

Become an Honorary Member of MHAC

Why should you become a honorary member of Mental Health America of California? Because there is no health without mental health! One in four adults are living with a diagnosable mental illness! Poor mental health is a public health crisis!

This is your opportunity get involved and be a part of a community that works to assure that everyone who needs mental health care has access to the appropriate level of care at the appropriate time. Your membership provides valuable support for the MHAC.

Benefits to membership include:

- MHAC membership card recognizing you as a member and supporter of MHAC
- Annual subscription to "MHAC Connections" electronic newsletter
- "News as it Happens" policy and legislative news email updates
- Optional recognition on MHAC's website (organizational memberships only)

For more information visit

<http://mhac.org/about/honorary-membership.cfm>

Join the Mental Health America of California's Email List!

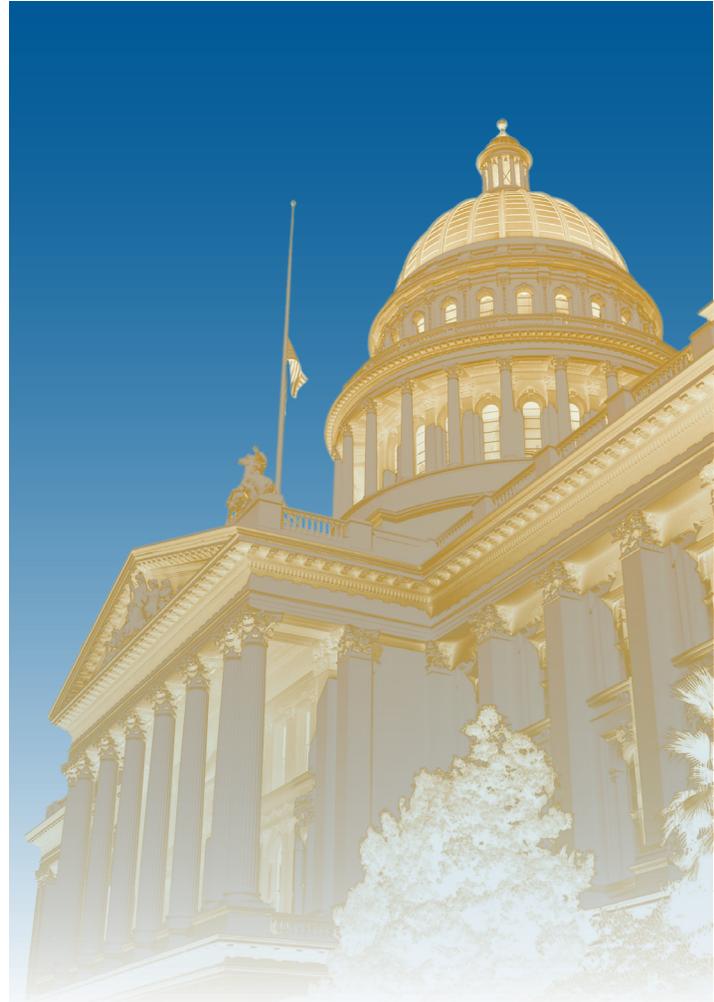
Joining our email list is a great way to stay informed of California's changing mental health system, special events, and important action alerts.

We need your help to effectively advocate so that all Californians in need of mental health services received the appropriate level of service at the appropriate time.

Visit mhac.org/about/get-involved.cfm and sign up today!



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Working to ensure that Californians in need of mental health services have access to the appropriate mental health services at the appropriate time.

MISSION

The mission of Mental Health America of California is to ensure that people of all ages, sexual orientation, gender, ethnicity, etc. who require mental health services and supports are able to live full and productive lives, receive the mental health services and other services that they need, and are not denied any other benefits, services, rights, or opportunities based on their need for mental health services.

Through advocacy and education we strive to achieve these goals. Our organization and affiliates provide a conduit through which statewide coalitions on mental health are maintained and work together to promote these values.

VISION

MHAC envisions a healthy and humane society that is free of discrimination and where people are accorded respect, dignity and the opportunity to achieve their full potential through meaningful social inclusion. We believe that everyone has the right to services, and mental illnesses are no longer a basis for stigma discrimination, denial, or ignorance.

MHAC works towards full implementation of the Mental Health Services Act as evidenced by achievement of its goals including that prevention and early Intervention will be the rule and not the exception. We envision a time when the mental health system is a "help first" system that seeks to prevent disability and empower people to achieve fulfilling lives.

We provide advocacy and education for state decisions in Sacramento and in all communities throughout the state. We aim to ensure that there is adequate funding, elimination of mental health disparities, insurance coverage and access to needed services. We also educate Californians about mental illness, about the efficacy of treatment and about the outdated myths that cause stigma and denial of services.

PROGRAMS AND COALITIONS

Access Coalition

The Access Coalition was established in 1995. The Coalition works to educate state and county elected leaders on the importance and cost-effectiveness of mental health care. These goals are accomplished through advocacy, education and outreach.

California Coalition for Mental Health (CCMH)

The California Coalition for Mental Health is made up of 32 organizations with a membership of 115,000 mental health professionals, citizen advocates, clients and their family members across the state. As an advocacy alliance our common goal is to "restore California to a position of leadership as an initiator of state of the art treatment and rehabilitation of people who have mental illness."

California Youth Empowerment Network (CAYEN)

CAYEN's goal is to empower and inspire transition age youth to create positive change in the mental health system. Through targeted advocacy, CAYEN supports TAY across the state to have a meaningful impact in the mental health policies that shape their lives.

Racial & Ethnic Mental Health Disparities Coalition (REMHDCO)

REMHDCO is a statewide coalition of non-profit state wide and local organizations whose mission is to work to reduce mental health disparities through advocacy for racial and ethnic communities.

National Institute for Mental Health Outreach Partnership

The Outreach Partnership Program is a nationwide initiative of the National Institute of Mental Health (NIMH). The Program works to increase the public's access to science-based mental health information through partnerships with national and state nonprofit organizations.

Wellness Works!, a workplace Mental Health Program

Wellness Works! is a workplace mental health program that seeks to reduce mental health stigma and discrimination and promote mental wellness in the workplace through corporate training.

THE STORY OF THE BELL

"Cast from shackles which bound them, this bell shall ring out hope for the mentally ill and victory over mental illness."

-Inscription on NMHA Bell

During the early days of mental health treatment, asylums often restrained persons with mental illnesses by iron chains and shackles around their ankles and wrists. With better understanding and treatments, this cruel practice eventually stopped.

In the early 1950s, the National Mental Health Association (NMHA) issued a call to asylums across the country for their discarded chains and shackles. On April 13, 1953, at the McShane Bell Foundry in Baltimore, MD, NMHA melted down these inhumane bindings and recast them into a sign of hope: the Mental Health Bell.

Now the symbol of NMHA, the 300-pound Bell serves as a powerful reminder that the invisible chains of misunderstanding and discrimination continue to bind people with mental illnesses. Today, the Mental Health Bell rings out hope for improving mental health and achieving victory over mental illnesses.

Over the years, national mental health leaders and other prominent individuals have rung the Bell to mark the continued progress in the fight for victory over mental illnesses.

MHAC advocates for broad mental health coverage and educates key public and private decision makers about the cost effectiveness of mental health treatment and the societal consequences of excluding it. Mental health care through insurance must be extended to all citizens and be broad enough to meet all mental health care needs.

MHAC advocates and educates to eliminate mental health stigma and discrimination, which stops people from accessing the mental health services that they need when they need them.

ADVOCACY