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SEPTEMBER 2014

Dear CARS Project,

Following the release of last week's newsletter, we realized the data provided on the number of students who considered suicide and those that attempted suicide was incorrect.

We previously reported 5.5% of California's community college students **seriously considered suicide** in the last 12 months. When in fact, that number is almost double at **9.1%**.

Further, **2.5% attempted suicide**, not 1.5% as reported.

Nationally, 7.4% seriously considered and 1.5% attempted suicide for the same survey time period.

Clearly our CCC students have increased risk!

We encourage you to continue efforts to prevent suicide, reduce stigma and discrimination related to mental illness, and to promote the mental health and wellness of students.



*Know the Signs
Find the Words
Reach Out*

www.suicideispreventable.org

**Mental Health Awareness Week
October 5 - 11, 2014**

Upcoming Trainings

BACCHUS Certified Peer Education (CPE)

Orange Coast College

Oct. 9 - 10, 2014

[Register Now](#)

San Diego City College

Oct. 24 - 25, 2014

Gay Alliance SafeZone *

College of San Mateo

Dec. 5, 2014

**Trauma Informed Campus:
Creating Physical and
Emotional Safety ***

DeAnza College (Cupertino)

Mar. 17, 2015

**Welcome Home:
Veterans on Campus ***

American River College

(Sacramento)

Oct. 21, 2014

[Register Now](#)

Moorpark (Ventura)

Date TBD

** CEUs available*

Resources

New! Supporting Students from



October 5-11, 2014 is a week when people across California will come together to spread awareness about the importance of mental health.

Each Mind Matters, California's Mental Health Movement, developed a [toolkit](#) designed to help conduct Mental Health Awareness Month activities locally.

The toolkit includes:

- Each Mind Matters Mental Health Awareness Week fact sheet
- Lime Green Ribbon key messages
- Sample Mental Health Awareness Week press release
- Social media guide
- Mental Health Awareness Week poster
- Template Mental Health Awareness Week fliers
- Ribbon Pledge Drive information
- Digital materials for online promotion
- Mental Health Awareness Week event guide
- Sample event press advisory
- Each Mind Matters materials order form

Find a Community Mental Health Event near you:

<http://www.eachmindmatters.org/events/>.

Tell Us What You're Doing for Mental Awareness Week 2014!

Thank you for your continued support to the mental health field!

Sincerely,
The CCC SMHP Team

The California Community Colleges, in conjunction with RAND Corporation and California Mental Health Services Authority (CalMHSA) would like to ask you a few questions to help us understand how to improve the CCC Student Mental Health Program website. This is a one-time survey and should take you 5 minutes or less to complete.

The survey is completely voluntary and confidential. To participate in the survey, please click on the link below:

<https://www.randsurvey.org/cccfollow/>

Your feedback is really important to us!

Diverse Racial and Ethnic Backgrounds

New! California Community Colleges, National College Health Assessment Survey Results, 2013

New! National College Health Assessment Survey Results, Spring 2013

Other Events

Save the Date!
Together Against Stigma
International Conference
February 17-20, 2015
San Francisco, CA
<http://togetheragainststigma.com/>

The [CCC SMHP website](#) includes a growing collection of relevant resources and tools to support campuses in planning and implementing effective student mental health services.



Your opinion is important.

Please take a moment to
COMPLETE A BRIEF SURVEY
ABOUT OUR WEBSITE.



WELLNESS • RECOVERY • RESILIENCE

Technical Assistance is offered under the California Community Colleges Student Mental Health Program (CCCSMHP) and funded by the California Mental Health Services Authority (CalMHSA).



California Community Colleges
Chancellor's Office (CCCCO)
1102 Q Street, Suite 4554
Sacramento, CA 95811
916.445.8752 Phone
www.cccco.edu

Kognito Interactive
130 West 25 Street
Suite 1001
New York, NY 10001
415.562.5612 Phone
www.kognito.com

California Mental Health
Services Authority (CalMHSA)
3043 Gold Canal Drive, Suite 200
Rancho Cordova, CA 95670
916.859.4824 Phone
www.calmhsa.org

Center for Applied
Research Solutions (CARS)
708 College Avenue
Santa Rosa, CA 95404
707.568.3800 Phone
www.cars-rp.org

Foundation for California
Community Colleges (FCCC)
1102 Q Street, Suite 3500
Sacramento, CA 95811
866.325.3222 Phone
www.foundationccc.org

The California Mental Health Services Authority (CalMHSA) is an organization of county governments working to improve mental health outcomes for individuals, families and communities. Prevention and Early Intervention programs implemented by CalMHSA are funded through the voter-approved Mental Health Services Act (Prop 63). Prop. 63 provides the funding and framework needed to expand mental health services to previously underserved populations and all of California's diverse communities.

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