

MENTAL HEALTH TRAINING PROGRAM
NEWSLETTER

June 2022

On behalf of Kathryn Wetzler, PsyD



RECOGNIZING PRIDE AND PTSD MONTH

The Mental Health Training Program would like to take this opportunity to celebrate Lesbian, Gay, Bisexual, Transgender, Queer, and Intersex (LGBTQI+) Pride Month. We collectively take a moment to reflect on the immense progress made in this country in the fight for equality and justice while also recognizing the ongoing areas in which we fall far short of our ideals. Above all, we acknowledge and give thanks to the generations of LGBTQI+ people who have helped fight for inclusion and equal rights throughout the history of our country. Despite the gains that have been achieved over the years, many members of the LGBTQI+ community continue to face efforts to undermine their rights and suffer at the hands of ongoing discrimination. As mental health clinicians, we are acutely aware of the devastating toll that these sorts of injustices can incur on people and strive to do all in our power to address this in our professional roles.

This month also marks national PTSD Awareness Month. Across our medical centers and in our lives, we see the effects of trauma across so many walks of life. These struggles have only been exacerbated during the pandemic, and far too many people continue to face barriers to care when it comes to overcoming various forms of trauma. As a program we affirm our commitment to serving communities who have suffered countless traumas, and to continue to raise awareness and opportunities for treatment to help those most in need.



REGIONAL SEMINARS

In June, **Dr. Robert Friedberg** will be teaching a seminar focused on Effective Brief Interventions for Children and Adolescents. We will not be holding a regional seminar in July,



as we gear up for the Mental Health and Addiction Medicine Symposium in August. We hope you can join us for these seminars, which will also be recorded and available for your viewing in our online CE library in case you cannot make it to the live event.

UPCOMING LIVE SEMINARS

Tuesday, June 21, 2022**Effective, Brief Interventions for Treating Children and Adolescents****Robert Friedberg, PhD, ABPP****1:00 PM to 4:30 PM****Tuesday, July 19, 2022****Strategies for Handling Problems and Having Difficult Conversations in Clinical Supervision****George B. Haarman, PsyD., LMFT****12:00 PM to 2:00 PM****Saturday, August 13, 2022****Kaiser Permanente Mental Health and Addiction Medicine Virtual Symposium****8:00 am – 5:00 PM****(Save the Date: Sign-up information coming soon)****Tuesday, August 30, 2022****Clinical Supervision: Selected Topics****Carol Falender, PhD****12:00 PM to 2:00 PM**

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



MENTAL HEALTH TRAINING PROGRAM
NEWSLETTER

June 2022

On behalf of Kathryn Wetzler, PsyD

**KAISER PERMANENTE MENTAL HEALTH AND ADDICTION MEDICINE VIRTUAL SYMPOSIUM**

As many of you know, on **Saturday August 13th** we will be hosting the Mental Health and Addiction Medicine Virtual Symposium. This event will include nationally renowned keynote speakers (including Johann Hari and Anna Lembke, MD), and cutting-edge workshops led by leading experts (including Edna Foa PhD, and David Kessler). In addition, we will be hosting poster presentations from our mental health trainees to share about some of their innovative work over the course of the training year, as well as showcasing some of our innovative programming pertaining to EID along with some relaxing wellness-focused activities. Please mark your calendars and hope to see you there!

EQUITY, INCLUSION, & DIVERSITY

In the month of June, we proudly highlight Juneteenth and LGBTQIA+ Pride!

On June 19, we honor “Juneteenth” or “Freedom Day” which is the oldest nationally celebrated commemoration of the ending of slavery in the United States. Today, the holiday commemorates African American freedom and emphasizes education and achievement, as well as a time of reflection and rejoicing. We invite you to read, learn or participate in a Juneteenth event. Look at: [30 ways to celebrate Juneteenth in the Bay Area \(eastbaytimes.com\)](https://www.eastbaytimes.com/30-ways-to-celebrate-juneteenth-in-the-bay-area/).



Unites. We invite you to learn, unite and support the various Pride events taking place throughout our communities.

Equity, Inclusion & Diversity Call to Action: Practice learnings from [Belong@KP Module 1: Break Bias](#). This month’s inclusion habit is **challenging your assumptions**

MENTAL HEALTH TRAINING PROGRAM AND DOZIER-LIBBY MEDICAL HIGH SCHOOL: END OF YEAR MENTORSHIP CELEBRATION

Thank you to our EID Officers, Chinue Brown PsyD, Mandeep Tumber-Bhela PhD, our Mental Health Mentor Trainees, the Dozier Libbey Faculty and Student Mentees and the Diablo Service Area Leaders for their support in bringing this vision to life. We appreciate your persistence, hard work and dedication to a successful year. Our hope is to continue our relationship with Dozier Libbey Medical High School and expand into other areas.

“When you learn, teach. When you get, give” Maya Angelou

