



EACH MIND MATTERS

California's Mental Health Movement

Stories of Hope, Resilience and Recovery

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One in four adults lives with
a diagnosable mental illness.
Early support can save lives.

Be Part of the Solution: EachMindMatters.org

INTRODUCTION

The California Mental Health Services Authority (CalMHSA) is excited to present this DVD containing 38 short, 2- to 6-minute videos that share the stories of Californians across the state whose lives have been affected by mental illness. This project is one way that counties, through their support of CalMHSA, are working to reduce the stigma and discrimination associated with mental illness in California.

This DVD is meant to supplement the documentary, *A New State of Mind: Ending the Stigma of Mental Illness*, a documentary that first aired on Public Broadcasting Service (PBS) stations statewide in May of 2013. This hour-long documentary showcased over 30 individuals with unique views on mental health challenges in California. However, in such a diverse state, we thought it was important to highlight as many perspectives as possible. Therefore, CalMHSA created a variety of short stories that represent a wide cross-section of California residents and share the previously untold stories of our friends and neighbors on their roads to recovery.

This booklet describes each video and its topics and themes. A guide that groups videos with similar topics and themes can be found on page 15. We hope you will use this DVD as a resource to educate and increase awareness about the stigma and discrimination of mental health challenges in your community.

If you have any questions or would like further information about the stories told on this DVD, please contact Jeanine Gaines at jgaines@rs-e.com. To learn more about the mental health movement and to take a pledge against the stigma associated with mental illness, visit EachMindMatters.org.



VIDEO DESCRIPTIONS



1. Adalia Martinez | TULARE COUNTY

TOPICS ADDRESSED INCLUDE:

- ◀ Abuse
- ◀ Latino Perspective
- ◀ Stigma/Discrimination Reduction
- ◀ Suicidal Thoughts

A Latina woman discusses her struggle with stigma and discrimination from family and community associated with her mental health challenges. **Footage provided by A New State of Mind documentary.**



2. Alexandra Camacho-Platas | LOS ANGELES COUNTY

TOPICS ADDRESSED INCLUDE:

- ◀ Anxiety
- ◀ Bipolar Disorder
- ◀ LGBTQ Perspective
- ◀ Stigma/Discrimination Reduction
- ◀ Treatment
- ◀ Youth

A young woman encounters the dual stigma of mental illness and sexuality and shares how taking on the responsibility of running her own business helps her recovery. **Footage provided by Each Mind Matters.**



3. Amanda Lipp | YOLO COUNTY

TOPICS ADDRESSED INCLUDE:

- ◀ Abuse
- ◀ Advocate
- ◀ Bipolar Disorder
- ◀ Education
- ◀ Wellness
- ◀ Youth

A young woman discusses her past sexual abuse, the mental health challenges she experienced in college, and how art has helped her in her recovery. **Footage provided by Each Mind Matters.**



4. Annabelle | SAN DIEGO COUNTY

TOPICS ADDRESSED INCLUDE:

- ◀ Asian/Pacific Islander Perspective
- ◀ Family
- ◀ Suicide Loss

A woman describes the hardship of watching her sister struggle with her mental health, and the trauma associated with her sister's suicide. **Footage provided by the County of San Diego Health and Human Services Agency.**



5. Art Martinez | EL DORADO COUNTY

TOPICS ADDRESSED INCLUDE:

- ◀ Native American Perspective
- ◀ Rural Community
- ◀ Wellness

A Native American community leader speaks about the mental health issues associated with his community and how discrimination has prevented many Native Americans from getting the help they need to recover. **Footage provided by A *New State of Mind* documentary.**



6. Belinda Brown | MODOC COUNTY

TOPICS ADDRESSED INCLUDE:

- ◀ Family
- ◀ Native American Perspective
- ◀ Rural Community
- ◀ Stigma/Discrimination Reduction

A mental health care worker talks about the hardships she encountered finding treatment for her son and the importance of not losing hope. **Footage provided by Each Mind Matters.**



7. Charlotte Bear | SANTA CLARA COUNTY

TOPICS ADDRESSED INCLUDE:

- ◀ Abuse
- ◀ Advocate
- ◀ Military Experience
- ◀ Wellness

A U.S. Army Veteran and Military Sexual Trauma (MST) survivor now works as a hospice chaplain and grassroots advocate to change military policies and prevent MST. **Footage provided by Each Mind Matters.**



8. Chua Cher Yang | FRESNO COUNTY Hmong-language

TOPICS ADDRESSED INCLUDE:

- ◀ Asian/Pacific Islander Perspective
- ◀ Wellness

A Lao farmer working in a community garden in Fresno speaks of how mental wellness can be achieved in his community. **Footage provided by A New State of Mind documentary.**



9. Cristina Zamorano | TULARE COUNTY Spanish-language

TOPICS ADDRESSED INCLUDE:

- ◀ Advocate
- ◀ Latino Perspective
- ◀ Stigma/Discrimination Reduction

A promotora in Central California addresses the stigma of mental illness in the Latino community and its impact on the resiliency of those struggling to cope with mental health challenges. **Footage provided by A New State of Mind documentary.**



10. Daniel Beranjo | SACRAMENTO COUNTY Spanish-language

TOPICS ADDRESSED INCLUDE:

- ◀ Bipolar Disorder
- ◀ Suicide Attempts
- ◀ Depression
- ◀ Latino Perspective

A Latino discusses his struggles with depression, psychotic features and bipolar disorder and shares how seeking help changed his cycle of homelessness, incarceration and suicide attempts. **Footage provided by Each Mind Matters.**



11. David Martinez | SHASTA COUNTY

TOPICS ADDRESSED INCLUDE:

- ◀ Native American Perspective
- ◀ PTSD
- ◀ Rural Community

A Native American man suffering from PTSD from his former job in the fire department speaks about his resiliency in spite of his illness. **Footage provided by Shasta County Health and Human Services Agency.**



12. Dennis Mallillin | SAN FRANCISCO COUNTY

TOPICS ADDRESSED INCLUDE:

- ◀ Asian/Pacific Islander Perspective
- ◀ LGBTQ Perspective
- ◀ Stigma/Discrimination Reduction
- ◀ Treatment

A psychotherapist discusses his story of hope and resiliency after being stigmatized for his immigrant status, nationality, sexuality and mental illness. **Footage provided by Each Mind Matters.**



13. Doug Tavira | RIVERSIDE COUNTY

TOPICS ADDRESSED INCLUDE:

- ◀ Advocate
- ◀ Military Experience
- ◀ PTSD

A former U.S military staff sergeant describes his efforts to cope with PTSD. **Footage provided by Riverside County Health and Human Services Agency.**



14. Emily Wu Truong | LOS ANGELES COUNTY

TOPICS ADDRESSED INCLUDE:

- ◀ Advocate
- ◀ Anxiety
- ◀ Asian/Pacific Islander Perspective
- ◀ Depression

A Taiwanese American woman diagnosed with depression and anxiety uses therapy and self-help tools to guide herself on the road to recovery. **Footage provided by Each Mind Matters.**



15. Jamin | SAN DIEGO COUNTY

TOPICS ADDRESSED INCLUDE:

- ◀ Stigma/Discrimination Reduction
- ◀ Youth

A man discusses the stigma he encountered from the doctor who diagnosed his mental illness and told him he couldn't recover—and the resiliency he had to find to prove that doctor wrong. **Footage provided by the County of San Diego Health and Human Services Agency.**



16. Janet King | ALAMEDA COUNTY

TOPICS ADDRESSED INCLUDE:

- ◀ Advocate
- ◀ Native American Perspective
- ◀ Wellness

A Native American Health Center worker seeks resources for Native Americans to overcome their mental health challenges using traditional cultural activities. **Footage provided by A New State of Mind documentary.**



17. Jennifer | SAN DIEGO COUNTY

TOPICS ADDRESSED INCLUDE:

- ◀ Family
- ◀ Military Experience
- ◀ Suicidal Loss

The wife of an ex-Navy officer who completed suicide due to a mental illness explains the importance of reaching out for help when struggling with depression and other mental health challenges. **Footage provided by the County of San Diego Health and Human Services Agency.**



18. Joe | SAN DIEGO COUNTY

TOPICS ADDRESSED INCLUDE:

- ◀ Military Experience
- ◀ PTSD
- ◀ Suicidal Thoughts

A U.S. veteran who completed a tour in Iraq and now suffers from PTSD works to help other veterans struggling to cope with mental health challenges. **Footage provided by the County of San Diego Health and Human Services Agency.**



19. Joshua Smith | SAN BERNARDINO COUNTY

TOPICS ADDRESSED INCLUDE:

- ◀ Drug Use
- ◀ Rural Community
- ◀ Schizophrenia
- ◀ Youth

A man describes his journey from diagnosis with schizophrenia at an early age to the recovery that is allowing him to enjoy a fulfilling life. **Footage provided by Riverside County Health and Human Services Agency.**



20. Keris Myrick | LOS ANGELES COUNTY

TOPICS ADDRESSED INCLUDE:

- ◀ Advocate
- ◀ African American Perspective
- ◀ Depression
- ◀ Wellness

A community leader recovering from mental illness shares her wellness toolkit with others. **Footage provided by A New State of Mind documentary.**



21. Lao Compilation

Lao-language

TOPICS ADDRESSED INCLUDE:

- ◀ Asian/Pacific Islander Perspective
- ◀ Treatment

Lao women who have faced mental health challenges talk about their struggles to cope with stigma in the Lao community and the resources available for those seeking guidance for recovery. **Footage provided by Each Mind Matters.**



22. Lila Robles | TULARE COUNTY

TOPICS ADDRESSED INCLUDE:

- ◀ Family
- ◀ Latino Perspective
- ◀ Treatment

A foster mother shares how Parent-Child Interactive Therapy (PCIT) is giving her hope for her foster son's recovery. **Footage provided by A New State of Mind documentary.**



23. Margaret Cho | LOS ANGELES COUNTY

TOPICS ADDRESSED INCLUDE:

- ◀ Advocate
- ◀ Asian/Pacific Islander Perspective
- ◀ Stigma/Discrimination Reduction

A stand-up comedian lends her voice to social causes, including the reduction of bullying, stigma, and discrimination. **Footage provided by Each Mind Matters.**



24. Marie Douglas | TULARE COUNTY

TOPICS ADDRESSED INCLUDE:

- ◀ Depression
- ◀ Faith
- ◀ Latino Perspective
- ◀ Stigma/Discrimination Reduction
- ◀ Treatment

A Latina from Dinuba talks about her experience with family and community stigma associated with her mental illness and how her recovery was enhanced through a mobile services unit. **Footage provided by A New State of Mind documentary.**



25. Mercedes | SAN DIEGO COUNTY

Spanish-language

TOPICS ADDRESSED INCLUDE:

- ◀ Depression
- ◀ Faith
- ◀ Latino Perspective
- ◀ PTSD

A Latina mother who struggles with mental illness while raising a young daughter talks about her road to recovery. **Footage provided by the County of San Diego Health and Human Services Agency.**



26. Michael Bohon | RIVERSIDE COUNTY

TOPICS ADDRESSED INCLUDE:

- ◀ Advocate
- ◀ Education
- ◀ LGBTQ Perspective
- ◀ Suicide Attempt

A man coming to terms with his addiction, sexuality and mental illness seeks help through county resources and then goes to work for them. **Footage provided by Riverside County Health and Human Services Agency.**



27. Michael Eslinger | AMADOR COUNTY

TOPICS ADDRESSED INCLUDE:

- ◀ Advocate
- ◀ Bipolar Disorder
- ◀ Rural Community
- ◀ Stigma/Discrimination Reduction

A man diagnosed in elementary school with ADD, and as an adult with bipolar disorder, seeks services through Amador county to help him on his path to recovery and wellness. **Footage provided by A New State of Mind documentary.**



28. Michelle | SAN DIEGO COUNTY

TOPICS ADDRESSED INCLUDE:

- ◀ African American Perspective
- ◀ Bipolar Disorder
- ◀ Faith

An African American woman shares her story of acceptance and recovery from her diagnosis of bipolar disorder. **Footage provided by the County of San Diego Health and Human Services Agency.**



29. Minister Monique Tarver | ALAMEDA COUNTY

TOPICS ADDRESSED INCLUDE:

- ◀ Advocate
- ◀ African American Perspective
- ◀ Faith
- ◀ Stigma/Discrimination Reduction

A minister's struggle with discrimination due to the stigma of her mental challenges leads her to inspire others seeking mental health wellness within her community and congregation. **Footage provided by Each Mind Matters.**



30. Neil Shaw | SHASTA COUNTY

TOPICS ADDRESSED INCLUDE:

- ◀ PTSD
- ◀ Rural Community

A man with PTSD describes his journey to acceptance and recovery. **Footage provided by Shasta County Health and Human Services Agency.**

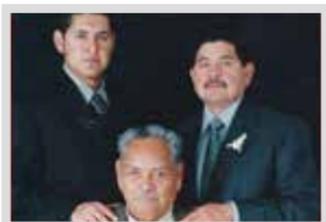


31. Oscar Wright | SACRAMENTO COUNTY

TOPICS ADDRESSED INCLUDE:

- ◀ African American Perspective
- ◀ Faith
- ◀ Family

A father and community leader shares his story of the self-stigma he experienced in the face of his daughter's mental illness. **Footage provided by Each Mind Matters.**



32. Pedro & Jose Arcinie |

RIVERSIDE COUNTY

Spanish-language

TOPICS ADDRESSED INCLUDE:

- ◀ Family
- ◀ Latino Perspective
- ◀ Stigma/Discrimination Reduction

A father and son share their journey from the son's diagnosis to his recovery. **Footage provided by Riverside County Health and Human Services Agency.**



33. Reverend Susan Gregg

Schroder | TULARE COUNTY

TOPICS ADDRESSED INCLUDE:

- ◀ Depression
- ◀ Faith
- ◀ Stigma/Discrimination Reduction

A faith leader who suffers from depression now fights the stigma of mental illness in her congregation and community. **Footage provided by A New State of Mind documentary.**



34. Sally Zinman & Jay

Mahler | ALAMEDA COUNTY

TOPICS ADDRESSED INCLUDE:

- ◀ Abuse
- ◀ Advocates
- ◀ Treatment

Pioneers of the mental health movement discuss their experiences with the mental health system in the 1960s and how they have transformed the movement through their life's work. **Footage provided by Each Mind Matters.**



35. Sam Keo |

LOS ANGELES COUNTY

Khmer-language

TOPICS ADDRESSED INCLUDE:

- ◀ Asian/Pacific Islander Perspective
- ◀ PTSD

A private therapist in the Cambodian community shares his experience with PTSD, how he proved to be resilient and how he continues to improve his wellness through helping others. **Footage provided by Each Mind Matters.**



36. Susan | SAN DIEGO COUNTY

TOPICS ADDRESSED INCLUDE:

- ◀ Asian/Pacific Islander Perspective
- ◀ Stigma/Discrimination Reduction
- ◀ Suicidal Thoughts
- ◀ Treatment
- ◀ Youth

A young Cambodian woman discusses the stigma of her diagnosis and hope for her recovery. **Footage provided by the County of San Diego Health and Human Services Agency.**

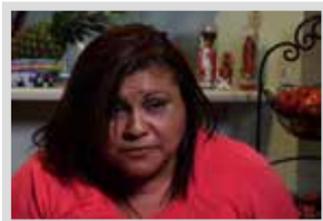


37. Ty Ford | SHASTA COUNTY

TOPICS ADDRESSED INCLUDE:

- ◀ LGBTQ Perspective
- ◀ Wellness
- ◀ Youth

A Redding resident, activist and Shasta College student discusses the fear of rejection he's faced throughout his life, especially in relation to his identity as a transgender man. **Footage provided by Shasta County Health and Human Services Agency.**



38. Veronica Castilla | YOLO COUNTY

Spanish-language

TOPICS ADDRESSED INCLUDE:

- ◀ Family
- ◀ Latino Perspective

A mother struggles with finding her son help for his mental health challenges. **Footage provided by Each Mind Matters.**



VIEWING SUGGESTIONS

All of these stories share a common thread of hope, resilience and recovery. We hope you are able to view them all, but if time does not allow, you can use the “theme groupings” below to create a screening list of those stories particularly suited to your specific area(s) of interest.

As you’ll see in these groupings, one major theme that emerged in the development of these stories is the dual stigma faced by many of those coping with mental illness who are also members of underserved or minority communities. With this in mind, we have provided additional viewing suggestions focusing on the five priority underserved audiences identified in the California Reducing Disparities Project.

Advocate Stories

3. Amanda Lipp
7. Charlotte Bear
9. Cristina Zamorano
13. Doug Tavira
14. Emily Wu Truong
16. Janet King
20. Keris Myrick
23. Margaret Cho
26. Michael Bohon
27. Michael Eslinger
29. Minister Monique Tarver
34. Sally Zinman & Jay Mahler

African American Stories

20. Keris Myrick
28. Michelle
29. Minister Monique Tarver
31. Oscar Wright

Asian/Pacific Islander Stories

4. Annabelle
8. Chua Cher Yang
12. Dennis Mallillin
14. Emily Wu Truong
21. Lao Compilation
23. Margaret Cho
35. Sam Keo
36. Susan

Faith Stories

- 24. Marie Douglas
- 25. Mercedes
- 28. Michelle
- 29. Minister Monique Tarver
- 31. Oscar Wright
- 33. Reverend Susan Gregg Schroder

Latino Stories

- 1. Adalia Martinez
- 9. Cristina Zamorano
- 10. Daniel Beranjo
- 22. Lila Robles
- 24. Marie Douglas
- 25. Mercedes
- 32. Pedro & Jose Arcinie
- 38. Veronica Castilla

LGBTQ Stories

- 2. Alexandra Camacho-Platas
- 12. Dennis Mallillin
- 26. Michael Bohon
- 37. Ty Ford

Military Stories

- 7. Charlotte Bear
- 13. Doug Tavira
- 17. Jennifer
- 18. Joe

Native American Stories

- 5. Art Martinez
- 6. Belinda Brown
- 11. David Martinez
- 16. Janet King

Rural Community Stories

- 5. Art Martinez
- 6. Belinda Brown
- 11. David Martinez
- 19. Joshua Smith
- 27. Michael Eslinger
- 30. Neil Shaw

Youth Stories

- 2. Alexandra Camacho-Platas
- 3. Amanda Lipp
- 15. Jamin
- 19. Joshua Smith
- 36. Susan
- 37. Ty Ford



ADDITIONAL TOOLS & RESOURCES

General

CalMHSA

- www.calmhsa.org

National Mental Health website

- www.mentalhealth.gov

Student Mental Health Initiative

Regional K-12

The California County Superintendents Educational Services Association

(CCSESA) has created a clearinghouse of resources and regional best practices that promote the mental health and wellness of students in grades K–8, with linkages to preschool and grades 9–12:

- www.regionalk12smhi.org

Statewide K-12

California Department of Education's student mental health policy workgroup website:

- www.cde.ca.gov/ls/cg/mh/smhpworkgroup.asp

California Community Colleges

California Community Colleges Chancellors' Office website for student mental health training and technical assistance through CalMHSA:

- www.cccstudentmentalhealth.org

California State University

California State University Office of the Chancellor (individual campuses have their own websites highlighting specific campus activities). Campuses have individual websites which highlight the campus activities:

- www.calmhsa.org/programs/student-mental-health-initiative-smhi

University of California

Regents of the University of California's website for CalMHSA program resources:

- www.calmhsa.org/programs/student-mental-health-initiative-smhi

Stigma and Discrimination Reduction

Each Mind Matters/SanaMente

- www.eachmindmatters.org

Walk In Our Shoes

- www.walkinourshoes.org
- www.ponteenmiszapatos.org

ReachOutHere/BuscaApoyo

- www.reachouthere.com
- www.buscaapoyo.com

Prevention and Early Intervention

Know the Signs

- www.suicideispreventable.org

Family Service Agency of the Central Coast

- www.fsa-cc.org

Family Service Agency of Marin

- www.fsamarin.org

Kings View

- www.kingsview.org

Living Works

- www.livingworks.net

San Francisco Suicide Prevention

- www.sfsuicide.org

Transitions Mental Health Association

- www.t-mha.org



WHY EACH MIND MATTERS

We all have mental health. As with our physical health, sometimes we are doing well, other times we could use some help. Our minds deserve the same attention as our bodies.

Early support and help for mental health challenges can reduce suffering and save lives. But not everyone who wants and needs help reaches out to get it. One of the greatest barriers to wellness is stigma.

- Stigma wrongly assumes that someone who is different from us is less of a person because of it.
- Stigma can be within us as individuals, families, communities and even institutions.
- Stigma creates fear, pain and injustice preventing people from reaching out to care for their minds as they would care for their bodies.

The elimination of stigma is essential to prevention, early intervention and support for those experiencing mental health challenges.

We can save lives and dollars tomorrow if we are willing to talk honestly about the realities of mental health today.

One in four adults lives with a diagnosable mental illness. Early support can save lives.

Be Part of the Solution: EachMindMatters.org



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This program is funded by counties through the voter-approved Mental Health Services Act (Prop. 63). It is one of several Prevention and Early Intervention Initiatives implemented by the California Mental Health Services Authority (CalMHSA), an organization of California counties working to improve mental health outcomes for individuals, families and communities. CalMHSA encourages the use of materials contained herein, as they are explained in our licensing agreements. To view the agreements, please visit: calmhsa.org