



HOME

**Helpful Opportunities for
Mental Health Education**

Pasadena Mental Health Day

May 18, 2019

PASADENA CENTRAL LIBRARY
285 E. Walnut Street • Pasadena

PRESENTED BY





"You may know from your own personal experience that when someone demonstrates compassion for another, movement can happen. As we move forward in advocating for mental health and quality of life, I ask each of you to boldly consider what your mental health challenge is AND what meaningful impact you would like to make. Mental health applies to every one of us. Let's learn about ways to be more compassionate toward our own mental health needs, and the needs of others, by making it a state of mind."

The starting point is awareness, and it can start with a mental health day event. Pasadena Mental Health Day 2019, "HOME: A State of Mind" is a helpful opportunity for MENTAL HEALTH education [H.O.M.E.] and EMPOWERMENT for those facing mental health challenges and for those seeking ways to advocate for themselves and those in need!

Opportunities to serve, as well as compassion and companionship, are key to our healing and health. Thank you for taking the first step by attending PMHD2019. I hope you discover the benefits of healthy living and coping, community engagement, and compassionate service on mental health and homelessness. The entire community stands to gain when we learn and build together, and demonstrate compassion for one another - Make it a state of mind."

- **Salina Corral, PsyD**, Chair Pasadena Mental Health Advisory Committee



Keynote Speakers -

Chef Tony & Ann Lancaster of Hope Café & Catering

For over 25 years, Chef Tony and his wife, Ann Lancaster, have been serving up great meals throughout California and "restoring hope one order at a time" through their business HOPE Cafe and Catering. Local Pasadena restauranteurs Tony and Ann, employ those who have been denied employment or have been seen as unemployable, including the homeless, the homeless in transition, veterans with post-traumatic stress disorder, and adults with physical and mental challenges. Hope Café's mission is: "to reach the outcast, the outsourced, the overlooked, and teach them a trade, teach them how to feed themselves, feed their families and feed the community."

Community Resource Fair

- Casa Treatment Center
- Day One
- Disability Rights California
- Five Acres
- Foothill Family Services
- Friends in Deed
- Heritage Clinic
- Hillsides/Bienvenidos
- Huntington Hospital
- Los Angeles County Department of Mental Health
- Lumos Transforms
- National Alliance on Mental Illness (NAMI)
- National Asian Pacific American Families Against Substance Abuse (NAPAFASA)
- Pasadena Humane Society & Helping Paws
- Pasadena Office of the Young Child (Hub)
- Pasadena Police Department & HOPE Team
- Pasadena Public Health Department, Black Infant Health Program
- Pasadena Public Health Department, Maternal Child & Adolescent Health Program
- Pasadena Public Health Department, Tobacco Control Program
- Pasadena Public Health Department, Wraparound Project, Healthy Aging & Wellness & PORT
- Pasadena Public Library
- Pierre-Etienne Vannier, MSc., CHt.
- Recovery International
- Southern California Resource Services for Independent Living (SCRS-IL)
- Teen Line

Resource Guides & Materials

Pasadena Youth Mental Health Education Kits are now available! These kits come complete with a variety of mental health training materials for youth or adults who work with youth. If you are a youth leader or educator in Pasadena and are interested in receiving a kit, contact Jane Gov at jgov@cityofpasadena.net by April 30 and after May 1 contact Deborah Niblick at dniblick@cityofpasadena.net.

Pasadena Public Library Consumer Health Guide:
cityofpasadena.libguides.com/consumerhealth

Pasadena Public Library Consumer Health Guide on Mental Health
cityofpasadena.libguides.com/consumerhealth/mentalhealth

Teen Webguide:
cityofpasadena.libguides.com/webteen

AGENDA

- 10:00 a.m. Welcome & Opening Remarks**
Salina Corral, PsyD, Chair
Pasadena Mental Health Advisory Committee
- Proclamation**
Terry Tornek, Mayor
City of Pasadena
Donald Wright Auditorium
- 10:30 a.m. Break**
Mingle & Refreshments
- 10:45 a.m. Keynote Speaker**
Chef Tony & Ann Lancaster of Hope Café & Catering
Donald Wright Auditorium
- 11:15 a.m. Break/Resource Fair**
Great Hall & South Lawn

ADULT ZONE • AGES 19+

- 11:30 a.m. WORKSHOPS**
Mindfulness Practice: Facing Life's Challenges with Awareness & Compassion
Learn mindfulness tools to assist you during challenging moments in your life.
Facilitator: Ann D'Angelo, M.A. Mindfulness Educator
Children's Story Room
- Practical Exercises to Release Chronic Stress and Improve Sleep**
Discover how to use your body to naturally reduce stress and feel better.
Facilitator: Pierre-Etienne Vannier, MSC, CHT
Studio on 4th
- 12:15-1:00 p.m. "In Our Own Voice"**
Speakers share their stories of living with mental health challenges and the paths they took to achieving recovery.
Facilitator: Sally Sagario - In Our Own Voice Program Coordinator, NAMI-Los Angeles
Donald Wright Auditorium
- 1:00-1:15 p.m. BREAK/RESOURCE FAIR**
Great Hall & South Lawn
- 1:15 p.m. WORKSHOPS**
Mindfulness Practice: Facing Life's Challenges with Awareness & Compassion
Learn mindfulness tools to assist you during challenging moments in your life.
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Studio on 4th
- 2:00 p.m. EVENT CONCLUDES**

YOUTH EMPOWERMENT CORNER • AGES 12-19 West Patio & West Lawn

- 11:30 a.m. Engaging Youth Experiencing Homelessness (Panel)**
Discover available resources from local leaders and previously homeless youth.
Facilitator: Nancy Verdin, Day One & Te Jay McGrath, Pasadena Public Health Department
- 12:15 - 1:15 p.m. Lunch/ Youth PhotoVoice Showcase**
"On my way home..." is a Photo Voice project that explores Pasadena neighborhoods through the eyes of local youth, the journey's they experience on their way home, and the conflicting messages they encounter about alcohol, marijuana and other substances. Curated by Day One Youth Advocates.
- 1:15 p.m. WORKSHOPS**
Yoga: Stretch and strengthen your mind, body, and soul. Learn tips for relaxing.
Facilitator: Day One
- Art Therapy:** "A Window between Worlds." Learn communication skills to enhance your relationships and mental health through art.
Facilitator: Teresa Montes- Montalvo
- 2:00 p.m. EVENT CONCLUDES**



To register, email Deborah Niblick at dniblick@cityofpasadena.net.

2019 Pasadena Mental Health Advisory Committee

Salina Corral, PsyD
Chair

Ann D' Angelo, M.A.
Mindfulness Educator
Be Mindful Breathe

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Leadership Pasadena

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Director of Administration
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Community Prevention Coordinator
Day One

HOPE Team
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Social and Mental Health Programs
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Mind-Body Practitioner &
Program Development Specialist
Healing Arts Center of Altadena

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Prevention Programs Coordinator
Day One

Heather Wall, LMFT
Alumnae Coordinator
Casa Treatment Center

Christy Zamani
Executive Director
Day One

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