



## Discussions that Matter in 2020

No-Cost Intensive  
Learning Opportunity!

*Are you a mental health clinician, school mental health staff, or peer specialist who feels exhausted and/or overwhelmed by the job of providing mental health services while also surviving 2020?*

*Would you benefit from a space to decompress, process, and engage in self and community care?*

*Do you seek ways to support clients and colleagues of color and yourself by addressing community-specific chronic stress from systemic bias within mental health services and society at large?*

If you answered yes to the above questions, please apply for "[Discussions that Matter in 2020](#)."

**Background:** 2020 is challenging Mental Health and School Mental Health (MH/SMH) providers to develop skills typically absent from clinical training programs like how to provide services in a global pandemic, how to replace police as first responders to 911 calls, or how to serve people of color who are hardest hit by COVID-19, systemic violence, and virtual schooling across a digital divide. Social workers, psychologists, marriage and family therapists, peers, and the school mental health workforce have adapted quickly to 2020's crises. The cost of this rapid adaptation might range from exhaustion and toxic stress to burnout and trauma. MH/SMH providers and Peer Specialists of Color face the additional burdens of employers asking them to manifest agency promises of diversity and inclusion while clients of color specifically request their care to address mental health challenges associated with community-specific chronic stress. White MH/SMH who are committed to an equitable and just society, may be unsure where to begin addressing biases that differentially affect communities of color and poor communities in mental health systems and services.

Clinical training programs -whether for the general or school mental health workforce- typically do not teach about the distinct strengths and resiliencies of communities of color nor the unique knowledge, skills, and abilities of the Peer Workforce that are especially relevant to surviving and thriving amidst chronic stress, plagues, and systemic violence. "Discussions that Matter in 2020" is an opportunity for MH/SMH providers and Peer Specialists to:

1. Learn how to care for themselves, their clients, and the larger community from skills in self-regulation to systemic change
2. Learn about the strengths and resiliencies of communities of color
3. Learn from Peer Specialists and build coalitions across disciplines of multicultural staff to strengthen the mental health workforce and improve the continuum of MH/SMH care

**What: No-Cost** 90-minute sessions for MH/SMH Providers and Peer Specialists to discuss major challenges that are affecting mental health clients, students, and service providers (e.g., COVID-19 pandemic, systemic violence, and economic recession). Up to **10.5 CE Hours available** for a \$35 processing fee.

**When and Where:** 3-4:30pm PST on Zoom on the following dates: 10/5, 10/19, 11/2, 11/16, 11/30, 12/7

Join us for 90 minutes of self-care skill building, facilitated Affinity Group discussions, and visioning a healthier, stronger, and more equitable tomorrow through community-care commitments. For more information, please read our Discussions that Matter in 2020 [Frequently Asked Questions Sheet](#) and email [pacificsouthwest@mhttcnetwork.org](mailto:pacificsouthwest@mhttcnetwork.org)

To maintain and build upon the strength of our community, please only sign up if you are able to commit to the seven sessions. **Space is limited**, please apply today and a team member will follow up with a response to your application!

**Apply here:** <https://tinyurl.com/DTM-2020-DiscussionSeries>