

WALK IN OUR SHOES

2016 Tour Report



The California Mental Health Services Authority (CalMHSA) is working to reduce stigma associated with mental illnesses by de-bunking myths and educating youth about mental health. The Walk In Our Shoes school-based performance utilizes real stories from teens and young adults to teach youth about mental health challenges and mental wellness.

FAST FACTS:

- **23,706** NUMBER OF STUDENTS REACHED
- **80** CAMPUSES
- **25** COUNTIES
- **14,273** WEBSITE VISITS
ENGLISH AND SPANISH WEBSITES
- **139%** INCREASE
COMPARED TO LAST YEAR WHEN NO TOUR OCCURRED



I do believe it had a positive effect on their view of mental health and realizing that people may be struggling even though others are not aware.

- School Counselor

I am happy to see this topic be available to our students in assembly form. Many students know someone who is affected by mental health issues, so it's very appropriate.

- School Drama Teacher



I had a student come into the office and tell me that he knew 'something was wrong' with a student that had just hit him. His concern was for the other student and if we were helping him get better. - School Vice Principal



Survey Results:

We asked teachers and administrators at each school campus on the tour how the program had impacted their student body.

- **60%** saw a positive change in behavior among students
- **73%** reported that their students had not been previously exposed to the topic of mental health at school
- **84%** reported that the performance started a conversation about mental health
- **88%** felt that the performance was successful in educating students about the stigma of mental illness
- **98%** felt that the performance was relevant to California's diverse student population
- **100%** would recommend the performance to another school

COUNTY HIGHLIGHT:

Fresno County hosted three performances at local schools and documented their experience through this video:

<https://vimeo.com/162895463>





COUNTIES VISITED*:

- | | |
|----------------|--------------------|
| 1 Sacramento | 14 Tuolumne |
| 2 Placer | 15 Monterey |
| 3 Sutter-Yuba | 16 Fresno |
| 4 Colusa | 17 San Luis Obispo |
| 5 Trinity | 18 Kings |
| 6 Modoc | 19 San Benito |
| 7 Plumas | 20 Riverside |
| 8 Butte | 21 Imperial |
| 9 Alameda | 22 Orange |
| 10 Sonoma | 23 San Bernardino |
| 11 Marin | 24 San Diego |
| 12 San Joaquin | 25 Los Angeles |
| 13 Santa Clara | |

*Organization reflects the order in which counties were visited.

FAST FACTS:

- **375,900** CALIFORNIANS REACHED THROUGH TV/PRINT MEDIA STORIES
- **61** DAYS ON THE ROAD

TOP 10 CITIES VISITING WalkInOurShoes.org:

- | | |
|-----------------|----------------|
| 1 South Gate | 6 Chico |
| 2 Los Angeles | 7 Corte Madera |
| 3 San Francisco | 8 Menifee |
| 4 Westminster | 9 Sacramento |
| 5 Manteca | 10 Fresno |

