltomindnow) 12 days ago

**WELL BEINGS**

Premiering Spring 2021, #WellBeings presents a youth-focused digital series, Out of The Dark. The series follows young people from diverse backgrounds who face the greatest challenge of their life and find s...

Well Beings (@wellbeingsorg) 11 days ago



Today Show takes a look at the negative impacts virtual school has on #mentalhealth #WellBeings

Well Beings 18 days ago



**WELL BEINGS**

Hold -- Teens Navigate Missed Milestones," you can catch it right here: [calltomindnow.org/teens-navigate](https://calltomindnow.org/teens-navigate)

Call to Mind (@calltomindnow) 12 days ago

**WELL BEINGS**

How to Be Better at #Stress: [nytimes.com/guides/well/h...](https://nytimes.com/guides/well/h...) #WellBeings (via @NYTimes)

Well Beings (@wellbeingsorg) 11 days ago



@PhoenixMercury's @BrittneyGriner feels 'amazing,' ready to roll after addressing #mentalhealth challenges: [espn.com/wmba/story/\\_/1](https://espn.com/wmba/story/_/1)

Well Beings (@wellbeingsorg) 13 days ago



**WELL BEINGS**

Hold -- Teens Navigate Missed Milestones," you can catch it right here: [calltomindnow.org/teens-navigate](https://calltomindnow.org/teens-navigate)

Call to Mind (@calltomindnow) 12 days ago

**WELL BEINGS**

THE LOWS YOU FEEL RIGHT NOW NEED TO HAPPEN TO REACH THE HIGHS THAT ARE COMING YOUR WAY

#WellBeings Reminder: Keep going. Keep pushing. You are doing just fine! #MentalHealth

Well Beings (@wellbeingsorg) 17 days ago



**WELL BEINGS TOUR**

Join @WellBeingsOrg, @PBSUtah, and @MentalHealthyFIT, on Feb 16 at 7 PM MT for a virtual discussion with refugee youth. Hear first-hand experiences on how mental health practices have become a welcome exploration ...

Well Beings (@wellbeingsorg) 12 days ago



**WELL BEINGS**

Here's what you need to know about stress migraines as well as how to treat and prevent them. #WellBeings

Well Beings 17 days ago

**WELL BEINGS**

61.5% of youth with depression did not receive any mental health treatment.



Learn to lighten the weight of a long stressful year with these simple tips. #WellBeings

Well Beings 17 days ago



**WELL BEINGS**

This past year many teens missed out on cultural celebrations & milestones due to the pandemic, which had a significant impact on their mental wellbeing as these events define their identity as an individual. Our panel...

Well Beings 17 days ago

**WELL BEINGS**

QUOTE OF THE DAY

I WILL LOVE MYSELF NO MATTER HOW MY SELF TALK BECOMES MEAN AND HOW I TAKE MYSELF FORGRANTED.

—soni bodh

Instagram User 17 days ago



# Join the Conversation

## #WellBeings

Otsuka People



# WELL BEINGS



# WELL BEINGS Tour — Confirmed 2020-2022 (as of 2/3/22)

## Color Key:

- Blue = Well Beings Tour Stops
- Green = Well Beings Tour Stops with Call To Mind | American Public Media

28 Tour Events Completed  
30 Tour Events Confirmed



## 2020

- **July 27, 2020: Georgia (GPB)**  
[WellBeings.org/GPB/](http://WellBeings.org/GPB/)
- **August 20, 2020: Nebraska (NET)**  
[WellBeings.org/NET](http://WellBeings.org/NET)
- **Sept 9, 2020: Miami, FL (S FL PBS)**  
[WellBeings.org/southfloridapbs](http://WellBeings.org/southfloridapbs)
- **Oct 21, 2020 - Orlando, FL (WUCF)**  
[Wellbeings.org/wucf/](http://Wellbeings.org/wucf/)
- **Dec 2, 2020 – Minneapolis, MN (KNOW)**  
[WellBeings.org/MPR](http://WellBeings.org/MPR)
- **Dec 9, 2020 - Alaska (AKPM)**  
[WellBeings.org/AlaskaPublic](http://WellBeings.org/AlaskaPublic)

## 2021

- **Jan 12, 2021: Las Vegas, NV (Vegas PBS)**  
[wellbeings.org/vegaspbs](http://wellbeings.org/vegaspbs)
- **Jan 28, 2021: Denver, CO (KCFR – FM)**  
[wellbeings.org/cpr/](http://wellbeings.org/cpr/)
- **Feb 16, 2021: Salt Lake City, UT (PBS Utah)**  
[wellbeings.org/pbsutah](http://wellbeings.org/pbsutah)
- **Feb 25, 2021: Seattle, WA (KCTS9)**  
[wellbeings.org/events/centering-the-mental-health-of-black-youth/](http://wellbeings.org/events/centering-the-mental-health-of-black-youth/)

## 2021 (Continued)

- **March 10, 2021: Pittsburgh, PA (WQED)**  
[wellbeings.org/events/wqed/](http://wellbeings.org/events/wqed/)
- **March 16, 2021: Cincinnati, OH (WKRP-FM)**  
[wellbeings.org/events/cinradio/](http://wellbeings.org/events/cinradio/)
- **April 28, 2021: Detroit, MI (DPTV)**  
[wellbeings.org/events/dptv/](http://wellbeings.org/events/dptv/)
- **May 5, 2021: Dallas, TX (KERA)**  
[wellbeings.org/events/keram/](http://wellbeings.org/events/keram/)
- **May 20, 2021: Los Angeles, CA (PBS SoCal)**  
[wellbeings.org/events/pbssocal/](http://wellbeings.org/events/pbssocal/)
- **May 27, 2021: Los Angeles, CA (KPCC)**  
[wellbeings.org/events/kpcc/](http://wellbeings.org/events/kpcc/)
- **June 22, 2021: Wyoming (Wyoming PBS)**  
[wellbeings.org/events/wyomingpbs/](http://wellbeings.org/events/wyomingpbs/)
- **June 28, 2021: Baltimore, MD (WYPR-FM)**  
[wellbeings.org/wypr](http://wellbeings.org/wypr)
- **July 27, 2021: San Francisco, CA (KQED)**  
[wellbeings.org/events/kqed/](http://wellbeings.org/events/kqed/) *In tandem with NAMIcon 2021*
- **August 25, 2021: Austin, TX (Austin PBS)**  
[wellbeings.org/austinpbs](http://wellbeings.org/austinpbs)
- **September 9, 2021: Oklahoma (OETA)**  
[wellbeings.org/oeta](http://wellbeings.org/oeta)

## 2021 (Continued)

- **Sept 21, 2021: Baton Rouge, LA (LPB)**  
[wellbeings.org/lpb](http://wellbeings.org/lpb)
- **Oct 20, 2021: Milwaukee, WI (WUWM)**  
[wellbeings.org/wuwm](http://wellbeings.org/wuwm)
- **Oct 27, 2021: New York, NY (WNET)**  
[wellbeings.org/wnet](http://wellbeings.org/wnet)
- **Nov 9, 2021: Nashville, TN (NPT)**  
[wellbeings.org/npt](http://wellbeings.org/npt)
- **Nov 18, 2021: Portland, OR (OPB)**  
[wellbeings.org/opb](http://wellbeings.org/opb)
- **Dec 10, 2021: Winston Salem, NC (WFDD)**  
[wellbeings.org/wfdd](http://wellbeings.org/wfdd)

## 2022

- **Jan 13, 2022: Boston, MA (WBUR)**  
[wellbeings.org/wbur](http://wellbeings.org/wbur)
- **Feb 24, 2022: Indianapolis, IN (WFYI)**  
[wellbeings.org/events/wfyi/](http://wellbeings.org/events/wfyi/)
- **TBD 2022: Washington, DC (WETA)**  
[wellbeings.org](http://wellbeings.org)



# WELL BEINGS Tour — Mental Health Resource Toolkit (Excerpt)



## WELL BEINGS



### Bay Area Mental Health Resource Toolkit



## LOCAL RESOURCES

There is help close to home. Below we highlight community organizations that specialize in the mental health needs of the Greater San Francisco area. Although this guide isn't a complete list of all resources in the area, it can serve as a reference if you're looking for crisis providers and support organizations for youth, teens, and adults in the San Francisco region.

### A BETTER WAY

[abetterwayinc.net](http://abetterwayinc.net)  
mail@abetterwayinc.net  
510-601-0203  
Empowering children and families to develop the insights, life skills, and permanent relationships that promote their social, emotional, educational and economic well-being.

### A HOME WITHIN

[ahomewithin.org](http://ahomewithin.org)  
admin@ahomewithin.org  
888-898-2249  
A network of licensed therapists who each provide free, weekly, one-to-one therapy to a single foster youth "for as long as it takes." For foster youth who often watch people move in and out of their lives, this model creates an anchor of support.

### ALAMEDA COUNTY INDEPENDENT LIVING PROGRAM

[alamedacountyilp.org](http://alamedacountyilp.org)  
510-677-7696  
Helping foster youth meet their basic needs and become self-sufficient adults.

### ALAMEDA OFFICE OF EDUCATION

[aoe.org/Page/276](http://aoe.org/Page/276)  
510-670-4536  
Improving academic achievement, reducing discipline problems, and reducing truancy and dropout rates among foster youth.

### AMBASSADORS OF HOPE AND OPPORTUNITY

[ahoproject.org](http://ahoproject.org) | 415-203-0369  
Marin County's only nonprofit focused on homeless young people. AHO is leading the way in addressing the growing trend of youth homelessness in Marin County, Greater Bay Area and Sacramento, CA.

### BEATS, RHYMES AND LIFE INC

[bri-inc.org](http://bri-inc.org) | info@bri-inc.org  
A community-based organization in Oakland dedicated to improving mental health and social outcomes among youth of color, and other marginalized youth by using hip hop as a catalyst for positive change and development.

### BEYOND EMANCIPATION

[beyondemancipation.org](http://beyondemancipation.org)  
510-667-7696  
Offering a range of services to support current and former foster youth in their transition to living as independent adults.

### BILL WILSON CENTER

[billwilsoncenter.org](http://billwilsoncenter.org)  
408-243-0222  
Providing services to more than 5,000 children, youth, young adults and families in Santa Clara County, plus an additional 30,000 more clients through street outreach and crisis line programs. Programs focus on housing, education, counseling, and advocacy, seeking to ensure that every youth has access to the range of services needed to grow to be healthy and self-sufficient adults.

### CA PEER RUN WARM LINE

[mentalhealthsf.org/peer-run-warmline](http://mentalhealthsf.org/peer-run-warmline)  
855-845-7415  
A non-emergency resource for anyone in California seeking mental and emotional support. Providing 24/7 assistance via phone and web chat on a nondiscriminatory basis to anyone in need.

### CALHOPE WARM LINE

[calhope.org/pages/current-services.aspx](http://calhope.org/pages/current-services.aspx)  
Live chat: [calhopecoconnect.org](http://calhopecoconnect.org)  
833-317-HOPE (4673): Available 24/7  
The CalHOPE warm line connects callers to other people who have persevered through struggles with stress, anxiety, depression and emotions triggered by the COVID-19 pandemic. Providing culturally sensitive emotional support and guidance to additional resources for all Californians.

### CASA OF SAN MATEO COUNTY

[casaofsanmateo.org](http://casaofsanmateo.org)  
info@casaofsanmateo.org  
650-517-5840  
A non-profit organization that recruits volunteers to be the voice of foster youth. CASA's mission is to ensure all abused and neglected children under the protection of the courts have a consistent and caring adult.

## NATIONAL RESOURCES

Help is available for you, your family, friends, neighbors and colleagues, all those in your life that might need support at this time. Find access to national mental health resources, organizations, tools and support groups using the links provided here. This guide is designed as a place to start or continue the journey of navigating mental health resources for you or someone you care about.

### ACTIVE MINDS

[activeminds.org](http://activeminds.org)  
Active Minds is a nonprofit organization dedicated to raising mental health awareness among students via peer to peer dialogue and interaction. Programs include [Send Silence Packing®](#), [Active Minds Speakers](#), the [Healthy Campus Award](#), and [Active Minds @Work](#)

### AMERICAN ACADEMY OF CHILD AND ADOLESCENT PSYCHIATRY

[aacap.org](http://aacap.org)  
The mission of AACAP is to promote the healthy development of children, adolescents, and families through advocacy, education, and research, and to meet the professional needs of child and adolescent psychiatrists throughout their careers. The website includes tool kits, resource libraries, educational materials and discussions for families and clinicians.

### AMERICAN FOUNDATION FOR SUICIDE PREVENTION

[afsp.org/get-help](http://afsp.org/get-help)  
With local chapters in every state, this organization gives those affected by suicide a nationwide community empowered by research, education and advocacy to take action against this leading cause of death.

### AMERICAN PSYCHIATRIC ASSOCIATION FOUNDATION

[Notice, Talk, Act at Home: Coping Skills for Parents and Caregivers](#)  
Designed to help parents and caregivers trying to navigate heightened levels of stress, this resource will help families better understand common signs of stress, offer ways to manage it, and examples of effective stress relief activities for the whole family.

### What do Disruptive Behaviors Indicate?

This resource provides community members with an overview of how schools approach disruptive behaviors, the harmful impacts of zero tolerance policies, and a potential solution for how schools can view disruptive behaviors as a need for support, not discipline.

### Diversity & Health Equity Education

View educational resources, including fact sheets, guides and online learning modules, that address the mental health needs of culturally diverse populations.

### Working Remotely During COVID-19

[workplacementhealth@psych.org](mailto:workplacementhealth@psych.org)  
202-559-3900  
We are navigating uncharted waters with Covid-19, making it important to find new ways to work and interact while also taking care of our mental health and well-being. This resource provides practical tips on taking care of our mental health and well-being.

### Five Myths and Facts

[About Depression](#)  
Depression and anxiety are major concerns when it comes to youth and young adults. This infographic calls out 5 common myths about depression and sets the record straight with facts. It also shares common warning signs of depression and advises employers on how they can effectively address depression in the workplace.

### ASHA INTERNATIONAL

[myasha.org](http://myasha.org)  
gayathri@myasha.org  
971-340-7190  
ASHA International is a nonprofit organization dedicated to normalizing conversations about mental health and inspiring hope & wellbeing, one story at a time. Programs include [Let's Talk About Mental Health & My Story MY SUPERPOWER Movement](#).



CALL TO MIND

AUTHENTICITY



Sarah Y. Kim  
WYPR's Health and Housing Reporter

CALL TO MIND

CONNECTION



EQUITY

Nonso Umunna  
Advocates for Children & Youth

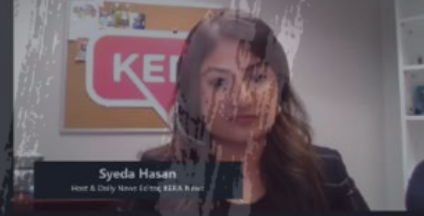
KERA

LOCAL



ACCESS

Dr. Garica Sanford  
Clinical Psychologist, Momentous Institute



Syeda Hasan  
Host & Daily News Editor, KERA News



Carol Klocek  
CEO, Center for Transforming Lives

COMPASSION



CALL TO MIND

INCLUSION



Rosalind Wiseman  
Author & Founder of Cultures of Dignity



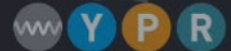
YOUTH VOICES



EMPATHY



Dr. Anu Partap  
Medical Director of Health Equity, Cook Children's



LIVED EXPERIENCES



Farajii Muhammad  
Former Host of For The Culture with Farajii, WETA

JOURNALISM



Avery Lill  
Assistant Professor of Journalism, Colorado Public Radio



Felle Fraser  
Journalist, WYPR

RESOURCES



David Miller  
Dare To Be King

INTIMATE MOMENTS



JAK BLOOM  
WYPR

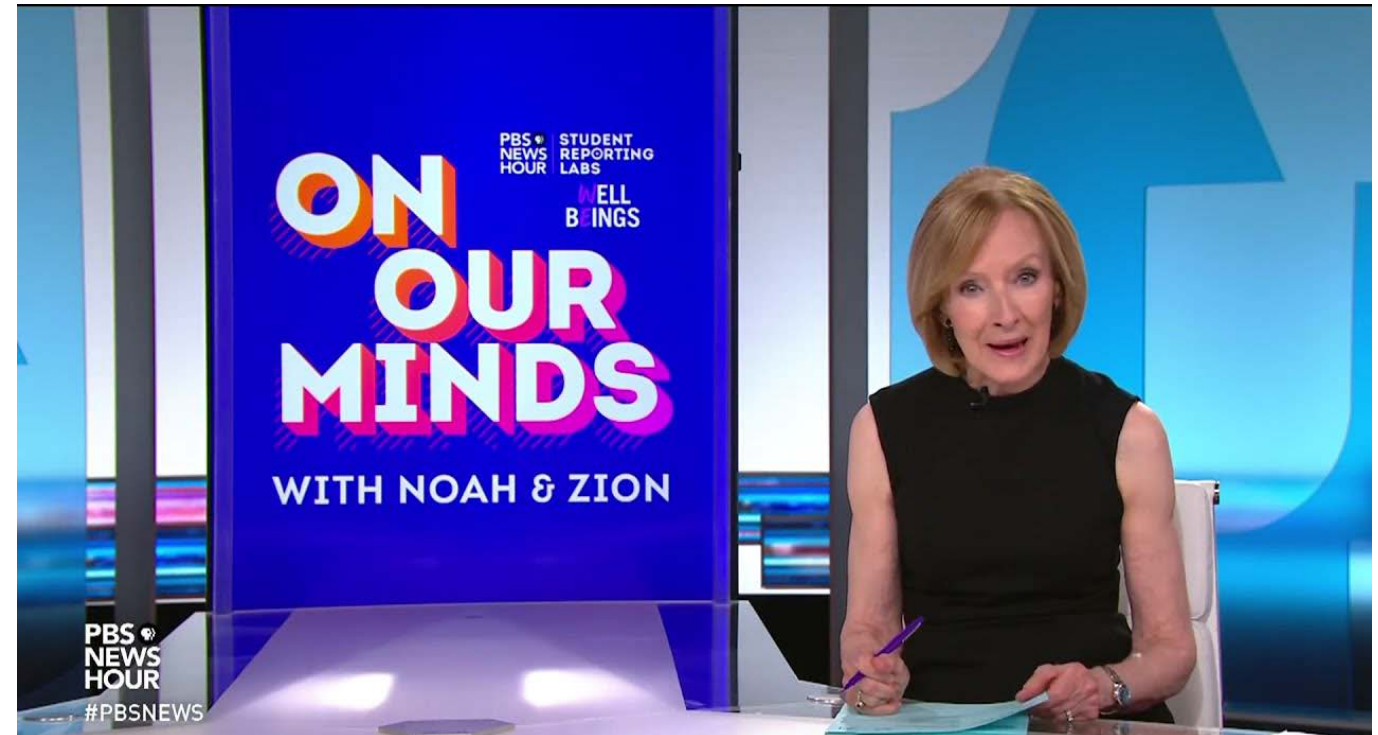




# Year-One Highlights: Student Reporting Labs



- *On Our Minds* Podcast
- Well Beings Tour youth voices
- 100+ Mental Health stories submitted
- PBS NewsHour broadcast promotion
- *Disrupted: How COVID Changed Education*



As of July 22, 2021.



# Forbes.com Well Beings Blog

In May 2021, we launched our Well Beings-branded blog on Forbes.com

- Forbes.com reaches **78 million unique visitors monthly**.
- Forbes, across all platforms, has a **monthly circulation of 140 million**.
- Each Forbes.com blog post on average reaches **1-10K readers**.
- We are posting content regularly, and will incorporate **interviews with filmmakers, youth, film subjects and subject matter experts**.
- After a brief window of editorial exclusivity on Forbes.com, we can also post this content throughout the **Well Beings digital platform**.



Suicide Is The Second Leading Cause Of Death For Young People Ages 10 To 24. How Can We Make A Difference?

This following story is representative of young people I have worked with over the years, that have taken their lives or thought about it.

[www.forbes.com](http://www.forbes.com)



Forbes

May 24, 2021, 02:49pm EDT | 1,157 views

## Suicide Is The Second Leading Cause Of Death For Young People Ages 10 To 24. How Can We Make A Difference?



**Kee Dunning** Contributor

Health

Author & psychotherapist providing crisis intervention

Follow



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04:05



Powered by **Trinity Audio**



I have been a therapist for 40 years, counseling children, adults, families, and couples. Possibly the greatest gift in my life is working with kids. Sometimes it can be difficult to hear their stories and walk with them on their journeys. I am inviting you to join me and share a glimpse of what I see and hear daily. This following story is representative of young people I have worked with over the years, that have taken their lives or thought about it.



# Press Coverage

- Nearly **1.9 billion impressions** from coverage related to town hall and first virtual event.
- Coverage included highlights of a variety of celebrity participants, including Kid Cudi, Raven Saunders, Jewel, Billy Porter, Eugene Simon, Demi Moore and others.

- Major outlets include:

**Parade**

**The Independent**

**The Mighty**

**The Hollywood Reporter**

**Broadway World**

**People**

**Page Six**

**Yahoo**

**New York Times**







# WELL BEINGS Education Toolkit

Comprehensive digital kit for school resource and support staff, educators and administrators, designed to de-stigmatize and familiarize them with the most common mental health challenges faced by adolescents and teenagers, including the tools they can use to help.



Lesson Plans



Mental Health Trainings



Professional Development



Workbooks & Discussion Guides



Arts & Performance Assets For Classrooms

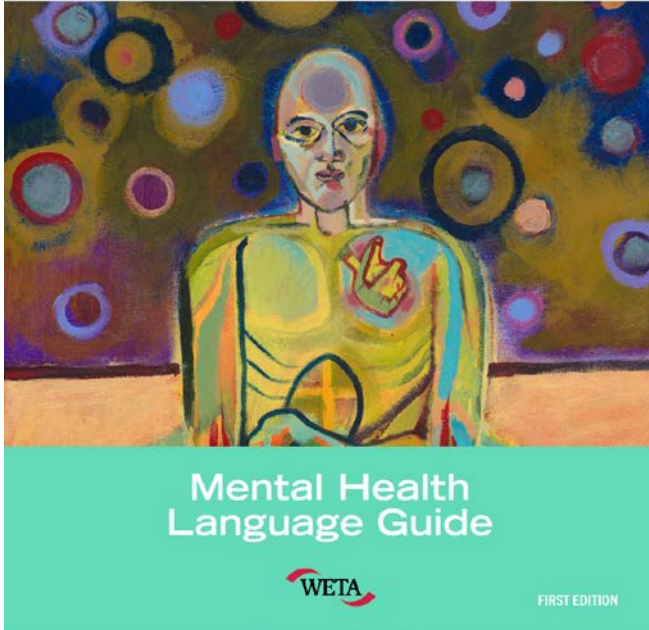


Self Care Resources



Access to Support



**WELL  
BEINGS**

**PURPOSE OF THIS GUIDE:** This guide will live in the Mental Health Educator Toolkit and will serve many purposes. In creating this guide, we hope to empower all individuals, regardless of their experience, to have meaningful conversations with young people about their mental health and lived experiences.

Using a **person-first recovery model** that prioritizes the individual and not the diagnosis, we plan to equip adults with the language tools that they need to communicate with youth navigating the following: anxiety, depression, gender identity and expression, concerns relative to BIPOC, LGBTQIA+ communities, people with disabilities, etc. The guide also includes appendices of key terms, additional resources such as organizations, newsletters, and important phone numbers, as well as a calendar of days, weeks, and months to remember.

# OUT OF THE DARK

[Series Trailer](#)



February 7, 2022

Hello!

I hope you are all doing well and staying safe. I wanted to draw your attention to [this article](#) (also see below).

Right now, there is a significant opportunity to invest in true alternatives that meet our communities' needs. As you determine the requirements and stipulations of the Request for Application for the third round of SB 82 grants, we hope you consider the crucial factors in this [article](#). Given the importance of taking advantage of opportunities to advance racial equity in health, we believe that with this third round of SB 82 funding, the MHSOAC has the opportunity to create transformative change at the local level. To ensure that this round of funding is inclusive, equitable, and accessible to **all**, we hope that it goes towards developing alternative and community-based models of care, and not be granted to models that include law enforcement as mental health responders.

We also request that this message be shared with the MHSOAC Commissioners.

Thank you,  
Ruqayya



**Ruqayya Ahmad** (She | Her | Hers) ([what's this?](#))  
*Peter Harbage Policy Fellow*  
California Pan-Ethnic Health Network (CPEHN)  
1107 9<sup>th</sup> Street, Suite 410  
Sacramento, CA 95814  
O: (916) 447-1299 Ext. 305  
[Website](#) | [Twitter](#) | [Facebook](#)

COMMENTARY

# New model needed to meet mental health needs of our communities



BY GUEST COMMENTARY  
JANUARY 31, 2022



Image via iStock

## IN SUMMARY

California should develop a statewide racially equitable, alternative response system for those experiencing mental health crises.

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## By Ruqayya Ahmad

*Ruqayya Ahmad is a fellow with the [California Pan-Ethnic Health Network](#), a health advocacy organization that addresses racial and ethnic health disparities.*



## Asantewaa Boykin, Special to CalMatters

*Asantewaa Boykin is an activist, author-poet and emergency room nurse. She is co-founder of the [Anti-Police-Terror Project](#) and co-creator of [Mental Health First](#) Sacramento.*

The COVID-19 pandemic has undeniably shown all of us that the “normal” of deep inequity is not a normal to which we should return.

Instead, it’s time to tap into our imagination, our ability to think of a better world, one different than our own reality, one where white supremacy and patriarchy don’t exist, and racial justice and equity prevail.

Today, too many people are being denied the ability to maintain their own mental health and wellbeing. Instead, those who experience mental health challenges are often left to deteriorate until they end up in crisis.

For people of color, this can result in tragedy as our society relies on harsh and sometimes deadly responses by law enforcement. But we can change the ending of a far too familiar story. Layering on top of a current broken system is not our only option.

Thanks to a wave of new state and federal resources coupled with a focus on meeting the mental health needs of our communities, California has the opportunity to create a transformational new model. The CRISES Act,

[Assembly Bill 118](#), signed by Gov. Gavin Newsom last year, can facilitate the development of community response models for mental health.

California should view this as a chance to leverage millions of dollars from other sources to support these groundbreaking models, not as a limited scope program.

The governor's proposed [2022-23 budget](#) vastly expands our mental health crisis response system through a new mobile crisis response Medi-Cal benefit, and the state will allocate millions of dollars in grants from the Investment in Mental Health Wellness Act ([Senate Bill 82](#) of 2013) and the [Behavioral Health Response and Rescue Project](#) to crisis response services.

California should look to do business differently and implement all of these programs in a cohesive and coordinated fashion, with a clear commitment to advancing racial equity by building upon the promise of the CRISES Act and shifting funding to non-law enforcement response models.

We need a system of care that meets the most urgent needs of Californians and fully acknowledges the disproportionate burden borne by people of color as a result of a system built upon a police response to a mental health issue.

Most importantly, we need to support what we know works.

In Sacramento, for example, community advocates, mental health professionals and peers have built an alternative to 911 called [Mental Health First](#), or MH First. Earlier this year, a young man called MH First because he knew he needed to be in the hospital and had no way to get there. He was afraid to call 911 because he feared being brutalized by police or dismissed by paramedics.

MH First was able to provide him with transportation to an emergency room unharmed and untraumatized. Without this service, the young man would

have been stuck between two bad options: call 911 and risk encountering a violent response, or refrain from seeking help entirely.

Californians deserve better options, and we currently have the ability to change this equation by investing in alternative, community-based models of care.

A promising program like MH First shouldn't be available only to Sacramento residents. A county-by-county patchwork of services is unworkable. We should leverage the tremendous potential of peer support providers and community health workers and unleash the power of community-based organizations throughout the state to be the alternative.

We urge Newsom to lead the development of a statewide, racially equitable, fully funded alternative community response system for those experiencing mental health crises.

California has a chance to right wrongs and save lives. It should not take another tragic ending to force us to think differently. Let's shift the narrative to true community alternatives and use our imagination to create a world where peers and people with lived experiences, instead of law enforcement, can respond to those in crisis with empathy and healing. It's what we all deserve.

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