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Honoring Dr. Stephen Mayberg

Time For Kids will be honoring Dr. Stephen Mayberg at the Early Mental Health Initiative (EMHI) Conference in January 2011. Dr. Mayberg recently retired as the Director of the California Department of Mental Health. Throughout his career, Dr. Mayberg has been a staunch advocate for Children’s mental health services.



Time For Kids will be naming an annual grant in Dr. Mayberg’s name. The **Mayberg New Beginnings Grant** will be given each year to a school that uses the money to implement a new program such as PIP, or other research-based programs.

THANK YOU DR. MAYBERG!

Dr. Mayberg was appointed as Director of the Department of Mental Health in 1993 and reappointed in 1999. While at the helm,

Dr Mayberg’s ambitious agenda included initiatives to reform the mental health system by emphasizing research-based programs and increasing program outcomes and accountability. One such initiative was Proposition 63, which created the Mental Health Services Act and included funding for increased implementation of prevention programs.

Dr. Mayberg has always been an advocate for interagency programming and planning. A clinician at heart, Dr. Mayberg never lost touch with his roots as a clinician, and throughout his public service career, continued to provide clinical services. Dr. Mayberg has held many national, state, and local offices and has received numerous awards and honors. He earned a Ph.D, in clinical psychology from the University of Minnesota and a B.A. from Yale University. He completed his Clinical Psychology Internship at the University of California, Davis, and has worked in the California Mental Health System since that time.

It is with great respect and admiration that we pay tribute to Dr. Mayberg and his dedication to improving mental health services.

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FAQ's About Time For Kids



Do you know what *Time For Kids* is all about? You see us every year at the EMHI Conference and you may know that we give grants to schools. But do you really understand who we are and what we do? The answers to these Frequently Asked Questions may help!

What is Time For Kids?

Time For Kids is a non-profit organization made up of nine board members and several advisory board members. The mission of *Time For Kids* is to provide leadership, support and advocacy for prevention and early intervention programs which enhance the social, emotional and educational growth of California's school children.

What does Time For Kids do?

We educate political and educational leaders about the need for prevention and early intervention programs. We advocate for the expansion of funding for research-based programs such as PIP. To this end, we make contact with legislators and take trips to the Capitol to visit them and their staff in person. We also provide supplemental grants to schools that offer PIP or other effective intervention programs. In general, we offer leadership, support, and information about prevention or early intervention programs that have proven effectiveness. In conjunction with the department of Mental Health we host the annual EMHI training conference.

Are Time For Kids and EMHI the same thing?

No. *Time For Kids* is a separate, non-profit organization. EMHI stands for Early Mental Health Initiative, which is the funding source for grants through the Department of Mental Health.

Why should I join Tim For Kids?

Time For Kids needs you! The children need you! The money that *Time For Kids* raises goes towards grants to support schools that offer programs without EMHI or other grant funding. These programs are locally funded, meaning they do not have an EMHI grant. These schools believe in the program and are willing to keep the program going on local funds. We all know what funding is like in schools these days so schools with programs that are locally funded often desperately need *Time For Kids* grants to keep them from the chopping block. Your support goes directly to services for children.

Who are the Time For Kids Board members?

All *Time For Kids* Board members are volunteers who believe in prevention programs and want to see children successful! There are nine regular Board members and several Advisory Board members. They come from all over the state. The Board also has a legal counsel. Board members are listed on Page 4 of this newsletter along with contact information. Any Board member will hear from any of you with ideas and

be glad to feedback!



Join Time For Kids! Help us support children throughout California!

(See p. 4 for how to join)

Program Spotlight: The Cloud Room Liberty School in Petaluma



Liberty School, a small (about 200 students), rural, single school district in Petaluma, founded in 1857, has proudly offered The Cloud Room to its students for over 18 years. Initially funded for three years by a Department of Mental Health grant, the district maintained the program for 15 years on local funding. Due to the budget crisis, the program was cut and able to serve barely a handful of students. This year Liberty was fortunate to receive an EMHI grant to augment, or expand their program back to a level that better meets the needs of the students and the school.

Debbi Yamagishi has been the Cloud Room Aide for 7 years. She loves her job and the children love her. They are often seen running up to her and giving her hugs. Her warmth, caring and compassion shine through and the children know they have a trusted adult at school that they can count on. With her amazing ability to build connections with people, Debbi has helped to make the Cloud Room an integral part of the school community.

The goal of the Cloud Room Program is to help children get a good start in school through the development of social skills and a healthy self-concept. The program helps participants build confidence and self-esteem and provides support for children experiencing life adjustments such as moving to a new school, family changes, or other transitions.

Poetry Corner...

A poem for inspiration...

Just Being Me
by Stacey Skinner
from *A Penguin Named Butterfly*



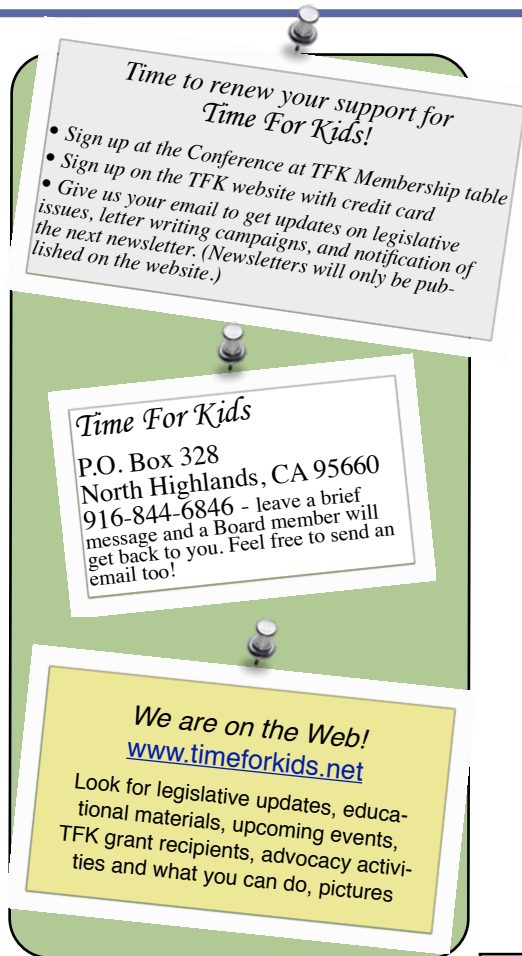
Maybe I'm too small, maybe I'm too tall,
maybe I'm the one who cries when I fall.
Maybe I'm mean and maybe I'm nice,
maybe I just like to crunch on my ice.
I may be many things, but I'm sure you'll
agree, the one thing I'm good at is
just being me.

Maybe I'm too pale, maybe I'm too dark,
maybe I'd rather just read at the park.
Maybe I have freckles, maybe I have none,
maybe I'd rather walk and not run.
Life is uncertain, but I can sure guarantee I'm
pretty good at just being me.

Maybe I have green eyes, or maybe they're blue,
maybe I don't close my mouth when I chew.
Maybe I paint, or maybe I draw,
maybe I slurp my milk through my straw.
I may not see things the way you see, but I'm
pretty gifted at just being me.

Maybe I like art, maybe I like math,
maybe I sing really loud in the bath.
Maybe I have short hair, or maybe it's long,
maybe I just make up words to the song.
I may not be who you think I should be, but
that's ok. I'm just being me.

***We would like to use this space to "publish" original works from TFK members! It doesn't have to be poetry. It could be a vignette, a little story, an experience. If you have a hidden talent and would like to share your writing with us, please submit to *Time For Kids*. *Time For Kids* reserves the right to select and edit any material submitted, but would only do so with the permission of the author.



Contact any Board member with comments or questions

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Coming up in future issues...regular articles like the Program Spotlight and Poetry Corner, also Conference highlights, "Get to know the TFK Board" and links to valuable resources.

How the Legislative Budget Process Works...a simplified view



Time For Kids works tirelessly to advocate for continued funding for prevention and early intervention programs such as those funded by EMHI. Through this advocacy we have learned a great deal about the budget process and how programs and services are funded, or in these days, cut. We do know that your voice counts! If you believe that prevention and early intervention programs are important, write to Governor Brown and your representatives to let them know! Here is a simplified version of the budget process:

Each January, the governor announces his budget proposal for the following fiscal year. Following his proposal, both houses of the legislature begin hearings to respond to the governor's budget and create their own budget proposals. The hearings begin in subcommittees which, in turn, make their recommendations to the full Budget Committees. Each house approves a final budget proposal. Members of the two houses meet to negotiate a final legislative budget which is approved by both houses and sent to the governor. The governor has the option to approve or disapprove of various items in the budget. At the end of the process, the governor and leaders of the legislature meet for final negotiations. It is up to the legislative budget subcommittees to consider approval of funding for programs like those funded by EMHI. Hearings continue through the spring, with final recommendations developed by the pertinent subcommittees after the governor announces the "May Revise," adjustments to the budget proposal based on the latest revenue and spending information. If the Senate and Assembly both support funding for the program, it will be up to the governor to accept or reject that funding level. Vocal support for the effort is always needed from citizens throughout the process.