



ED Resources – Managing Youth in Behavioral Health Crisis Webinar

April 28, 2021



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Welcome

Robyn Thomason
Director, Education Program Development
California Hospital Association



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Questions

Submit your questions through the Q & A box. (Usually located at the bottom of your screen.)

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Overview



Sheree Lowe
Vice President, Behavioral Health
California Hospital Association

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Faculty



Chris Stoner-Mertz,
Chief Executive Officer, California
Alliance of Child & Family Services



Adrienne Shilton, Senior Policy
Advisor, California Alliance of Child
& Family Services



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



Christina Ortiz, Therapist and
Registered Psychologist, Didi Hirsch
Suicide Prevention Center



Jessica Cruz, Executive Director,
National Alliance on Mental Illness



Shashank Joshi
Professor of Psychiatry, Pediatrics
and Education
Lucile Packard Children's Hospital,
Stanford University



CA Alliance of Child and Family Services Catalyst- Center



Christine Stoner-Mertz, LCSW
Adrienne Shilton, MPPA
April 28, 2021



Who We Are

- 150 nonprofit nationally accredited organizations
- Serving children, youth and families in public systems (child welfare, adoption, behavioral health, education, juvenile justice and prevention)
- Over 700,000 children and youth served by member organizations



Catalyst Center

- Training and Technical Assistance
- ACES Aware Initiative
- [Provider Helpline](#)
 - Supported process for return of Out of State Youth
- Diversity, Equity and Inclusion Initiative

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Services

- Prevention/Early Intervention
- School Based Mental Health
- Intensive Home-Based Services – Wraparound
- Mobile Crisis Services
- Short Term Residential Therapeutic Programs
- Community Treatment Facilities
- Crisis Residential Services
- Co-Occurring MH and SUDS



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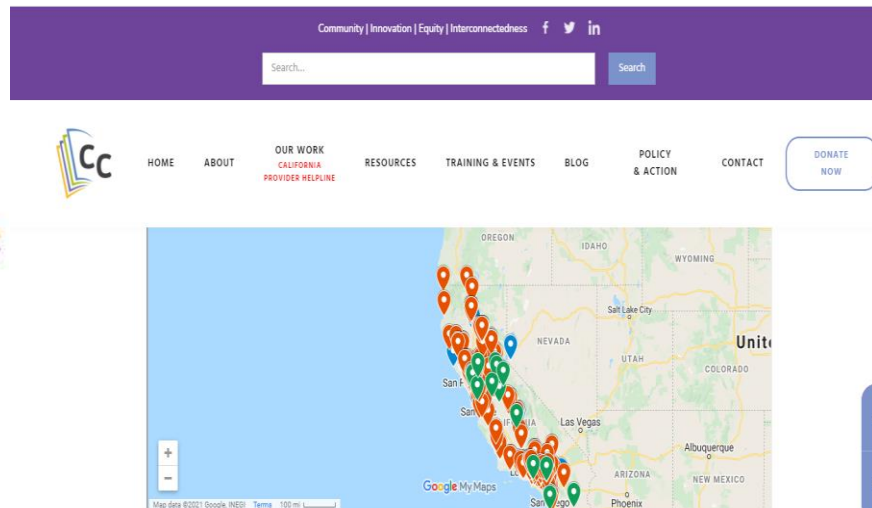
Resources

- Catalyst Center’s California Provider Helpline
 - Work with providers, counties, practitioners to assist in identifying available services
 - 1-800-99YOUTH (999-6884) Monday-Friday 9am-5pm or complete and [online form request](#)
- Behavioral Health Provider Map (<https://www.catalyst-center.org/resources>)
- Partnership with Aunt Bertha (www.findhelp.org)

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Behavioral Health Map

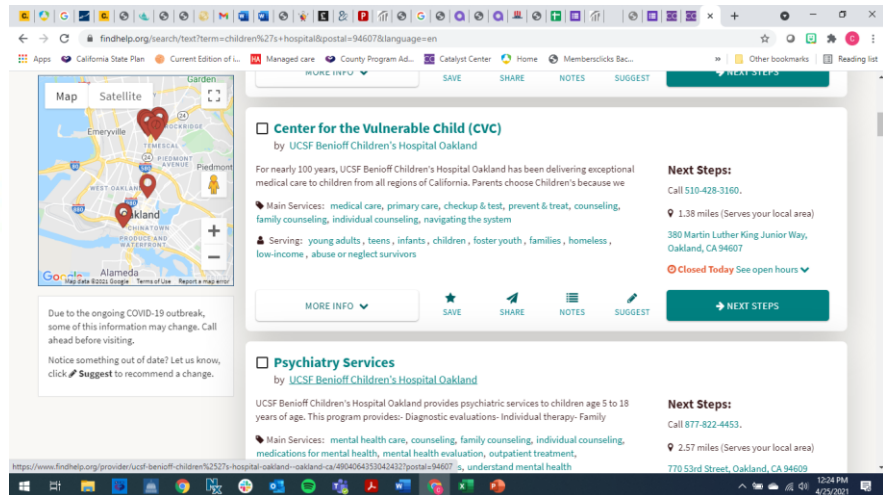


The screenshot shows the website for the Behavioral Health Map. At the top, there is a purple navigation bar with the text "Community | Innovation | Equity | Interconnectedness" and social media icons for Facebook, Twitter, and LinkedIn. Below this is a search bar with the text "Search..." and a "Search" button. The main navigation menu includes "HOME", "ABOUT", "OUR WORK CALIFORNIA PROVIDER HELPLINE", "RESOURCES", "TRAINING & EVENTS", "BLOG", "POLICY & ACTION", "CONTACT", and a "DONATE NOW" button. The central part of the page features a map of California with numerous orange and green location pins indicating provider locations. The map is labeled "Google My Maps" and includes a scale bar for 100 miles. The footer of the map area says "Map data ©2021 Google, INEGI Terms 100 mi".

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Aunt Bertha Search



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Additional Efforts

- Superintendent's Mental Health Coalition
- Upcoming Webinars on School-Based Mental Health and Financing
- Identifying Federal and State COVID relief funds to support children's mental health
- Policy and Advocacy



- Engaging Medical managed care plan and Commercial Health Plans to increase partnerships between members and plans
- CalAIM
 - MediCal Necessity
 - Foster Care Model of Care

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Contact Us



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🌐 www.cacfs.org

📍 2201 K Street,
Sacramento, CA
95816

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California Department of Education Resource



CALIFORNIA DEPARTMENT OF EDUCATION
Tony Thurmond, State Superintendent of Public Instruction

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LivingWorks Start Online Suicide Prevention Training

For middle and high school staff and students



<https://www.lwyouthsummit.com/access-training>

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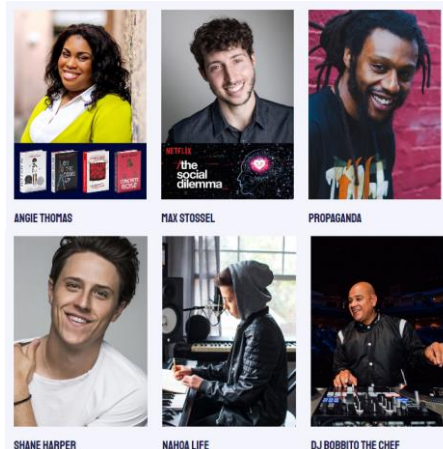
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Mind Out Loud

Virtual Event for Students 13+



<https://mindoutloud.org>



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Students in Crisis Web Page

California DEPARTMENT OF EDUCATION

search this site Search

Teaching & Learning ▾ Testing & Accountability ▾ Finance & Grants ▾ Data & Statistics ▾ Specialized Programs ▾ Learning Support ▾

Home / Learning Support / Counseling/Student Support / Mental Health

Help for Students in Crisis

Resources for addressing mental health and wellness while school sites are closed.

SUICIDE PREVENTION LIFELINE
1-800-273-TALK (8255)
If you are in crisis, please **CLICK HERE**, or call 911

Share this Page

Related Content

Mental Health Resources
Resources for psychological and mental health issues, including coping with tragedy, crisis

Crisis Lines

- [Teen & Youth Help Hotline](#) ☑ Teenage Advice, Crisis & Depression Helpline
Do you need help working something out? Do you want to talk to someone who understands, like another teen? We're here to help!

<https://www.cde.ca.gov/ls/cg/mh/studentcrisishelp.asp>

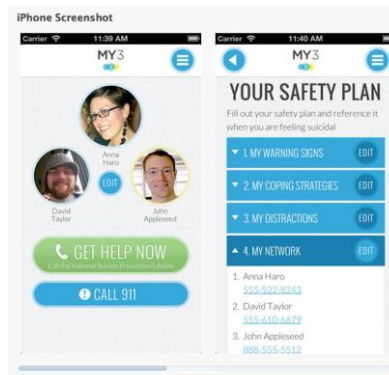
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MY3APP



Target audience:
Those at risk for suicide

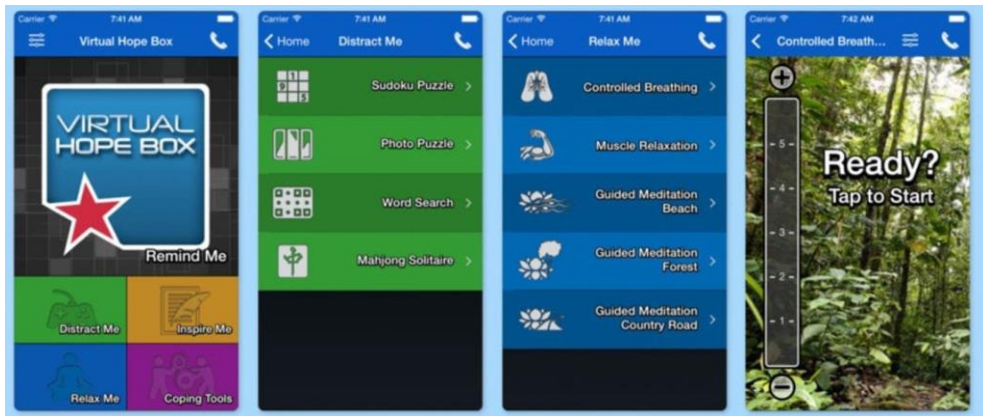
Purpose:
Getting those at risk for suicide connected to their primary support network when they are in crisis; also provides safety planning and other helpful resources



<https://my3app.org>

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Virtual Hope Box



<https://itunes.apple.com/us/app/virtual-hope-box/id825099621?mt=8>



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GritX

GritX

DISCOVER - EXPLORE - ABOUT US -

📱 📺 📷 Show in ENGLISH -



DISCOVER



GRITXPEDITIONS
Choose an area of challenge and GritXpeditions will chart your course for getting through.



SELF-CARE TOOLKIT
Build and customize a kit of tools and resources that can help you keep yourself feeling your best.



SELF-INTERVIEW
A guided self-reflection exercise for exploring life's challenges and finding solutions that fit you.



SKILLS STUDIO
Your challenges. Your tools to meet them. Learn the skills you need through our interactive skill tutorials.



<https://www.gritx.org>



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Teen Line



teen line



AS OF MARCH 13, OUR HOTLINE HAS BEEN OPERATING REMOTELY. OUR TEEN VOLUNTEERS ARE AVAILABLE BY TEXT AND EMAIL BETWEEN THE HOURS OF 6PM-9PM PST EVERY EVENING.

Text "TEEN" to 839863 between 6:00pm-10:00pm PST



Hotlines

GET HELP 24/7:

 TrevorText Text START to 678678	 TrevorChat TrevorChat.org	 TrevorLifeline 866-488-7386
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NATIONAL
SUICIDE PREVENTION LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org

RED NACIONAL
de
PREVENCIÓN del SUICIDIO
1-888-628-9454
prevenciondelsuicidio.org

I'm not okay.
I'm here, and I'm listening.
You've got this. Text (hello) to 741741.
[SEND TEXT]

FRANK'S LIFE LINE
877-585-8860

Veterans
Crisis Line
1-800-273-8255
PRESS 1



Teen Guide to Mental Health and Wellness



[https://covid-19.sdcoe.net/Portals/covid-19/Documents/Health%20Practices/Mental Health Teen Guide April 2020.pdf?ve r=2020-04-01-154404-163](https://covid-19.sdcoe.net/Portals/covid-19/Documents/Health%20Practices/Mental_Health_Teen_Guide_April_2020.pdf?ve r=2020-04-01-154404-163)



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Youth Development and Advocacy Opportunities



<https://www.directingchange.org/>



<https://emmresourcecenter.org/initiatives/know-signs>

NAMI On Campus High School (NCHS)



<https://namica.org/get-help/in-school/>



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Pupil and Student Health: Identification Cards

If you or someone you know is struggling emotionally or having trouble coping, there is help. If you are in distress or just want to talk about your problems, call the National Suicide Prevention Lifeline at 1-800-273-8255 (en Español 1-888-628-9454) or text **home** to 741741 for free, confidential support.



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Thank you



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Didi Hirsch Suicide Prevention Center

<https://didihirsch.org/services/suicide-prevention/>

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Didi Hirsch Suicide Prevention Center



CRISIS SERVICES



TRAINING & EDUCATION



RESEARCH & INNOVATION



THERAPY & SUPPORT



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Didi Hirsch Suicide Prevention Counseling Center Services

Individual, Couples, Families 424-362-2911

- *Virtual/Telehealth services are available.*

Survivors of Suicide Attempts (SOSA) 424-362-2911

- *Support groups for those who have attempted suicide also focused on coping and other skill building (in Los Angeles and Orange County). Virtual/Telehealth services are available.*

Survivors After Suicide (SAS) 424-362-2912

- *Bereavement support groups for adults and teens (in Los Angeles and Orange County). Virtual/Telehealth services are available.*



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English and Spanish-speaking counselors available 24/7.

Korean-speaking counselors are available 4:30pm to 12:30am PST



Deaf and Hard of Hearing (text 'HEARME' to 839863)



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**Veterans
Crisis Line**



**Military
Crisis Line**

1-800-273-8255 PRESS 1



Text 838255



<https://www.veteranscrisisline.net/get-help/chat>

Didi Hirsch
MENTAL HEALTH SERVICES
Suicide Prevention Center

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**Disaster
Distress
Helpline**

PHONE: 1-800-985-5990
TEXT: "TalkWithUs" to 66746

Llame al **1-800-985-5990** (y oprime "2")
or envíe un text con **HABLANOS** al **66746**

Didi Hirsch
MENTAL HEALTH SERVICES
Suicide Prevention Center

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teen line

teens helping teens



800-TLC-TEEN (nationwide toll-free) from 6pm to 10pm PST



Text “TEEN” to 839863 and Mobile App “Teen Talk”



www.TeenlineOnline.org

 Didi Hirsch
Mental Health Services
Suicide Prevention Center

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THE TREVOR PROJECT

Saving Young LGBTQ Lives



866-488-7386 (24/7)



Text “START” to 678678 (6am–1am ET/3am–10pm PT)



www.thetrevorproject.org

 Didi Hirsch
Mental Health Services
Suicide Prevention Center

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YOUR Life
YOUR Voice



800-448-3000 (24/7)



Text "VOICE" to 20121 and Mobile App "My Life MyVoice"



www.yourlifeyourvoice.org



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Additional Crisis Hotlines

- Trans Lifeline (translifeline.org): 877-565-8860
- National Sexual Assault Hotline: 800-656-4673
- National Domestic Violence Hotline: 800-799-SAFE (7233) and chat <https://www.thehotline.org/>
- Los Angeles Child Protection Hotline: 800-540-4000



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Peer Support Groups

- National Alliance on Mental Illness - <https://www.nami.org/Find-Support>
- Depression and Bipolar Support Alliance - <https://www.dbsalliance.org/support>
- Self-Help And Recovery Exchange - <https://shareselfhelp.org/programs-share-the-self-help-and-recovery-exchange/self-help-support-groups/>

Thank you

NAMI CA

Information and Resources



NAMI California
www.namica.org



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Mission

■ Our Mission

NAMI California is a grassroots organization of families and individuals whose lives have been affected by serious mental illness. We advocate for lives of quality and respect, without discrimination and stigma, for all our constituents. We provide leadership in advocacy, legislation, policy development, education and support throughout California.

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Vision

■ Our Vision

NAMI California is the leading organization of individuals working with mutual respect to provide help, hope and health for those affected by serious mental illness.



Purpose

■ Our Purpose

NAMI California is dedicated to the strengthening of local grassroots organizations. We provide updated information and support to local affiliates and are here to help organize new affiliates. NAMI California has 58 local affiliates and represents 19,000 people to the California Legislature and Governor on mental illness issues. NAMI California educates families, professionals and the public about the recent explosion of scientific evidence that shows serious mental illnesses are neurobiological brain disorders. NAMI California works to provide a strong, coherent system that offers a continuum of care for the persistent, long-term needs of people with mental illness. NAMI California advocates for increased research to uncover causes and new, effective treatments. NAMI California strives to eradicate stigma.

NAMI CA



- 58 Local Affiliates
- Part of largest grassroots mental health organization in US
- Advocate for lives of quality and respect
- Made up of individuals and families whose lives are impacted by mental illness
- Provide:
 - Advocacy
 - Support
 - Programs
 - Trainings



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Local California Affiliates



- Offer programs and services to their communities
- Each affiliate has their own service offering
- Offer free resources to individuals and families
- To find your local affiliate, visit www.namica.org or contact NAMI CA



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Ways NAMI Helps



- ▶ Peer/Family Support
- ▶ Peer Navigation
- ▶ Family/Peer Education
- ▶ Community Training
- ▶ Peer Providers

Thank you

Boost Your Well-Being as Quarantine Ends

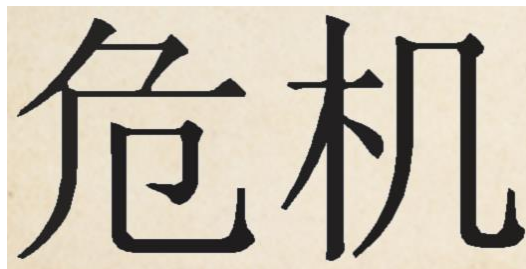


Shashank V. Joshi, MD, FAAP, DFAACAP
Professor & Director of School Mental Health Services



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Out of Crisis,
Comes...



• Source: wudangchen.com

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California Surgeon General's Playbook: Stress Relief during COVID-19 <https://covid19.ca.gov/manage-stress-for-health/>

The Six Stress-Busting Strategies

Safe, stable, and nurturing relationships can protect our brains and bodies from the harmful effects of stress and adversity. Healthy nutrition, regular exercise, restful sleep, practicing mindfulness, staying connected to our social supports, and getting mental health care can help decrease stress hormones and improve health.

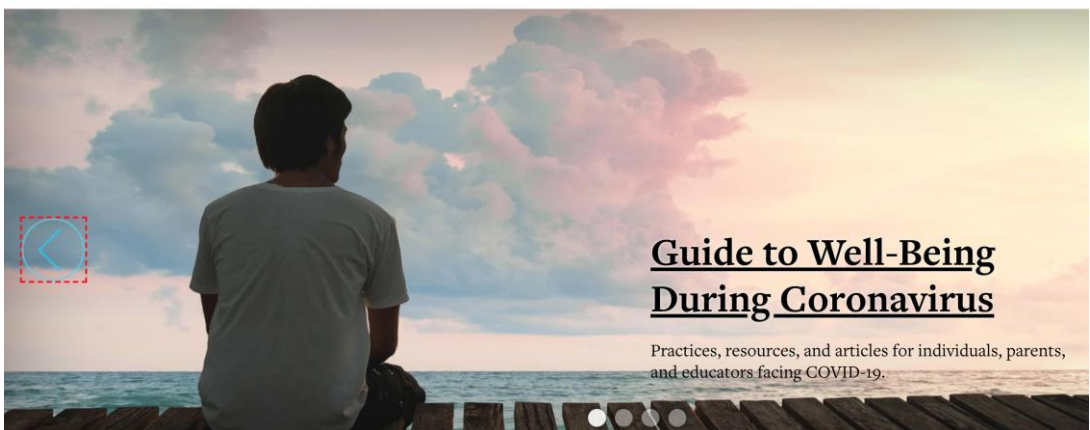


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UC Berkeley Greater Good Science Center <https://ggsc.berkeley.edu>



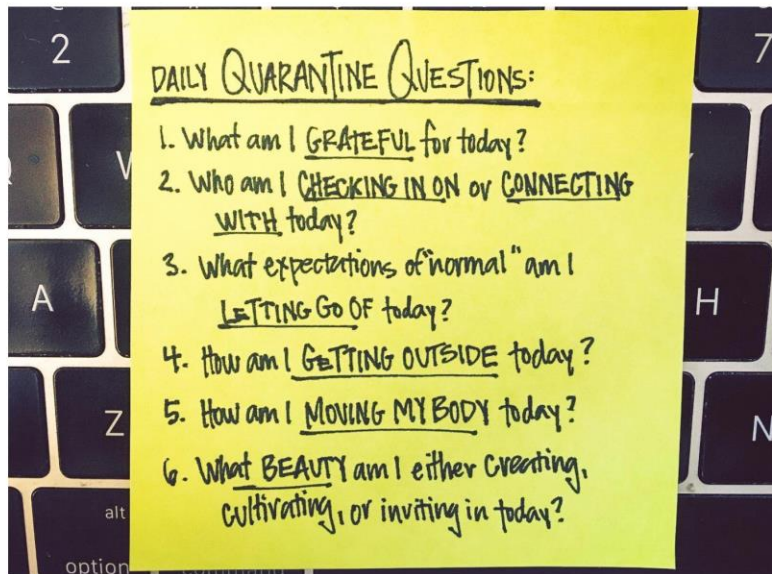
Who we are | What we do | Who we serve | [Events & classes](#) | [Get involved](#)



Guide to Well-Being During Coronavirus

Practices, resources, and articles for individuals, parents, and educators facing COVID-19.

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Created by Brooke Anderson

Energy Management

You can do anything, but you can't do everything!

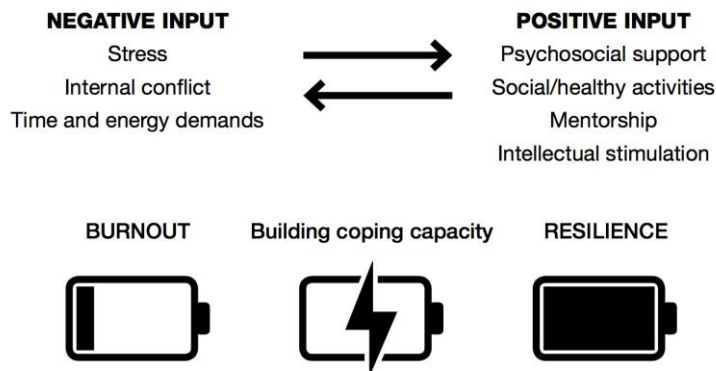


FIGURE 8-2. Recharging one's batteries for self-care.

Source. Adapted from Dunn et al. 2008.

(Gengoux et al., 2020; *Professional Well-being*, APA Publishing)

Cognitive Re-Appraisal

We are often kinder to others than to ourselves

All feelings are OK

- ✓ I am not my feelings
- ✓ Negative thoughts are trying to protect me
- ✓ My mistakes do not define me
- ✓ When feeling guilty, remember: "you are not *that* powerful"

Naming an emotion engages prefrontal cortex, which down-regulates the amygdala



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Your Mind is Your Most Important Tool Cognitive Strategies to Enhance Well-being



GRATITUDE

"Three Good Things" practice for two weeks associated with improved happiness, work-life balance and reduced burnout and depression for health care workers (N=228) 1 to 12 months after intervention

(Sexton & Adair, 2019 *BMJ Open*)



SELF-VALUATION

Self-valuation means prioritizing personal well-being and growth mindset in response to errors. Lower self-valuation is associated with higher risk for burnout

(Trochel et al., 2019 *Mayo Clinic Proceedings*)

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Promoting Well-being in a Pandemic: *PRESS JOY*

Dr. Amy Heneghan – Pediatrician, Palo Alto Medical Foundation

P – Put your own oxygen mask on first



R – Embrace the roller-coaster



E – Manage expectations



S – Stick to a routine



S – Seek help



JOY – Find joy



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“Resilience Recipes”



What are your essential ingredients?



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Additional Resources

Resources for Children and Teens

[National Center for School Mental Health \(NCSMH\)](#)

[Teen Guide to Mental Health and Wellness \(San Diego County Office of Ed\)](#)

[Implications of COVID-19 for LGBTQ Youth Mental Health & Suicide Prevention](#) (Trevor Project)

[HEARD Alliance K12 Toolkit for Mental Health Promotion and Suicide Prevention](#)

Stanford Center for Continuing Medical Education Covid-19 Webinars

- Positive Parenting During Shelter in Place
- Talking to Young People about Covid-19
- Minimizing the Impact of the COVID-19 Pandemic on Sleep
<https://med.stanford.edu/cme/COVID19/education.html>

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Questions

Submit your questions through the Q & A box. (Usually located at the bottom of your screen.)

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Faculty Contact

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Jessica Cruz

Executive Director
National Alliance of Mental Illness
Jessica@namica.org

Dr. Shashank Joshi

Professor of Psychiatry, Pediatrics and Education
Stanford University
svjoshi@stanford.edu



Additional Resources

- Hospital Quality Institute – Care for the Caregiver <https://www.hqinstitute.org/webinar/care-caregiver-webinar-demand>
- California Hope – <https://www.calhope.org/>
- For families who have children and teens (up to age 21) who are struggling at home, school or in the community due to emotional and behavioral difficulties, Sacramento County offers Flexible Integrated Treatment (FIT) programs. <https://dhs.saccounty.net/BHS/Pages/Child-Youth-and-Family-Mental-Health-Programs.aspx>
- If you or someone you know would benefit from mental health services, please visit the Sacramento Child, Youth, and Family Mental Health Programs Website or call 916-875-1055 for a free mental health screening for services. <https://www.saccounty.net/news/latest-news/Pages/Family-Resources-for-Behavioral-Health-Needs.aspx>
- Mental Health–Related Emergency Department Visits Among Children Aged 18 Years During the COVID-19 Pandemic — United States, January 1–October 17, 2020 | MMWR (cdc.gov)
<https://www.cdc.gov/mmwr/volumes/69/wr/mm6945a3.htm>
- Young People in Recovery - <https://youngpeopleinrecovery.org>



Thank You

Thank you for participating in today's webinar.

A recording of the program will be sent to each attendee.

For education questions, contact:
education@calhospital.org