

WORKSHOP SESSION A

8 WORKSHOP SESSIONS

WEDNESDAY, JUNE 24, 2020

2:15 - 3:15 PM

ADDRESSING THE 3 LEGS OF MENTAL HEALTH SUPPORT

PRESENTED BY:

- [BeingwellCA](#)
- [NAMI Contra Costa](#)

PRESENTERS:

- Graham Wiseman, Co-Founder & CEO, [Being Well California](#)
- Gail Miller, Co-Founder & President, [Being Well California](#)

ABOUT THE WORKSHOP:

The 3 legs of Mental Health Support

- Leg 1: Teachers - Site and District level support strategies for Faculty & Staff A stressed teacher is a stressed class. Positive systems to build community of support within your school addressing adult stress anxiety and depression.
- Leg 2: Parents - PTA & beyond Engagement strategies to generate the highest parent involvement to address the rising anxiety, depression and suicide ideation rates.
- Leg 3: Students Amplifying their Voice Students want to be a part of the solution. Methods and means to give them a voice in addressing anxiety, depression and suicide ideation.

ASK THE DOCTOR [LIVE]

PRESENTED BY:

- [Monterey County Behavioral Health](#)
- [Parents & Caregivers for Wellness \(PC4W\)](#)

PRESENTERS:

- Mark Alexakos, Medical Director, [Monterey County Behavioral Health](#)

ABOUT THE WORKSHOP:

This presentation will give parents/caregivers a chance to ask questions and get answers from a child psychiatrist. Parents are often unable to ask questions that pertain to medication, side effects and the important questions of “should my child take medications” for a behavioral health issue.

CALIFORNIA YOUTH EMPOWERMENT NETWORK RESPONDS TO COVID-19

PRESENTED BY:

- [The California Youth Empowerment Network: A program of Mental Health America of California](#)

PRESENTERS:

- Zofia Trexler, Co-President, [CAYEN](#)
- Amanda Aguilar (AJ), Co-Vice President, [CAYEN](#)
- Eboni Stallworth, Board Member, [CAYEN](#)

ABOUT THE WORKSHOP:

The Coronavirus (COVID-19) is drastically changing the lives and negatively impacting the mental well-being of transitional age youth (TAY). During this workshop, The California Youth Empowerment Network (CAYEN), a statewide board made of TAY, will share their recommendations in response to COVID-19. As we adapt to the current situation and think about the future it is crucial we incorporate the voice of youth. Come learn what the CAYEN board has identified as needs and solutions for TAY mental wellness.

HOW ARE THE CHILDREN? PROMOTING CHILD WELLBEING THROUGH SUPPORTING CAREGIVERS [LIVE]

PRESENTED BY:

- [YMCA Childcare Resource Service San Diego](#)

PRESENTERS:

- Christine Jackson Cole, LCSW 92411, IMH-E®, Early Childhood Mental Health Clinical Supervisor, [YMCA Childcare Resource Service San Diego](#)

ABOUT THE WORKSHOP:

Participants will explore the implications for children and families; needs in the context of COVID 19. Workshop will explore a comprehensive approach to supporting caregivers of young children to promote resilience and social-emotional development. Explore considerations for responding to families' needs while building supportive relationships and fostering collaboration to help caregivers feel equipped to address the needs of young children.

HOW EXPANDED LEARNING PROGRAMS PROMOTE WHOLE CHILD HEALTH AND WELLNESS [LIVE]

PRESENTED BY:

- [California AfterSchool Network](#)

PRESENTERS:

- Jeff Davis, Executive Director, [California Afterschool Network](#)
- Paige Bellanca, Program Specialist, [California Afterschool Network](#)

ABOUT THE WORKSHOP:

California has the largest system of Expanded Learning (before school, after school, and summer learning) programs in the nation. Learn how Expanded Learning Programs support the Science of Learning and Development (SoLD) and promote positive developmental and health outcomes, especially for those most at-risk. Participants will learn about the Whole Child Health and Wellness Collaborative, a statewide, multi-sector partnership partnering with Expanded Learning Programs to support thriving youth, families, and communities. Participants will also learn about the important role Expanded Learning programs will play as part of California's recovery from the COVID-19 crisis.

NEW RESOURCES FROM EACH MIND MATTERS: MENTAL HEALTH DURING COVID-19

PRESENTED BY:

- [Each Mind Matters: California's Mental Health Movement, funded through the California Mental Health Services Authority](#)

PRESENTERS:

- Anna Vue, Consultant, [The Social Changery](#)
- Emily Bender, Consultant, [The Social Changery](#)

ABOUT THE WORKSHOP:

This workshop will share new resources and strategies from Each Mind Matters: California's Mental Health Movement to support mental health during COVID-19.



WHERE DISABILITY RIGHTS & IMMIGRANTS' RIGHTS COINCIDE: DRC'S MONITORING OF ORR FACILITIES THROUGHOUT CALIFORNIA

PRESENTED BY:

- [Disability Rights California \(DRC\)](#).

PRESENTERS:

- Richard Diaz, Staff Attorney, [Disability Rights California](#)
- Gabriela Torres, Sr. Staff Attorney, [Disability Rights California](#)

ABOUT THE WORKSHOP:

Disability Rights California (DRC) will describe its ongoing monitoring and initial findings regarding the Office of Refugee Resettlement (ORR) contracted facilities that detain immigrant children and teenagers in California.

YOUTH SUICIDE ASSESSMENT AND PREVENTION (PART 1)

PRESENTED BY:

- [Didi Hirsch Suicide Prevention Center](#)

PRESENTERS:

- Christina Ortiz, Therapist I, Registered Psychologist, [Didi Hirsch Suicide Prevention Center](#)
- Nathan Lichtman, Training Coordinator, [Didi Hirsch Suicide Prevention Center](#)

ABOUT THE WORKSHOP:

This training provides an overview of suicide prevention tailored for youth. Participants learn about the nature of suicide, suicide-related statistics, risk factors, and warning signs of suicide. The overview also covers risk assessment, how to manage a suicidal person, and information on available resources for intervention and postvention are covered.