



Mental Health in the News

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



Self-harm rises sharply among tween and young teen girls, study shows

Source: Los Angeles Times

Mental illness cases have risen in California, while treatment and funding have not kept up.

Every Southern California county has experienced an upward trend in the rate at which children under 18 years are hospitalized for a mental health issue.

“The mental health system has been plagued by gaps in services, access and funding,” says Dr. Clayton with St. Joseph Hoag Health. “People with severe mental health and substance abuse conditions struggle to receive needed care in their communities due to stigma and difficulty navigating a complicated system.”

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Can You Smell, Feel or Taste This GIF?

[Viral GIF and the synesthetes who do more than hear it](#)

Source: Psychology Today

A several-year-old [silent GIF](#) of pylon towers playing jump rope is breaking the internet because a researcher tweeted it and asked if people hear anything.

The media is doing a good job of explaining that if you do hear something it is due to [synesthesia](#) – bonus senses present in at least four percent of people – but we synesthetes want to know why is the discussion focusing on only the hearing?

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New Innovation Approvals

NOVEMBER 2017 INNOVATION APPROVALS

Santa Clara County



Client and Consumer Employment Project: Employment is one of the greatest positive outcomes of mental health treatment and contributes greatly to a person’s overall sense of well-being. This project will engage clients and consumers to identify their employment goals as part of their treatment plans using the evidence-based practice, the Individual Placement and Support Supported Employment (IPS/SE). Targeted populations are Transition Age Youth and Adults/Older Adults with severe mental illness. Two fulltime employment specialists, and a part time clinical management supervisor will be hired at each of the three program sites.

Total amount approved: \$2,525,148 over three years

Faith Based Training and Supports Project: According to Santa Clara County staff, individuals and families in mental health distress are more likely to seek help from faith or spiritual leaders who may not be aware of services in the area. Called Behavioral Health 101, the County will develop this customized training program for faith/spiritual leaders; in turn, the faith leaders will develop a training for Behavioral Health specialists, County staff, and service providers on the role of spirituality in wellness and recovery. The target population of this project is African-American, Chinese, Filipino, Latino and Vietnamese communities.

Total amount approved: \$608,964 over two years

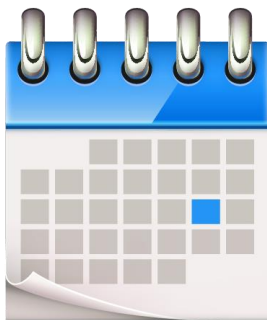
Headspace: This “one-stop-shop” model of care has been used in Australia to help young people find timely, appropriate treatment to meet their mental health needs. Santa Clara County will use the

headspace model to provide youth between the ages of 12-25 with coping skills and support systems; it may also provide early identification and intervention related to the signs of mental illness and suicide. The project will be rolled out in two phases: 1) an eight-month “ramp up” phase to design the framework and 2) an implementation phase. This funding will support the “ramp up” phase; the county plans to return to the Commission to seek funding for the implementation phase after that time.

Total amount approved: \$572,273 over eight months

Psychiatric Emergency Response Team (PERT): There have been a high number of suicides and suicide clusters by young adults in Palo Alto. In an effort to increase access to services and divert individuals away from Emergency Psychiatric Services, Santa Clara County will teach law enforcement to recognize mental health issues and diffuse crisis situations without the use of force, particularly among 18-25 year olds. A licensed mental health clinician will accompany law enforcement on emergency calls; peer support services will be offered after the crisis has been resolved. A health care program manager, and eight psychiatric social workers will be hired, in addition to a part time health service representative.

Total amount approved: \$3,688,511 over two years



Upcoming Events

December 15, 2017

[Client And Family Leadership Committee \(CFLC\)](#)

December 15, 2017

[Cultural And Linguistic Competence Committee \(CLCC\)](#)

December 25, 2017

State Holiday

January 1, 2018

State Holiday



Open Positions

[Research Program Specialist II](#)

Final Filing Date: Until Filled

[Consulting Psychologist](#)

Final Filing Date: Until Filled

[Health Program Specialist II](#)

Final Filing Date: Until Filled



Recent Happenings

SAYING GOODBYE TO OUTGOING CHAIR TINA
WOOTON



Thank you, Chair Tina Wooton, for an exemplary year of leadership and advocacy. We look forward to your continued presence on the Commission!

From everyone at the MHSOAC, we wish you and yours a wonderful, warm holiday season.



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