



Leader in  
Social Justice

## MENTAL HEALTH SOS! – Summer of Support 2021

*In recognition of the needs of our community members, we have put together a series of weekly sessions on relevant behavioral health and wellness topics. All sessions are FREE and open to all community members. Each week, a topic will be introduced and there will be a brief presentation followed by open Q&A and Discussion. Join for one, join for all! Help us to spread the word as we work to address the emotional toll of this past year and come together to work towards mental health and wellness post-pandemic.*

**All sessions will be held from 6:00 – 7:00pm on Tuesday evenings via Zoom**

<https://us02web.zoom.us/j/85335446529?pwd=QVBOT2o5Y2dDVGRMZytNZFJIS2NRZz09> Meeting ID: 853 3544 6529; Passcode: K1wbGn

DATE	TOPIC/DESCRIPTION	TEAM MEMBERS
June 22	<b>Managing stress as the world reopens for parents and caregivers:</b> This group will begin with an overview of how the loss and isolation of the Pandemic has affected the mental health of caregivers and children. We will explore the challenges of re-entering pre-pandemic ways of life for ourselves and our children. Focus will be on discussing tips and strategies for navigating stressors and coping with anxiety as we transition into a re-opening world.	Elizabeth MacCurrach, MA Schuyler Rees, Therapeutic Mentor
June 29	<b>How thoughts affect feelings and behaviors; Tips for parents and caregivers:</b> In this group, we will present an overview of Cognitive Behavioral Therapy (CBT), how our thoughts affect how we feel and behave. We will discuss how parents and caregivers can use the principles of CBT to support their children with reducing anxiety, gaining confidence, and building coping skills. Focus will be on teaching tips and strategies and opening discussion to participants to explore this topic.	Elizabeth MacCurrach, MA and Achiri Asongwed, M.Ed
July 6	<b>Positive Parenting Strategies:</b> Video clips and discussion of ways to build in a positive structure at home and what to do when children disobey or fight!	Christin Brown, LICSW and Mike Wilson, MSW Intern
July 13	<b>Sensory Strategies for Regulation:</b> We will be reviewing different sensory inputs and systems and discussing the role these play in emotional and physiological regulation. Participants will learn about various sensory activities they can use in their homes and in the community to promote emotional regulation for children (and adults) of all ages.	Tegan Polhamus, LICSW and Jacquelyn Kraps, Ph.D.

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July 20	<b>Family Voice and Choice:</b> Parents and caregivers are the experts on their own children. We will discuss what "Family Voice and Choice" means and ways to partner with your provider and collaborate on your family's needs and vision.	Jacquelyn Kraps, Ph.D. and Julie Lika, Senior Family Partner
July 27	<b>Recognizing and Treating Post-pandemic Trauma and Anxiety:</b> This group will begin with an overview of how trauma impacts the body and mind. It will then discuss the complicated grief over losses, and steps we can take to build resilience and care for ourselves and others as we heal.	Matt Peiken, LICSW and Dalene Basden, CHW
August 3	<b>Positive Psychology Interventions:</b> This group will explore how the pandemic affected different elements of wellbeing and how to rebuild a balanced approach to mental wellness. The group will include evidence-based approaches to increase contentment in kids and adults, and examine the importance of positive anticipation.	Gabe Pastel, LICSW and TBD
August 10	<b>Suicide Awareness and Prevention:</b> We will discuss the impact of racial trauma and the Covid-19 pandemic on rising numbers of youth suicide in America, what caring adults should know about suicide prevention, and ways to help or intervene if you have a concern.	Kyra Drescher, LICSW and Stephanie Rana, LICSW
August 17	<b>Self-Care for your Mental Health:</b> Two therapists and a Young Adult Peer Mentor will talk about how to recognize possible signs that your mental health is under stress, and proven everyday ways to take care of your emotions and mental wellbeing!	Christin Brown, LICSW; Frank Gomez, LMFT; and Taylor Mimms, Young Adult Peer Mentor
August 24	<b>Managing Negative Thoughts:</b> Learn practical strategies to manage negative self-talk adapted from CBT and Positive Psychology. Participants will have the opportunity for Q &A.	Crystal Contrino, LMHC and Matthew Dischinger LICSW
August 31	<b>Getting Ready for a New School year - What is Important?:</b> The 2021 "Back-to-School" season will be one like no other. After a year of great uncertainty, how can families help prepare their children for a strong start and positive school year? We will cover tips and strategies and answer your questions.	Amy Ackroyd, LICSW and Heyda Javier, Senior Family Partner
Sept 7	<b>Navigating the Mental Health System:</b> Our system is not an easy one to navigate. Learn about various levels of care and ways to access support when you need it, as well as helpers you can reach out to if you are having a challenging time.	Ben Broderick, LMHC and Jacquelyn Kraps, Ph.D.
Sept 14	<b>Wrapping Around Family's Needs:</b> What is wraparound? Our expert team will share about this model and how it is used in our Community Service Agencies as well as explore ways your family may benefit from something "more than" therapy alone.	Amy Ackroyd, LICSW and Bea Alvarado, Senior Family Partner

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