# WALKINOURSHOES

### **2016 Tour Report**

The California Mental Health Services Authority (CalMHSA) is working to reduce stigma associated with mental illnesses by de-bunking myths and educating youth about mental

health. The Walk In Our Shoes school-based performance utilizes real stories from teens and young adults to teach youth about mental health challenges and mental wellness.

## **FAST FACTS:**

- 23,706 NUMBER OF STUDENTS REACHED
- 80 CAMPUSES
- 25 COUNTIES
- 14,273 WEBSITE
  ENGLISH AND SPANISH WEBSITES
- 139% INCREASE COMPARED TO LAST YEAR WHEN NO TOUR OCCURRED

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I do believe it had a positive effect on their view of mental health and realizing that people may be struggling even though others are not aware.

- School Counselor

I am happy to see this topic be available to our students in assembly form. Many students know someone who is affected by mental health issues. so it's very appropriate.

- School Drama Teacher

I had a student come into the office and tell me that he knew 'something was wrong' with a student that had just hit him. His concern was for the other student and if we were helping him get better. - School Vice Principal



**Survey Results:** We asked teachers and administrators at each school campus on the tour how the program had impacted their student body.

- 60% saw a positive change in behavior among students
- 73% reported that their students had not been previously exposed to the topic of mental health at school
- 84% reported that the performance started a conversation about mental health
- 63% felt that the performance was successful in educating students about the stigma of mental illness
- 98% felt that the performance was relevant to California's diverse student population
- 100% would recommend the performance to another school

#### **COUNTY HIGHLIGHT:**

Fresno County hosted three performances at local schools and documented their experience through this video:

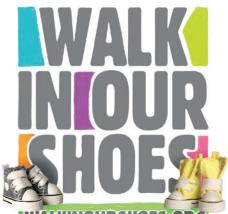
https://vimeo.com/162895463





# **TOP 10** CITIES VISITING **WalkInOurShoes.**org:

- 1 South Gate
- 2 Los Angeles
- 3 San Francisco
- 4 Westminister
- 5 Manteca
- 6 Chico
- 7 Corte Madera
- 8 Menifee
- 9 Sacramento
- 10 Fresno



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