



Calaveras County Office of Education

## **Student Mental Health and Wellness: 2018 Calaveras County Trainings for Adults**

*(Updated April 2018; this list is maintained by Kathryn Eustis at the Calaveras County Office of Education. Please contact her at [keustis@ccoe.k12.ca.us](mailto:keustis@ccoe.k12.ca.us) with corrections, updates, and additions. Thank you!)*

### **MENTAL HEALTH - GENERAL**

#### **Mental Health and Wellness in Youth**

This is an overview of mental health issues in children, including common diagnoses, symptoms, and a continuum of recovery options. The emphasis is on what to look for in the school setting, and strategies to support and accommodate students skillfully.

Duration: 30 minutes – 2 hours, depending on need

Trainer: Susan Rezin, LMFT, (209) 736-6081, [srezin@ccoe.k12.ca.us](mailto:srezin@ccoe.k12.ca.us)

#### **Mental Health 101**

Mental Health 101 is a customizable training that includes active listening skills, descriptions of the risk signs of suicide and symptoms of common mental illnesses, and how to avoid labels and stigma.

Duration: 1-2 hours

Trainer: Christa Thompson, LCSW, (209) 813-2083, [cthompson.lcsw@outlook.com](mailto:cthompson.lcsw@outlook.com)

Fees: \$75/hour

#### **Eliminating Barriers to Learning**

Every school staff member has a unique role in supporting student mental health. This five-module training, tailored for classified or certificated staff, addresses mental health issues that affect students' ability to function in a school environment. The entire training takes about six hours, but it can be delivered in individual 1-2 hour modules as well.

Duration: 1-6 hours, depending on need

Trainers: Kathryn Eustis, (209) 736-6092, [keustis@ccoe.k12.ca.us](mailto:keustis@ccoe.k12.ca.us)

Sherril Sedler, Counselor, Bret Harte Union High School District

*There is no fee for this training, and stipends are available for teachers who receive it. Sessions can be at the Calaveras County Office of Education or around the county for requesting districts. Please contact Kathryn Eustis for further information.*

### **Mental Health First Aid**

Mental Health First Aid is a groundbreaking public education program that helps the public identify, understand, and respond to signs of mental illnesses and substance use disorders. This is an interactive course presenting an overview of mental illnesses and substance use disorders. The course introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact, and overviews common treatments. Those who take the course to certify as Mental Health First Aiders learn a 5-step action plan encompassing the skills, resources and knowledge to help an individual in crisis connect with appropriate professional, peer, social, and self-help care.

Duration: 8 hours

Trainer: Christa Thompson, LCSW

Sponsored by: Calaveras County Health and Human Services Agency

Contact: Kaybee Alvarado, (209) 754-6023, [kalvarado@co.calaveras.ca.us](mailto:kalvarado@co.calaveras.ca.us)

### **Youth Mental Health First Aid\***

Youth Mental Health First Aid is an eight-hour public education program that introduces participants to the unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention, and teaches individuals how to help an adolescent in crisis or experiencing a mental health challenge. Youth Mental Health First Aid uses role-playing and simulations to demonstrate how to assess a mental health crisis; select interventions and provide initial help; and connect young people to professional, peer, social, and self-help care.

Duration: 8 hours

Trainers: Robert White, (209) 533-1397 x226, [rwhite@atcaa.org](mailto:rwhite@atcaa.org)

Martha Golay, (209) 533-1397 x274, [mgolay@atcaa.org](mailto:mgolay@atcaa.org)

\*This training is available for a fee unless participants attend an already-scheduled training in Tuolumne County.

## **TRAUMA AND RESILIENCE**

### **Trauma and Brain Development**

This training covers the Adverse Childhood Experiences (ACEs) study, the neurobiology and health effects of toxic stress, trauma, brain development and resilience.

Duration: 30 minutes

Trainer: Robin Gavoor, LCSW, (209) 736-6076, [rgavoor@ccoe.k12.ca.us](mailto:rgavoor@ccoe.k12.ca.us)

### **Between Trauma and Resilience: You**

This session introduces adults to the links between Adverse Childhood Experiences (ACEs) and trauma's effect on developing brains, health, and wellbeing. Participants will learn what developmental trauma looks like at home and school, and how resilience-building interactions and relationships can shift a child's trauma legacy to resilience.

Duration: 2 hours, depending on need

Trainer: Karen Pekarcik, LCSW

Sponsored by: First 5 Calaveras/MHSA

Contact: Joyce Peek, (209) 754-6916, [jpeek@co.calaveras.ca.us](mailto:jpeek@co.calaveras.ca.us)

### **Beyond Consequences For Caregivers**

The Beyond Consequences training helps caregivers (foster, adoptive, guardian) understand the impact of trauma on children's brains and behavior, and how to help children heal in the home setting. The trainer can do an "intro" one-time session or a five-week session.

Duration: 2-10 hours

Trainer: Denise Combs, LMFT

Sponsored by: First 5 Calaveras/MHSA

Contact: Joyce Peek, (209) 754-6916, [jpeek@co.calaveras.ca.us](mailto:jpeek@co.calaveras.ca.us)

### **Beyond Consequences For Teachers**

The Beyond Consequences stress model is an "in-service" designed to help teachers understand the impact of trauma on the behaviors they are seeing in the classroom. The course helps teachers learn not to take behavior personally, and to be aware of their own reactions. It also helps teachers and staff members learn to approach students in ways that minimize disruptive behaviors in the classroom while improving student-teacher relationships. The trainer can do an "intro" one-time session or a five-week session.

Duration: 2-10 hours

Trainer: Denise Combs, LMFT

Sponsored by: First 5 Calaveras /MHSA

Contact: Joyce Peek, (209) 754-6916, [jpeek@co.calaveras.ca.us](mailto:jpeek@co.calaveras.ca.us)

### **The Nurtured Heart Approach**

This training focuses on how to recognize and encourage positive self-worth and behavior in children (home or school). With a brief background for understanding the NHA (learning to not energize negativity), caregivers or teachers are shown how to recognize the greatness in each child in any given moment, so that the child can begin to see themselves as choosing to be great. This approach can be included as part of the Beyond Consequences training.

Duration: 2-4 hours

Trainer: Denise Combs, LMFT

Sponsored by: First 5 Calaveras/MHSA

Contact: Joyce Peek, (209) 754-6916, [jpeek@co.calaveras.ca.us](mailto:jpeek@co.calaveras.ca.us)

### **Resilience Builders**

Learn how and why to use resilience-building strategies at home and at school to support parent-child relationships, positive and desired behaviors, and resilience in relationships and individuals. The session will draw on research and practice strategies for cultivating attention and strengthening adult and child resilience.

Duration: 2 hours, depending on need

Trainer: Karen Pekarcik, LCSW

Sponsored by: First 5 Calaveras/MHSA

Contact: Joyce Peek, (209) 754-6916, [jpeek@co.calaveras.ca.us](mailto:jpeek@co.calaveras.ca.us)

## **SPECIAL NEEDS**

### **Aligning Parents and Educators on Behalf of Children with Special Needs**

This session's goal is to increase the potential for positive home-school relationships and outcomes for children receiving specialized supports and services. Participants will explore expectations and beliefs, and understand and practice self-care for resilience-building to positively and purposely impact their child's education.

Duration: 2 hours, depending on need

Trainer: Karen Pekarcik, LCSW

Sponsored by: First 5 Calaveras/MHSA

Contact: Joyce Peek, (209) 754-6916, [jpeek@co.calaveras.ca.us](mailto:jpeek@co.calaveras.ca.us)

## **SUICIDE PREVENTION**

### **QPR Suicide Prevention**

QPR stands for Question, Persuade, and Refer -- three simple steps that anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Each year thousands of Americans are saying "Yes" to saving the life of a student, friend, colleague, sibling, or neighbor.

Duration: 1-2 hours

Trainers: Lauren Robinson, [lauren7robinson@gmail.com](mailto:lauren7robinson@gmail.com)

Ken Baldwin, [kbaldwin57@comcast.net](mailto:kbaldwin57@comcast.net)

Sponsored by: Calaveras County Health and Human Services Agency

Contact: Kaybee Alvarado, (209) 754-6023, [kalvarado@co.calaveras.ca.us](mailto:kalvarado@co.calaveras.ca.us)

### **Living Works Suicide Prevention Programs\***

Living Works offers interactive, practical workshops to support suicide prevention initiatives all over the world. Virtually anyone can learn the skills to save a life, and more than 1,000,000 people have attended since 1983. With a variety of workshops to suit all needs, there is a program for everyone who wants to help.

#### **safeTALK**

safeTALK is a half-day alertness training that prepares anyone over the age of 15, regardless of prior experience or training, to become a suicide-alert helper. Most people with thoughts of suicide don't truly want to die, but are struggling with the pain in their lives. Through their words and actions, they invite help to stay alive. safeTALK-trained helpers can recognize these invitations and take action by connecting them with life-saving intervention resources, such as caregivers trained in ASIST.

Duration: 4 hours

(continued...)

## **Living Works Suicide Prevention Programs (cont.)**

### **ASIST**

Applied Suicide Intervention Skills Training (ASIST) is a two-day interactive workshop in suicide first aid. ASIST teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety. Although ASIST is widely used by healthcare providers, participants don't need any formal training to attend the workshop—anyone 16 or older can learn and use the ASIST model.

Duration: 2 days; 8 hours each day

### **suicideTALK**

suicideTALK invites all participants — regardless of prior training or experience — to become more aware of suicide prevention opportunities in their community. Dealing openly with the stigma around suicide, this exploration focuses upon the question "Should we talk about suicide?" By looking at this question in a number of different ways, session members can discover some of the beliefs and ideas about suicide in their communities—and in themselves.

Duration: 90 minutes to half a day

Trainers: Robert White, (209) 533-1397 x226, [rwhite@atcaa.org](mailto:rwhite@atcaa.org)

Martha Golay, (209) 533-1397 x274, [mgolay@atcaa.org](mailto:mgolay@atcaa.org)

\*These trainings are available for a fee unless participants attend an already-scheduled training in Tuolumne County.

## **BULLYING PREVENTION**

Bullying Prevention trainings are tailored to specific audiences of administrators, counselors, teachers, parents or community members. Schools can learn strategies to establish a three-tiered approach to preventing bullying and cyberbullying including Universal Prevention, Early Intervention and Intensive Intervention, and steps toward building a positive school climate.

### **Understanding Bullying**

What is bullying, and just as importantly, what is not bullying? This session focuses on research-based solutions to promote a healthy and positive climate and establish systematic action plans to reduce bullying on school campuses. Topics include: building a positive school culture, creating prevention and intervention approaches, developing strategies for use in the classroom and working with parents, developing policies, protocols and resources, recognizing, assessing, documenting and handling bullying, and understanding cyberbullying.

Duration: 1 hour

### **Cyberbullying and Youth Technology Use**

This session looks at the factors that contribute to cyberbullying. Current youth trends in cyberbullying, social networking and other technology are covered. Prevention and intervention strategies specific to cyberbullying are presented. Participants learn skills to talk to students about cyberbullying and technology use.

Duration: 1 hour

Sponsored by: The Resource Connection

Trainers: Yvonne Fought and Liz Gilbert, (209) 754-6183, [yfought@trcac.org](mailto:yfought@trcac.org)

## **MINDFULNESS**

### **Mindfulness for Educators 101**

Introducing neuroscience-based mindfulness, this overview is relevant for teachers and support staff. Mindfulness has been taught in classrooms and transformed schools over the past decade.

Duration: 1.5 – 2 hours

Trainer: Sally Arnold, RN, BSN, MA, certified mindfulness educator

Sponsored by: First 5 Calaveras/MHSA

Contact: Joyce Peek, (209) 754-6916, [jpeek@co.calaveras.ca.us](mailto:jpeek@co.calaveras.ca.us)

### **Mindfulness Fundamentals for Teachers**

This comprehensive neuroscience-based mindfulness program builds on concepts presented each week. Attention, focus, self-regulation, awareness, and empathy are all learned skills. Participants learn mindful-based tools for both their personal and professional lives.

Duration: 3-part series, 1.5-2 hours each

Trainer: Sally Arnold, RN, BSN, MA, certified mindfulness educator

Sponsored by: First 5 Calaveras/MHSA

Contact: Joyce Peek, (209) 754-6916, [jpeek@co.calaveras.ca.us](mailto:jpeek@co.calaveras.ca.us)

### **Wellness in the Workplace**

This is a three-part series teaching mindfulness strategies to reduce stress in the workplace. Participants will learn about the history and research that supports mindfulness, strategies to respond instead of react, and the brain science behind stress. Mindfulness tools to enhance interactions with clients and co-workers will be introduced, as well as self-care practices to support personal wellness.

Duration: 3-part series, 1.5-2 hours each

Trainer: Sally Arnold, RN, BSN, MA, certified mindfulness educator

Sponsored by: First 5 Calaveras/MHSA

Contact: Joyce Peek, (209) 754-6916, [jpeek@co.calaveras.ca.us](mailto:jpeek@co.calaveras.ca.us)

### **Mindful Parenting**

Mindful Parenting is a neuroscience-based approach to understanding our child's behavior as well as our own. This course teaches parents how to reconnect with their children and themselves, and how to find calm in the midst of chaos. The course includes the latest research that will give families the tools to feel less stressed, more connected and happier.

Duration: 3-part series, 1.5-2 hours each

Trainer: Sally Arnold, RN, BSN, MA, certified mindfulness educator

Sponsored by: First 5 Calaveras/MHSA

Contact: Joyce Peek, (209) 754-6916, [jpeek@co.calaveras.ca.us](mailto:jpeek@co.calaveras.ca.us)