



2021-2022

School Based Mental Health Training Series

Part 2

February 17
2:00 pm - 4:00 pm

March 17
2:00 pm - 4:00 pm
[Register Here](#)

No Cost

DEI AND SCHOOL BASED MENTAL HEALTH: A 2-PART SERIES

This session will explore diversity, equity and inclusion and discuss their role within school communities and within the practice of school based mental health. This session will define common terms and concepts including Cultural Humility, Cultural Competence and Intersectionality. Participants will deepen their own cultural self-awareness, enhance understanding of Culturally Responsive Trauma Informed Care, and learn how to support creating a positive school climate. In collaboration with and including speakers from CARS, CHOC, and MHTTC.
Target Audience: School Social Workers, School Psychologists, School Counselors, and Licensed Clinicians

March 9
2:00 pm - 3:30 pm
[Register Here](#)

No Cost

CBT INTERVENTIONS FOR ANXIETY AND DEPRESSION

This session will provide Cognitive Behavioral Intervention to support students that are experiencing symptoms of Anxiety and Depression. SBMH Staff will be taught strategies that they can teach educators to promote healthy classroom environments to build student's resiliency. Attendees will learn about the prevalence of anxiety and depression, risk and protective factors, impact of these conditions on learning, and how school connectedness can reduce the symptoms of anxiety and depression. In collaboration with HOAG and presented by Miriam Bustamante, LCSW.
Target Audience: School Social Workers, School Psychologists, School Counselors, Licensed Clinicians

March 23
2:00 pm - 3:30 pm
[Register Here](#)

No Cost

LGBTQIA+ AND MENTAL HEALTH

Learn effective strategies to create an inclusive and safe environment for your school's LGBTQIA+ community. This session will cover common terms, identify risk factors, stages of identity development, coming out process, behavioral interventions, and strategies to be an affirmative school mental health professional. This session will also provide a review of latest legislation related to LGBTQIA+ students. In collaboration with OC ACCEPT and CHOC.
Target Audience: School Social Workers, School Psychologists, School Counselors, Licensed Clinicians

March 30
2 p.m. - 3:30 p.m.
[Register Here](#)

No Cost

HOW TO SUPPORT THE TREATMENT OF EATING DISORDERS

A CHOC Pediatric Psychologist specializing in the treatment of eating disorders among children and adolescents will lead a presentation for school communities, including educators and school-based mental health professionals, that explores common eating disorders; strategies for recognizing and supporting students with disordered eating in the school setting; clinical assessment goals and tools; and eating disorder services at CHOC and throughout Orange County available for student referral. In collaboration and featuring presenters from CHOC.
Target Audience: School Based Mental Health Teams, School Nurses, Coaches, Educators

For information regarding registration please contact
Maria Hernandez at (714)966-4380 or mhernandez@ocde.us
For more information regarding professional development opportunities and resources please contact
Alva Alvarez at (714)966-4426 or aalvarez@ocde.us
For additional information regarding our program please visit our website at
<https://ocde.us/EducationalServices/toast/mhss/Pages/default.aspx>