



California's Virtual MHFA Summit 2020

October 6th & 7th 2020



Hosted by the California Council of Community Behavioral Health Agencies

October 6, 2020 - 9 am to Noon An Overview of the Latest MHFA National and State Efforts

9:00 am CBHA Welcome

Le Ondra Clark Harvey, Ph.D., CEO, California Council of Community Behavioral Health Agencies

9:15 am Meet Our Sponsors

Yener Balan, MD, DFAPA, Vice President, Behavioral Health and Specialty Services for the Kaiser Permanente Northern California Region

Courtne Thomas, Policy Advisor, Human Resources and Admin Coordinator, NextGen Policy

9:20 am – 10:00 am Updates from the National Council for Behavioral Health

Tramaine EL Amin, Assistant Vice President, Strategic Partnerships, National Council for Behavioral Health

Learn about the latest MHFA news and efforts at the national level. Hear what is going on throughout our country, Mental Health First Aid successes, and new initiatives.

10:00 am – 10:40 am Law Enforcement Training: Implementation, Challenges & Success

Tony Campbell, Workplace Violence Prevention Consultant, LLC.

National trainer will talk on MHFA trainings and efforts to address the unique mental health challenges faced by law enforcement and other emergency responders.

10:40 am – 10:55 am Break

10:55 am – 11:30 am Reaching Our Youth in California

Monica Nepomuceno, MSW, Education Programs Consultant, Mental Health Services Program, California Department of Education

Sara Geierstanger, Research & Evaluation Director, Institute for Health Policy Studies, University of California, San Francisco

Monica and Sara will review the strides of CDE's Project Cal-Well in delivering Youth Mental Health First Aid to school staff and will share how partnerships, funding, and marketing approaches have led to successful outcomes.

11:30 am - 12:05 pm CBHA Members Discuss Collaborative Outreach Efforts

Child and Family Guidance Center

Jelga Ramirez, Community Outreach Program Coordinator, Child and Family Guidance Center (YMHFA Instructor, Teen MHFA pilot); **Mileydi Ramirez**, Outreach and Enrollment Specialist, Child and Family Guidance Center (YMHFA Instructor)

Jelga and Mileydi will share on the teen MHFA pilot they just completed at a High School in Northridge. Hear about the YMHFA trainings they provide in both English and Spanish at various locations including schools, parent centers, and other community-based agencies.

San Fernando Valley Community Mental Health Center, Inc.

Tim Ryder, President & CEO; **Charlie Rubin**, Director of Volunteer Services, Certified MHFA Trainer; **Reggie**

Gallardo, Director of Administrative Services & HIPAA Privacy Official, and Certified MHFA Trainer

Tim, Charlie, and Reggie will share on their efforts to increase training in their community, including partnering with their local legislative offices, and reaching out to their local law enforcement agencies.

12:10 pm – 12:30 pm Closing Questions and Comments

We thank the following sponsors for support in bringing the Summit to California.





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October 7, 2020 - 9 am to 2:30 pm *Instructor-Focused Day: Training Updates, Strategies & Learning*

9:00 am CBHA Opening Remarks

Le Ondra Clark Harvey, Ph.D., CEO, California Council of Community Behavioral Health Agencies

Sara Kahoalii, MNA, Director of Programs and Operations, California Council of Community Behavioral Health Agencies

9:10 am Meet Our Sponsors

Courtne Thomas, Policy Advisor, Human Resources and Admin Coordinator, NextGen Policy

Yener Balan, MD, DFAPA, Vice President, Behavioral Health and Specialty Services for the Kaiser Permanente Northern California Region

9:20 am – 9:40 am Summit 2nd Day Kickoff

Gina Ehlert, M.Ed., National MHFA Trainer

Suzanne Pearlman, M.A., National MHFA Trainer

ALGEE, MHFA Professor Emeritus

National Trainers and the Mental Health First Aid mascot will get us acquainted with how our day will look and what we need to know to interact fully in the workshops.

9:40 am – 10:00 am Break/MHFA Olympics – Mental Feats of Strength

10:00 am – 10:40 am MHFA 2.0 – Training Updates in the Virtual World

Tramaine EL Amin, Assistant Vice President, Strategic Partnerships, National Council for Behavioral Health

Anne Chapman, Director of Strategic Partnership, National Council for Behavioral Health

Learn about the latest updates to the training manuals, online learning options, and how COVID has changed the training and outreach landscape.

10:40 am – 11:10 am Elevating Your In-Person and Virtual Facilitation, Part I

Gina Ehlert, M.Ed., National MHFA Trainer

Suzanne Pearlman, M.A., National MHFA Trainer

This interactive workshop will have participants comparing and contrasting the virtues and benefits of virtual and in-person training. Specific activities from the new MHFA 2.0 curriculum will also be discussed.

11:10 am – 11:30 am MHFA Olympics – Winter Games, Part I

11:30 am – 12:00 pm Integrating the Principles of Trauma Informed Care into your Training Methods

Suzanne Pearlman, M.A., National MHFA Trainer

Gina Ehlert, M.Ed., National MHFA Trainer

Keeping participants in the classroom psychologically safe while discussing sensitive topics can be a real challenge at times. This workshop will focus on the principles of Trauma Informed Care as they apply to training a MHFA course.

12:00 pm – 1:00 pm Lunch Break

1:00 pm – 1:15 pm MHFA Olympics – The Winter Games, Part II

1:15 pm – 1:45 pm

Elevating Your In-Person and Virtual Facilitation, Part II

Gina Ehlert, M.Ed., National MHFA Trainer

Suzanne Pearlman, M.A., National MHFA Trainer

This course will focus primarily on Andragogy, or Adult Learning Theory. Tips, strategies and concepts that help adult learners retain information will be covered.

1:45 pm – 2:15 pm

Facilitating with Intention: Unconscious Bias and You

Suzanne Pearlman, M.A., National MHFA Trainer

Gina Ehlert, M.Ed., National MHFA Trainer

Understanding our own biases can be helpful to addressing situations that may arise in the classroom. This workshop will have participants explore identity and bias.

2:15 pm – 2:30 pm

Celebration of the Remarkable Koala-ties of California Instructors

2:30 pm – 2:45 pm

Future Collaborations, Final Questions & Closing

Group discussion led by CBHA on how mental health leaders, educators, and trainers can continue to collaborate moving forward and support policies and funding to promote training in our communities.

Thank you for attending the 3rd California Mental Health First Aid Summit hosted by CBHA.

We hope to see you at the next Summit!

We thank the following sponsors for their support and help in bringing the Summit to California.

