

## Mental Health Webinar Series

The San Diego County Office of Education, in partnership with Scripps Health, is offering a series of webinars to support the mental wellness of school communities during these uncertain times.

**January 12, 2021**

**10:00 – 11:30 am**

### **Posttraumatic Growth: How to manage the human experience through COVID-19**

*Charlie Scheck, BSN, RN, TNCC, TCRN, CCRN, ABLIS, ATCN, MCH*

Learn about what Posttraumatic Growth (PTG) is and the domains of PTG. With PTG comes a positive change to a person's life after an experience of a crisis event.

**January 14, 2021**

**3:30 – 5:00 pm**

### **Mental Strategies for Managing Your Overactive Mind: Useful Techniques for Surviving the Pandemic**

*Linda Hutkin-Slade, MSW, LCSW, OSW-C*

Athletes use tricks and mental games to get through tough patches and these same techniques can be used to negotiate life during the pandemic. Come explore and learn different ways to cope with anxiety and depression and manage during this stressful time.

**January 19, 2021**

**10:00 – 11:30 am**

### **Crisis & Youth: Self Harm and Suicidal Ideation**

*LalaineMae Oliveria, LMFT, North County Lifeline*

This presentation will review not only how to recognize when a youth is in a crisis (engaging in self-harm or experiencing suicidal thoughts), but will also include helpful strategies.

**January 21, 2021**

**3:30 – 5:00 pm**

### **Helping Teens with their Screens**

*Jon McKee*

In a world where 89% of teenagers have smartphones in their back pocket, and 79% bring their phones into the bedroom every night... now anxiety, depression, and teen suicide have all spiked to unprecedented levels. So how is it that we can help young people learn to become Screenwise?

**January 26, 2021**

**10:00 – 11:30 am**

### **The Role of Sleep in the Prevention of Mental Health Disorders**

*Derek Loewy, Ph.D., DABSM, CBSM*

This presentation will address the mental health consequences of insufficient sleep and offer education and strategies for optimizing natural sleep.

**January 28, 2021**

**3:30 – 5:00 pm**

### **Maintaining Hope in a Time of Profound Grief and Loss**

*Nerissa A. Abalde, MSW, Palliative Care Social Worker*

The death of a loved one is difficult for everyone. Working with the grief permeates the care experience for individuals, families, and all who support them.



**Register for Virtual \*Zoom training(s) at:**

<http://sdcoe.k12oms.org/918-196743>

\*ZOOM link will be emailed to participants prior to training

**Please note that in order to receive presentation materials you must be present.**

**No Cost**

**General Questions:**

Violeta Mora, Project Specialist, Student Support Services  
(858) 298-2099 or email: [viomora@sdcoe.net](mailto:viomora@sdcoe.net)

**Registration Questions:**

Amanda Holt (858) 298-2075 or email:  
[amanda.holt@sdcoe.net](mailto:amanda.holt@sdcoe.net)

In accordance with the Americans with Disabilities Act, if you need special accommodations to participate, please contact:  
Amanda Holt (858) 298-2075 or email:

[amanda.holt@sdcoe.net](mailto:amanda.holt@sdcoe.net)

The San Diego County Office of Education is committed to ensuring equal, fair, and meaningful access to employment and education services. SDCOE does not discriminate in its employment practices or educational programs and activities on the basis of race, color, national or ethnic origin, ancestry, age, religion or religious creed, marital status, pregnancy or parental status, physical or mental disability or handicap, sex or gender, gender/transgender identity and expression, sexual orientation, military or veteran status, political affiliation, genetic information, a perception of one or more of such characteristics, association with a person of group with one or more of these actual or perceived characteristics, or any other characteristic protected under applicable federal, state or local law as applicable to educational services and/or employment. More detailed SDCOE policies and regulations can be found at [www.sdcoe.net/nondiscrimination](http://www.sdcoe.net/nondiscrimination).