



Department of Mental Health California
Reducing Disparities Project (CRDP)

African American Population Report and State Strategic Plan

Dr. V. Diane Woods, Project Director

Calling All People of African Ancestry!!!

Come, come, come to the public meeting and speak your "voice" for recommendations to be included in the CRDP Population Report. Obtain a copy of the report and details from

www.AAHI-SBC.org

MENTAL HEALTH CARE
Trauma Drama: Feels like you are losing it.

Labels on poster: DON'T FEEL LIKE DOING ANYTHING, EMERGING IN FEELS, LASHING OUT IN ANGER, CONUSION, GRADES GOING DOWN, MOOD SWINGS, SLEEPING PROBLEMS, SLEEPING ALOT, HEARING VOICES, MARRIAGE, ACTING OUT, NOT PLAYING, CRYING.

YOU ARE NOT ALONE!

What do you do when the doctor says it's not medical?

There is hope.

Ask for help and support from your health plan. Ask your doctor about mental health specialists:

- Clinical Psychologist
- Social Worker
- Marriage and Family Therapist
- Psychiatrist

Who to contact:

- National Alliance on Mental Illness (NAMI) (916) 567-0163 www.NAMICalifornia.org
- Share Ourselves www.SharesThatHeal.sanfrisco.gov
- Suicide Prevention Lifeline 1-800-273-TALK (8255) www.SuicidePreventionLifeline.org

For information and education materials about getting the most out of your health plan, call the Office of the Patient Advocate at 1-866-466-8900 or visit www.opa.ca.gov.

Have a problem or complaint with your health plan? Call the Help Center at 1-888-466-2219 or visit www.HealthHelp.ca.gov.

For information about Health Care Reform, visit www.HealthCare.gov.

Logos: VISIT OPA, CA GOV, Health Care Reform, Health Help, 1-888-466-2219 or visit www.healthhelp.ca.gov

Public Forum Meetings

Date	Time	Location
October 11, 2011 <i>Tuesday</i>	11am to 1pm	The California Endowment Downtown LA 1000 Alameda St. Los Angeles, CA 90012
October 12, 2011 <i>Wednesday</i>	12noon to 2pm	Maxine Waters Employment Preparation Center 10925 South Central Ave Los Angeles, CA 90059
October 17, 2011 Monday <i>(date change)</i>	4:30pm to 6:30pm	Tubman Chavez Multicultural Center 415 N. Euclid Ave. San Diego, CA 92114
October 18, 2011 <i>Tuesday</i>	5:30pm to 7:30pm	The DuBois Institute 2060 University Ave., Suite 102 Riverside, CA 92507
October 27, 2011 Thursday <i>(date change)</i>	5:00pm to 7:00pm	African American Art & Culture Complex 762 Fulton Street San Francisco, CA 94102
October 29, 2011 <i>Saturday</i>	11am to 1pm	Double Tree by Hilton Sacramento 2001 Point West Way Sacramento, CA 95815

For additional information contact Dr. Woods at (909) 880-2600 or visit our website, click on the "CRDP Statewide Project"