



## *Mental Health in the News*

The latest news in mental health, plus information from the MHSOAC including upcoming events and job openings.



### **Smartphones Could Be Leading To A Mental Health Crisis**

Source: Big Think

Naming a generation is no easy task. While I've associated my own, Generation X, with Douglas Coupland's 1991 novel of the same name, the term was in circulation as far back as 1965, when Hungarian photographer Robert Capa used it to title a photo essay. Billy Idol dubbed an early punk band Generation X back in '76. Still, Coupland is regarded as the popularizer.

With Millennials firmly embedded in the cultural milieu, candidates for the next generation are pouring in. San Diego University psychology professor Jean M Twenge has thrown her hat into the ring with her new book, *iGen*, which has a subtitle that would fulfill my word count for this entire article. Let's just say it's about kids born between 1995 and 2012, and is concerned with how technology is making them unhappy and unprepared to be adults.

[Read More...](#)



**Stanford scholars discuss the benefits and risks of using talking software to address mental health**

Source: Stanford News

Interacting with a machine may seem like a strange and impersonal way to seek mental health care, but advances in technology and artificial intelligence are making that type of engagement more and more a reality. Online sites such as 7 Cups of Tea and Crisis Text Line are providing counseling services via web and text, but this style of treatment has not been widely utilized by hospitals and mental health facilities.

[Read More...](#)



Source: Newsweek

Pet owners often say that the cat or dog living in their home is another member of their family. New research published Monday adds validity to that claim, finding that owners of seriously or terminally ill pets are at increased risk for stress, anxiety and depression.

[Read More...](#)





## Elections

On September 28, the MHSOAC elected Vice Chair John Boyd to Chair and Commissioner Khatera Aslami-Tamplen to Vice Chair, effective January 1, 2018.

Chair-elect Boyd, who represents an employer with more than 500 employees, has been on the Commission since 2013.

Vice Chair-elect Aslami-Tamplen has served on the Commission since 2013 and represents consumers and clients.

These are both one year terms.



## New Innovation Approvals

### SEPTEMBER INNOVATION APPROVALS

#### Mono County

**Eastern Sierra Strengths Based Learning Collaborative (ESSBLC):** With a population of 14,202, Mono is one of the smallest counties in California. The county reached out to two nearby small counties, Inyo and Alpine, to determine interest in an 18-month strengths-based training for their departments and communities, something that would be cost prohibitive for Mono to do on its own. With the approval of this Innovation project, the counties will create a learning collaborative, providing intensive learning opportunities for staff. Community partners such as law enforcement and social services can also attend the learning sessions. Total amount approved: \$259,046 over two years

## Napa County

**Napa Adverse Childhood Experiences (ACE):** Childhood trauma caused by Adverse Childhood Experiences (ACE) is complex, fairly common (65% of Napa County residents have at least one ACE) and can include everything from domestic violence to living in extreme poverty. Treating ACEs is difficult and requires a multi-system approach to prevention, intervention and treatment. This project will develop a training program for paraprofessionals who work in and around mental health programs—who are often the first contact that individuals have with organizations—to help them identify their own adverse childhood experiences and use this knowledge in their practices and in their interactions with their respective consumers. Total amount approved: \$438,869 over 18 months

**Native American Historical Trauma and Traditional Healing Project:** Napa County is home to approximately 2,000 Native Americans with few culturally competent resources available to them. The programs that exist are not focused on increasing the cultural competency of the mental health system, even though the rate of serious mental illness (SMI) is higher for Native Americans than in other populations. This project will combine education for mental health providers about varied Native American cultures, histories and historical trauma, with training focused on traditional wellness and healing practices. Total amount approved: \$479, 518 over 18 months

**Understanding the Mental Health Needs of the American Canyon Filipino Community:** The Napa Valley Unified School District recognized that there is a disparity in mental health risks for Filipino students in some of its schools. Upon further research, the district discovered the reason was due to intergenerational barriers in accessing services for students and their families. This project will provide a forum for discussions regarding emotional well-being with students and their families. Total amount approved: \$461,016 for 18 months

**Work for Wellness:** There is no greater measure of successful outcomes than employment. In 2015 in California, 8.3% of individuals with serious mental illness (SMI) were employed. In Napa County, supported employment participation is not consistently tracked for those receiving mental health care for SMI. This project is designed to learn what works to address the needs and barriers in the current supported employment system and how to improve it. The county will use a community building and leadership development model to bring together individuals with SMI, employers and program administrators. A wide population will be involved, including individuals in the county Jail, individuals with co-occurring substance use, Veterans with SMI, and individuals with SMI who are using self-sufficiency benefits. Employers to be recruited will represent non-profits, public sector, large and small businesses. Program Administrators will be recruited from agencies that provide supported employment services in Napa County. Total amount approved: \$309,250 for 18 months



## Upcoming Events

**October 26, 2017**

[Commission Meeting in Los Angeles](#)

**October 28, 2017**

[Community Forum in Los Angeles, Los Angeles City College.](#)



## New Staff Additions

**Reem Shahroui** is the newest member of our Program Operations-Plan Review Team. Reem has over 5 years of direct work experience with California Mental Health Systems and community based organizations. She has strong experience in Cultural Competence and knowledge in analysis, culturally and linguistically appropriate services, bill analysis and the Specialty Mental Health Services waivers. She also has experience in supporting mental health clients, advocacy, and technical assistance with counties.



## Open Positions

[Research Scientist Supervisor II](#)

Final Filing Date: Until Filled

[Consulting Psychologist](#)

Final Filing Date: Until Filled

[Health Program Specialist I](#)

Final Filing Date: Until Filled

[Health Program Specialist II](#)

Final Filing Date: Until Filled



1325 J Street, Suite 1700, Sacramento, CA 95814

[MHSOAC@mhsaac.ca.gov](mailto:MHSOAC@mhsaac.ca.gov)

(916) 445-4927

[Unsubscribe](#)