



Countywide Services Agency

Health and Human Services

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## County of Sacramento

**For Immediate Release**

**NEWS RELEASE**

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### **\*MEDIA ADVISORY\***

## **Sacramento County Launches Mental Health Project at the Changing Attitudes, Changing Lives, Promoting Health and Wellness Celebration**

SACRAMENTO, CA – The Sacramento County Department of Health and Human Services/Division of Behavioral Health Services (DHHS/DBHS) is hosting a community health and wellness event to celebrate the diverse health and mental health services available in the County, and to launch the *"Mental Illness: It's not always what you think"* project.

**WHO:** Sacramento County Department of Health and Human Services/  
Division of Behavioral Health Services

Event Speakers (Approx. 10:15 a.m. – 11:00 a.m.) will include:

- Event emcee: - Edie Lambert, Anchor, KCRA 3  
Remarks by: - Ann Edwards, Director, Sacramento County Dept. of Health and Human Services  
- Senate President pro Tempore Darrell Steinberg, Senate District 6  
- Glen I. Xiong, M.D., Medical Director, Sacramento County Mental Health Treatment Center  
- Marilyn Hillerman and Andrea Hillerman-Crook, Mental Health Advocates, Mental Health America of Northern California

**WHAT:** The "Changing Attitudes, Changing Lives, Promoting Health and Wellness" Celebration brings together over 50 community health partners to host information booths and complimentary health screenings in an effort to raise awareness of health and mental health service and enhance awareness of local resources.

The event will also launch Sacramento County's "Mental Illness: It's not always what you think" project, which will focus on:

- Dispelling myths and stereotypes about mental illness
- Promoting positive beliefs and attitude about living with mental illness, hope and recovery
- Promoting messages of wellness, hope and recovery

**WHEN:** **Saturday**, January 21, 2012  
10 a.m. – 2 p.m.

**WHERE:** Sam Pannell Community Center  
2450 Meadowview Road, Sacramento, CA

**VISUALS**

- Over 50 community organizations participating in a health and wellness information fair
- Mobile health screening units for HIV and dental screenings
- Residents adding their messages and stories to the “Wall of Hope”

Dozens of mental health advocates and County representatives will be available to discuss the mental health resources that are available within the County and general mental illness facts. Names will be made available as attendance is confirmed.

For more information on Sacramento County’s mental health efforts, please visit [www.sacdhrs.com](http://www.sacdhrs.com) or [www.stopstigmasacramento.org](http://www.stopstigmasacramento.org).

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