

The Month of May Honors Mental Health Awareness and Highlights Asian and Mexican Culture

by Le Ondra Clark Harvey, Ph.D.

Greetings!

Mental Health Awareness:

This past April, we celebrated *Child Abuse Awareness Month*, and May 10th was *National Children's Mental Health Awareness Day*. It is critical for all of us to remember the many children who are survivors and continue to work to eradicate the abuse that impacts so many children across our nation. We are especially thankful for our CBHA members who tirelessly serve children and their families across our state.

On May 3rd, CBHA joined a coalition of organizations in support of Senator Beall's [SCR 127 \(photos\)](#), a resolution that recognizes May as *National Mental Health Awareness Month*. Legislators who support this cause wore green ties and scarves to commemorate the day! On May 17th, the resolution will be presented by Assemblymember Cecilia Aguiar-Curry on the floor of the Assembly, and members will also wear ties and scarves. Additionally, May 18th commemorates *National Older Adult Mental Health Awareness Day* and the [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#) will be hosting an event to raise public awareness about the mental health needs of older adults.

Cultural Celebrations:

May is the month we celebrate *Asian Pacific American Heritage Month*. The behavioral health field has greatly benefited from contributions of Asian Americans and Pacific Islanders. The American Psychological Association will be "...honoring Asian and Pacific American women psychologists who have broken barriers to become leaders" as part of their [I am Psyched!](#) exhibit which is currently on tour throughout the country. In June and August, the exhibit will be in Palo Alto and San Francisco, respectively.

We also celebrated *Cinco de Mayo* this month- a day honoring the culture, achievements and experiences of people with a Mexican background, who live in the United States. Individuals of Mexican decent represent the largest Latino population in the United States. As such, we must pay attention to the political climate and how that impacts the [mental health of the Latina/o clients](#) that many of our CBHA members serve.

Transition in the Legislature:

May marks a period of transition in the Legislature. No policy committees will meet to hear bills from May 18th to June 4th. During this time, CBHA policy staff will be tracking legislation as it is considered in fiscal committees and on the respective floor of each house. We have reviewed over 170 bills, sent in dozens of support letters, and testified on behalf of CBHA at numerous hearings. We have also secured the support of over 20 organizations on our [Workforce, Education and Training budget proposal](#) which we hope will be slated for a vote during the Assembly's Budget Subcommittee hearing on May 24th. We will keep you posted on the progress of this proposal.

May Revise:

The Governor's [May Revise](#) was released on Friday May 18, 2018. CBHA joined a coalition of organizations and released a [press statement](#) lauding the Governor for his focus on mental health issues. A special "Members Only

Commentary" on the May Revise will be sent to members reflecting CBHA's position on several of the provisions in the May Revise.

Federal Engagement:

CBHA Executive Director, Paul Curtis, and I recently met with representatives from the Substance Abuse and Mental Health Services Administration (SAMHSA), the National Institute of Drug Abuse (NIDA), and the National Institute of Mental Health (NIMH) to discuss CBHA's policy priorities and learn about federal policy that impacts our state.

While in Washington D.C., CBHA staff and member organization representatives attended the National Council of Behavioral Health's annual conference. This event provided us with an opportunity to connect with colleagues across the nation and learn about behavioral health trends. The conference ended with a visit to Capitol Hill where 18 individuals from the California delegation met with legislators to discuss federal bills that impact the behavioral health workforce and clients.

Specifically, there was much conversation around opioid legislation. This is salient as this topic may be one of the only areas where there is bipartisan consensus in Congress. A bill was approved by the Senate committee in late April, and the House Energy and Commerce Committee desires to approve legislation by Memorial Day. One of the bills endorsed by the Energy and Commerce Subcommittee on Health is H.R. 3331, a bill that would create incentives for behavioral health service providers to use electronic health records. The Health Subcommittee has also endorsed expanding Medicaid eligibility for certain at-risk populations, establishing comprehensive opioid recovery centers, and developing best practices for recovery housing services under Representative Judy Chu's legislation, H.R. 4684. The Senate legislation calls for technical assistance to hospitals and other acute care settings on alternatives to opioids for pain management and would establish a new Interagency Task Force on Trauma-Informed Care (source: American Psychological Association Practice Organization Government Relations Office).

Lastly, make sure to check out the various news and research sources linked below that we hope you find interesting and relevant to your work.

In service,
Le Ondra Clark Harvey, Ph.D.

Children and Youth:

- [Funding Opportunity to Benefit Mental Health of Native Youth Up to Age 24](#)
- [The Prevalence of Adverse Childhood Experiences, Nationally, By State, and By Race/Ethnicity](#)
- [Experts recommend picture books to help kids with all the tough topics](#)
- [Transgender Kids Face High Risk of Mental Health Woes](#)
- [What Mental Health Needs Should Parents Consider When Sending a Child to College?](#)
- [What's the Best Way to Talk to a Teen About Sexual Identity?](#)

Older Adults:

- [National Older Adult Mental Health Awareness Day webcast](#)
- [The Burden of Health Care Costs for Patients with Dementia in The Last 5 Years of Life](#)
- [Alzheimer's Costs Expected to Increase By \\$20 Billion, To \\$277 Billion In 2018](#)
- [Hospice use among Medicare decedents has steadily increased over time](#)

Stress, Depression, and Suicide:

- Why managing your stress is important?
- Florida doctors tapping counseling for burnout stress management
- 5 warning signs of workplace burnout, and what to do about it
- This Yoga Move Can Help Relieve Anxiety and Tension
- Quick deployments raise military suicide risk

Therapeutic Approaches:

- Ketamine Nasal Spray Shows Promise Against Depression, Suicide
- Inside the therapy designed to help rape survivors heal by facing attackers in VR

Substance Use:

- HRSA Launches New Opioid Webpage
- Medications for Opioid Use Disorder
- Clinical Guidance for Treating Pregnant and Parenting Women with Opioid Use Disorder and Their Infants
- Implementing Medication-Assisted Treatment for Opioid Use Disorder in Rural Primary Care
- In Rural Areas Hit Hard by Opioids, A New Source Of Hope
- 'We should see if it works': Lawmakers want Veteran Affairs to study whether pot is safer than painkillers
- A Vaccine for Opioid Addiction? It Might Not Be That Far Off
- Kaiser Health News: Psychiatrist Stays Close to Home and True to Her Childhood Promise
- Antidepressants and withdrawal

Criminal Justice/Re-entry:

- The Evolving Landscape of Criminal Justice and Health Policies
- How Many Jail Inmates Received Psychotropic Medication 2012-2017
- Eligibility Establishment
- Care Coordination and Service Delivery
- Maximizing Federal Financial Participation
- Release of Information
- Residential and Outpatient Treatment Capacity for Individuals with Co- Occurring Disorders
- Housing
- Evaluation

Homelessness:

- Therapy on the metro
- A Story of Recovery

Technology:

- Magellan Health Collaborating with Click Therapeutics to Develop Therapeutic Mobile Apps
- Magellan Health to Pilot PEAR Therapeutics reSET Application for Addiction Treatment