

MENTAL HEALTH TRAINING PROGRAM
NEWSLETTER

May 2022

On behalf of Kathryn Wetzler, PsyD



MENTAL HEALTH AWARENESS MONTH

We'd like to take this opportunity to recognize Mental Health Awareness Month, and to our providers and trainees who are making a difference on the front lines of mental healthcare. You work incredibly hard to support the well-being of our members and you make a tremendous difference in their lives. Thank you for your hard work and dedication to improving the mental health and wellness of our members and the communities we serve.

Prior to the COVID-19 pandemic, we were already seeing record-setting rates of depression, anxiety, stress, and PTSD. The pandemic has further exacerbated these trends and has been especially devastating to underserved and marginalized communities in our state and around the country. And while we've made tremendous strides in destigmatizing mental health issues, many barriers to treatment remain. Please join us in continuing to meet these challenges in our work and in our everyday lives.

REGIONAL SEMINARS

We've got some great upcoming seminars that we're excited to share with you in the coming months.

Dr. Elissa Epel (Author of *The Telomere Effect*) will be presenting on Building Stress Resilience and Hope for a New Era.



Then in June, **Dr. Robert Friedberg** will be teaching a seminar focused on Effective Brief Interventions for Treating Children and Adolescents.



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 can't make it to the live event.

KAISER PERMANENTE MENTAL HEALTH AND ADDICTION MEDICINE ANNUAL SYMPOSIUM

On **Saturday August 13th** we'll be hosting a very special day-long Mental Health and Addiction Medicine Virtual Symposium. This event will include nationally renowned keynote speakers (including Johann Hari and Anna Lembke), cutting-edge CE and CME workshops led by leading experts, and poster presentations from our mental health trainees to share about some of their innovative work over the course of the training year. Please mark your calendars and hope to see you there!



KAISER PERMANENTE®

UPCOMING LIVE SEMINARS

Tuesday, May 17, 2022

Building Stress Resilience and Hope for our new era**Elissa Epel PhD, M.S., M.Phil**

1:00 PM-4:30 PM

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 Haarman PsyD, LMFT**

12:00 PM to 2:00 PM

Saturday, August 13, 2022

Kaiser Permanente Mental Health & Addiction Medicine Annual Symposium

8:00 AM to 5:00 PM

(Save the Date: Sign up information coming soon)

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



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EQUITY, INCLUSION & DIVERSITY

We would like to recognize **May as Asian American and Pacific Islander Heritage Month, National Foster Care Month, and National Mental Health Awareness Month.**



National Foster Care Month is an initiative of the Children's Bureau. May is used as a time to renew the commitment to ensuring a bright future for the more than [407,000](#) children and youth in foster care, and celebrate those who make a meaningful difference in their lives. The theme this year, "Relative and Kin Connections: Keeping Families Strong," speaks to the positive impact relative and fictive kin have on youth.

Please read more

at: www.childwelfare.gov/fostercaremonth/about/



Asian/Pacific American Heritage Month is a celebration of Asians and Pacific Islanders in the United States. A rather broad term, Asian/Pacific encompasses all of the Asian continent and the Pacific islands of Melanesia and Polynesia. The recognition of this month originated with Congress in 1977 with the first ten days in May being named Pacific/Asian American Heritage Week. In 1992, Congress passed May as Asian/Pacific American Heritage Month. The month of May was chosen to commemorate the immigration of the first Japanese to the United States on May 7, 1843, and to mark the anniversary of the completion of the transcontinental railroad on May 10, 1869.

The [Federal Asian Pacific American Council](#)'s May 2022 theme is "Advancing Leaders Through Collaboration," which builds on a leadership advancement theme series that began last year.

EID Call to Action: Consider how race and ethnicity affect your identity and place in society. Race is a social construct that is used to establish and justify systems of power and privilege in our society. We encourage you to think about your own position in relation to race and ethnicity and how it may reflect greater power dynamics related to privilege and oppression. This means evaluating how the values, norms, and behaviors associated with your own ethnic or racial identity may influence your behavior. One's position affects the awareness and understanding you have of other people's experiences when it comes to systemic racism and racial inequity.

To learn more, consult [APA's Race and Ethnicity Guidelines in Psychology: Promoting Responsiveness and Equity \(PDF, 578KB\)](#)

