



## NEWS RELEASE

For Immediate Release

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### **The California Department of Health Care Services (DHCS) Launches the CalHOPE Schools Initiative**

Sacramento – The California Department of Health Care Services (DHCS) today announced the launch of the CalHOPE Schools Initiative, linking together the films and resources of *A Trusted Space: Redirecting Grief to Growth*, *Angst: Building Resilience*, and *Look at Me Now: Stories of Hope*, in one location, [calhopeschools.org](https://calhopeschools.org). The CalHOPE Schools Initiative Partnership includes All It Takes, Impactful (formerly Indieflix Education), and Z Cares.

The mission of the partnership is to provide no-cost resources to schools and educational agencies across California to promote mental health and wellness. Recognizing the impact of stress, trauma, anxiety, and other challenges on mental health, these no-cost resources offer opportunities for schools and school sites to support relationships, build resilience, and provide inspiration and support for students, educators, and families.

The CalHOPE Schools Initiative works closely with the other components of CalHOPE, particularly CalHOPE Student Support, which partners with the Sacramento County Office of Education and UC Berkeley Greater Good Science Center. CalHOPE Student Support engages communities of practice (CoPs) to promote positive social emotional learning (SEL) in all 58 counties. The CalHOPE Schools Initiative's tools will be a valued addition to, and promoted in partnership with, CalHOPE Student Support.

"We know it's been a difficult few years, and our school communities need positive, evidenced-based, easily accessible mental health and wellness resources," said Justine Fischer, Community Director for the CalHOPE Schools Initiative.

CalHOPE will make available all resources including the films with single sign-on at [calhopeschools.org](https://calhopeschools.org). In addition, support materials for districts, classrooms, and home use are available, and there will be opportunities virtually and in-person to support educators, students, and families. These programs will focus on creating trusted spaces, building resilience, and recognizing the signs of mental stress and duress. A monthly forum with an expert in health or education will take place on the fourth Tuesday of each month.

"These resources are vital tools for schools, and together they engage staff, students and families to support their own mental health and well-being, and that of their communities," said Dr. Jim Kooler, Special Consultant for DHCS and CalHOPE.

Registration and resources are available for free at [calhopeschools.org](https://calhopeschools.org).

The CalHOPE Schools Initiative partners include:

**All It Takes** equips youth and those who serve them with essential emotional intelligence skills to successfully navigate their lives and support their communities.

**Impactful** (formerly Indieflix Education) reimagines learning, normalizes mental health, and guides both individuals and communities to become more reflective and resilient.

**Z Care** talks with real people about their stories of hope and inspiration, collaborates directly with experts to address questions related to anxiety, and hosts events to build awareness and support youth.

**CalHOPE** builds community resiliency and helps people recover from public health emergencies and disasters through free outreach, crisis counseling, and mental health support.

**California Department of Education (CDE)** oversees the state's diverse and dynamic public school system and collaborates with educators, schools, parents, and community partners in an effort to prepare students to live, work, and thrive in a highly connected world. Part of this collaboration includes a commitment to increasing mental health services to support the socio-emotional well-being of all students.

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