

# WORKSHOP SESSION B

## 7 WORKSHOP SESSIONS

WEDNESDAY, JUNE 24, 2020

3:30 - 4:30 PM

### ACCESS TO SPECIALTY MENTAL HEALTH SERVICES IN THE POST-2011 REALIGNMENT ERA

#### PRESENTED BY:

- [Young Minds Advocacy](#)

#### PRESENTERS:

- Kevin Clark, MSW, Research Associate, Young Minds Advocacy
- Patrick Gardner, [Young Minds Advocacy](#)

#### ABOUT THE WORKSHOP:

Comparing county trends in System capacity, penetration rates, duration and intensity of services in California's county mental health plans.

### COPING WITH COVID-19: SELF-CARE STRATEGIES FOR LEARNING COMMUNITIES

#### PRESENTED BY:

- [Monterey County Behavioral Health](#)

#### PRESENTERS:

- Kacey Rodenbush LMFT, Behavioral Health Services Manager II, Education Team, [Monterey County Behavioral Health](#)

#### ABOUT THE WORKSHOP:

As we find ourselves in uncharted territory with the COVID-19 pandemic and many educators are experiencing high levels of stress and anxiety while also adapting to distance learning, there is critical need for self-care so that we can remain grounded, well and healthy through it all. This session explores the impacts of Shelter in Place on learning communities during the 2019-2020 school year and addresses social emotional considerations for the upcoming school year as we prepare for the reopening of schools across California. Self-care strategies and tips are shared to support with navigating these uncertain and extraordinary times.

# CULTURAL ADAPTATIONS TO THE TRAINING AND IMPLEMENTATION OF THE TRANSITION TO INDEPENDENCE PROCESS (TIP) MODEL TO BETTER SERVE THE YAKAMA NATION

## PRESENTED BY:

- Stars Behavioral Health Group's Stars Training Academy
- University of Washington

## PRESENTERS:

- Joseph Solomita, Managing Director, Stars Training Academy
- Monique Cando, Certified TIP Model Consultant/Trainer
- Angelique Day PhD., Consultant/Trainer
- Cynthia Pearson PhD., Consultant/Trainer

## ABOUT THE WORKSHOP:

This workshop addresses, from the Yakama Nation, the Academic Consultants, and the Model's purveyor's perspective, some of the challenges and successes of integrating key concepts, traditions and practices from the Native American culture generally and from the Yakama Nation specifically, in order to make the TIP Model's guidelines and interventions more congruent with tribal society, more effective in helping tribal youth, and more grounded in the inherent protective factors of the Tribal Nation.

# OVERVIEW OF AB 2083

## CHILDREN & YOUTH SYSTEM OF CARE: SYSTEM INTEGRATION FOR PLANNING & SERVICE DELIVERY

### PRESENTED BY:

- Children and Youth System of Care State Technical Assistance Team (AB 2083).
- California Department of Education
- California Department of Social Services

### PRESENTERS:

- Renzo Bernales, Education Programs Consultant, Student Achievement and Support Division, California Department of Education
- Sara Rogers, Branch Chief, Continuum of Care Reform Branch, California Department of Social Services

### ABOUT THE WORKSHOP:

Workshop will address the requirement for counties to complete a Memorandum of Understanding (MOU) that documents a Child and Youth System of Care. The engagement and planning process required in the development of AB 2083 MOUs can be viewed as the first step in capacity building for a system of care. A Children and Youth System of Care is built on multi-agency relationships leading to common planning and shared decision-making process that allow counties to respond to needs; such as those that we are witnessing with the COVID – 19 pandemic.

## SELF-CARE IN A COVID-19 ENVIRONMENT [LIVE]

### PRESENTED BY:

- United Parents
- Parents & Caregivers for Wellness (PC4W).

### PRESENTERS:

- Cindy Claflin, United Parents

### ABOUT THE WORKSHOP:

We will focus on the main 6 areas of self-care that will support you in creating a well-balanced lifestyle, especially through our new way of life after Covid 19. Self-care is important to maintain a healthy relationship with yourself, family & friends. This presentation will include hands on activities, resources and takeaways.

# TRAUMA-INFORMED PARENTING TIPS [LIVE]

## PRESENTED BY:

- [Attachment Trauma Network](#)
- [Parents & Caregivers for Wellness \(PC4W\)](#)

## PRESENTERS:

- Anna Paravano, [Attachment Trauma Network](#)

## ABOUT THE WORKSHOP:

Parenting children with trauma backgrounds can present some unique challenges. Helping our children feel safe, protected and connected regardless of age or their personal experiences, is no easy task. This workshop provides parenting strategies/tips to help you create a more trauma-informed environment for your kiddos.

# YOUTH SUICIDE ASSESSMENT AND PREVENTION (PART 2, CONTINUED)

## 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.