A Catalog Resource Guide
of Toolkits and Content Suggestions for
Faith and Cultural Leaders,
Faith and Family Friendly Media,
and Entertainment Creators

Encouraging Conversations
about Mental Health and Substance Use Disorders
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In collaboration with

EIC is grateful for the support from our partners, especially CalMHSA and Rogers & Cowan. EIC would like to extend appreciation to the EIC Board of Directors and Board of Trustees. Acknowledging the EIC team, including: Brian Dyak, President, CEO & Co-Founder; Larry Deutchman, Executive Vice President Marketing & Entertainment Industry Relations; Marie Gallo Dyak, Executive Vice President Program Services & Government Relations; Shawn King, Assistant to President & CEO; Skylar Jackson, Vice President External Communication; Seffrah Orlando, Program and Research Coordinator; Malia Ward, Program Assistant and Graphic Designer; and the Spring 2015 Interns: Manar Alshehabi, Rebecca Gray, Siyuan Hu, Joshua Sayoc, LeeAnna Sorrell, and Leila Taweel.
When an individual and family crisis occurs, when natural disaster strikes, or when global threats arise, many turn to trusted sources for information, clarity and guidance. More often than not, these are the faith or cultural leaders within the community and trusted media outlets.

Today's media delivery system is truly anytime anywhere, unescapably a force shaping our culture. With hundreds of communication channels (radio, TV, print, streaming media, internet) now available, opportunity does exist to reinforce the voice of leaders in our communities and to turn up the volume on conversations originally only heard by a few. This evolution of communication is rapidly shaping attitudes and opinions at a pace far beyond personal communication. This resource catalog is designed to connect faith and cultural leaders, entertainment creators interested in family friendly programming, and journalists with important information that can help to shape the conversation about mental health and substance use issues.

This resource is for those open to having current science-based and culturally sensitive information about mental health concerns available to share with their communities, be it a congregation, neighbors, friends and family.

My hope is that the toolkit links in this catalog will prove to be helpful. It is intended to enhance communication for those engaged in the challenges their communities experience and who often find themselves on the front line of dealing with issues surrounding mental health and substance use issues. Please feel free to share this information far and wide.

Thank you for participating in the art of making a difference.

Sincerely,
Brian Dyak
President, CEO and Co-Founder
Entertainment Industries Council (EIC)
Organization of Toolkits: *Table of Contents*

The toolkits included in this catalog resource guide are organized into two main categories: toolkits for specific audience groups and toolkits for community support.

**Mental Health Resources & Orientation for the Faith Community**
- Each Mind Matters
- Know The Signs

**Specific Audience Groups**
- *Cultural*: Toolkit for Modifying Evidence-Based Practices to Increase Cultural Competence
- *Collegiate/Young Adult*: “Raising Mental Health Awareness” Toolkit, Authored by NAMI
- *Faith Leaders*:
  - Pathways To Purpose & Hope, Authored by Friends for Survival and CalMHSA
  - Spiritual Caregiving to Help Addicted Persons and Families Handbook for Use by Pastoral Counselors in Clergy Education Toolkit, Authored by NACoA
  - NAMI’s Outreach to Faith Communities (NAMI FaithNet), Authored by NAMI
  - Community Conversations About Mental Health Discussion Guide, Authored by SAMHSA
  - The Role of Faith Community Leaders in Preventing Suicide Toolkit, Authored by SPRC and Your Life Matters

**Community Support**
- *Integrated Healthcare*: Partners in Health – Mental Health, Primary Care & Substance Use Interagency Collaboration Toolkit, Authored by Integrated Behavioral Health Project and CalMHSA
- *Global Trauma*: Assessing Mental Health and Psychosocial Needs and Resources Toolkit for Humanitarian Settings, Authored by World Health Organization and UNHCR

**Resources**
- Mobile Device Application
- English and en Español
- EIC: Who Are We and How Can We Help?

**Color Key:** This color key is designed to assist you in distinguishing the tools that we have identified that might meet your specific needs.

**Faith and Cultural Leaders (FCL):** Faith and cultural leaders are often on the front lines with families and communities in crisis. These toolkits provide a perspective of how powerful a role faith and cultural leaders can play in leading the conversation about mental health or substance abuse and relieving the pain that accompanies these issues.

**Faith and Family-Friendly Media (FFFM):** Media outlets can be strong advocates in touching the lives of so many individuals, families and communities dealing with crisis. These toolkits offer valuable facts, figures and insights for the media industry to support stories dealing with the challenging issues of mental health, substance abuse, disasters and threats.

**Entertainment Writers and Creators (EWC):** Creators of entertainment productions have a unique opportunity to reach vast audiences who relate to these stories. When the audience connects to stories and characters with relatable life challenges, they are more often moved to seek help. The stories reinforce the notion that they are not alone and treatment is available. These toolkits can be a valuable resource to the writers, directors and producers of entertainment content that seek to accurately portray characters and events dealing with crisis and disaster.
Each Mind Matters is California’s Mental Health Movement. We are millions of individuals and thousands of organizations working to advance mental health. The mental health movement certainly didn’t start with us, but Each Mind Matters was created to unite all of us who share a vision of improved mental health and equality. 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. Our goal 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.

**Resources and Programs:**

Each Mind Matters also serves as a source of information for a diverse collection of programs and resources geared toward ethnically diverse and demographic specific audiences. Some of the themes emphasized in these resources and programs are suicide prevention, mental health advocacy, and stigma reduction. Each resource and program highlighted offers their own set of valuable tools and materials that can be utilized by a wide range of facilitators and storytellers.

Each Mind Matters and Know The Signs (on the next page), are designed to raise awareness and provide support resources to community members, community leaders, and media about mental health issues and suicide prevention. Though these are not toolkits, these are valuable tools that provide a wide variety of materials, such as print and digital marketing materials, websites, and contact information for support outlets within different counties statewide. There are materials and resources available in a variety of languages for multicultural populations as well as for demographic specific groups. In times of crisis it is crucial for facilitators, storytellers, and community leaders to have an up to date, location specific, catalog of support centers within their community readily available to share with their constituents in order to provide another level of support.

**Website Links:**

http://www.eachmindmatters.org/ (in English)
http://www.sanamente.org/ (en Español)

**Catalogue and Resource Guide Link:**

http://catalogue.eachmindmatters.org/
Know the Signs is a statewide suicide prevention social marketing campaign with the goal to prepare more Californians to prevent suicide by encouraging them to know the warnings signs for suicide, find the words to offer help to someone they care about and reach out to local resources. The campaign further aims to increase awareness among the news media about how to safely report on suicide and provide communities with tools to advocate with their local media. The goals of this campaign are the following:

- Prepare more Californians to prevent suicide by increasing knowledge of warning signs, how to offer help and local resources.
- Provide individuals who are going through tough times with resources, hope, and reassurance that help is available.
- Work with the news media to increase news reporting about suicide in ways that are consistent with national recommendations.

You can be a part of this campaign and other statewide suicide prevention efforts by joining the Your Voice Counts online forum (website link below).

Resources and Materials:
Know The Signs also serves as a source for digital and printable marketing materials, as well as data information and outreach materials. Downloads are available in English, Spanish, and other languages. All of the campaign materials can be downloaded and distributed in California free of charge for the duration of the campaign, however use restrictions apply to some of the materials. In these instances a license agreement needs to be signed to acknowledge understanding of these restrictions.

Website Links:
http://www.suicideispreventable.org/about.php/ (in English)
http://elsuicidioesprevenible.org/ (en Español)
http://www.yourvoicecounts.org/

Resource Center Link:
http://resource-center.yourvoicecounts.org/
Specific Audience Group...Cultural

Toolkit for Modifying Evidence Based Practices to Increase Cultural Competence

Culture impacts how people exhibit symptoms, develop coping mechanisms, utilize social support, and demonstrate the willingness to seek care. Lack of cultural competence can also contribute to the creation of engagement barriers or continued utilization of available mental health services due to stigma perceived by consumers.

Organizations working directly with specific cultural groups within their community will benefit immensely by increasing their knowledge of the values, beliefs, and worldviews of that group. This knowledge in turn establishes a trustful relationship between the provider and consumer. This toolkit provides the valuable insights, resources, processes and case studies to educate and equip leaders and media for encouraging these important conversations in a way that is culturally relevant.

Below is a snapshot of some of the information you may find of value:

- Definition of Key Terms. (Pgs. 6-7) FCL, FFFM
- Six Step Process for Working with Communities. (Pgs. 9-12) FCL
- Tools for Determining a Cultural Fit. (Pg. 14) FCL, FFFM
- Factors that Vary by Culture and May Impact Mental Health Services. (Pgs. 19-21) FCL, FFFM
- Case Studies. (Pgs. 31-41) FCL, FFFM, EWC

How is this relevant?
By providing resources relating to the necessity for cultural competency it will allow your content the ability to speak directly to a specified cultural audience using cultural language they can understand.

Toolkit Link:

Authored by:
Judith Samuels, PhD, Wendy Schudrich, MSW and Deborah Altschul, PhD
Center of Excellence in Culturally Competent Mental Health; Dr. Carole Siegel, Director
The Nathan Kline Institute for Psychiatric Research Orangeburg, NY

www.eiconline.org/teamup
Specific Audience Group... *Collegiate/Young Adult*

**Raising Mental Health Awareness Toolkit**

According to the National Alliance on Mental Illness (NAMI), 1 in 4 young adults have a mental health condition and stigma is the number one barrier to college students seeking help. These statistics show the harsh reality of the mental health issues that are prevalent within this particular group. These statistics also shed light on the importance of encouraging conversations among the collegiate/young adult population about these issues.

Below is a snapshot of some of the information you may find of value:

**Fact Sheet:**
- 10 warning signs of a mental health condition. (Pg. 2) FCL, FFFM, EWC
- Suicide is the 2nd leading cause of death in college students. (Pg. 3) FCL, FFFM
- Common suicide warning signs. (Pg. 3) FCL, FFFM, EWC

**Toolkit Downloads:**
- Sample social media post samples. FCL, FFFM
- Inspirational and informative videos. FCL, FFFM, EWC
- Presenter Guide. FCL, FFFM, EWC

**How is this relevant?**
This toolkit provides fact sheets as well as instructional marketing materials that will assist in developing content that will start the conversation surrounding mental health issues within this community through social media and video outlets that target young adults.

**Toolkit Link:**
http://www.nami.org/Template.cfm?Section=Check_Out_Resources&Template=/ContentManagement/ContentDisplay.cfm&ContentID=155129

**Fact Sheet Link:**
http://www2.nami.org/Template.cfm?Section=Check_Out_Resources&Template=/ContentManagement/ContentDisplay.cfm&ContentID=160731

**Authored by:**

NAMI
National Alliance on Mental Illness

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**TEAMup**
Tools for Entertainment and Media
A Catalog Resource Guide of Toolkits and Content Suggestions for Faith and Cultural Leaders, Faith and Family Friendly Media, and Entertainment Creators
www.eiconline.org/teamup
Specific Audience Group...Faith Leaders

Pathways To Purpose & Hope
A guide for creating a sustainable grief support organization for families and friends after a suicide death

Pathways to Purpose and Hope was created to give California communities the tools to mount an effective and sustainable response. Survivors need more than a meeting with a couple of sympathetic souls and a box of tissues. These guidelines are based on a program designed by 50 survivors over a period of 30 years to provide multiple services to meet the complex needs of survivors in the aftermath of suicide. This guide offers a detailed discussion of the process for creating and sustaining a suicide bereavement support program that is effective, community based and supported by professional resources in the local area. (Pg.7)

Below is a snapshot of some of the information you may find of value:

- Why do you need this guide? (Pg. 8) FCL
- Vocabulary - Terms to Know. (Pg. 10) FCL, FFFM, EWC
- Are you ready to start a bereavement program? (Pgs. 12-13) FCL, FFFM
- Where to start. (Pgs. 15-20) FCL
- 6.1 – Using Media Guidelines. (Pg. 48) FCL, FFFM, EWC
- 6.3 - Advertising Vs. Publicity. (Pg. 49) FCL
- 6.9 – Using Television and Radio to Tell Your Story. (Pg. 52) FCL
- 6.10 – Using Print Media to Tell Your Story. (Pg. 54) FCL
- 6.11 - Facebook and Other Social Networking. (Pg. 54) FCL, FFFM

How is this relevant?
This toolkit provides a detailed method on how to develop and sustain a bereavement program to deal with suicide. It provides a step-by-step outline on program development, including how to use marketing materials, social media, and entertainment outlets to promote publicly as well as within the community.

Toolkit Link:
http://www.friendsforsurvival.org/pathways.html

Authored By:
Specific Audience Group... Faith Leaders

Spiritual Caregiving to Help Addicted Persons and Families Handbook for Use by Pastoral Counselors in Clergy Education

The connection between recovery and spirituality needs to be handled with sensitivity, understanding, and competence by clergy and congregational leaders. It is especially important given the stigma, denial, and secrecy that accompany the physiological and other behavioral aspects of alcoholism and drug dependence, and which also have a significant impact on children and families. (Pg. 6)

Below is a snapshot of some of the information you may find of value:

- Seven diagnostic criteria for substance use disorders. (Pg. 10) FCL, FFFM
- Key Elements of Addiction. (Pg. 12) FCL, FFFM
- Impact of Alcoholism: Statistics. (Pg. 15) FCL, FFFM, EWC
- The Role and Practice of Religion in Recovery in the Context of the Faith Community. (Pgs. 20-31) FCL, FFFM
- Case Studies. (Pgs. 32-37) FCL, FFFM, EWC

How is this relevant?
It is important that leaders within the faith community are equipped with the proper tools to encourage and support conversations about mental health, addiction, and recovery. It is through these conversations that they can assist in the reduction of stigma surrounding these issues and support those that are in need.

Toolkit link:
http://www.nacoa.org/pdfs/clergy%20handbookfrom%20toolkit.pdf

Authored By:

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www.eiconline.org/teamup
Specific Audience Group... *Faith Leaders*

**NAMI FaithNet**

NAMI FaithNet is a network of NAMI members and friends dedicated to promoting caring faith communities and promoting the role of faith in recovery for individuals and families affected by mental illness. This site is a reflection of a closer partnership between NAMI, NAMI State Organizations and NAMI Affiliate leaders.

Below are links to information that you may find of value:

- **Reaching Out to Faith Communities**: a four-part training curriculum provided by NAMI FaithNet to encourage and equip NAMI members to engage with and share their story and NAMI resources with local faith groups. [FCL](#)
- **Sharing Hope**: an outreach and education initiative, offered through NAMI’s Multicultural Action Center, aiming to create partnerships in African American faith communities. [FCL](#)
- **Bridges of Hope**: a three-part PowerPoint presentation created for NAMI members and friends who wish to speak to people of faith. Bridges of Hope is used to create stronger connections and safety nets for people living with serious mental illness in and through faith communities. [FCL, FFFM](#)
- **Inspiration**: prayers, quotes, and sermons. [FCL](#)
- **For Clergy**: a compilation of resources for clergy to help incorporate faith and mental health into their congregations. [FCL](#)

**How is this relevant?**

NAMI FaithNet is an initiative of NAMI dedicated to providing and promoting the creation and exchange of information, tools and other resources which will help NAMI members and friends educate faith communities about mental illness and the vital role spirituality plays in recovery for many.

**Website Link:**


**Authored by:**

[![NAMI](#)](#)

*National Alliance on Mental Illness*
Specific Audience Group... **Faith Leaders**

**Community Conversations About Mental Health Discussion Guide**

Many turn to faith communities for support in dealing with mental health problems. Faith can provide important elements of solace and support for such individuals. Faith communities can also play a key role in educating their members about mental health problems. (Pg. 15)

Below is a snapshot of some of the information you may find of value within the Info. Brief:
- Goals and Objectives of the Community Conversations About Mental Health. (Pg. 4) **FCL, FFFM**
- Terms and Definitions. (Pgs. 7-8) **FCL, FFFM**
- Starting the Conversation: What Does Mental Health Mean to Me? What Does It Mean to Us? (Pgs. 9-16) **FCL, FFFM, EWC**
- Identify the Challenges. (Pgs. 17-19) **FCL, FFFM, EWC**
- Community Solutions. (Pgs. 23-25) **FCL, FFFM**

**How is this relevant?**
This toolkit provides a step-by-step discussion guide on how to start and carry on the conversation regarding issues of mental health within a faith based setting.

**Toolkit Link:**
- **Discussion Guide**
- **Information Brief**
- **Community Conversation Website**
  http://www.mentalhealth.gov/talk/community-conversation/

**Authored By:**

[A Catalog Resource Guide of Toolkits and Content Suggestions for Faith and Cultural Leaders, Faith and Family Friendly Media, and Entertainment Creators](www.eiconline.org/teamup)
Specific Audience Group... *Faith Leaders*

**The Role of Faith Community Leaders in Preventing Suicide Toolkit**

Faith communities are a natural setting for suicide prevention. People who are religious tend to have greater moral objections to suicide (Dervic et al., 2004; Dervic et al., 2011). Also, spiritual beliefs and practices tend to help people feel greater hope and connectedness and find meaning in their lives (Alexander et al., 2009; Brenner et al., 2009). (Pg. 2) Suicide touches everyone—all ages and incomes; all racial, ethnic, and religious groups; and in all parts of the country. Here are some statistics:

- Suicide takes the lives of about 38,000 Americans each year (CDC, 2010).
- Each year over 8 million adults think seriously about taking their life, and over 1 million make an attempt (NSDUH, 2011).

Below is a snapshot of some of the information you may find of value:

- Understand Why Suicide Prevention Fits with Your Role as a Faith Community Leader. (Pg. 2) **FCL**
- Be Prepared to Respond to a Suicide Death. (Pg. 5) **FCL, FFFM, EWC**
- Becoming Involved in Suicide Prevention Efforts. (Pg. 6) **FCL, FFFM**

**Resources to Download:**

- Bulletin insert example 1: Focuses on promoting mental and emotional health among faith community members and includes messages about preventing suicides. **FCL**
- Story of Hope and Healing 1: Shares the true story of how a faith leader intervened in a suicidal crisis, providing support to the member and her family through the crisis and during her recovery. **FCL, FFFM, EWC**
- PowerPoint slides 1: Communicates main elements of the Your Life Matters! Campaign in bulleted PowerPoint slides. **FCL, FFFM, EWC**

**How is this relevant?**

This toolkit provides a number of resources that can provide a framework for how to address the issue of suicide within faith communities. It provides downloadable resources that can be tailored to the specific needs of the faith community being addressed.

**Toolkit Link:**

**Website Address:**

**Authored By:**

**SPRC • Suicide Prevention Resource Center**
Promoting a public health approach to suicide prevention
Community Support... *Integrated Healthcare*

**Partners in Health – Mental Health, Primary Care & Substance Use Interagency Collaboration Toolkit**

Research has shown that integrated behavioral care produces significant positive results, including decreases in client depression levels, improvement in quality of life, decreased stress and lower rates of psychiatric hospitalization. Integrated Health Care is a coordinated system that combines medical and behavioral services to address the whole person, not just one aspect of his or her condition. Here are some statistics:

- Many behavioral and physical disorders are co-occurring, especially depression and chronic medical conditions. (Pg. 12)
- Improving mental status and functioning often positively impacts physical conditions. (Pg. 12)
- Studies have shown that initially most people turn to primary care providers, not specialty mental health clinics, with their emotional problems. (Pg. 12)
- People with serious mental illness treated by the public mental health system die on the average 25 years earlier than the general population. (Pg. 18)

Below is a snapshot of some of the information you may find of value:

- What is Integrated Health Care? (Pg. 12) **FCL, FFFM, EWC**
- Statistics and Research Reviews. (Pgs. 18-22) **FCL, FFFM, EWC**
- Bridging The Cultural Gap: Differences Between Mental Health & Primary Care. (Pgs. 26-28) **FCL, FFFM**
- Some Types of Primary Care Behavioral Services. (Pgs. 43-45) **FCL, FFFM, EWC**
- Why Stigma Should Matter to Care Providers. (Pgs. 68-69) **FCL, FFFM**
- Stigma Assessment. (Pg. 70) **FCL, FFFM**
- Person-Centered Vs. Illness-Centered Treatment. (Pg. 71) **FCL, FFFM, EWC**
- Case Studies. (Pgs. 76-99) **FCL, FFFM, EWC**

**How is this relevant?**

Having a clear understanding of how integration of services works and the importance of taking a collaborative approach to dealing with mental health issues will provide a unique opportunity to discuss the common thread that connects mental health with a myriad of other physical and social issues.

**Toolkit Link:**

**Authored By:**

IBHP
Integrated Behavioral Health Project

CalMHSA

A Catalog Resource Guide of Toolkits and Content Suggestions for Faith and Cultural Leaders, Faith and Family Friendly Media, and Entertainment Creators

www.eiconline.org/teamup
Assessing Mental Health and Psychosocial Needs and Resources Toolkit for Humanitarian Settings

This toolkit provides a process in which to assist those in the position to assess the mental health and psychosocial needs of a community during a major humanitarian crisis. These could include major natural and human-made disasters and complex emergencies. It serves as a guide to provide a broad understanding of the humanitarian situation, as well as how to analyze people’s problems and their ability to deal with them. (Pg.8)

Below is a snapshot of some of the information you may find of value:

- Who should use the toolkit? (Pg. 11) FCL, FFFM, EWC
- Culture and mental health. (Pg. 13) FCL, FFFM, EWC
- Overview of the assessment process. (Pgs. 13-15) FCL
- Assessment methodology. (Pgs. 16-26) FCL

Informational Tables:

- 2.1 - Good practice principles for assessment. (Pg. 15) FCL, FFFM
- 3.1 - Phases, time frames, and the amount of attention paid to mental health in assessments of major sudden-onset crises. (Pg. 18) FCL, FFFM
- 3.2 – WHO projections of mental disorders in adult populations affected by emergencies. (Pg. 20) FCL, FFFM, EWC
- 4.2 – Intervention Pyramid. (Pg. 28) FCL, FFFM

How is this relevant?
This toolkit will provide an understanding of how to approach the psychosocial needs of the community, as well as take into consideration the other co-occurring tribulations that may be affecting the community simultaneously during a global humanitarian crisis.

Toolkit Link

Authored By:

World Health Organization
UNHCR
The UN Refugee Agency
Resources

We have included some resources, in both English and Spanish, to further assist you. We have also provided information on programs the Entertainment Industries Council has in place to assist the creative community in accurately portraying mental health, substance abuse, and a myriad of other social and health issues within their storylines.

RESOURCES: Mobile Device Application

**MY3 Suicide Prevention App:**
- **Purpose:** It is designed to help individuals stay safe who may be experiencing thoughts of suicide.
- **Target Audience:** Individuals who may be having thoughts of suicide, or a history of suicidal behavior.
- **Link to Download:** [http://www.my3app.org](http://www.my3app.org) (English) [http://www.my3app.org/es/](http://www.my3app.org/es/) (En Español)

**Gauge Depression, Anxiety, Bipolar Disorder and PTSD App:**
- **Purpose:** A self-rated checklist for potential mood and anxiety symptoms.
- **Target Audience:** Anyone 18 and older.
- **Link to Download:** [http://whatsmym3.com/](http://whatsmym3.com/)

**PTSD Coach App:**
- **Purpose:** To help you learn about and manage symptoms that often occur after trauma.
- **Target Audience:** Anyone who thinks they might be experiencing symptoms of PTSD.

**SAMSHA Suicide Safe App**
- **Purpose:** Helps providers integrate suicide prevention strategies into their practice and address suicide risk among their patients.
- **Target Audience:** Healthcare Providers.
- **Link to Download:** [http://store.samhsa.gov/apps/suicidesafe/](http://store.samhsa.gov/apps/suicidesafe/)

**SAMSHA Behavioral Health Disaster Response App**
- **Purpose:** Access critical, disaster-related behavioral health resources.
- **Target Audience:** Disaster responders.
- **Link to Download:** [http://store.samhsa.gov/apps/disaster/](http://store.samhsa.gov/apps/disaster/)
RESOURCES: English and en Español

Content Available for Download:

- **TEAM Up – Tools for Entertainment and Media**
  A source for tools that can be utilized by entertainment media and journalists.
  http://www.eiconline.org/teamup/for-the-entertainment-industry/

- **TEAM Up – Picture This Publications**
  EIC publications available for download on a variety of topics and social issues.
  http://www.eiconline.org/teamup/eic-publications/ (English)
  http://www.eiconline.org/teamup/spanish-resources/ (en Español)

Visual and Audio Content:

- **EIC TV Screening Room**
  A source for audio and visual content produced by EIC.
  http://www.eicnetwork.tv/Videos/NetworkScreeningRoom.aspx

- **Muestra Esto interview Gabriela Teissier from Univision (en Español)**
  http://www.eicnetwork.tv/Videos/HealthWellness/HWScreeningRoom/TabId/871/Videoid/801/Muestra-Esto-Interview-Gabriela-Teissier.aspx

- **Gabriela Teissier • Muestra Esto (en Español)**

- **Hispanic Communications Network PSA (en Español)**
  http://www.eicnetwork.tv/Videos/HealthWellness/HWScreeningRoom/TabId/871/Videoid/972/PSAs-Hispanic-Communications-Network-PSA.aspx

- **Gabriela Teissier • Muestra Esto (in English)**

- **Gabriela Teissier: “Proud here at Univision to present this event with EIC” (in English)**
  http://www.eicnetwork.tv/Videos/HealthWellness/HWScreeningRoom/TabId/871/Videoid/791/Gabriela-Teissier-Proud-Here-At-Univision-To-Present-This-Event-With-EIC.aspx#sthash.wDRIWGCA.dpuf

Websites:

- **Each Mind Matters – California’s Mental Health Movement**
  http://www.eachmindmatters.org

- **NACoA – National Association for Children of Alcoholics**
  http://www.nacoa.org/index.htm

- **SAMHSA – Substance Abuse and Mental Health Services Administration**
  http://www.samhsa.gov/recovery

- **NAMI – National Alliance on Mental Illness**
  http://www.nami.org (in English)
  http://espanol.nami.org (en Español)
EIC: Who Are We and How Can We Help?

EIC educates, serves as a resource to, and recognizes the incredible writers, directors, producers, performers and community leaders who are committed to making a difference.

New Depiction Suggestions book for authentic storytelling, provides depiction suggestions, best practices, research, lived experiences, and guidance for creating authentic reports and entertainment content concerning mental illness, substance use disorders, behavioral health treatment and recovery and suicide prevention.


EIC’s First Draft Program is the source to turn to for free research-based, fact-based, or anecdotal information on a myriad of health or social issues – when you need it, where you need it, how you need it. We provide technical assistance to writers, producers, directors, creative executives, standards & practices executives, and actors by connecting them to experts via phone calls, in person meetings, and lunchtime briefings.

http://www.eiconline.org/eic-resources/first-draft/

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Encouraging Conversations about Mental Health and Substance Use Disorders