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# **Campaign for Community Wellness Newsletter**

**November, 2007: Edition 2**  
**[www.campaignforcommunitywellness.org](http://www.campaignforcommunitywellness.org)**

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Welcome to the Second Edition of the Campaign for Community Wellness E-Newsletter

The Campaign for Community Wellness is a Placer County-wide effort working to improve mental health care for all.

The E-Newsletter aims to connect people and resources and inform our community, family members, consumers and other mental health stakeholders about Campaign for Community Wellness efforts, particularly around Mental Health Services Act/Prop. 63 and Substance Abuse and Mental Health Services Administration (SAMHSA) coordination efforts and progress.

For article submissions to this newsletter, please contact Seana at seana@streamlineimpact.com or call her at 530-582-6762

For more information about the Campaign for Community Wellness, please go to: www.campaignforcommunitywellness.org

Latino Leadership Council

The Latino Leadership Council is a group of 25 Latinos in the fields of health, mental health, law, foster and youth services, housing, and business service providers who have recently come together to improve mental health services for Latinos.



Currently, the group is working to better understand the mental health needs of the Latino population in Placer County by conducting surveys and a Community Readiness Assessment.

The group is also creating a community resource directory of services for English and Spanish-speaking Latinos in Placer County and will be hosting a community event in Lincoln in March featuring Clinical Psychologist Roberto Dansie.

For more information please contact, Elisa Herrera, at (530) 333-9230 or by email at herrera.pr@comcast.net

Community Partner Spotlight: Child Abuse Prevention Council Placer (CAPC)

The Child Abuse Prevention Council of Placer County (CAPC) is proud to announce its partnership with Village Care International to create *Volunteer Village*, a new program aimed at expanding volunteer opportunities at CAPC Family Resource Centers.

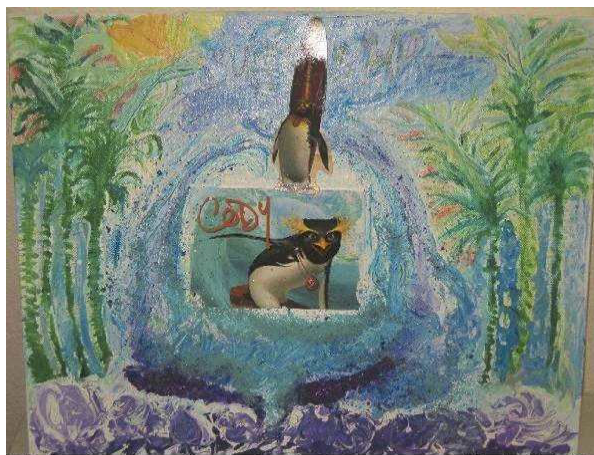
Opportunities include:

Story Time

Marriage Mentors (Couples)

One Time Volunteer Opportunities

Please contact Melissa Planas, CAPC Volunteer Coordinator, at mplanas@capcplacer.org for more information on the program or volunteer opportunities.



Painting by: Placer County Resident, Consumer Artist, Debbie You

Auburn Welcome Center Update

The Welcome Center has been busy over the last few months. In addition to providing visitors with resources and referrals, various support groups including recovery group, men and women's support groups, and grief and loss group, the Welcome Center has been hosting a walking club, crocheting instructionals, and arts and crafts.

From attending AARP rallies in Sacramento to local events, the Welcome Center community is reaching out and participating in the community at large. People of all ages have been enjoying field trips such as a hike to Independence trail and a trip to the pumpkin patch. Welcome Center events are a great way to bring the community together.

Here is a story that brings the work of the Welcome Center to life:

Timmy had been homeless and looking for employment. He came to the Welcome Center without any plan. He stayed at the Gathering Inn last winter and believed this year would be the same. He attempted to look for work on his own with little success. Welcome Center staff began to help him write his resume. In doing this they called a past employer to verify whether he would get a good reference. To Timmy's surprise, it was discovered that one of his past employer's would hire him back.

Today Timmy is employed and working 40 or more hours a week. He is staying in a transitional house and has been asked to be a House Manager. "If it hadn't been for the Welcome center I don't know what I would have done. They do more than find jobs; they listen and care."

The Welcome Center community invites anyone interested in developing, suggesting or supporting programs to drop by and visit. Focus Group is held the first Monday of each month from 12-1:30 and Community Meetings are held on other Mondays from 12:30-1:30. Everyone is welcome.

For more information or to get involved contact Cyndy Bigbee, Program Supervisor, at (530) 889-7229 or email Cyndy at cbigbee@placer.ca.gov

Youth Council Update

The Youth Council provides insight on youth services and issues to the county and the Campaign for Community Wellness. The formation of the Youth Council is a result of the Substance Abuse and Mental Health Services Administration Initiative (SAMHSA). The Council is comprised entirely of youth participants, including members from various programs such as mental health, probation, foster care, and RAFT services. Members range in age from 12 to 24 years old. The Council, still within the formation stages, meets twice a month and aims to improve youth leadership development.



For more information please contact Sam Stodolski, Youth Coordinator, Placer CSOC, at (530) 889-6736, or via email at Sstodols@placer.ca.gov.



Update on Prevention and Early Intervention Program Planning

Currently, the Campaign for Community Wellness Steering Committee is developing a plan for new prevention and early intervention programming. Planning efforts include hosting several public meetings throughout Placer County to gather public input on priority populations and needs for the prevention and early intervention programs. For details about the MHSAs Prevention and Early Intervention elements, please visit the Campaign website at www.campaignforcommunitywellness.org

Below is a list of the next community meetings scheduled in your area:

Tuesday, November 27th: Kings Beach, Kings Beach Elementary School, 6-8pm

Thursday, November 29th: Auburn, Placer County Office of Education Building, 11700 Enterprise Drive, 6-8pm

Thursday, November 29th: Lincoln, Lincoln Veterans Memorial Hall, 541 5th Street, 6-8pm

Tuesday, December 4th: Roseville, Maidu Community Center, 6-8pm

For more information about the above community meetings, please contact Michele Zavoras at (530) 889-7244. Thank you for helping us spread the word about these community meetings by forwarding this newsletter to your lists.

Raising Awareness at Recovery Happens Rally

The statewide Recovery Happens rally on the West Steps of the State Capitol on Wednesday, September 5th was a huge success. Supported by the Campaign for Community Wellness, the event was organized by collaborative organizations such as the California Association of Addiction Recovery Resources (CAARR). Over 500 people gathered on the steps of the Capitol building to vocalize the positive impact recovery programs have had on their lives.

Dozens of provider tables offered informational resources pertaining to recovery programs and mental health services.



Campaign Messages Reach Kid's in Kings Beach



On Saturday, October 6th, 2007 the Campaign for Community Wellness participated in Kid's Day at the North Tahoe Conference Center in Kings Beach. Over 100 children and their parents participated in this fun-filled event to raise money for numerous charitable organizations that provide community and youth programs. The Campaign for Community Wellness hosted a booth that offered parents an array of informational brochures on mental health and wellness in both English and Spanish. Children flocked

to the booth to receive a free copy of the "Peace Book" written by Todd Parr, and to enjoy the coloring activity table, where they colored-in an outline of the campaign's logo and website.

Indigenous People's Day



Working with members of the Placer County Native Network, the Campaign for Community Wellness lent support to Indigenous People's Day, October 5th-8th. Hosted by the Tsi-Akim Maidu and Colfax-Todds Valley Consolidated tribes, the event has grown from a candle light vigil protesting the observance of Columbus Day in Nevada City eight years ago, to a five-day regional celebration of Indigenous cultures.

The event began with a ceremony to honor the local Maidu people in Nevada County, was followed by the second annual "Calling Back the Salmon" ceremony, and finished on Sunday with a sunrise ceremony for the dedication of land given back by a private donor to honor the Maidu village site. Concluding the celebrations on Monday, KVMR Community Radio sponsored a day long program at the Miners Foundry, which included singing, storytelling, panel discussions on cultural and environmental concerns. A memorial dinner for Colfax-Todds Valley Elder, Richard Prout was also held.

An important celebration of local Maidu and Miwok culture, the official honoring of Indigenous People's Day in Nevada County serves as a model for surrounding counties for healing some of the trauma created for Native communities by the gold rush era.

For more information or to get involved visit the website at www.indigenouspeoplesday.org or call (530) 265-0711 or (530) 274-7497

Psychiatric Woes and Substance Abuse Come After Homelessness

A recent study of homeless adults in Santa Clara County highlighted that most adults experiencing homelessness were free of substance abuse and psychiatric illness before first losing their residence.

Stanford University surveyed 1,437 homeless adults between November 1989 and June 1990, and the results help to debunk most myths about homelessness.

Read the full article at:
www.campaignforcommunitywellness.org



Next Campaign for Community Wellness Steering Committee Meeting will be held on Friday, November 30, 2007, from 10 am - 1pm, at Cirby Hills in Roseville.

For more information about the meeting or the Campaign, please go to: www.campaignforcommunitywellness.org or, call Michele Zavoras at 889-7244

Quick Links...

About the Campaign for Community Wellness: www.campaignforcommunitywellness.org

About Substance Abuse Mental Health Services Act: www.samhsa.gov

About Mental Health Services Act: www.dmh.cahwnet.gov/MHSA

About Placer Collaborative Network: www.placercollaborativenetwork.org

