NEWSLETTER

On behalf of Kathryn Wetzler, PsyD



CONTINUING EDUCATION LIBRARY IS "LIVE"

We are happy to announce that the Mental Health Training Programs have launched our free continuing education online library of courses available to all trainees and staff across the organization. Featuring both internal and external content experts, and with courses ranging from 0 to 6 hours of CE credit, come get all the CE's you need while learning about cutting-edge and emerging topics in the field. We'd also like to give a special shoutout to our liaisons **Chelsea Vilinskas** and **Xiaolong Li**, from the training programs and **Otaiwan Day** and **Chris Salem** from the Allied Health Sciences School, who have worked so hard to help make this happen.

MENTAL HEALTH AWARENESS MONTH

As the calendar turns to May, the Mental Health Training Programs would like to recognize Mental Health Awareness Month. Each year, millions of



people continue to struggle with the reality of living with mental illness, and we join them in the fight against stigma, and to provide support and care to our members and their families struggling with mental illness. Thank you to our incredible trainees and training faculty for your continued dedication to our members and our programs. You make a difference every day and for that we are grateful!

NEW BARIATRIC PILOT PROGRAM

We would like to express gratitude to all the trainees and faculty who've been involved with our new Bariatric Evaluation Pilot Program across the region. This exciting new initiative has provided our members with a muchneeded service and we are very proud of your hard work in bringing it to life. A special congrats to **Dr. Supria Gill**, **Dr. Stephanie Kong**, and **Dr. Maryam Hafezi** for overseeing this exciting project.

UPCOMING LIVE SEMINARS

Tuesday May18, 2021

MAY 2021

Sleep in Psychiatry Insomnia and Hypersomnia

Dr. Nirupam Singh, MD 1:00 PM to 4:00 PM

Tuesday, June 15, 2021

Solution Focus Approach Elliott Connie, MA, LPC 1:00 PM to 4:30 PM

Thursday, July 15, 2021

Dialectical Behavior Therapy Groups for Youth and Adults with ASD? YES! Part 1 of 2

Doreen Samelson EdD, MSCP; Lindsey Sneed MS, BSBA, LBA & Erin Shurtlef LCSW, BHM

10:30 PM to 12:30 PM

To register visit the Seminar Registration page on our website at www.mentalhealthtraining-ncal.kp.org



MENTAL HEALTH TRAINING PROGRAM

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FOCUS ON EID

We want to acknowledge the heaviness, tension and fatigue as we witness the increase in hate crimes targeted towards our AAPI community, the almost daily videos and stories of brutality aimed at folks of color, and the recent verdict convicting Derek Chauvin for the murder of George Floyd. We continue to make efforts to meet this moment with actionable steps, as such, we want to remind our training community of the following resources:

- **EID Trainee Needs Survey**. Please let us know by taking the time to complete our survey (see link)
- **EID Consultation Drop-in Hours with Dr. Bedford** Palmer. Dr. Palmer provides monthly consultation sessions for both trainees and training faculty. These sessions are held on 2 separate occasions for increased emotional safety at the supervisee and supervisor levels.
- **Employee Assistance Program.** The EAP offers a free and confidential service for all Kaiser Permanente employees and their dependent family members. Call EAP's 24/7 Access Line at (877) 801-5751 or for more information, go to kp.org/eap.

As a reminder, our May EID Forum will take place on Tuesday, May 11th at 11:00am, entitled, "The Intersectionality of Latino/Hispanic Community and Mental Health" and focuses on the intersectionality of Latinx community and Mental Health.

BRIGHT SPOTS



We received an outpouring of "bright spots" and good news from the Sacramento Valley Region:

"Thank you to our postdoctoral resident **Dr. Shushan Tigranvan**, who has been organizing fundraisers, clothing drives, vigils, and protests to raise awareness about war crimes and human rights violations in the region of Nagorno-Karabakh in the conflict between Armenia and Azerbaijan. Dr. Tigranyan and her team raised nearly \$230,000 and shipped over 40 boxes of clothing to help displaced families. In December, she and her team traveled to Armenia to deliver funds to wounded soldiers and met with over 200 families to provide psychological and financial assistance. We would like to recognize Dr. Tigranyan for her heroic work." -Jarrett Takayama, Psy.D.

"A huge shout out to **Dr. Emily Gosnell** for her enthusiastic energy and drive. She is currently co-facilitating trauma groups, a class, providing individual therapy to complex patients, and weekly psychological and/or ADHD testing. Dr. Gosnell provides consultation to master's level mental health trainees at Adelante High school, which is another highlight of hard work and dedication to the field. Additionally, she is providing group supervision to practicum level trainees. Thank you, Dr. Gosnell, for all your hard work and dedication

to your patients, colleagues, and field! " - Dr. Sonia Randhawa and Dr. Kathryn Hurn

MAY 2021

"A huge shout out to **Dr. Alexis Marks-Hicks** for her hard work and contributions to Oakmont High school through providing consultation to master's level mental health trainees. Additionally, she conducted Narrative Therapy training, which will be included in their digital training database, and presented to the Health Careers Academy students on mental health pathways. Thank you Lexie! " - Dr. Ladan Khatibijah

Jennifer Salib, Psy.D. will be the lead presenter at the annual Spring STFM (Society for Teachers of Family Medicine) conference in May on reflective practice: "Empathy and Equity: The Art and Science of See, Think, Feel, Do." Also, at the annual APA convention in August on the care for vulnerable populations: "Challenge Accepted: Assessing Faculty Attitudes First When Teaching Residents Care for the Homeless."

