

Mental Health Training Program Northern California

# MENTAL HEALTH TRAINING PROGRAM NEVSIETTER On behalf of Kathryn Wetzler, PsyD

#### JUNETEENTH

On June 19<sup>th</sup>, the Mental Health Training Programs would like to acknowledge the significance of this date for the African American community both within KP and at large. Two years after President Lincoln signed the Emancipation Proclamation, a quarter of a million enslaved Texans learned of their freedom of the first time on this date, marking the end of a disgraceful chapter in our history and the start of a new era for our nation. Now a holiday in 47 states, Juneteenth is both a celebration of freedom as well as a reminder of how far we must go to achieve true equality in this country. Today we both acknowledge the pain of the past and share hope for a better, more just future.

#### **EXCITING CONTINUING EDUCATION NEWS**

For those who missed the initial announcement, we are pleased to announce that the Mental Health Training Programs have launched a 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 1 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. More courses are being added on a regular basis, so be sure to check out our website.

#### **FOCUS ON EID**

EID Celebrates Pride and Juneteenth! These yearly celebrations remind us to not only honor and celebrate the contributions of these important groups in our society, but also challenge us to reflect on how we may do better in supporting marginalized groups.



**Pride History:** Pride Month has been celebrated in June across the US for decades to honor and celebrate the LGBTQ community. June

marks the anniversary month of the Stonewall Riots of 1969.

Training: <u>Pride 2.0, Celebrating Our History, June 25<sup>th</sup>, 2021,</u> California Psych Association



Juneteenth History: Juneteenth, an annual holiday commemorating the end of slavery in the United States, has been celebrated

#### by African Americans since the late 1800s.

Reading: <u>Three Ways to Celebrate and Support Black Mental</u> <u>Health on Juneteenth, American Counseling Association</u>

## <u>JUNE 2021</u>

#### **UPCOMING LIVE SEMINARS**

#### 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

#### Wednesday, July 28, 2021

Trauma and PTSD Relief Therapy Bessel A van der Kolk, MD 10:00 AM to 1:30 PM

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



Mental Health Training Program Northern California

# MENTAL HEALTH TRAINING PROGRAM NEVISION DEPARTMENT OF THE ADDRESS OF THE ADDRESS

#### BRIGHT SPOTS /\*\*\*\*

From **Santa Rosa**: "Postdoctoral Residents and Doctoral Interns at Kaiser Permanente-Santa Rosa collaborated with the *Resilience in School Environments (RISE)* initiative of Thriving Schools and the staff and teachers at Santa Rosa City School, Ridgway High School, to create a curriculum intended to promote mindfulness and foster well-being within the school community.

The 8-module series was designed by the trainees, who will provide psychoeducation on the many benefits of mindfulness and teach techniques that school staff and teachers can use in their daily lives, their classrooms, and in the community-at-large. Modules include such topics and practices as self-compassion, emotion regulation, meaningmaking, self-care, coping skills, effective communication and de-escalation, embodied movement, and Yoga.

Each trainee will deliver an effective mindfulness concept or technique to school staff and faculty in support of RISE's ongoing commitment to address the underlying factors of stress in schools and develop strategies and practices that foster more positive school environments." From the **South Bay**, we received several highlights including:

"Joanna Jaroszewska, AMFT passed the Law & Ethics Exam on March 10<sup>th</sup>! She also created a community project on 'Fostering a Mentally Health Classroom,' and volunteered to help out the clinic by doing an extra group."

"Haley Kumar, ASW passed the Law & Ethics Exam on March 26<sup>th</sup>, and created a community project focused on supporting student mental health during COVID-19. Haley also developed a 'Mental Health Toolkit' complete with information, resources, and tips for teachers."

"Nicole Marshall, AMFT created a community project presenting to elementary school classes on identifying and coping with "big feelings," which focused on stress management strategies."

"2 of our PM Fellows (Ariana Rocha, ACSW and Livier Martinez, ACSW) have been hired by KP SJO Adult, to begin full-time positions after the training year ends."

Lastly, the Training Programs would like to congratulate our very own **Dr. Frederick Hives II** for recently becoming ABPP certified in Clinical Neuropsychology. Dr. Hives is a neuropsychologist out of Fresno and part of our supervisory team. Congratulations!

## **JUNE 2021**



