

Prevention and Early Intervention



Marin Launches New Mental Health TV Show

In early 2016, Marin County released episodes of two new TV series called *Meaningful Mental Health* and *Latinos en la Casa*. The shows were produced with funding from California's [Mental Health Services Act](#) (Proposition 63) and were produced in collaboration with the Behavioral Health and Recovery Services (BHRS) Cultural Competency Advisory Board, the Community Media Center of Marin, and other community partners. Episodes aired on the Marin Community Channel and can be seen on the [webpage](#) of BHRS, a division of Marin County Health and Human Services Department.

"We are very excited to release these shows," said Suzanne Tavano, the County's Director of Mental Health and Substance Use Services. "They are the result of the hard work of our [Cultural Competence Advisory Board](#) and our community partners. Just as we all need to take care of our physical health, we also need to be mindful of our mental health. We hope these videos bring more awareness and understanding of mental health and substance use issues and what might be done if they occur. Treatment does work and recovery is possible."

Each series interviews guests with lived experience, professionals and agency representatives, covering the topics of crisis intervention, suicide prevention, and youth mental health. The shows provides information about what to do in tough situations such as calling 911 during an emergency, how and when you should intervene in a crisis, and what services are available and appropriate.

California's historic commitment to promote prevention and early intervention through the Mental Health Services Act moves the community mental health system toward a help-first instead of a fail-first strategy. The Meaningful Mental Health TV series aims to aid this strategy by increasing public awareness of mental health issues and encouraging intervention before a crisis develops.

