

FACT SHEET - BEINGWELLCA



BEINGWELLCA.ORG - Founded June, 2019

LEADERSHIP

Graham Wiseman CEO and Co-Founder
Gail Miller - President and Co-Founder
Caroline Wiseman – Secretary and Co-Founder

MISSION

Our Mission is to reduce anxiety, depressions and suicide ideation in our youth. We do this by providing schools, parents, students and communities with workshops, toolkits and training to improve mental health support.

VISION

Create school environments that support positive mental health, raise awareness and reduce the alarming rates of stress, anxiety and depression and suicide ideation in our youth.

NEWS

- **BeingwellCA.org partnered with Findyouranchor.us and Born this Way Foundation to pack hundreds of boxes for suicide prevention for distribution across the United State.**
 - Find Your Anchor is a grassroots movement aimed at suicide prevention, awareness and education. www.findyouranchor.us
- **Teen Esteem**
 - Over the past 8 years, Graham Wiseman of **BeingwellCA.org** has presented to over 80,000 students about some of the issues facing them today and how to best cope with them. These are interactive talks that shed light on the pressures teenagers face today. “Being the classroom is that direct connection to students, they will share far more than you think about their mental health issues.” said Graham <https://www.teenesteem.org/>
- **Kaiser Permanente** Gail Miller is the Co-Founder of BeingwellCA and is currently on the Behavioral Health Patient Advisory Board for Kaiser Permanente Northern California “It has been so rewarding to speak at events for Kaiser to be able to tell my story and have people come up to me after saying that I have forever changed the way they will view mental illness and encourages me to keep going.” commented Gail.
- **CONTEST AND WINNER OF LICENSE PLATE** - BeingwellCA ran a statewide contest to select a design for the license plate. [Interview with winning design student](#)

- **Article in Edsource....** March 4, 2021 EdSource published a story “New California License plate will support mental health services in school - Carolyn Jones
- **Wellness Centers**

Case Studies 1

Acalanes Union High School District (AUHD)- Soon after the death of his son, Colin, Graham Wiseman was contacted by two other parents from the high school Colin attended. One had a daughter with severe anxiety, the other had a daughter who battled (and beat) leukemia.

These three parents began researching on their own how other schools with similar demographics in the San Francisco Bay Area supported their student’s mental health. All these schools had Wellness Centers.

Holly, Emma and Graham presented three positive changes in youth mental health support to the AUHSD Governing Board. This district, like all in CA, was struggling to address the alarming rates of anxiety, depression and suicide ideation in their students. (as reported <https://calschls.org>).

- On campus Wellness Centers - provide immediate mental health support
- Staffed by District personnel - Collaborative environment within school
- Re- entry Program - team approach for students to re-enter school

It took four years, but these parents were instrumental in achieving their goals to provide mental health support at all four comprehensive high schools in the district.

Graham Wiseman continued this work, guiding the foundation of over thirty more Wellness Centers in his county.

Case Studies 2

SRVUSD – BeingwellCA applied the same methodology with this school district, ending with **30** wellness centers being approved.

PRESENTATIONS:

NAMI CA Town Hall: Suicide Prevention

[NAMI CA Townhall Suicide Prevention](#)

Vincente H.S. Martinez, CA Psychology Club - Graham from BeingwellCA

[Vincente H.S. Psychology Club Interview](#)

Mental Health Awareness License Plate Design Contest Winner

[Interview with Student Designer and Graham Wiseman](#)

Living with Depression - Kaiser

[Living with Depression - Gail Miller's Story](#)

Lamorinda Living interview on Mental health- Podcast

[LAMORINDA Living Podcast - Interview with Graham Wiseman on youth mental health](#)

NAMI CA Town Hall 2021

<https://www.youtube.com/watch?v=ZXmCUUcrlDI&t=12s>

Contra Costa County Suicide Prevention Forum 9/12/19 (51:26 to 1:24:30)

[Co Co Countywide Forum - Graham Wiseman](#)

Teen Esteem - The Secret World your kids don't tell you about

[Teen Esteem Talk - Secret World](#)

Teen Esteem - Surviving the loss of your child

[Teen Esteem Talk - Life after loss](#)

Bringing Hope- Presentation for De La Salle

[De La Salle H.S. Laps for Life - Bringing hope to suicide prevention](#)

Social Media

- **Media** Contact Details:
 - **Website** [BeingwellCA.org](#)
 - **Facebook** [BeingwellCA.org](#)
 - **Twitter** [BeingwellCA.org](#)
 - **YouTube** [BeingwellCA.org](#)

Supporters

Government, Agencies and Associations

- **Senator Steve Glazer** – Senator for District 7 - Contra Costa County
- **Senator Melissa Hurtado**- Senator for District 14 - Fresno, Kern, Kings and Tulare Counties.
- **Senator Michael Rubio** - Senator for District 16 - Fresno, Kern, Kings and Tulare Counties
- **Senator Bob Archuleta** - Senator for District 32 - Los Angeles and Orange Counties
- **Senator Pat Bates**- Senator for District 36 - Orange and San Diego Counties
- **Senator Anna Caballero** - Senator for District 12 - Salinas Valley and part of the Central Valley
- **Senator Brian Dahle** -Senator for District 1 - Shasta Cascade Region and Northern Sierra Nevada.
- **Senator William Dodd** - Senator for District 3 Northern San Francisco Bay Area and Delta region
- **Senator Shannon Grove** - Senator for District 16 - Southern Central Valley and High Desert

- **Senator Robert Hertzberg** - Senator for District 18 - San Fernando Valley
- **Senator Scott Wiener** - Senator for District 11 - San Francisco and parts of San Mateo County

Assembly members

- **ASM Devon Mathis** - District 26 - Tulare, Inyo and Kern counties
- **ASM Wendy Carrillo** - District 51 - Northeastern Los Angeles and East Los Angeles
- **ASM Cristina Garcia** - District 58 – Gateway Cities of Los Angeles, Pico Rivera to Cerritos
- **ASM Mike Gipson** - District 64 - South Bay region of Los Angeles County.
- **ASM Tom Lackey** - District 36 - Antelope & Santa Clarita Valleys.
- **ASM Freddie Rodriguez** - District 52 - Inland Empire
- **ASM Phil Ting** - District 19 - Western San Francisco and Northwestern San Mateo

- **Tony Thurmond** – California State Superintendent of Public Instruction
- **California Association of Student Councils**
- **California Association of School Counselors**
- **California Department of Education**

Non-Profits

- **All It Takes** - [All It Takes](#)
- **United Parents** [United Parents](#)
- **Sandy Hook Promise** [Sandy Hook Promise](#)
- **NAMI California** [NAMI CA](#)
- **Wellness Together** [Wellness Together](#)
- **Find Your Anchor** [Find Your Anchor](#)
- **Danville Children’s Guild** [Danville Children’s Guild](#)
- **Teen Esteem** [Teen Esteem](#)
- **Z-Cares** [Z Cares](#)
- **A Brighter Day** [A Brighter Day](#)
- **Alan Hu Foundation** - [Alan Hu Foundation](#)
- **Discovery Counseling Center** [Discovery Counseling Center](#)
- **Silicon Valley Children’s Fund** [Silicon Valley Children's Fund](#)

