



## Newsletter Highlight

# Project Hope

## Advocating for People with Mental Health Needs and Developmental Disabilities

A webcast video series for care providers and families serving people with developmental disabilities and mental health issues. With short videos, a handbook, forms and online links to resources, Project Hope assists caregivers with obtaining mental health services for the individuals they support.



### [Visit Project Hope Website](#)

(BRC production in partnership with San Gabriel/Pomona Regional Center)  
A project funded by the Mental Health Services Act (MHSA) in partnership with the California Department of Mental Health and Department of Developmental Services.



The prevalence of mental health disorders within the population of persons with developmental disabilities ranges from 30 to 40 percent. When individuals are hospitalized in state psychiatric hospitals, their average stay is three times as long as that of non-developmentally disabled persons.

Despite such a critical need for professional attention, myths continue to persist that can and do prevent appropriate service delivery.

These myths include:

- Maladaptive behaviors are solely a function of the disability.
- Medication is the only treatment the mental health system can provide.
- One system or the other must take full responsibility for treatment.

*National Association for the Dually Diagnosed (NADD)*



Project Hope helps build positive experiences with mental health service providers and other resource agencies. The website, short videos ("Signs and Symptoms" and "Using the Mental Health System"), and written tools, guide caregivers

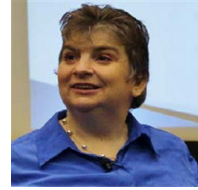
through basic steps of observing, documenting and preparing for a visit with a Mental Health Provider.

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## From the Field

### Molly Kennedy

"...I remember accepting my disability - working with it but not letting it define me..." [Click Here for Full Story](#)



### Library Resources

Project Hope and related resources [Click Here](#)

Project Hope website resource page provides links to state and national advocacy organizations and county services.

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## Next Issue ...

### Nonprofit Board Training: Boards for All

#### About Board Resource Center

[BRC](#) is committed to Making Complex Ideas Simple, promoting an inclusive world where all people may exercise basic human rights. We develop trainings and produce multimedia resources customized for partners to provide education, community-based service and client assistance for lasting outcomes.

[BRClibrary](#) offers materials that assist users with learning, advocating and enhancing quality of life. All media are available and many can be downloaded and played on "smart" devices, PC and Mac.



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