



What Mental Health Means to Me

A community approach to mental health challenges



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Each Mind Matters is California's Mental Health Movement. We are millions of individuals and thousands of organizations working to advance mental health.

Every day, millions of people face stigma related to mental health because they or their loved ones are facing a challenge. Many of these people feel isolated and alone, going years before receiving any help. The goal of Every Mind Matters is to amplify the voices of all people who want to put an end to this stigma, creating a community where everyone feels comfortable reaching out for the support they deserve.

People can and do get better, and by talking openly and honestly about mental health we make that possible. You can join the local Each Mind Matters movement by attending Care Enough To Act. Call or go online to learn more.

Care Enough To Act

530-891-2850

www.CareEnoughToAct.org

Each Mind Matters

www.eachmindmatters.org



Funded by counties through the voter-approved Mental Health Services Act (Prop. 63).

Opening Up About Mental Health

by Matt Jocks

Emotional pain likes to hide. The first step toward easing it is bringing it to the surface.

Care Enough To Act (CETA) is a collaborative effort of individuals and agencies in Butte, Tehama and Glenn counties dedicated to providing hope to those affected by mental health challenges. The overarching goal is to increase understanding of mental health and decrease stigma and discrimination.

"Conceptually, this affects everybody," says Thomas Kelem, executive director of Stonewall Alliance and co-chair of CETA. "People may think, 'I don't know anyone this has affected.' More people than they realize have thought about or are thinking about suicide or dealing with depression."

These thoughts and feelings are often hidden from plain sight but linger just below the surface. CETA uses public events, trainings and collaborations with other organizations to bring them out into the open.

"It's just a matter of awareness," he says. "It's doing some self-educating about the signs. It's being willing to ask someone a question, a meaningful question, about how they're doing. It is better to ask that question and maybe have someone say, 'It's none of your business.' Better to take that small risk if you can truly help someone."

Stigma is an ever-present barrier to treating mental health and prevent-

ing suicide, says Jeremy Wilson, MHSA Coordinator for the Butte County Department of Behavioral Health and co-chair of CETA.

"Stigma is a belief that people hold causing them to take action," Wilson says. "It causes them to treat people differently and even discriminate against someone. Individuals impacted by mental illness face stigma daily."

Wilson notes that stigma can arise from many sources, including social stigma, self-stigma or ideas linked to a person's culture or upbringing.

"We live in a diverse world, a diverse state and a diverse community. And different cultures have different views about mental health," he says.

Despite the persistence of stigma, Kelem thinks most people have the instinct to help. It's a matter of coupling that with education and awareness.

"You look at a community like Chico. People see this as a small town. People actually hold the door open for each other and do those little things," he says. "I think what we're talking about is taking those values and extending them to looking out for each other's emotional health. We would not leave a physically hurting person lying in the street. Why is it OK to ignore an emotionally or mentally hurting person?"

Kelem and Wilson agree that things are improving. Large-scale educational campaigns, like those run by CETA,

Jeremy Wilson
(top) and Thomas
Kelem are the
co-chairs of Care
Enough to Act.
PHOTO BY
PAULA SCHULTZ



"STIGMA IS A BELIEF THAT PEOPLE HOLD, CAUSING THEM TO TAKE ACTION. IT CAUSES THEM TO TREAT PEOPLE DIFFERENTLY AND EVEN DISCRIMINATE AGAINST SOMEONE. INDIVIDUALS IMPACTED BY MENTAL ILLNESS FACE STIGMA DAILY."

Jeremy Wilson, MHSA Coordinator for the Butte County Department of Behavioral Health

help. High-profile celebrities opening up about their mental health issues raises awareness, too. And sometimes, it's the smaller things.

"I wear my green ribbon (for mental health) around town," Wilson says. "And people will almost always ask what it's for. And it's just starting that conversation. That's what we're trying to do. Start that conversation. Building that feeling for people that they are not alone."

Changing the Conversation

When Morgan Gray's grandmother passed away in 2011, it was a defining moment in her life. Being confronted with death in her family made her realize that she had been constantly battling depression, and she wanted to do something about it. Fearing a negative reaction from her family, Gray decided to open up to her high school guidance counselor first. Then she told her family.

"The stigma in my family was that I was never validated for what I was going through," Gray says. "They always looked at it like I was just being dramatic or that I needed attention. I told my mom that I was feeling suicidal and she told me to suck it up — depression was something only white people go through."

Gray says being in a negative environment was difficult for her, but things

changed when she went to college at California State University, Chico. There she was able to receive free counseling on campus. At counseling sessions Gray learned more about depression and different ways to cope with it, including talking with others about her struggle and spending more time doing things she enjoys.

The biggest change for Gray came when she started participating in programs at the Cross Cultural Leadership Center. There she met other students from diverse backgrounds who listened to her story and encouraged her to move forward.

"To feel better about myself, I needed to get out of a negative environment," Gray says. "I came to college not really knowing who I was. I wasn't able to be myself until I had the support network that I have on

Student finds the freedom to be herself

by Mike Blount

campus. I have to live for me and not let what others feel about me determine who I am. For the first time ever, I can really say I love myself."

Today, Gray, 19, keeps herself busy with many extracurricular activities. She enjoys writing in her journal and dancing, and says the past two years have been the best years of her life. Gray is also very passionate about getting people in her community to understand mental illness.

"The biggest thing I want to see changed is how people in the black community look at mental illness and the ways to support someone with one," Gray says. "My family and friends in the community shut me down, and it's something I constantly noticed. I think people are afraid to open up because they think they won't have support. Education is key."

Understanding the range of mental health

Similar to physical illness, there are medications and therapies to treat mental illnesses, but one of the most important remedies is education. Stigma and a lack of knowledge are barriers to seeking help, and some still find mental illnesses mysterious. Thomas Kelem, who co-chairs **Care Enough To Act**, says that mental illness need not be any more mysterious than the physical illnesses. He compares the range of mental illnesses to the range of physical ailments, from a cold to life-threatening diseases that take major interventions to manage.

"You wouldn't think to not seek treatment for a physical injury or illness, but stigma keeps many from seeking help for mental illnesses," he says.

Just like physical illness, mental illness is a diverse category of distinct conditions such as depression, anxiety, post-traumatic stress disorder and others. Each illness has its own symptoms and unique course of treatment.

"There is so much help available," Kelem says. "So much research and improvement in medications and therapies. It's a shame anyone is suffering alone."

Jeremy Wilson, MHSA Coordinator for the Butte County Department of Behavioral health and co-chair of CETA, adds that greater understanding will help turn the tide.

"Eventually, we'll get to where people view mental illnesses the same way as physical illnesses. We're not there yet. To get there we need to reduce the stigma and discrimination that exists around mental health. Then we need to start demanding that the funding and level of care for mental health are equal to that of physical health."

"FOR THE FIRST TIME EVER, I CAN REALLY SAY I LOVE MYSELF."

Morgan Gray

Morgan Gray received free counseling through a student program at California State University, Chico, where she learned about ways to cope with depression. With that support, Gray says the past two years have been the most liberating and growth-filled period of life.

PHOTO COURTESY OF MORGAN GRAY

What to look for

There are no definitive warning signs that will tell you someone is thinking about suicide. In some cases, there may be no visible signs. But there are things you can look for to help you know **how to respond with empathy if someone is at risk.**

Three key areas to be aware of are:

Behavior changes

A sudden change in behavior like sleeping more or engaging in more risky behavior can be a warning sign.

Sense of hopelessness

It's normal for someone to feel things are hopeless at times, but certain statements may point to someone at risk. For example, "I just don't want to be here anymore."

A recent loss

A loss of a significant relationship, family member, friend or sense of identity can also be a risk factor.

The best thing you can do to prevent suicide is to be aware and ask someone directly, **"Are you thinking about suicide?"** It may be difficult, but having a conversation with someone at risk will open the door to them getting help.

For more warning signs for someone at risk, visit www.suicideispreventable.org.

Dr. Deland Peterson is a clinical manager for mental health with the VA Northern California Health Care System. Peterson says the causes of depression for veterans are similar to those of civilians.

PHOTO BY BRAD GARRISON

Healing Our Vets

Delivering mental health
treatment to those
who've served

by Kate Gonzales

The thought of our nation's service members elicits images of bravery, patriotism and strength. Civilians rarely imagine the pain that may lie beneath the uniform.

But when it comes to mental illness and suicidal thoughts, a veteran's experience can be much like that of anyone else.

Dr. Deland Peterson, a clinical manager for mental health with the VA Northern California Health Care System, sees a lot of overlap in the way civilians and veterans experience and are treated for thoughts of suicide. He has worked directly with veterans as a psychologist for many years.

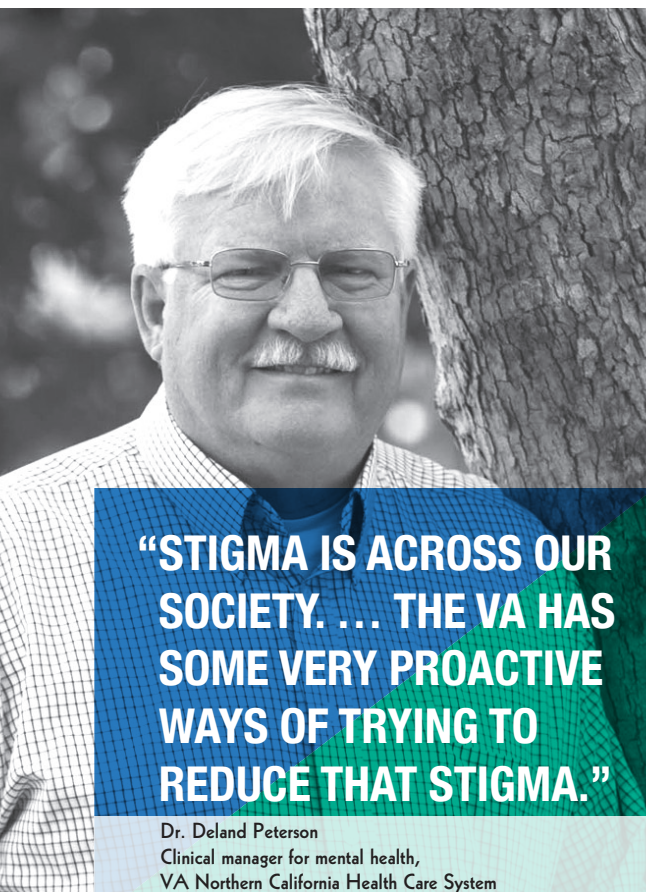
"Veterans are just people, too," says Peterson, himself an Army veteran. "So they have similar kinds of depression."

Factors that can contribute to depression, like a divorce, chronic pain, medical disorders or chronic stress disorders, can be trying on anyone's mental state. Similarly, barriers to treatment impact vets as they do civilians. One example is stigma.

"Stigma is across our society," Peterson says. "We equate mental health treatment with some kind of weakness or personal fault. ... The VA has some very proactive ways of trying to reduce that stigma."

To make mental health treatment more accessible, the VA integrates mental health screenings into a vet's primary care appointments.

"We screen for alcohol problems, PTSD and depression, so everybody who comes in to see their primary care



"STIGMA IS ACROSS OUR SOCIETY. ... THE VA HAS SOME VERY PROACTIVE WAYS OF TRYING TO REDUCE THAT STIGMA."

Dr. Deland Peterson
Clinical manager for mental health,
VA Northern California Health Care System

provider gets those screenings on a regular basis."

Transportation can be another major barrier for veterans living in surrounding rural towns. The Chico VA Outpatient Clinic offers travel reimbursements, depending on income and eligibility, so patients can get to the clinic for treatment. They also offer Telehealth services, making it easier for patients to consult with and receive a diagnosis from physicians in VA hospitals in Sacramento, Oakland and other cities through video conferencing.

To deliver optimal health to veterans, the VA uses evidence-based treatments. Types of treatments include cognitive behavioral therapy — which helps patients learn new patterns of thinking and develop positive behaviors — and interpersonal therapy, which focuses on fostering healthy relationships.

Little successes keep Peterson hopeful, and success is defined on an individual basis. For some vets, it may mean getting back into the workforce; for others, it could be about building new social relationships.

"We define success as people who are functioning better," he says.

A network of supportive friends and family can be key to successful treatment. So can the support of fellow veterans.

"Veterans have a brotherhood that I think goes back to military service," Peterson says. "Both sides benefit a lot in ... being assisted or assisting others."

If you are a veteran or know a veteran who is having suicidal thoughts, reach the Veterans Crisis Line at 1-800-273-8255 and press 1.

Finding the **Light**

After considering suicide, Rodney Cooper found reasons to live

by John Flynn

After repeated psychotic episodes pushed him to hopelessness, Rodney Cooper literally found himself standing on a cliff. Overlooking Half Moon Bay, he wondered if an earthquake might strike and push him into the water, bringing him relief through death.

"When you're down and depressed, you feel like it's never going to get better," Cooper says. "You can't see the daylight. You don't have any belief that you're going to see it. But it's there if you hang on."

A rescue helicopter flew by, and Cooper climbed back from the cliff's edge. Some weeks later, he was admitted to a hospital where he could recuperate.

As a child, Cooper had struggled to find his place after his Pottawatomie mother and Yurok father brought him up in a small farming community instead of a reservation, in hopes that assimilation to mainstream American society would bring opportunity.

"It's been very difficult," he says. "It's been very difficult for me anyway, dealing with the realities of what happened in the past, trying to balance the Native American world and the non-Native American world."

Cooper's struggle is all too familiar; Native Americans die by suicide at more than twice the national rate.

Now, after mental health treatment, Cooper is in a more solid place than before and he's found ways to fight his depression.

"Everyone has deep, dark thoughts. People deal with it differently, but everybody has those thoughts. There are things that help me," he says. "Reading literature helps me. Art helps me. Meditating helps me. It helps me make sense of the experiences that I had."

Through these therapeutic practices, he has found motivation to keep living. He helps others who have experienced depression and similar despair.

"I'm focused on limiting suffering," he says. "People suffer. If I could relieve that, to promote long life and reduce suffering, I'll have done my part."

Even though he still struggles with periods of psychosis, Cooper has found ways to manage episodes in a controlled way. He writes to process his thoughts, hoping that someday, something he writes might help someone in need. After standing on that cliff over 20 years ago, he is now focused on making the most of his future.

"My goal in life is to live as long as I can," he says. "There's too much that I want to see what happens. There's too many interesting things going on in life right now. Every day can be a struggle or a challenge, but it's worth it."

Rodney Cooper struggled with depression brought on by mental health issues for years. But now, thanks to treatment, he's focused on enjoying his future.
PHOTO BY PAULA SCHULTZ



"EVERY DAY CAN BE A STRUGGLE OR A CHALLENGE, BUT IT'S WORTH IT."

Rodney Cooper

How to **help**

Just as CPR training teaches individuals what to do in the event someone has a heart attack, **Mental Health First Aid (MHFA)** training teaches individuals how to help someone who is showing signs of a mental illness or in crisis.

MHFA is a national program designed to educate people about mental illness. The training lasts for eight hours and covers a variety of topics, such as **what to do when someone is thinking about suicide, reversing myths and stereotypes**

about mental illness, and includes several hands-on exercises.

Anyone is welcome to participate. Training courses are offered for both adults and youth, and in Spanish and English.

"We believe that Mental Health First Aid is such a valuable tool that we are training the entire agency to be better equipped to handle such challenges," says Betsy Gowan, Mental Health Director for Tehama County Health Services Agency. "Our belief is that we will have a healthier community

if people can respond, identify and understand individuals experiencing a mental health crisis."

There are MHFA trainers at CSU, Chico and in Tehama County. For more information about local trainings, go to www.eventbrite.com and search for "Mental Health First Aid" in Events, and "Red Bluff" in Location. Or, call Kelly Keith at 530-527-8491 ext. 3713.

For general information, visit www.mentalhealthfirstaid.org.

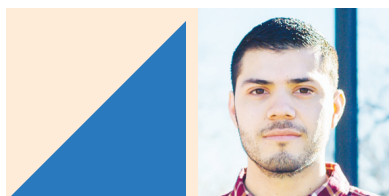
Culture Counts

Attitudes toward mental illness **vary greatly** between individuals, families, ethnic groups, cultures and countries. These attitudes affect how people view mental health treatment and whether or not they will seek help. Dr. Juni Banerjee-Stevens, clinical director of the Counseling and Wellness Center at CSU, Chico, says

one belief many cultures share is that mental illness is something that needs to be hidden.

“My family is from India, and there is definitely a sense that you don’t share your dirty laundry with people you don’t know,” Banerjee-Stevens says. “Stigma is one of the biggest barriers to someone getting

What does **mental illness** look



“I speak from my own experience, but coming out and **speaking out in the LGBTQ community**, I’ve had people come up and thank me. Mental illness is very universal. It doesn’t matter if you’re gay or trans. It’s very hard to find resources if you feel alone. I felt alone because I felt like I wouldn’t be accepted. That’s why I’m out here today. We should all come together as a society to fight this battle together. **We can’t do it all alone.**”

-Reyes Arreola



“Mental illness is **discriminated against in the Portuguese-European community** and in many other communities. Getting help is a process where we help people to learn new skills and tools to be successful in our society.”

-Victor Avila



“There are a few barriers to people from the **African-American community** accessing the mental health system. Number 1, **they feel like folks in the system don’t really care** about people like them. Number 2, they’re afraid that the medication they’ll get might make them crazy. And number 3, they’re afraid that if they are in crisis and acting out, they feel the police will be brought in and they’ll be arrested.”

-Ricky Hodges



“As a senior companion, I work with many older adults. **I get acquainted with them and hear their sorrows and joys and understand when they have depression.** They get sad and lonely. Their family doesn’t interact with them because they get busy, so having someone three or four hours a day to talk to cheers them up.”

-Dorothy Coleman



“Individuals with mental illness are viewed as having a missing brain or damaged brain. **Mental illness is not visible in the Hmong culture** because there are negative connotations attached to anyone being labeled with a mental health disorder, and thus, not many are willing to seek mental health services.”

-Pai Vang



“Mental conditions are triggered by psychological trauma — severe emotional, physical or sexual abuse suffered as a child, a death or divorce, a dysfunctional family life, changing jobs or schools, and substance abuse. A combination of the following **traditional Native American treatments** has proven to be helpful: talking circles and sweat lodge ceremonies, medications, behavior therapy and modification.

-Lucky Preston

help. 'How do I trust someone that I don't know that is outside of my circle?'"

Stigmatizing mental illness divides people and is based on fear and ignorance. That's why Banerjee-Stevens says it's important for more people to share their personal stories and normalize mental illness, so even more people get help.

like in your community?



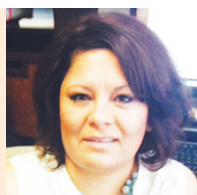
"In my community, it looks like a rainbow. To some people, mental illness is very dark. I thought that people with mental illness were isolated. But after meeting so many others who are struggling, **I see that many people struggle and they are all bright and wonderful people.**"

-Maria Gonzalez



"As a midwife, I have worked with many new moms, and **depression and anxiety doesn't look one way.** Moms can look very pulled-together on the outside, but be really struggling inside. Perinatal mental illness can look like obsessive worry about the baby, inability to sleep, ongoing tearfulness, severe self-doubt. The most important thing for moms to know is that there is help and it will get better."

-Holly Kralj



"Latinos struggle with negative perceptions regarding mental illness because we grow up identifying it as a sign of weakness and insanity. **We then pack this belief in our suitcases as part of our belongings when we migrate to the United States.**

The same negative perception keeps us from accessing services, becoming more susceptible to extreme sadness, stress, and many times, depression."

-Martha Martinez



"To be authentically understood, valued, appreciated, welcomed in family, with friends or at work — even by just one person — **makes life a more meaningful choice than death.**"

-Bill Protzmann

Confronting Stigma

Mental illnesses have many symptoms. **One of the most dangerous is silence.**

"One of the really insidious things about mental illness is that it isolates people," says Chris Sims, a therapist at the Counseling and Wellness Center at CSU, Chico.

It isn't just physical isolation. The person living in your house or working at the next desk can be isolated.

Mental illnesses have long carried a stigma that discourage many from reaching out for help.

"You get a broken leg and you go to the doctor," Sims says. "But if something is wrong with your perspective, or you're struggling with your emotions, some people see that as a defect in character and are embarrassed to let others know."

Ending stigma means bringing issues into the daylight.

"By opening up, people who were thinking, 'I thought I was the only one,' see that isn't true," he says.

Sims sees progress.

"I think attitudes toward mental illness aren't what they used to be," he says. "I do think there is more compassion and understanding for how difficult it can be to be human."

Ask the question

Suicide is an issue that affects everyone in our community, including many different perspectives and cultures. If you suspect someone is thinking about suicide, the most important thing you can do is ask the question directly:

English: "Are you thinking about suicide?"

Hmong: "Yog koj xav txog yus tua yus tus kheej?"

Spanish: "¿Estas pensando en suicidarte?"

For more information on how to prevent suicide, visit www.CareEnoughToAct.org.



Qué significa para mí la salud mental

Un enfoque comunitario para prevenir el suicidio

Cada día, millones de personas se ven estigmatizadas por que ellas o sus seres queridos padecen trastornos de salud mental. Muchas de esas personas se sienten aisladas y solas por muchos años antes de recibir ayuda.

El proyecto Care Enough To Act (CETA), formado con el esfuerzo colaborativo de individuos y agencias de los condados de Butte, Tehama y Glenn, se dedican a brindar esperanza y atención para aquellos afectados por trastornos de salud mental y trabajan en la prevención de muertes por suicidio en estas comunidades.

Las actitudes hacia las enfermedades mentales afectan la manera en que las personas ven el tratamiento, y si deciden esperar o no obtener la ayuda que necesitan. Las concepciones sobre estas enferme-

dades varían enormemente entre las diversas personas, familias, grupos étnicos, culturas y países. Es muy importante que más personas compartan sus historias personales para normalizar las concepciones que se tiene de estas para que de esta manera más personas puedan recibir la ayuda que necesitan.

Las personas pueden hacerlo y mejorar, y hablando abierta y honestamente acerca de la salud mental podemos ayudarles a que esto sea posible.

Ingresa en www.CareEnoughToAct.org para encontrar más información sobre la prevención del suicidio, y para acceder a recursos de esperanza y ayuda para la recuperación de la salud mental, y a otros artículos relacionados a esta publicación en hmong y español.



Care Enough To Act
530-891-2850
www.CareEnoughToAct.org

Valorando plenamente **la vida**

Recuperando la salud emocional y mental para prevenir el suicidio

por Gissela Meléndez

“Si, en ese momento quise intentar contra mi vida, no me importaban mis hijos ni nada”, manifiesta Maricela Ornelas, trabajadora agrícola de 36 años y madre de cinco hijos. Durante seis años ella sufrió mucho con su ex-esposo, quien con engaños, manipulaciones, menosprecio, maltrato físico y sexual, dañó su autoestima y la hizo infeliz; fue una relación tóxica la cual la hacía sentir imposibilitada y sin fuerzas para continuar. “Todo eso era muy triste para mí, y ahí comenzó mi desequilibrio y la depresión”, dice Maricela.

Cuando su dolor emocional fue tan intenso y abrumador, surgieron pensamientos y deseos suicidas frecuentes; ideas que posteriormente se convirtieron en dos intentos de quitarse la vida. “Estaba dispuesta a que todo terminara, sentía que no valía la pena vivir”, expresa Maricela. A raíz de ello, y con la ayuda del Programa Promotores, fue conectada con los recursos de ayuda profesional de Butte County Behavioral Health en Gridley, California, donde obtuvo tratamiento y terapia por dos años para superar la depresión — una de las causas principales que conducen al suicidio. “Me habían dicho que existía ayuda pero nunca la busqué”.

Esa resistencia a solicitar ayuda persiste especialmente en la comunidad latina, debido

al desconocimiento, creencias familiares o culturales equivocadas. Debido a esto muchos asocian y confunden cualquier trastorno emocional o mental con la locura, creando por consecuencia un estigma en quienes padecen esas condiciones. Afortunadamente para Maricela sus intentos suicidas fueron fallidos, y gracias al apoyo psicológico recibido su vida cambió positivamente. Sin embargo, en innumerables casos la depresión no es atendida y da origen a consecuencias fatales. Ahora que ella tiene una nueva pareja que la valora, muchos planes a futuro y sigue rodeada del amor de sus hijos, asegura convencida que “estaba muy equivocada al desear suicidarme”. Nadie está inmune de sentirse deprimido pero considerar el suicidio como “única salida” es erróneo. El suicidio es prevenible y existen muchos recursos que ofrecen ayuda, apoyo y la esperanza.



Una vez, Maricela Ornelas sufrió de depresión y pensó en cometer suicidio. Pero ahora, después de recibir la ayuda que necesitaba, Maricela disfruta del presente y es optimista respecto de su futuro y el de sus hijos.
FOTO DE PAULA SCHULTZ

Recursos

Crisis

Si usted se encuentra en una situación de vida o muerte, llame al 911.

Línea de Atención las 24 horas para la Crisis de Salud Mental, Condado de Butte
800-334-6622

www.buttecounty.net/behavioralhealth

Apoyo/soporte disponible en idioma español.

Red Nacional de Prevención del Suicidio

888-628-9454

www.suicidepreventionlifeline.org/GetHelp/Spanish

Soporte en español.

Agencia de Servicios de Salud del Condado de Tehama
Línea de Crisis de la Clínica Comunitaria Responsiva a las crisis de salud mental disponible las 24/7

Unit (CCRU) 24/7 Crisis Line

530-527-5637

800-240-3208

Asistencia

Enloe Behavioral Health

530-332-5250

www.enloe.org/medical_services/behavioral_health.asp

Programa Promotores

530-345-1600

nvcss.org/butte/promotores

Soporte & apoyo en español.

Más información

Reconozca las Señales

elsuicidioesprevenible.org

SanaMente: Movimiento de Salud Mental de California

www.sanamente.org

Participe

Sexta caminata anual “Out of the Darkness” de Chico

Sábado 10 de octubre de 2015 a las 9 a.m.

Chico City Plaza, W. Fourth St., Chico, CA 95928

- Una caminata de poco más de una milla para crear conciencia y disminuir el estigma que rodea al suicidio.
- Discursos inspiradores, música en vivo y un sorteo.
- ¡Gratuito! Regístrese en www.AFSP.org.

Para acceder a otros eventos y más información, ingrese en www.CareEnoughToAct.org.



Kev Nyuajsiab Txhais Tau Licas Rau Kuv

Ib txoj kev cawm losntawm lub zejzog los pab
cawm txoj kev txo tus kheej txoj sia

Txhua txhua hnuv, muaj lab lab
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yeebvim lawv losyog lawv tus hlub
tau raug txoj kev nyuajsiab. Cov neeg
no lawv raug cais rau ib qho thiab
nyob ib leeg, tiv txoj kev nyuajsiab
ntevniaj ntauxyoo mam tau kev pab.

Care Enough To Act (CETA) yog
ib txoj kev sibkoom lub zog los ntawv
txhua tus thiab cov koomhaum nyob
hauv Butte, Tehama thiab Glenn
Counties sibzog mobsiab rau txojkev
vam thiab kev hlub rau cov neeg uas
tau raug tus kabmob nyuajsiab thiab
sibzog ua haujlwm pab rau txoj kev
tivthaiv txhob txo tus kheej txoj sia
hauv yus lub zejzog.

Peb cov cwj pwm rau cov neeg
tau raug tus mob nyuajsiab txawm
lawv yuav xav lica rau txoj kev kho
txawm lawv yuav mus nrhiav kev
pab thiab tsis mus. Cwj pwm mus rau

cov raug tus kabmob kev nyuajsiab
yuav sib txawv npaum lica los ntawv
yog ntawm nws tus kheej, tsevneeg,
pabpawg neeg, kevli kevcai moojkav
mojcoj ntawm lub tebchaws. Nws
tseemceeb heev yog tias coobleej
ntautus los sibkoom nrog lawv cov
neejneeg thiab kev nyuajsiab tsis yog
ib qhov phem, lintawv ntshe coobleej
ntautus yuav mus nrhiav kev pab.

Tibneeg yeej yuav zoo thiab yuav
ua tau zoo dua, yog tias tham siab
dawb paug thiab tham qhov tseeb
tseeb txog txoj kev nyuajsiab peb
yeej yuav pab tau.

**Mus saib rau ntawm www.CareEnoughToAct.org txog kev
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kev vam thiab kev pab rau sab
kev nyuajsiab thiab mus nyeem
cov ntaubntawv luam tawm sau
uas yog Hmoob thiab mev.**



Care Enough To Act
530-891-2850
www.CareEnoughToAct.org

Pib Tshiab

Tus sau yog Mike Blount

Nyob rau xyoo 1960s, lub tebchaws Los
Tsuas ua tsov ua rog, kob tsov rog no
ua tau ntau xyoo. Nyob rau xyoo 1975,
pom tau tias lub tebchaws Los Tsuas poob mus
rau koomtshas los ua tus kavtswj, cov Hmoob
thaiv sab ywjpheej tau khiav tawm lub tebchaw
Los Tsuas. Ib tug ntawm cov Hmoob thojnam
tawg rog ntawd yog Npuag Xyooj, tuaj rau lub
teb chaw Ameslika no nrog nws tsevneeg tuaj
nrhiav lub neej pib dua tshiab.

Thaum Npuag Xyooj xub tuaj txog lub
tebchaw Ameslika no, nws tau muaj kev ntshov
siab ntau ntau yam. Nws tsis paub hais lus
Askiv thiab nrog tsis tau ib tug neeg tham li nws
tsuas nrog tau nws tsevneeg tham nkaus xwb.
Qhov no ua rau nws tusiab thiab nrug zuzus.
Thaum ntawd ua rau nws muaj kev nyuajsiab
heev. Txawm nws yuav ua tsaug ntau ntau rau
nws thiab nws tsevneeg tau khiav tawm lub teb
chaw Los Tsuas tuaj dim txoj sia, nws tsis paub
yuav daws tej teebmeem ua nyob rau hauv nws
txoj kev xav lica.

Xyooj hais tias nws tau muaj kev nyuajsiab
heev ua ntej nws tuaj rau lub tebchaws no,
tabsi yog txoj kev tsimtxom uas nws thiab nws
tsevneeg tau raug nyob lub teb chaw Lostsuas.
Thaum nws rovqab tau raug kev nyuajsiab
zaum ob nyob rau hauv nws lub neej, nws paub
tias nws yuav tsum tau ua abtsi.

“Kuv xav tias thaum kuv tuaj rau lub teb
chaw no kuv txoj kev nyuaj siab yuav pauv,”

Los Tsuas cov neeg thojnam
tawg rog txoj kev xav rau txoj
kev nyuajsiab

Xyooj hais. “Kuv xav tias kuv yuav sib zog thiab
seb puas muaj hnuv zoo.” Nyob rau Hmoob
kevli kevcai, kev nyuajsiab yeej muaj, tabsi yus
tsuas qhia tau rau yus tsevneeg losyog cov
neeg nyiam hlub yus xwb.”

Xyooj tau pom kev pauv thaum nws tau
tuaj cuag tau rau koom haum Hmoob Cultural
Center of Butte County thiab tau txais kev pab
thiab sib cogkawm. Thaum nws tau kawm pom
thiab paub txog txoj kev nyuajsiab thiab totaub
txog kev nyuajsiab, Xyooj haiv tias nws kajsiab
dua qub lawm.

Hnuv no, Xyooj muaj 75 xyoo sam sim nyob
nrog nws tsevneeg thiab hais tau me me lus
Akv xwb. Nws haistias hnuv no nws zoo siab
dua li yav tas los lawm, thiab nws yuav zoosiab
qhia rau Hmoob lub zejzog kom sawv daws
paub mus nrhiav kev pab.



Thaum Npuag Xyooj tuaj lub
tebchaws Los Tsuas tuaj
txog Ameslika teb, nws tuaj
nyob nrug nws ib leeg thiab
nyuajsiab heev. Xyooj pib
tau txais kev pab rau sab
kev nyuajsiab thiab sibqhia
nyob ntawm koom haum
Hmoob Cultural Center of
Butte County thiab nws
hais tias hnuv no nws
kajsiab dua lawm.
THAJDUAB YOG PAULA
SCHULTZ

Cov Kevpab

Teebmeem

Yog haistias koj nyob rau qhov muaj teebmeem kev timtsum
hu 911.

**Butte County Cajmeem saib kev Nyuajsiab 24/7 Kev Timtsum
Tus xovtooj**
800-334-6622

www.buttecounty.net/behavioralhealth
Muaj txhawb hais ua lus Hmoob.

Tus xovtooj hu pab thaum muaj kev txo tus kheej txoj sia
National Suicide Prevention Lifeline
800-273-8255 (TALK)
www.suicidepreventionlifeline.org
Muaj kev txhawb hais tau 150 hom lus.

**Tehama County Lub Cajmeem Saib Kev Nojqab Hauvhu
Kev Nyuajsiab Hauv Lub Zejzog Tus Xovtooj Pab Thaum
Muaj Xwmthxheej (24/7)**
530-527-5637
800-240-3208
Muaj kev pab hais ua lus Hmoob.

Kev Txhawb

Koomhaum Hmoob/Hmong Cultural Center of Butte County
530-534-7474
www.hmongculturalcenter.net

Tham Lus Hmoob/Butte County Hmoob Talk-Line
530-403-3979

Enloe Phab Saib kev Nyuajsiab/Enloe Behavioral Health
530-332-5250
www.enloe.org/medical_services/behavioral_health.asp

Koom Nrog

Muskev zaum rau hauv Chico tawm ntawm qhov tsaus
“Out of the Darkness Walk”

Zwjag, lub 10 hli tim 10, xyoo 2015 thaum 9 teev sawv ntov
Chico City Plaza, W. Fourth St., Chico, CA 95928

- Tsuas mus kawtaw ib mais los ntshawb txoj kev nojqab
nyobzoo thiab txo txoj kev nyuajsiab chimsiab txo tus kheej
txoj sia.
- Muaj cov haislus txhawbsiab, muaj yasuab thiab xeev
hmoov.
- Mus rau npe tau rau ntawm www.AFSP.org

**Yog xav paub ntshov txog cov koobtsheej
thiab ntau yam ntshov mus saib rau ntawm
www.CareEnoughToAct.org.**

Ask the Expert

A conversation with Enloe Behavioral Health nurse manager Debbie Strukan

by Mike Blount

Debbie Strukan is a registered nurse and the nurse manager at Enloe Behavioral Health, which provides mental health treatment and services. She has worked as a nurse for 20 years.

If I have to live with depression, how do I cope with it?

If you have a diagnosis of mental illness, the best thing to do is to seek help from a mental health professional. It's important to keep your appointments and take your medications as prescribed. It's important to also take care of your physical health — eating right, sleeping well and regular exercise are all very important because everything is connected. Physical health plays a very important role in your mental health.

What can someone do or say to make someone with a mental illness feel accepted?

Someone with a mental illness can live a very productive life and none of us should be judgmental. If someone wants to talk and tell their story, it's important to listen so they are heard and feel cared about. If you see someone acting differently than they usually do, ask them if they are feeling OK and refer them to help if they need it. There are crisis lines you can call if someone is in crisis [see the listings on the back page]. If the person is feeling suicidal, have them talk to their doctor or nurse, or take them to an emergency room or call 911.

What change would you like to see in our society in regard to mental health?

I'd like to see less stigma associated with mental illness. Stigma is a barrier for people to seek the medical help they need. People discriminate against mental illness in the same way they do against race, age and gender. As individuals, we need to be nonjudgmental and supportive.

Where do people with mental illness find support?

Counseling, support groups, friends and family can all be good sources of support.

What treatments are available for someone with mental illness?

Psychiatrists, counselors, medication and inpatient psychiatric hospitalization are all effective. Depending on your situation, you could need all of those things, or at other times, you may need only one of those things. If you break your arm, you go to the hospital and get treatment. Mental health is the same way. If you need help, you should get treatment.

Who do they turn to for help?

You can turn to your doctor, a psychiatrist or therapist, the emergency department, a crisis line or inpatient hospitalization. You can go online to Enloe's website and for information or you can call Enloe Behavioral Health 24 hours a day at 530-332-5250. You can also call Butte County Behavioral Health to find a list of local resources.

Debbie Strukan, a registered nurse and nurse manager at Enloe Behavioral Health, says a comprehensive approach has led to many successes in treating mental illness.

PHOTO BY PAULA SCHULTZ



“IF YOU BREAK YOUR ARM, YOU GO TO THE HOSPITAL AND GET TREATMENT. MENTAL HEALTH IS THE SAME WAY. IF YOU NEED HELP, YOU SHOULD GET TREATMENT.”

Debbie Strukan
Registered nurse and nurse manager at Enloe Behavioral Health

What successes have you seen?

In our facility, we see huge success because of the comprehensive approach. We have professionals from different disciplines working together — medical doctors, psychiatrists, social workers, nurses and occupational therapists. People come [to us] in crisis. They see the psychiatrist daily for medication management if that is part of their treatment. The social workers, nurses and occupational therapists will see each patient individually and in a group setting. The medical doctor attends to their medical needs. When someone leaves our care, they have transitioned from crisis to stabilization. Because of our comprehensive approach, in some cases, they leave feeling better than they ever have.

Continuum of Care

A continuum of care is a system of treatment that guides people through different levels of treatment based on their needs. Some people need more comprehensive, intense or crisis-based services, while others need less intense outpatient treatment and counseling, or even having friends to talk to. Everyone's situation is unique. Here are some of the available treatment options:

Talking Saves Lives

If you suspect someone is thinking about suicide, one of the most important things you can do is ask the question, "Are you thinking about suicide?" It may be uncomfortable, but asking directly will let the person at risk know you are comfortable talking about suicide. Talking about suicide does not put the idea in someone's head, but sometimes gives them "permission" to talk about it. If the person answers "yes," here's what you can do:

Listen, express concern, reassure

Listen to the person's story. Do not be critical or try to invalidate what they are saying. Instead, express concern and show them that you care. It will go a long way toward letting them know that you're there to support them.

Get help

Provide the person at risk with mental health resources. The Behavioral Health 24/7 Crisis Lines for Butte County at 800-334-6622, Tehama County at 800-240-3208, and Glenn County at 800-507-3530 are great resources and available anytime. If you feel the situation is urgent and the person at risk needs immediate help, offer to take them to the nearest emergency room or dial 911. More resources are listed on the back page.

Connect them

Ask the individual what person, group or agency they feel comfortable talking to and checking in with. They may say you, a friend, spouse, relative, faith leader or their mental health professional. Ask them if they agree to connect with that person the next day or within the week. Let them know that you will follow up. The back page of this insert lists different community resources that individuals with thoughts of suicide or are impacted by mental health can access.

For more information on how to get the conversation started and get help, visit www.suicideispreventable.org.

Empower yourself

Hobbies, physical activity and spiritual and cultural traditions can help prevent mental health challenges from escalating.

Talking to a friend is an important first step and can open the door to other treatment options.

Talking to a therapist or other

mental health professional is a good way to understand mental illness.

Supportive services are another way that individuals can get the help they need and want. Support and peer groups, wellness centers and educational learning opportunities all provide different ways for individuals to learn more and reinforce wellness and recovery.

Crisis services

Going to a mental health crisis center or an emergency room is a good option for someone who is in crisis. Emergency room staff will evaluate the person's state and help them get immediate treatment.

Call a hotline if someone you know is having suicidal thoughts. Behavioral Health Crisis staff are available 24/7 in Butte County

at 800-334-6622, in Tehama County at 800-240-3208, and in Glenn County at 800-507-3530. They will connect you to local resources.

Call 911 if you are in crisis and unable to get to an emergency room. Law enforcement can also connect you to local services and make sure you are safe.

More resources are listed on the back page.

Acute services

A hospital stay may be necessary for more severe issues and people in crisis.

Placement in a psychiatric hospital facility is only for the most

extreme cases of crisis. If someone is a danger to self or others, that person will be given a room and the appropriate level of care.

Resources

Butte County for crisis

Behavioral Health 24/7 Crisis Line
800-334-6622
560 Cohasset Road, Ste. 180
Chico, CA
www.buttecounty.net/behavioralhealth

Enloe Behavioral Health
530-332-5250
www.enloe.org/medical_services/behavioral_health.asp

State and national crisis

National Suicide Prevention Lifeline
800-273-8255 (TALK)
www.suicidepreventionlifeline.org

The Trevor Line
(LGBTQ+ suicide prevention)
866-488-7386
www.thetrevorproject.org

The Alex Project
Text LISTEN to 741741
www.alexproject.org

24-hour Suicide Prevention Crisis Line
916-368-3111
Text HOPE to 916-668-iCAN (4226)
www.suicideprevention.wellspace-health.org

Red Nacional de Prevención del Suicidio
888-628-9454
www.suicidepreventionlifeline.org/GetHelp/Spanish

Veterans Crisis Line
800-273-8255, Press 1
www.veteranscrisisline.net

SAMHSA Suicide Safe mobile app
store.samhsa.gov/apps/suicidesafe

State and national for support

The Friendship Line (older adults)
800-971-0016
www.ioaging.org

Know the Signs
www.suicideispreventable.org

Each Mind Matters
www.eachmindmatters.org

Butte County for support

Butte County Behavioral Health
530-891-2810
buttecounty.net/behavioralhealth

Iversen Center
530-897-3311
nvcss.org/butte/iversen-wellness-recovery-center

Northern Valley Talk Line
855-582-5554
www.nvcss.org/butte/nvtl

Care Enough to Act
530-891-2850
www.careenoughtoact.org

PASSAGES
530-898-5923
800-822-0109
www.passagescenter.org

Stonewall Alliance
*Serving the gender and sexual minority (LGBT*Q+) community*
530-893-3336
www.stonewallchico.org
center@stonewallchico.org

Free and low-fee counseling:
530-809-2485
counseling@stonewallchico.org

Hmong Cultural Center of Butte County
530-534-7474
www.hmongculturalcenter.net

Hmoob Talk-Line/Hmong Talk-Line
530-403-3979

Promotores
530-345-1600
nvcss.org/butte/promotores

African American Family and Cultural Center
530-532-1205
www.african-american-family-cultural-center.org

Butte County Prevention and Live Spots
530-891-2891
www.butteyouthnow.org

H.E.A.R.T.: Homeless/Runaway Emergency Action Response Team
877-478-6292

6th Street Center for Youth
530-894-8008
www.6thstreetcenter.org

Support and prevention at local colleges

Butte College Student Health Clinic
530-895-2441
www.butte.edu/shc

Butte College Safe Place & Wellness Program
530-879-6185
www.butte.edu/safeplace

CSU, Chico Counseling & Wellness Center
530-898-6345
www.csuchico.edu/counseling

CSU, Chico Health Center
530-898-5241
www.csuchico.edu/shs

Glenn County

Glenn County Behavioral Health
800-500-6582
www.countyofglenn.net

24-hour Crisis Line
800-507-3530

The Welcome Line
530-865-6733

The Harmony House Adult Drop-in Center
530-865-6725
www.countyofglenn.net

The Transition Age Youth Center
530-865-1622
www.countyofglenn.net

Tehama County

TeenScreen Mental Health Appointments
530-527-8491, ext. 3012
www.tehamacohealthservices.net

Tehama County Health Services Agency Mental Health Community Crisis Response Unit (CCRUC)
530-527-5637
800-240-3208
www.tehamacohealthservices.net/mentalhealth/crisis_services.htm

Family Service Agency
530-527-6702
www.fccredbluff.com

Head Start Counseling Services
530-529-1500, ext. 115
www.nccdi.com

Children First Counseling Center
530-529-9454
www.first5tehamacomh.com

Alternatives to Violence
530-528-0226
www.atvrb.org

Tehama County Mental Health Outpatient Services
530-527-8491, ext. 3121
www.tehamacohealthservices.net

Tehama County Suicide Prevention Task Force
530-520-6696
suzyslaw@gmail.com
www.careenoughtoact.org

Upcoming Events

Chico's sixth annual Out of the Darkness Walk

Sat., Oct. 10, 2015
Starting at 9 a.m.
Chico City Plaza, W. Fourth St.
Chico, CA 95928

- A 1.3 mile walk to raise awareness and decrease stigma surrounding suicide
- Over 160,000 people participating nationwide
- Free admission! \$1 donation is requested toward the Every Dollar Counts campaign.
- Register for the walk at www.AFSP.org.

Applied Suicide Intervention Skills Training (ASIST)

Dec. 1 & 2, 2015; Jan. 28 & 29, 2016; May 19 & 20, 2016
8:30 a.m.- 4:30 p.m.
Day Reporting Center
780 Antelope Road
Red Bluff, CA 96080

- Learn tools to talk to people about suicide from licensed trainers
- Visit www.eventbrite.com to register: search "ASIST" in Events and "Red Bluff" in Location. Or, call Kelly Keith at 530-527-8491 ext. 3713.

Mental Health First Aid (MHFA)

Oct. 7, 2015 (English)
Dec. 2, 2015 (Spanish)
Tehama Dept. of Education
1135 Lincoln St.,
Assembly Room
Red Bluff, CA 96080

- Visit www.eventbrite.com and search for "Mental Health First Aid" in Events and "Red Bluff" in Location. Or, call Kelly Keith at 530-527-8491 ext. 3713.

Suicide Prevention Week at CSUC campus: Oct. 5-10, 2015

Before I Die Wall
Mon.-Sat., Oct. 5-10, 2015
9 a.m.-5 p.m. in the SSC Plaza

Art with Impact's Movies for Mental Health
Weds., Oct. 7, 2015
6:30 p.m. at the UHUB

Queer Week
Thurs., Oct. 8, 2015
10 a.m.-2 p.m. in the Trinity Commons

Out of the Darkness Walk
Sat., Oct. 10, 2015
9 a.m. in Chico City Plaza,
W. Fourth St.



For additional events and more information, visit www.CareEnoughToAct.org.

Articles in Spanish and Hmong are also available at www.CareEnoughToAct.org

Articulos en Español y Hmong disponibles en www.CareEnoughToAct.org

Muaj ntaub ntawv sau lus Hmoob thiab lus Mev nyob rau hauv www.CareEnoughToAct.org