Green TEAR Initiative

Teach, Empower, Advocate, Recover

Presents

Mental Wellness for All:

A Virtual World Mental Health Day Forum

World Mental Health Day is October 10th. This year's theme is "Mental Health for All: Greater Investment – Greater Access." Please join us and our partners in a three-day virtual commemoration beginning October 9, 2020, and ending October 11, 2020.

We are offering a selection of live and pre-recorded webinars on an array of important topics related to mental health – all FREE! We have laid out the agenda so that you may choose to attend one or all webinars, and more will be added soon! Please follow us on Facebook for updates, or email jknudson@greentearinitiative.org with any questions.

We hope you enjoy your experience, as well as gain greater awareness and appreciation for the many aspects of life that affect – and are affected by – mental health.

We all have mental health, and we all deserve wellness!

Green TEAR Initiative PRESENTS ***Mental Wellness for All:***

Teach, Empower, Advocate, Recover ***A Virtual World Mental Health Day Forum***

Friday, October 9, 2020 (All times are EST.)

11:00 AM – 12:00 PM ***Unity in Resilience*** ***LIVE***

You are invited to a free, live webinar in which we will premier our virtual compilation of messages of wellness, hope, and recovery, along with artistic expressions. This presentation will be followed by a live Q & A session concentrated on two questions:

How have you strived to maintain mental wellness during the pandemic?
How can you help increase awareness and end stigma about mental health?

Facilitators are Michael Lonergan, Human Services Advocate at Western Connecticut Mental Health Network-Torrington Area, and Dana Mihaylo, Therapeutic Mentor with Young Adult Services at Western Connecticut Mental Health Network-Torrington Area.

Register: https://us02web.zoom.us/webinar/register/WN_NpJp3BhWS2WnrK718lxqNg
An email containing a link to join via Zoom will be sent prior to the scheduled presentation.

12:30 PM – 1:30 PM ***Minority Inequality in Mental Health*** ***LIVE***

Learn about obstacles and stigmas minority populations face in accessing mental health care, from a panel of mental health experts who identify as minorities themselves! This is a free, live presentation, and there will be a Q & A session following the panel.

Panel members include Adam Lytton, Program Manager with Supported Employment and Supported Housing Programs at Prime Time House, Inc.; Jimmy Pretty, Advisor with the Recovery and Wellness Program at Western Connecticut Mental Health Network-Torrington Area; Omar Rivera, Supervising Clinician with Young Adult Services at Western Connecticut Mental Health Network-Torrington Area; and Yonique Hendricks, Housing Coordinator at Western Connecticut Mental Health Network-Danbury Area. Moderators are Jacque Williams, Disc Jockey and "City Views" Host, and Jessica Knudson, Executive Secretary & Director of Communications at Green TEAR Initiative, Inc.

Register: https://us02web.zoom.us/webinar/register/WN_2rKl4QlnSDqAXnIAKcVz8A
An email containing a link to join via Zoom will be sent prior to the scheduled presentation.

2:00 PM – 3:30 PM ***Question, Persuade, Refer (QPR) Suicide Prevention Gatekeeper Training*** ***LIVE***

QPR is an evidence-based suicide prevention program that teaches three steps anyone can take to save a life. Become a Gatekeeper! Learn how to recognize signs of suicidal ideation, offer help, and connect to suicide prevention and crisis resources. This will be a free, live online training, and attendees will be able to ask questions. Registrants who are in attendance for the entirety of the training will receive QPR certification. (Certificates will be emailed to attendees following the training.) Facilitators are Kathy Hanley and Abby Wood, Behavioral Health Directors at Western Connecticut Coalition.

Register: https://us02web.zoom.us/webinar/register/WN_cYMQooqDTo-dhXSmAa4erA
An email containing a link to join via Zoom will be sent prior to the scheduled training.

3:45 PM – 5:00 PM ***Narcan Overdose Prevention Training*** ***LIVE***

Gain knowledge about different opioid drugs, risk factors, and signs and symptoms of an opioid overdose. Learn prevention strategies and how to obtain and administer Narcan (naloxone), a drug that can reverse the effects of such an overdose. Become familiar with the Good Samaritan Law, as well as treatment and support resources. This will be a free, live online training, and attendees will be able to ask questions. Registrants who are in attendance for the entirety of the training will receive a free Narcan kit. (Directions for picking up a kit will be provided during the training.) Facilitators are Kathy Hanley and Abby Wood, Behavioral Health Directors at Western Connecticut Coalition.

Register: https://us02web.zoom.us/webinar/register/WN_OevIaRU5TsiclRiCNV01EA
An email containing a link to join via Zoom will be sent prior to the scheduled training.

Green TEAR Initiative PRESENTS *Mental Wellness for All:*

Teach, Empower, Advocate, Recover ***A Virtual World Mental Health Day Forum***

Saturday, October 10, 2020 (All times are EST.)

11:00 AM-1:00 PM ***Supporting Recovery during the Transition to Adulthood*** ***LIVE***

This presentation is designed for those working with young people who are engaged in mental health and addiction services. Through a developmentally and generationally relevant approach, gain a deeper understanding of what recovery looks like during the transition to adulthood. The possibility of recovery offers a path forward to living a life of self-defined purpose. This free webinar will be live, and attendees may interact with the presenter, Michaela I. Fissel, Executive Director of Advocacy Unlimited, Inc.

Register: https://us02web.zoom.us/webinar/register/WN_dALMdvF1R8ibXFwf3bqF-w
An email containing a link to join via Zoom will be sent prior to the scheduled presentation.

1:00 PM – 2:00 PM ***Introduction to Gambling Disorder – Part 1***

This webinar will discuss an overview of gambling disorder. Participants will develop an understanding of what is considered gambling, the progression from gambling for fun to struggling with problems relating to gambling, similarities/differences compared to substance use/mental health issues, and evidence-based clinical interventions used with clients in treatment. Trainers will aid participants in how to infuse gambling education and awareness into work that is already being provided, as well as discuss DSM 5 criteria, screening tools, resources, and the referral process.

This free, pre-recorded training is offered in two parts by the Connecticut Council on Problem Gambling. Trainers are Kaitlin Foshay Brown, Licensed Professional Clinician, Internationally Certified Gambling Counselor, Board Approved Clinical Consultant with the National Council on Problem Gambling, and Director of Programs & Services at the CT Council on Problem Gambling; and Stephen Matos, Recovery Support Specialist, Internationally Certified Gambling Counselor, and a person in long-term recovery of over 32 years from gambling, alcohol, and as a person affected from problem gambling.

A link to this training will be posted at the indicated time to www.facebook.com/greentearinitiative.

2:00 PM – 3:00 PM ***Empower Workshop*** ***LIVE***

Join us for a free, live online workshop focusing on holistic healing – body, mind, and spirit. The workshop will begin with gentle yoga, followed by a discussion about self-esteem, and end with a guided meditation. This workshop is open to anyone of any gender who is seeking empowerment! Facilitators will be Sunny Swearsky, Certified Sexual Violence Advocate and Holistic Practitioner, and Heather Labbe, Certified Sexual Violence Advocate and Trauma Informed Yoga Instructor, both from the New Britain YWCA.

Register: https://us02web.zoom.us/webinar/register/WN_88tIqX_0SzipI6k1AJyE3g
An email containing a link to join via Zoom will be sent prior to the scheduled workshop.

4:00 PM – 5:00 PM ***Mental Health First Aid – A Community Bridge to Care*** ***LIVE***

Mental Health First Aid is a public health certificate training often called "CPR for the mind". Founded in Australia in 2000 and managed in the U.S. by the National Council for Behavioral Health, Mental Health First Aid teaches participants how to respond to signs of mental health and substance use problems. The training teaches skills needed to reach out and provide initial support to someone who may be developing a mental health challenge or experiencing a crisis - offering the possibility of earlier intervention and recovery.

This free, informational webinar will be live, and attendees will be able to ask questions. If you are interested in Mental Health First Aid certification, please visit www.mentalhealthfirstaid.org for a training near you. The presenter, Valerie English Cooper, is a Mental Health First Aid instructor (Mental Health First Aid, Youth Mental Health First Aid, and Teen Mental Health First Aid), as well as a trainer for the National Council for Behavioral Health, certifying instructors nationwide. Valerie founded the Mental Health Education Collaborative in 2019 to provide Mental Health First Aid training to businesses, schools, and communities throughout Connecticut.

Register: https://us02web.zoom.us/webinar/register/WN_BHpZrnROQQ6bUKdHMY_wFg
An email containing a link to join via Zoom will be sent prior to the scheduled webinar.

Green TEAR Initiative PRESENTS *Mental Wellness for All:*

Teach, Empower, Advocate, Recover ***A Virtual World Mental Health Day Forum***

Sunday, October 11, 2020 (All times are EST.)

10:30 AM – 11:30 AM ***Finding Solid Ground: How to Make Emotional Safety a Priority during the Coronavirus Pandemic***

We are living through a shared experience that is challenging and scary. With this comes feelings, thoughts, and sensations that are new, but also commonly experienced, and can result in finding ourselves ungrounded and unsafe, with little sense of agency in our lives. In this webinar, learn about healthy ways of coping during times of grief and stress so you can protect your mental, emotional, and physical health. This free webinar is pre-recorded and presented by Remi Kyek, Chief Experience Officer at Mental Health Connecticut.

A link to this presentation will be posted at the indicated time to www.facebook.com/greentearinitiative.

12:00 PM – 1:00 PM ***Introduction to Gambling Disorder – Part 2***

This webinar will discuss an overview of gambling disorder. Participants will develop an understanding of what is considered gambling, the progression from gambling for fun to struggling with problems relating to gambling, similarities/differences compared to substance use/mental health issues, and evidence-based clinical interventions used with clients in treatment. Trainers will aid participants in how to infuse gambling education and awareness into work that is already being provided, as well as discuss DSM 5 criteria, screening tools, resources, and the referral process.

This free, pre-recorded training is offered in two parts by the Connecticut Council on Problem Gambling. Trainers are Kaitlin Foshay Brown, Licensed Professional Clinician, Internationally Certified Gambling Counselor, Board Approved Clinical Consultant with the National Council on Problem Gambling, and Director of Programs & Services at the CT Council on Problem Gambling; and Stephen Matos, Recovery Support Specialist, Internationally Certified Gambling Counselor, and a person in long-term recovery of over 32 years from gambling, alcohol, and as a person affected from problem gambling.

A link to this training will be posted at the indicated time to www.facebook.com/greentearinitiative.

1:15 PM – 1:45 PM ***Laughter Yoga LIVE***

Your body knows how to laugh, regardless of what is on your mind or how you are feeling. Laughter yoga is a combination of laughter exercises and yoga breathing techniques that help to strengthen your immune functions, bring more oxygen into your brain and body, and foster positive feelings. Join Althea Mabayoje, Certified Laughter Yoga Instructor, in practicing the joyful art of laughter yoga. No equipment needed. This free session will be live.

Register: https://us02web.zoom.us/webinar/register/WN_vHF4LZqaRkKG4YLWUtZWQQ
An email containing a link to join via Zoom will be sent prior to the scheduled session.

2:00 PM – 3:15 PM ***Art Mindfulness Using Vincent van Gogh's "Starry Night" LIVE***

Join artist Katie Atkinson as she guides you in creating your own interpretation of Vincent van Gogh's famous "Starry Night" painting, while you practice remaining in the present, experiencing flow and gratitude. Just the process of looking for things to feel grateful about helps to strengthen the brain's neural pathways and move in an upward direction from a depressed or negative state, and making art creates many of the same feelings as being in a state of meditation. As you work, you may discover insights about your healing journey. Preferred mediums are ones that are dry (so your final product will not run or drip if held up to show), but you may use oil pastels, chalk, colored pencils, paint, markers, crayons, colored paper scraps, craft supplies – whatever you have handy and enjoy working with! This free class will be live, and you will have the opportunity to share your work, if you choose.

Katie Atkinson has facilitated many recovery groups and has lead creative therapeutic art workshops for Mountainside Treatment Center and the Center for Human Development, as well as arts organizations and museums. You can read more about Katie's background at www.katieatkinsonillustrator.com.

Register: https://us02web.zoom.us/webinar/register/WN_g-KjkVmvT5GwVEYr3yywvQ
An email containing a link to join via Zoom will be sent prior to the scheduled class.