



March 11, 2014

Mr. Chuck Matthews
Deputy Director North Inland and North Coastal Regions
Health and Human Services Agency
County of San Diego

Re: Resolution for the Community Alliance for Healthy Minds to become a *Live Well San Diego* Partner

Dear Mr. Matthews,

The Community Alliance for Healthy Minds (CAHM) is dedicated to helping individuals and families lead happier, healthier lives through community education, wellness, and support. We exist to engage the community in awareness of mental health issues, and provide support for substance abuse and suicide prevention, particularly among youth and young adults, through venues of music, arts, and education. We are committed to the goals and vision of the County of San Diego's *Live Well San Diego* (LWSD) initiative, and would be honored to become an official LWSD partner in our continued efforts to create a sustainably safe, healthy and thriving community.

For seven years and counting, we have hosted, in collaboration with our community partners, an annual CAHM Forum. The Forum is an all-day event designed to provide resources and support for individuals and families with an internationally recognized Keynote Speaker, over a dozen breakout educational sessions, and a resource fair comprised of over forty partnering agencies, highlighting what San Diego County has to offer. This year, we present our 8th Annual Forum on Wellness, *Navigating Paths to Healthy Minds*, on Saturday, May 17, 2014, co-hosted by Abraxas High School in Poway.

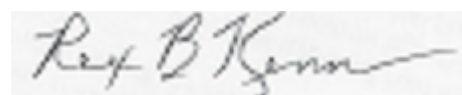
The Forum is designed to empower us to cope with, and promote positive choices around some of life's most difficult challenges: successfully living with mental illness and/or substance abuse and preventing the incidence of suicide. At CAHM we know, from our own collective experiences, that managing the symptoms associated with these illnesses is just one part of the very complex process of recovery. Individuals and families need help and guidance to navigate the winding paths of our local behavioral health system with its many facets and resources, along with the every-changing thoughts, feelings, behaviors, actions and reactions of *everyone* involved, in order to truly improve our health and wellbeing. This can be a daunting task, and the Forum is an opportunity for individuals to join together to share their stories and their collective wisdom to help one another through this process.

At CAHM, we all believe that by empowering each other and ourselves, and capitalizing on our individual and combined knowledge and strengths, we can overcome anything! Our mission, *“Together we can change the landscape of mental health in our communities”* is reflected in our continued commitment to and engagement with the community across multiple sectors – community & faith based organizations, local businesses, health care providers, schools, law enforcement, military programs, and local government. As such, we are actively involved in the LWSD North County Regional Leadership Team, the Community Health Improvement Partners (CHIP) Behavioral Health & Suicide Prevention Work Teams, the Palomar Health Community Action Councils (CAC), the Alliance for Regional Solutions (ARS) North County Behavioral Health Workgroup, and the Mental Health America (MHA) initiatives for mental health ministries and resources for Faith Leaders, among other active partnerships throughout San Diego county.

HHSAs representation and active involvement on this year’s Forum planning team, illustrates the strength of our reciprocal relationship with the County of San Diego, and our continued commitment to share LWSD’s efforts, best practices, and success stories with the community at our May event and beyond. It is our sincere hope, that in addition to your continued participation in the planning and financial support of this year’s Forum and attendance at our Resource Fair, that you will allow us to share our pledge to become a formal LWSD partner by being a part of our Opening Ceremony to deliver the Proclamation and Seal, solidifying our partnership and celebrating May is Mental Health Month.

As we broaden the scope of our organization, we are committed to adopting and pursuing policies for behavioral health wellness, continuing to advance our efforts to provide information and education surrounding suicide prevention, and helping to promote environmental, systemic changes to make it easier for individuals and families to be healthy, safe and thriving as they travel their personal roads to healing and make the most of what life has to offer. We look forward to integrating the principles of LWSD into our activities and efforts as we move forward and grow and to being an integral part of the LWSD initiative in North County!

Sincerely,



Rex Kennemer
Founder and President
rex@cahmsd.org

CAHM Board Members:

Anne Hansen, Aetna - Secretary
Connie Kennemer – Co-Founder
Nancy Roy, Palomar Health – Vice President
Susan Writer, Aurora Behavioral Health Care

Cc: Carey Riccitelli, Community Health Promotions Manager North Coastal/North Inland Regions, HHSAs
Ann Vilmenay, Community Health Promotions North Coastal/North Inland Regions, HHSAs