



Pacific Southwest Mental Health Technology Transfer Center (MHTTC) SUMMER 2019 LEARNING INSTITUTE

Date: Monday, June 24 & Tuesday, June 25, 2019
Time: 9:00 am - 4:00 pm each day
Where: DoubleTree Hotel Sacramento,
2001 Point West Way, Sacramento, CA 95815

No-Cost Intensive
Learning Opportunity!

<https://tinyurl.com/MHTTC-SummerInstitute>

Learning Institute Overview:

The Pacific Southwest MHTTC is pleased to offer five no-cost, state-of-the-art intensive learning sessions for the mental health workforce, including the school-based mental health workforce of: Arizona, California, Hawaii, Nevada, American Samoa, Guam, Marshall Islands, Federated States of Micronesia, Northern Mariana Islands, and Palau.

Each session is a day-long learning experience, independent of other sessions. **Participants are welcome to attend one or two Institute sessions.**

Please register in advance to session and date. Availability is on a first-come, first-served basis. **Registration extended to June 14th.**

Note: We kindly request that you only register for sessions you are confident you will attend. If you are no longer able to attend, please contact us at pacificsouthwest@mhttcnetwork.org so that we may provide your space to another participant.

Learning Institute Sessions:

Day 1, Monday, June 24th 9am-4pm	Day 2, Tuesday, June 25th 9am-4pm
Leading For and With Well Being, Resilience and Healthy Workplaces <i>The Pacific Southwest Mental Health Technology Transfer Center</i>	Supporting Children, Staff, and Schools at Times of Crisis and Loss <i>The National Center for School Crisis & Bereavement</i>
Emotionally Intelligent Leadership and Social Justice <i>Black Emotional & Mental Health Collective (BEAM)</i>	Emotionally Intelligent Leadership and Social Justice <i>Black Emotional & Mental Health Collective (BEAM)</i>
Creating School and District Systems for Employee Sustainability and Wellness <i>The Teaching Well</i>	Creating School and District Systems for Employee Sustainability and Wellness <i>The Teaching Well</i>
Hispanic and Latino Culture: Dialogue on School-based Mental Health <i>The National Hispanic and Latino MHTTC</i>	Hispanic and Latino Culture: Dialogue on School-based Mental Health <i>The National Hispanic and Latino MHTTC</i>

Available 6/24 ONLY: Leading For and With Well Being, Resilience, and Healthy Workplaces

Provided by the [Pacific Southwest MHTTC](#)



Join us for this interactive and dynamic session that explores what trauma is and how services, systems, and policies can become trauma-informed to best provide individuals the care they need. We begin with the basic theory and research to provide us with a framework for trauma-informed practices, and then examine what these practices look like across different systems, and dig into organizational level considerations for local providers, directors and managers of agencies, and mental health and education leaders. Participants receive guidance on how to create and enhance organizational practices that support healing and resilience. This session engages in learning on the following topics: self and organizational trauma informed organizational assessments; the impact of trauma and adverse childhood experiences on brain development, physical health, and behavioral health; the intersection of culture with trauma; the role of cultural and linguistic competence in policy and planning for programs, systems, structures and program design; opportunities for each participant or team to create a comprehensive strategic plan for strengthening efforts to be trauma-informed at both the policy and practice level; and, opportunities to engage

with one another and share practices, resources, strategies and tools that support their trauma-informed approach to project design and implementation.

Learning Objectives:

- Build and enhance the foundation of knowledge on trauma-informed care, emphasizing the impact of trauma and adversity as well as the critical role of healing and resilience in policy and program design, and its relationship to leading for and with healthy workplaces
- Promote the creation and enrichment of effective therapeutic and organizational practices that support the values of a trauma-informed system
- Identify actionable steps for generating system and organizational change to enhance the integration of trauma-informed care principles at both the policy and practice levels

Audience: System leaders, mental health service providers, mental health advocates, educators, administrators, executives, school site leadership district and state administrative leadership, and more!

Available 6/24 or 6/25: Emotionally Intelligent Leadership and Social Justice

Provided by the [Black Emotional and Mental Health Collective \(BEAM\)](#)



This training aims to support advocates, educators, administrators, executives, and other leaders in managing stress and trauma in their organizations. Participants will learn to adopt the necessary tools to incorporate emotional justice, equity, and wellness into their approach to leadership, as well as their organization's practices and processes.

The session focuses on improving mental health outcomes, alleviating stigma, and providing tools and skills in social-justice informed peer support for marginalized communities. Participants are provided with a broad overview of mental health diagnoses, therapy, and counseling skills. Participants are educated in the psychological impacts of transphobia, racism, misogyny, and homophobia.

Audience: System leaders, mental health service providers, mental health advocates, educators, administrators, executives

Available 6/24 or 6/25: Creating School and District Systems for Employee Sustainability and Wellness

Provided by [The Teaching Well](#)



This training tackles the complexity and opportunity of leading school organizations, cultures, agencies and environments with a sustainability lens by focusing on school employee wellness. We start with the personal sustainability of school site leaders and district personnel. We provide tools, dialogue, and resources for leaders to hone their well-being in authentic leadership. We will explore new lenses for approaching the reality of leading in high-trauma, under-resourced environments, along with navigating the challenging adult dynamics this context can create for on-site and district level leaders. The training explores the impact of our natural stress responses, and how to navigate while creating healthy boundaries that support sustainability for self and others.

Audience: School site teams, district leadership, school board of directors' members, county/region office of education leadership, state department of education leadership

Available 6/24 or 6/25: Hispanic and Latino Culture: Dialogue on School-based Mental Health

Provided by the [National Hispanic and Latino MHTTC](#)



Latinos are the second fastest growing ethnic population in the United States (US) and engaging Latino families and youth in schools to address mental health needs continues to be a growing concern. Increasing cultural awareness of mental health providers and professionals in school settings is a crucial component to increase access to mental health care for children and youth. Knowledge and use of concepts such as cultural humility, tailoring and adapting evidence-based practices, and integrating culturally alternative medicine into treatment plans will serve to increase dialogue between school professionals and Latino families while also increasing availability and access to appropriate mental health services. With mental health issues on the rise among Latino youth, the need for culturally appropriate services continues to remain at a deficit. A significant opportunity to bridge the gap between the need for mental health services for Latino youth and accessibility to appropriate services resides in school-based providers learning about important cultural elements in treating Hispanic and Latino youth.

Audience: School-based mental health providers, community-based mental health providers, school and district leadership, county/state education leadership, advocates of youth and young adult mental health

Available 6/25 ONLY: Supporting Children, Staff, and Schools at Times of Crisis and Loss

Provided by the [National Center for School Crisis and Bereavement](#)

Crisis and loss are common in the lives of students, whether due to a death or crisis involving a student's individual family or one that affects the entire community. These experiences can have a significant impact on children's capacity to learn in the classroom setting and a long-term impact on their social and emotional development. Classroom educators and other school professionals play a vital role in providing important support to students. Yet most educators and other school professionals have had limited to no professional training in how to support students in the aftermath of crisis and loss. This training helps classroom educators and other school professionals learn skills in how to talk with and support individual students or the entire class/school as they struggle to understand and cope with a crisis or loss in their lives. Together, we consider the common symptoms of adjustment reactions in children and adolescents that may occur in response to a crisis; the timeline for adjustment for children and teens after a crisis event; issues of professional self-care when supporting children who are grieving or adjusting to a crisis event; and more.

Audience: Pre-service teachers, teachers, school site leadership district and state administrative leadership, school counselors and psychologists (in-service / pre-service), social workers (in-service / pre-service), school nurses (in-service / pre-service)

Registration Information:

To register for any Institute session, visit: <https://tinyurl.com/MHTTC-SummerInstitute>

Registration extended to June 14th.

Continued Education Hours for CA Professionals (Optional):

Up to 12 Hours of Continuing Education Credit are available **for professionals licensed in California**. Course meets the qualifications for up to 12 hours continuing education credits for LMFTs, LCSWs, LPCCs and/or LEPs as required by the California Association of Marriage and Family Therapists (CAMFT). Credit also available for RNs and CCAPP.

C.E. Hours are offered by the Center for Applied Research Solutions (CARS) for \$25 for one day or \$35 for two days and must be paid in advance during the online registration process. No payment will be accepted onsite. Cancellation charges depend on when the written cancellation notice is received. A full refund will be given only if more than 2 weeks' notice is given of a cancellation, see below for refund rates.

- 2 weeks' cancellation notice = Full refund
- Less than 14 days' cancellation notice = No refund unless in exceptional circumstances, for which a medical certificate may be requested.

CARS is an approved provider for:
CCAPP #4N-08-923-0718, CA Board of Registered Nurses #16303, and CAMFT #131736

All participants who complete a full day are eligible for a certificate of participation per session.

Additional Information:

Travel. Participants are responsible for costs and coordination of their own travel accommodations. Lodging at the federal government rate can be reserved at the DoubleTree Hotel. [Click here for reservations](#).

Airport: The closest major airport to the hotel is Sacramento International Airport (SMF).

Parking. Parking is available onsite at the DoubleTree at the rate of \$5/day.

Meals. Participants are responsible for their own food and beverage. No food will be provided by the host in order to comply with federal funding regulations.

Questions?

For additional information regarding this event, please contact the Pacific Southwest MHTTC at 1-844-856-1749 or email pacificsouthwest@mhtcnetwork.org.

Can't make our Summer Institute?

Sign up for our distribution list to be the first in the know about our Fall 2019 Learning Institute:
tinyurl.com/pacsw-mh-news

This training is being provided by the Pacific Southwest MHTTC, funded by SAMHSA. To learn more about the Pacific Southwest MHTTC, visit: <https://mhtcnetwork.org/pacificsouthwest>