



MENU OF EDUCATIONAL OFFERINGS

CHOC Mental Health Education Program

Educational Focus: Impact of COVID-19

THE IMPACT OF THE COVID-19 PANDEMIC ON PEDIATRIC MENTAL HEALTH

Audience: Parents/General Community | **Languages Available:** English

Topic Age Range: Pre-K to 12th Grade

This presentation will review trends and data related to the impact of the COVID-19 pandemic on children's mental health. As part of the presentation, a CHOC Pediatric Psychologist will also provide strategies that parents and caregivers can employ to help ease their children back into pre-pandemic life. Educational objectives include the following:

- ✚ Review recent trends in mental health difficulties among children and adolescents
- ✚ Explore tips on how to identify mental health problems in your child
- ✚ Identify potential problem areas and strategies as children and adolescents return to an in-person academic setting and extracurricular activities

1-hour presentation | 50 minutes education + 10 minutes Q & A

NOW THAT SCHOOLS ARE OPENING, HOW CAN I PREPARE MY CHILD FOR RETURN?

Audience: Parents/General Community + School Staff | **Languages Available:** English

Topic Age Range: Pre-K to 12th Grade

This course will discuss how changes in routine/structure impact students' mental health and can limit their ability to learn. Participants will learn how to establish realistic expectations of students and how they can be supportive. Educational objectives include the following:

- ✚ Learn how the COVID-19 pandemic has impacted students/families' daily functioning and how to actively support their transition getting back to school

1-hour presentation | 50 minutes education + 10 minutes Q & A

HELPING YOUTH FIND THEIR VOICES IN A NEW SOCIAL LANDSCAPE: ANXIETY MANAGEMENT STRATEGIES DURING COVID-19

Audience: Parents/General Community + School Staff | **Languages Available:** English

Topic Age Range: Pre-K to 12th Grade

During COVID-19, children and adolescents experienced a surprising shift in their social relationships. For some youth, adjustment to extended periods of isolation led to self-doubt and a decreased sense of belonging. This presentation will discuss the signs and symptoms of social isolation in children and adolescents. The impact of social isolation on interpersonal relationships and school avoidance will be explored. Participants will be introduced to Cognitive Behavioral Therapy or CBT-informed interventions which target emotional resilience in youth. School personnel will be introduced to behavioral techniques that help foster peer social engagement in the school setting. Educational objectives include the following:

- ✚ Discuss the impact of social isolation during COVID-19 on social relationships and school engagement
- ✚ Apply behavioral strategies that help promote emotional health

Parents/General Community: 1-hour presentation | 50 minutes education + 10 minutes Q & A
School Staff: 1.5-hour presentation | breakout rooms & discussions

Before You Begin

EXPLORING OUR MENU

As you will see in exploring our menu, the CHOC Mental Health Education Program provides extensive educational offerings that focus on different pediatric mental health topics across various age ranges. We invite you to explore the full menu and consider scheduling a session(s) that meet the unique needs of your family, your organization, and/or the communities you serve.

SELECTING A SESSION

Our menu is organized both by overarching educational focus as well as by the sequence of sessions that we believe optimally supports your understanding of these key topics. For example, before diving into the specialty topic of Trauma-Informed Care, we recommend you consider first establishing a foundational knowledge in pediatric mental health, including anxiety and depression.

CONNECTING WITH US

If you are interested in scheduling a training or have any questions about our educational offerings, please contact our Mental Health Education Program (MHEP) team at the following email address:
MHEP@choc.org



HOW DO I KNOW WE'RE STILL FRIENDS? NAVIGATING PEER RELATIONSHIPS DURING COVID-19

Audience: Parents/General Community | **Languages Available:** English

Topic Age Range: Middle School (Ages 11-13 YO) | High School (Ages 13-18 YO)

The COVID-19 pandemic has changed the way that youth interact and interpret social relationships. This presentation will discuss the characteristics of positive peer relationships. Participants will explore common misperceptions that can occur when communicating through social media. Strategies to safely interact on social media will be reviewed. Parents will be introduced to techniques to help increase positive social interactions and breaks from technology. Educational objectives include the following:

- ✚ Identify the characteristics of a positive peer relationship
- ✚ Discuss common misperceptions when communicating via social media
- ✚ Identify the early warning signs of emotional distress in peer relationships

1-hour presentation | 50 minutes education + 10 minutes Q & A

COVID-19 AND OUR MENTAL HEALTH

Audience: Students | **Languages Available:** English

Topic Age Range: Middle School (Ages 11-13 YO) | High School (Ages 13-18 YO)

A CHOC Child and Adolescent Mental Health expert will talk with students about the impact of the pandemic on mental health, and steps that they can take to protect their own mental health in the context of the pandemic. This workshop will provide a brief introduction to mental health, with emphasis on how our mental health can be affected by stress. Students will then learn a series of concrete skills and strategies they can use to combat the impact of stress. This presentation offers an opportunity to both de-stigmatize and actively address some of the common mental health issues youth may be facing due to COVID-19. Educational objectives include the following:

- ✚ Define Mental Health and understand how it relates to stressors like the ones experienced in the COVID-19 pandemic
- ✚ Apply a variety of strategies to protect and restore mental health when feeling stressed

1-hour presentation | 50 minutes education + 10 minutes Q & A

Educational Focus: Overall Mental Health & Building Resilience

BUILDING RESILIENCE

Audience: Students | **Languages Available:** English

Topic Age Range: Middle School (Ages 11-13 YO) | High School (Ages 13-18 YO)

A CHOC Child and Adolescent Mental Health expert will talk with students about resilience, good mood hygiene, building strong networks of support, and advocating for oneself and others. We all hit road bumps and disappointments in life. Developing the ability to bounce back from these experiences during childhood and adolescence can help us stay resilient throughout the rest of our lives. This brief workshop outlines specific, small steps students can take to build their own resilience, so they can face future challenges with confidence, strength, and flexibility. Educational objectives include the following:

- ✚ Define resilience and understand how it is helpful
- ✚ Apply a variety of strategies to increase resilience

1-hour presentation | 50 minutes education + 10 minutes Q & A

HOW TO TAKE CARE OF YOUR MENTAL HEALTH

Audience: High School Students (Ages 13-18 YO) | **Languages Available:** English

Topic Age Range: High School (Ages 13-18 YO)

A CHOC Pediatric Neuropsychologist will talk with students about taking care of their mental health. This presentation will address the stigma related to mental health difficulties; explore helpful evidence-based coping skills for taking care of their mental health, including Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), and Acceptance and Commitment Therapy (ACT); and discuss how to recognize when additional help might be needed. Educational objectives include the following:

- ✚ Define mental health and its importance
- ✚ Recognize helpful coping skills to take care of mental health
- ✚ Understand when and how to seek additional help

1-hour presentation | 50 minutes education + 10 minutes Q & A



TAKING CARE OF YOUTH MENTAL HEALTH

Audience: Parents/General Community + School Staff | **Languages Available:** English
Topic Age Range: Middle School (Ages 11-13 YO) | High School (Ages 13-18 YO)

A CHOC Pediatric Neuropsychologist will talk with parents and educators about taking care of the mental health of their youth. This presentation will address the stigma related to mental health difficulties; explore helpful evidence-based coping skills for taking care of their children's mental health, including Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), and Acceptance and Commitment Therapy (ACT); and discuss how to recognize when additional help might be needed. Educational objectives include the following:

- ✦ Define mental health and its importance
- ✦ Recognize helpful coping skills to take care of mental health
- ✦ Understand when and how to seek additional help

1-hour presentation | 50 minutes education + 10 minutes Q & A

STRESS, TRAUMA, AND RESILIENCE: HOW TO SUPPORT YOUTH

Audience: Parents/General Community | **Languages Available:** English
Topic Age Range: Pre-K to 12th Grade

A CHOC Child and Adolescent Mental Health expert will teach parents signs and symptoms of stress and trauma, particularly in the context of current events such as the COVID-19 pandemic. The presentation will additionally cover Adverse Childhood Experiences (ACEs) and their impact on health and development. Information will focus on the negative effects of stress and trauma in youth as well as ways to support children's resilience. The workshop will teach parents specific skills to help improve resilience in youth, themselves, and their families. The workshop will also include additional information about how to seek out support. Educational objectives include the following:

- ✦ Learn about stress, trauma, and ACEs
- ✦ Learn how stressors and stressful experiences can impact your growing child
- ✦ Learn skills to help support your children (and yourselves) in times of stress

1-hour presentation | 50 minutes education + 10 minutes Q & A

Educational Focus: Sleep & Self-Care

OPTIMIZING SLEEP IN CHILDREN AND ADOLESCENTS

Audience: Parents/General Community + Students (3rd Grade-High School, Ages 9-18 YO) | **Languages Available:** English
Topic Age Range: Pre-K to 12th Grade

A CHOC Pediatric Psychologist specializing in sleep medicine will provide an overview of the importance of sleep in children and adolescents as well as identify common issues and problems with sleep in children. The presentation will cover examples of how to implement healthy sleep habits as well as problem solve common childhood sleep issues in the home. Educational objectives include the following:

- ✦ Learn about the importance of sleep in children's development and daily functioning
- ✦ Implement concrete, everyday habits to optimize children's sleep
- ✦ Identify common sleep problems and when to seek additional help

1-hour presentation | 50 minutes education + 10 minutes Q & A

PREVENTING BURNOUT: SELF-CARE TIPS FOR PARENTS AND CAREGIVERS

Audience: Parents/General Community | **Languages Available:** English
Topic Age Range: Pre-K to 12th Grade

A CHOC Pediatric Psychologist will discuss the importance of self-care from a psychologist's perspective and identify signs of burnout that may not be obvious. The presentation will also include the impact of the COVID-19 pandemic on burnout among parents in the community as well as tips to prevent burnout. Educational objectives include the following:

- ✦ Identify burnout as a parent or caregiver
- ✦ Understand ways the COVID-19 pandemic has contributed to increasing levels of burnout and mental fatigue
- ✦ Explore tips on self-care to improve functioning and overall well-being

1-hour presentation | 50 minutes education + 10 minutes Q & A



PREVENTING BURNOUT: SELF-CARE TIPS FOR TEACHERS AND SCHOOL STAFF

Audience: School Staff | **Languages Available:** English

Topic Age Range: Pre-K to 12th Grade

A CHOC Pediatric Psychologist will discuss the importance of self-care from a psychologist's perspective and identify signs of burnout that may not be obvious. The presentation will also include the impact of the COVID-19 pandemic on burnout among teachers and school staff members in the community as well as tips to prevent burnout. Educational objectives include the following:

- ✚ Identify burnout as a teacher or school staff member
- ✚ Understand ways the COVID-19 pandemic has contributed to increasing levels of burnout and mental fatigue
- ✚ Explore tips on self-care to improve functioning and overall well-being

1.5-hour presentation | breakout rooms & discussions

SELF-CARE: WHAT IS IT, WHY IT MATTERS AND HOW TO HELP OUR CHILDREN AND FAMILIES ENGAGE IN ITS USE

Audience: Parents/General Community + School Staff | **Languages Available:** English

Topic Age Range: Pre-K to 12th Grade

A CHOC Child and Adolescent Mental Health Expert will give a presentation on self-care and the importance and benefits for children, teens, and adults of taking care of oneself emotionally, mentally, and physically. The workshop will provide parents, teachers, and school staff with tips on how they can help their children practice daily self-care, even in a hectic and chaotic world. The presentation will conclude with activities families can practice, as a unit, to promote self-care. Educational objectives include the following:

- ✚ Learn about self-care and the benefits of practicing self-care in children, teens, and adults
- ✚ Begin implementing self-care practices for a healthier lifestyle

Parents/General Community: 1-hour presentation | 50 minutes education + 10 minutes Q & A

School Staff: 1.5-hour presentation | breakout rooms & discussions

Educational Focus: Depression & Anxiety

DEPRESSION AND ANXIETY IN KIDS AND TEENS

Audience: Parents/General Community | **Languages Available:** English, Spanish

Topic Age Range: Pre-K to 12th Grade

A CHOC Child and Adolescent Mental Health expert will give a presentation about mental health awareness as well as signs and symptoms of anxiety and depression in children/adolescents. Special attention will be paid to how current stressors, such as the COVID-19 pandemic and other current events, are impacting children and teens. Attendees will learn warning signs to identify anxiety and depression symptoms in children and teens, coping skills for children and teens, and how parents can seek help. Educational objectives include the following:

- ✚ Learn about depression and anxiety, including how it presents in children and adolescents
- ✚ Understand how current stressors in the world (including COVID-19) are impacting children and adolescents and their mental health
- ✚ Explore skills and tips that parents can use to support their children's mental health

1-hour presentation | 50 minutes education + 10 minutes Q & A

IS MY TEEN OK? HOW TO IDENTIFY ANXIETY AND DEPRESSION IN OUR ADOLESCENTS

Audience: Parents/General Community + School Staff | **Languages Available:** English

Topic Age Range: Middle School (Ages 11-13 YO) | High School (Ages 13-18 YO)

A CHOC Child and Adolescent Mental Health expert will focus on teaching parents, teachers, and school staff how to identify common symptoms exhibited by pre-teens and teens who are struggling with depression and anxiety. The workshop will also focus on providing tips for how parents, teachers, and school staff can help teens and pre-teens manage and reduce anxious distress and depressive symptoms. The presentation will conclude with information on how parents, teachers, and school staff should intervene in high-risk situations (i.e., when a teen is expressing suicidal ideation or engaging in self-harm). Educational objectives include the following:

- ✚ Learn to detect common signs and symptoms of anxiety and depression in teens
- ✚ Gain a better understanding of how to support teens experiencing and exhibiting depressive/anxiety symptoms

1-hour presentation | 50 minutes education + 10 minutes Q & A



Educational Focus: Attention-Deficit/Hyperactivity Disorder (ADHD)

ADHD, A TO Z

Audience: Parents/General Community + School Staff | **Languages Available:** English

Topic Age Range: K to 12th Grade

A CHOC Child and Adolescent Mental Health expert will talk with parents and school staff about the current research on ADHD, separating the myths about the disorder from the facts, so parents and school staff can get their children the support that they need. This workshop will support identification and understanding of children with ADHD, outlining recommended strategies and treatment to improve outcomes and to help children, parents, and educators feel more effective and equipped. Educational objectives include the following:

- ✚ Gain understanding of ADHD and symptoms
- ✚ Learn to recognize and refer children for assessment
- ✚ Understand typical treatments for ADHD
- ✚ Explore effective parenting and school strategies for ADHD

Parents/General Community: 1-hour presentation | 50 minutes education + 10 minutes Q & A

School Staff: 1.5-hour presentation | breakout rooms & discussions

Educational Focus: Autism Spectrum Disorder

UNDERSTANDING AND SUPPORTING AUTISM SPECTRUM DISORDER

Audience: Parents/General Community | **Languages Available:** English

Topic Age Range: Pre-K to 12th Grade

A CHOC Pediatric Neuropsychologist will talk with parents about autism spectrum disorder. This presentation will introduce the diagnosis of autism spectrum disorder, explore the relationship between autism spectrum disorder and the brain, and discuss how to support a child with autism spectrum disorder in the context of the family. Educational objectives include the following:

- ✚ Define the diagnosis of autism spectrum disorder
- ✚ Recognize the relationship between autism spectrum disorder and the brain
- ✚ Understand how best to support a child with autism spectrum disorder

1-hour presentation | 50 minutes education + 10 minutes Q & A



Specialty Focus: Trauma-Informed Care

SIGNS AND SYMPTOMS OF TRAUMA / COMMON TRAUMA TREATMENT PRACTICES

Audience: Parents/General Community + School Staff | **Languages Available:** English

Topic Age Range: Pre-K to 12th Grade

A CHOC Child and Adolescent Mental Health expert will discuss signs and symptoms that are commonly exhibited by children who have experienced a negative or traumatic event. The workshop will also teach parents, teachers, and school staff about common mental health treatment practices that can help children and teens manage and overcome trauma. The presentation will conclude with trauma-informed strategies parents, teachers, and school staff can use to assist children and teens with managing common trauma responses. Educational objectives include the following:

- ✚ Learn to recognize common signs and symptoms of childhood trauma
- ✚ Explore strategies to help children manage/process traumatic experiences

1-hour presentation | 50 minutes education + 10 minutes Q & A

TRANSITIONING BACK TO SCHOOL AFTER A TRAUMA

Audience: Parents/General Community + School Staff | **Languages Available:** English

Topic Age Range: Pre-K to 12th Grade

A CHOC Child and Adolescent Mental Health expert will focus on teaching parents and school staff signs and symptoms of trauma that their child/student may be experiencing in the context of current traumatic events, including the COVID-19 pandemic. The presentation will discuss ways parents and school staff can use trauma-informed strategies and emotional resilience-building skills to assist in managing their child/student's trauma responses. The presentation will conclude with ways parents and school staff can practice self-care in the context of taking care of their children/students and can manage compassion fatigue. Educational objectives include the following:

- ✚ Learn about the signs and symptoms of childhood trauma following a traumatic event
- ✚ Learn strategies for developing a trauma-informed home or classroom
- ✚ Explore resilience-building skills to assist in mitigating traumatic stress
- ✚ Identify ways parents/educators can take care of themselves in the context of taking care of their children/students

Parents/General Community: 1-hour presentation | 50 minutes education + 10 minutes Q & A

School Staff: 1.5-hour presentation | breakout rooms & discussions

Specialty Focus: Race & Racism

HOW TO TALK TO KIDS ABOUT RACE AND RACISM

Audience: Parents/General Community + School Staff | **Languages Available:** English

Topic Age Range: Early Childhood + Elementary School (Ages 2-10 YO)

A CHOC Child and Adolescent Mental Health expert will focus on teaching parents and educators developmentally appropriate ways to engage their children/students in a dialogue about race and racism. The presentation will review developmental stages that a child/student is in and ways they are able to process and understand race/racism as well as other current sociopolitical events. The presentation will conclude with a review of racial socialization as an effective buffer in moderating the deleterious effects of discrimination. Educational objectives include the following:

- ✚ Learn about developmentally appropriate ways to facilitate a conversation about race/racism with children/students
- ✚ Explore resources and tools to assist with navigating this conversation

Parents/General Community: 1-hour presentation | 50 minutes education + 10 minutes Q & A

School Staff: 1.5-hour presentation | breakout rooms & discussions



Specialty Focus: Substance Abuse

WHY YOUTH RESORT TO SUBSTANCE USE

Audience: Parents/General Community + School Staff | **Languages Available:** English

Topic Age Range: Middle School (Ages 11-13 YO) | High School (Ages 13-18 YO)

This course is designed to provide an overview of the explorative/addictive process and basic knowledge, attitudes, and skills in working with youth struggling with substance use disorders. Educational objectives include the following:

- ✚ Understand why youth explore with substances and how exploration can lead to addictive behaviors
- ✚ Learn about underlying conditions that exacerbate substance use
- ✚ Explore ways to respond and mistakes parents/educators often make when dealing with this population

1-hour presentation | 50 minutes education + 10 minutes Q & A

Specialty Focus: Mental Health Inpatient Care

WHAT IS INPATIENT CARE? WHAT SHOULD I EXPECT IF MY CHILD/STUDENT IS HOSPITALIZED FOR A MENTAL HEALTH CONCERN?

Audience: Parents/General Community + School Staff | **Languages Available:** English

Topic Age Range: Pre-K to 12th Grade

This course is designed to provide basic understanding of mental health inpatient care and misconceptions in society. The presenter will discuss how a patient is hospitalized, when a child meets criteria for admission, and what the baseline is for discharge. After-care services will also be explored. Educational objectives include the following:

- ✚ Learn what to expect when a patient is hospitalized in a mental health inpatient unit
- ✚ Understand the care continuum and ways to support children/students

1-hour presentation | 50 minutes education + 10 minutes Q & A

1,2,3 Curriculum Training Series Presentations

1.2.3 CURRICULUM SERIES: EARLY CHILDHOOD PARENTING TOOLS

Audience: Parents/General Community | **Languages Available:** English

Topic Age Range: Early Childhood (Ages 2-5 YO)

Our early childhood series aims to help parents build a positive relationship with their child through learning skills that help with communication and reinforcing prosocial behaviors. Parents will learn more about developmental milestones for children ages 2 to 5 years-old and how to help their child build their emotional development and resilience skills. Finally, parents will learn more about limit-setting and creating structure in the home to manage challenging behaviors. Educational objectives include the following:

- ✚ Learn about ways to engage in play with your child to develop a positive and nurturing relationship
- ✚ Discuss developmental milestones for children ages 2 to 5 years-old
- ✚ Identify strategies to help with managing challenging behaviors

Three 1-hour presentations | OR Two 1.5-hour presentations | OR One 3-hour presentation

1.2.3 CURRICULUM SERIES: TRAUMA-INFORMED LENS IN THE CLASSROOM SETTING

Audience: School Staff | **Languages Available:** English

Topic Age Range: Pre-K to 12th Grade

More than two thirds of children report having experienced a traumatic event by the age of 16 years-old. Research has found that these adverse childhood experiences (ACEs) can greatly impact a child's cognitive and emotional development and their academic performance. To help children thrive and reach their full potential, schools have begun building trauma-informed or trauma-sensitive classrooms. This series provides information on how to recognize the signs and symptoms of trauma in children and adolescents as well as how toxic stress can impact a child's ability to learn.

Additionally, educators will learn how they can cultivate resiliency in their classroom through interactive activities and interventions. A final session can be added to this series to screen the documentary *Resilience* to gain a more in-depth view of the science of trauma, including its toll on physical and emotional wellbeing and resilience. Educational objectives include the following:

- ✚ Learn about the signs and symptoms of childhood trauma
- ✚ Learn about adverse childhood experiences and their impact on children's mental and physical health
- ✚ Explore resilience-building skills to assist in mitigating traumatic stress
- ✚ Identify ways parents/educators can take care of themselves in the context of taking care of their children/students

Three 1-hour presentations | OR Two 1.5-hour presentations | OR One 3-hour presentation



UPCOMING & **FREE**

CHOC MENTAL HEALTH EDUCATION PROGRAM WEBINAR PRESENTATIONS

September 2021

Launched in July 2017, CHOC's Mental Health Education Program (MHEP) and our team of pediatric mental health specialists have provided hundreds of educational sessions to thousands of community members, including youth, parents, educators, and providers. Through our presentations and trainings, we strive to partner with and equip our community stakeholders with the needed knowledge, tools, and resources to support the wellness of our County's children, adolescents, and young adults. If you have any questions about our educational offerings, please contact our MHEP team at MHEP@choc.org

NOW THAT SCHOOLS ARE OPENING, HOW CAN I PREPARE MY CHILD FOR RETURN?

Audience: Parents/General Community + School Staff | **Languages Available:** English
Topic Age Range: Pre-K to 12th Grade

Wednesday
September 8
5:30pm to
6:30pm (PST)

This course will discuss how changes in routine/structure impact students' mental health and can limit their ability to learn. Participants will learn how to establish realistic expectations of students and how they can be supportive.

To register, click here:
https://chocchildrens.zoom.us/webinar/register/WN_mlqZIRWR2efhO1Yi_bzlg

THE IMPACT OF THE COVID-19 PANDEMIC ON PEDIATRIC MENTAL HEALTH

Audience: Parents/General Community | **Languages Available:** English
Topic Age Range: Pre-K to 12th Grade

Tuesday
September 14
5:30pm to
6:30pm (PST)

This presentation will review trends and data related to the impact of the COVID-19 pandemic on children's mental health. As part of the presentation, a CHOC Pediatric Psychologist will also provide strategies that parents and caregivers can employ to help ease their children back into pre-pandemic life.

To register, click here:
https://chocchildrens.zoom.us/webinar/register/WN_PiWG7CQaaJTS15WJR_hQ

HOW DO I KNOW WE'RE STILL FRIENDS? NAVIGATING PEER RELATIONSHIPS DURING COVID-19

Audience: Parents/General Community | **Languages Available:** English
Topic Age Range: Middle School (Ages 11-13 YO) | High School (Ages 13-18 YO)

Thursday
September 23
5:00pm to
6:00pm (PST)

The COVID-19 pandemic has changed the way that youth interact and interpret social relationships. This presentation will discuss the characteristics of positive peer relationships. Participants will explore common misperceptions that can occur when communicating through social media. Strategies to safely interact on social media will be reviewed. Parents will be introduced to techniques to help increase positive social interactions and breaks from technology.

To register, click here:
https://chocchildrens.zoom.us/webinar/register/WN_U-ealDb3Tv2MZ7cDx5ZjIw

TRANSITIONING BACK TO SCHOOL AFTER A TRAUMA

Audience: Parents/General Community + School Staff | **Languages Available:** English
Topic Age Range: Pre-K to 12th Grade

Monday
September 27
5:00pm to
6:00pm (PST)

A CHOC Child and Adolescent Mental Health expert will focus on teaching parents and school staff signs and symptoms of trauma that their child/student may be experiencing in the context of current traumatic events, including the COVID-19 pandemic. The presentation will discuss ways parents and school staff can use trauma-informed strategies and emotional resilience-building skills to assist in managing their child/student's trauma responses. The presentation will conclude with ways parents and school staff can practice self-care in the context of taking care of their children/students and can manage compassion fatigue.

To register, click here:
https://chocchildrens.zoom.us/webinar/register/WN_Y-68SeOPTHG7d1V56_AOHA





UPCOMING & **FREE**

CHOC MENTAL HEALTH EDUCATION PROGRAM WEBINAR PRESENTATIONS

October 2021

Launched in July 2017, CHOC's Mental Health Education Program (MHEP) and our team of pediatric mental health specialists have provided hundreds of educational sessions to thousands of community members, including youth, parents, educators, and providers. Through our presentations and trainings, we strive to partner with and equip our community stakeholders with the needed knowledge, tools, and resources to support the wellness of our County's children, adolescents, and young adults. If you have any questions about our educational offerings, please contact our MHEP team at MHEP@choc.org

PREVENTING BURNOUT: SELF-CARE TIPS FOR PARENTS AND CAREGIVERS

Audience: Parents/General Community | **Languages Available:** English

Topic Age Range: Pre-K to 12th Grade

Friday
October 8
3:30pm to
4:30pm (PST)

A CHOC Pediatric Psychologist will discuss the importance of self-care from a psychologist's perspective and identify signs of burnout that may not be obvious. The presentation will also include the impact of the COVID-19 pandemic on burnout among parents in the community as well as tips to prevent burnout.

To register, click here:
<https://chocchildrens.zoom.us/j/78123456789>

DEPRESSION AND ANXIETY IN KIDS AND TEENS

Audience: Parents/General Community | **Languages Available:** English

Topic Age Range: Pre-K to 12th Grade

Monday
October 11
5:30pm to
6:30pm (PST)

A CHOC Child and Adolescent Mental Health expert will give a presentation about mental health awareness as well as signs and symptoms of anxiety and depression in children/adolescents. Special attention will be paid to how current stressors, such as the COVID-19 pandemic and other current events, are impacting children and teens. Attendees will learn warning signs to identify anxiety and depression symptoms in children and teens, coping skills for children and teens, and how parents can seek help.

To register, click here:
<https://chocchildrens.zoom.us/j/98765432109>

IS MY TEEN OK? HOW TO IDENTIFY ANXIETY AND DEPRESSION IN OUR ADOLESCENTS

Audience: Parents/General Community + School Staff | **Languages Available:** English

Topic Age Range: Middle School (Ages 11-13 YO) | High School (Ages 13-18 YO)

Tuesday
October 19
5:00pm to
6:00pm (PST)

A CHOC Child and Adolescent Mental Health expert will focus on teaching parents, teachers, and school staff how to identify common symptoms exhibited by pre-teens and teens who are struggling with depression and anxiety. The workshop will also focus on providing tips for how parents, teachers, and school staff can help teens and pre-teens manage and reduce anxious distress and depressive symptoms. The presentation will conclude with information on how parents, teachers, and school staff should intervene in high-risk situations (i.e., when a teen is expressing suicidal ideation or engaging in self-harm).

To register, click here:
<https://chocchildrens.zoom.us/j/12345678901>

HELPING YOUTH FIND THEIR VOICES IN A NEW SOCIAL LANDSCAPE: ANXIETY MANAGEMENT STRATEGIES DURING COVID-19

Audience: Parents/General Community + School Staff | **Languages Available:** English

Topic Age Range: Pre-K to 12th Grade

Thursday
October 28
5:00pm to
6:00pm (PST)

During COVID-19, children and adolescents experienced a surprising shift in their social relationships. For some youth, adjustment to extended periods of isolation led to self-doubt and a decreased sense of belonging. This presentation will discuss the signs and symptoms of social isolation in children and adolescents. The impact of social isolation on interpersonal relationships and school avoidance will be explored. Participants will be introduced to Cognitive Behavioral Therapy or CBT-informed interventions which target emotional resilience in youth. School personnel will be introduced to behavioral techniques that help foster peer social engagement in the school setting.

To register, click here:
<https://chocchildrens.zoom.us/j/01234567890>





UPCOMING & FREE

CHOC MENTAL HEALTH EDUCATION PROGRAM WEBINAR PRESENTATIONS

November 2021

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ADHD, A to Z

Audience: Parents/General Community + School Staff | **Languages Available:** English
Topic Age Range: K to 12th Grade

Wednesday
November 3
5:00pm to
6:00pm (PST)

A CHOC Child and Adolescent Mental Health expert will talk with parents and school staff about the current research on ADHD, separating the myths about the disorder from the facts, so parents and school staff can get their children the support that they need. This workshop will support identification and understanding of children with ADHD, outlining recommended strategies and treatment to improve outcomes and to help children, parents, and educators feel more effective and equipped.

To register, click here:
https://chocchildrens.zoom.us/webinar/register/WN_rUGTtdGMQUOIXbZjvAdw9A

OPTIMIZING SLEEP IN CHILDREN AND ADOLESCENTS

Audience: Parents/General Community | **Languages Available:** English
Topic Age Range: Pre-K to 12th Grade

Thursday
November 11
5:00pm to
6:00pm (PST)

A CHOC Pediatric Psychologist specializing in sleep medicine will provide an overview of the importance of sleep in children and adolescents as well as identify common issues and problems with sleep in children. The presentation will cover examples of how to implement healthy sleep habits as well as problem solve common childhood sleep issues in the home.

To register, click here:
https://chocchildrens.zoom.us/webinar/register/WN_2DTjZiPRMuPMT0kTbbudg

STRESS, TRAUMA, AND RESILIENCE: HOW TO SUPPORT YOUTH

Audience: Parents/General Community | **Languages Available:** English
Topic Age Range: Pre-K to 12th Grade

Monday
November 15
5:30pm to
6:30pm (PST)

A CHOC Child and Adolescent Mental Health expert will teach parents signs and symptoms of stress and trauma, particularly in the context of current events such as the COVID-19 pandemic. The presentation will additionally cover Adverse Childhood Experiences (ACEs) and their impact on health and development. Information will focus on the negative effects of stress and trauma in youth as well as ways to support children's resilience. The workshop will teach parents specific skills to help improve resilience in youth, themselves, and their families. The workshop will also include additional information about how to seek out support.

To register, click here:
https://chocchildrens.zoom.us/webinar/register/WN_oPikbGYNsYc0yUJZlqOWw

UNDERSTANDING AND SUPPORTING AUTISM SPECTRUM DISORDER

Audience: Parents/General Community | **Languages Available:** English
Topic Age Range: Pre-K to 12th Grade

Monday
November 22
6:00pm to
7:00pm (PST)

A CHOC Pediatric Neuropsychologist will talk with parents about autism spectrum disorder. This presentation will introduce the diagnosis of autism spectrum disorder, explore the relationship between autism spectrum disorder and the brain, and discuss how to support a child with autism spectrum disorder in the context of the family.

To register, click here:
https://chocchildrens.zoom.us/webinar/register/WN_bQJtWFhMT-KBYEJEssS1Yg





UPCOMING & FREE

CHOC MENTAL HEALTH EDUCATION PROGRAM WEBINAR PRESENTATIONS

December 2021

Launched in July 2017, CHOC's Mental Health Education Program (MHEP) and our team of pediatric mental health specialists have provided hundreds of educational sessions to thousands of community members, including youth, parents, educators, and providers. Through our presentations and trainings, we strive to partner with and equip our community stakeholders with the needed knowledge, tools, and resources to support the wellness of our County's children, adolescents, and young adults. If you have any questions about our educational offerings, please contact our MHEP team at MHEP@choc.org

HOW TO TALK TO KIDS ABOUT RACE/RACISM

Audience: Parents/General Community + School Staff | **Languages Available:** English
Topic Age Range: Early Childhood + Elementary School (Ages 2-10 YO)

Tuesday
December 7
5:00pm to
6:00pm (PST)

A CHOC Child and Adolescent Mental Health expert will focus on teaching parents and educators developmentally appropriate ways to engage their children/students in a dialogue about race and racism. The presentation will review developmental stages that a child/student is in and ways they are able to process and understand race/racism as well as other current sociopolitical events. The presentation will conclude with a review of racial socialization as an effective buffer in moderating the deleterious effects of discrimination.

To register, click here:
<https://chocchildrens.zoom.us/j/9kfbTKuZwfFGSPV75w>

WHY YOUTH RESORT TO SUBSTANCE USE

Audience: Parents/General Community + School Staff | **Languages Available:** English
Topic Age Range: Middle School (Ages 11-13 YO) | High School (Ages 13-18 YO)

Wednesday
December 15
5:30pm to
6:30pm (PST)

This course is designed to provide an overview of the explorative/addictive process and basic knowledge, attitudes, and skills in working with youth struggling with substance use disorders.

To register, click here:
<https://chocchildrens.zoom.us/j/06BCSpqcJ5NmwaqNCbg>

