

MENTAL HEALTH TRAINING PROGRAM
NEWSLETTER

September 2022

On behalf of Kathryn Wetzler, PsyD

*Welcome!***WELCOME ALL INCOMING TRAINEES!**

September marks the start of a new training year, and we're pleased to welcome our newest cohort of mental health trainees. As the largest training program in the United States, our trainees bring an incredible wealth of knowledge and enthusiasm to their respective clinics and provide our members with outstanding care over the course of their training year. Thank you to all the supervisors and directors who support the training programs, and please join me in welcoming the 2022-2023 cohort of KP Mental Health trainees!

VIRTUAL SYMPOSIUM FOLLOW UP

Our Northern California Mental Health & Addiction Medicine Virtual Symposium last month was a big hit. Thank you to everyone who made it to our fun day of keynote speakers, cutting-edge workshops, and fun programming. We're happy to announce that all 12 sessions (2 keynotes and 10 workshops) will be made available in the coming weeks and months through our

online library. So, if you missed a speaker you were hoping to see, stay tuned and you'll soon be able to catch their virtual session!

SUICIDE PREVENTION MONTH

September is National Suicide Prevention Month, a time where we come together to raise

awareness of this often-stigmatized subject. Each year there are over 40,000 suicides in the United States (more than double the number of homicides) and it's estimated that there were over one million suicide attempts each year.

In our efforts to address this critical topic, the Regional Mental Health Training Program will be hosting nationally recognized suicide expert Dr. Sally Spencer-Thomas to lead our regional seminar in November. We also wanted to raise awareness of the 988 suicide and crisis telephone number, a new dialing code authorized by Congress in 2020 available to anyone suffering from a suicidal crisis and available 24/7.

<https://988lifeline.org/>

**UPCOMING LIVE SEMINARS****Thursday, September 29, 2022****Multicultural Supervision: Framework, Techniques and Challenges**

Nadine Kaslow, PhD, ABPP

9:00 AM to 4:00 PM**(Licensed professionals only)****Tuesday, October 18, 2022****Law & Ethics Review and Updates**

Dan Taube JD, PhD

9:00 AM to 4:00 PM**Trainees: 12:30-4:00 PM****Thursday, November 3, 2022****Helping People Living with Suicide Intensity: Risk Formulation, Support and Healing with Confidence and Compassion**

Sally Spencer-Thomas, PsyD, MNM

1:00 PM to 4:30 PM

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

See Meetings, Events & Conferences Tab for calendar



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**EQUITY, INCLUSION & DIVERSITY
UPDATES**

This month we will highlight National Hispanic Heritage Month. This is a time of celebration, but for Mental Health Professionals, also a time for reflection on persistent and deep disparities in access to effective treatment.

Bilingual patients are evaluated differently when evaluated in English versus Spanish, and Latinx/Hispanic people are more frequently undertreated for Mental Health symptoms than white people, with language being identified as one of the largest obstacles to treatment and underscoring the need for more Spanish-speaking providers.

**EQUITY INCLUSION & DIVERSITY CALL
TO ACTION: ENGAGE THE POETIC
IMAGINATION OF A LATINA WAR
VETERAN-TURNED POET**

We call on you to spend 4 minutes listening to this spoken word poem by Lucky Garcia, a gay Latinx Iraq War veteran who came home with severe PTSD and turned to poetry to cope with her pain: [PTSD | Spoken Word by Lucky Garcia - YouTube](#)

**Mentoring
Makes a Difference****MENTAL HEALTH TRAINING PROGRAM
MENTORSHIP PROGRAM**

The Equity, Inclusion, & Diversity Officers for the Northern California Mental Health Training Programs are pleased to continue our annual Mentorship Program for the 2022-2023 training year.

We would like to invite licensed staff members to mentor incoming trainees and have an opportunity to give back to their discipline.

<https://www.surveymonkey.com/r/2022-2023mentor>.

Please watch your e-mails for more details!

