

AB1808 COE Leads Meeting

April 16, 2021

Meeting Agenda

1. Update- LivingWorks Start Training Licenses
2. Mind Out Loud Event
3. A Trusted Space/Angst Screening
4. Highlights from the Field
5. Legislative Updates
6. COE Survey Results-Next Steps

UPDATE

LivingWorks Start Training Licenses

Start Licenses	# Licenses Used	Completion Rate
Staff Licenses	9054	83%
Student Licenses	3834	55%
Total Licenses	12,888	
Licenses Are Still Available!		

*Shout out to
Tulare COE:
Over 1,000
staff trained!*

*Congrats
Sacramento
COE: Over 700
students
trained!*

*Over 800 staff
trained in San
Mateo COE-
Well done!*

Mental Health Month 2021 Toolkit

Outreach ideas
Sample proclamations
Drop in articles
Key messages
Social media posts
Images and posters
Worksheets and factsheets
Resources



MIND OUT LOUD

Student Event



MISSION STATEMENT

**Boldly discussing mental health,
Mind Out Loud inspires students
to live authentic lives.**



California Department of
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**mind
out
loud**

ABOUT THE EVENT

- At the 3-day virtual experience, students will:
 - Connect with peers across California
 - Hear from engaging speakers
 - Be equipped with practical tools for wellness
 - Increase mental health awareness & advocacy
 - Reduce stigma around mental health
 - Learn about suicide prevention



WellnessTogether.org
School Mental Health



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EVENT DETAILS

- May 4th-6th 3:30 PM - 5:00 PM PDT
- Virtual event via Zoom
- Open to all CA middle & high school students (13+ years old)
- Free registration and attendance



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EVENT PROMOTION

- Flyers for Students, School Staff, & Parents/Guardians
- Social Media Content
- Press Kit

**ALL EVENT
PROMO MATERIALS
AVAILABLE AT
bit.ly/MOLinfo**



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loud**

EDUCATORS/SCHOOL STAFF

- Host a Mind Out Loud Watch Party!
 - You provide the space, we provide the pizza!
- Share flyer/website with students

**COMPLETE THE
WATCH PARTY
INTEREST FORM:
bit.ly/molwatchparty**



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out
loud**

REGISTER NOW!



**SCAN THE QR CODE WITH
YOUR SMARTPHONE OR
GO TO MINDOUTLOUD.ORG**



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out
loud**

RESOURCES

A Trusted Space & Angst

Statewide Viewing Opportunities

Documentary	Length	Audience	Description
A Trusted Space	43 minutes	Teachers, parents and educators	This film and curriculum offers tools to mitigate the effects of grief, trauma, anxiety, and other emotional stressors affecting both students and teachers.
Angst	56 minutes	Students ages 10 and up	Designed to raise awareness around anxiety and mental wellness to help youth identify and understand the symptoms of anxiety and encourage them to reach out for help

HIGHLIGHTS FROM THE FIELD

Butte COE

BUTTE COUNTY OFFICE OF EDUCATION

- ◀ Student, Staff & Parent Trainings
- ◀ Messaging to School Staff
- ◀ LivingWorks Start Training: approx. 120 students & 430 adults
- ◀ County-wide School Counselor & Social Worker Network
- ◀ School Crisis Recovery & Renewal Project
- ◀ Youth Focus Groups ★
- ◀ End the Silence Event ★
- ◀ Mind Out Loud Event



Stay Aware & STAY SAFE

As we move out of the grip of the pandemic and into spring, we recognize that many of us are still struggling. Spring is statistically a time of risk for suicide and mental health struggles, even in "normal" years. Included here are some strategies for talking to youth, and signs to pay attention to.

WARNING SIGNS of a Mental Health Crisis:

- Inability to perform daily tasks
- Rapid mood swings
- Increased agitation
- Abusive behavior
- Isolation
- Loses touch with reality (psychosis)
- Paranoia
- Social withdrawal

WARNING SIGNS of Suicide:

- Giving away personal possessions
- Talking as if they're saying goodbye
- Stockpiling pills or obtaining a weapon
- Preoccupation with death
- Sudden cheerfulness or calm
- Dramatic changes
- Increased drug or alcohol use
- Saying things like "nothing matters"
- Withdrawal
- Failed romantic relationship
- Sense of utter hopelessness
- History of suicide attempts

What you might say:

(Aim for supportive and non-judgmental questions.)

- How are you feeling? Tell me about that.
- I've noticed you _____. How are you feeling?
- I know _____. (Acknowledge something that is happening in their life.) Anything you want to talk about?
- Are you thinking about suicide?
- Show that you're listening by repeating back some of what they are telling you.
For example, "So, you feel that ..." or "It sounds like you ..."
- Acknowledge their feelings. It never hurts to say (or repeat) that you care.
- Share concern, but not panic or judgment.

Questions?

Contact: Butte County Office of Education
CDS Health & Wellness Team
mreddam@bcoe.org



Understanding CHILDHOOD MENTAL HEALTH & WELLNESS

A
Training
Event
Designed
for
Parents!

Parents are invited to join us as we uncover:

- Understanding what is normal and what is a concern
- Common mental health challenges for youth
- What to watch for and how to talk with children as a parent
- When to ask for help and where to go to find it

Two Date Options
(Same Training)

January 27, 2021 February 9, 2021
5:00-6:30p.m.

Register Here: <https://tinyurl.com/ybqxy52b>

QUESTIONS?

Contact Sheri Hanni - shanni@bcoe.org



Learning into Action: Select 1-2 for SCRR TA

Renewal activities identified during resource mapping for SCRR Technical Assistance (PDSA):

1. Expand conceptualization of suicide prevention: Expand focus to be more than screening for acute risk (waiting until people are already suicidal) to suicide prevention as creating environments and cultures where everyone can be connected to supports & cope with crisis without acute suicide risk

WHAT
YOUTH
SAID...

End the Silence

YOUTH FOCUS GROUPS

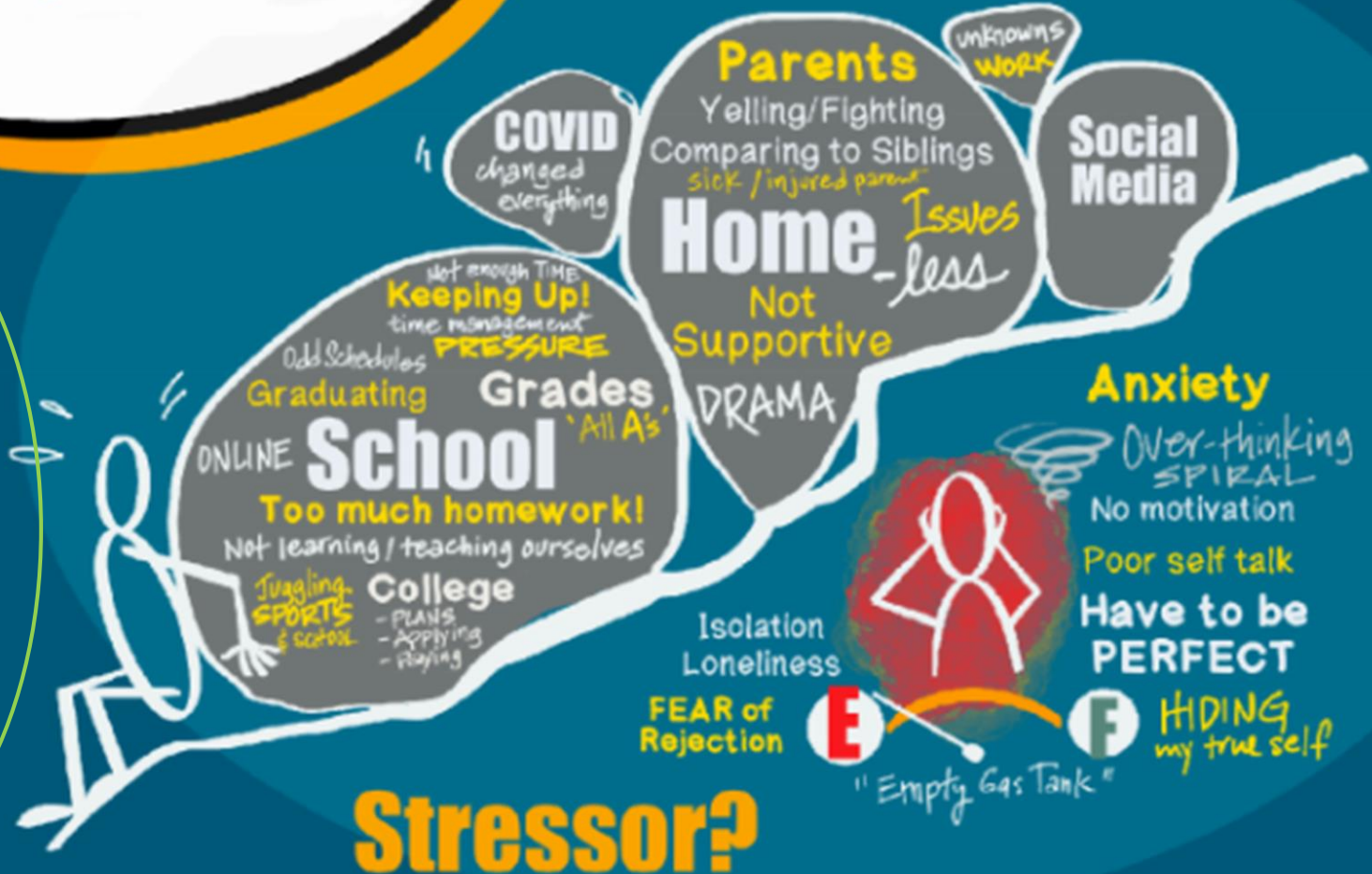
All Butte County

Biggest Weight?

How many
Know
Someone?
who is Struggling?

76%
Average

Range: 14-100%
9 of 13 groups
over 80%



WHAT YOUTH SAID...

Are schools & community doing a good job
educating youth about mental health?

Are schools & community
Doing a Good Job?
educating youth about mental health

mostly **NO.** some "yes"

'One teacher out of 7 cares.'

Stigma "They just keep piling it on"

Need better mental health education.

"Reaching people late or not at all"

Plenty of awareness; not enough **CARING**

why Not Comfortable Asking for Help?

Fear "Weak if you ask; Weird if you go"

Judgement "Belittle our feelings"

Don't understand our generation **SHY** "My problems aren't big enough"

"Don't have REAL problems"

No TRUST "awkward"

"Suck it up! Be grateful. Just a phase." **Not CONFIDENTIAL** "Relationship not there."

ANGRY

STIGMA

"Don't want to be a burden."

Ideas for "Ending the Silence"

How? More Groups!

Build relationships - Trust

Counselors/teachers

Be confidential checking in more

"Real conversations
not e-mails when it
happens."

**Reduce
Stigma**

Educate older
generation

Who? / Where?

Start younger - 6th grade

LGBTQ+ ASB / NCL

4H Cheer/Sports Teams

After School Programs

Axiom

WHAT
YOUTH
SAID...

One Thing

you want adults
to KNOW...

Be there

Don't Fix

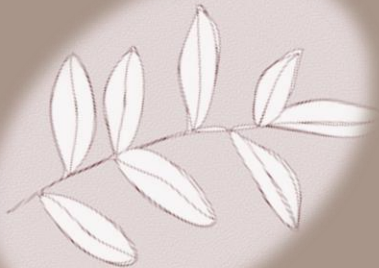
Don't pressure

Listen

More Caring

Be SAFE

Be OPEN





Thursday, April 22, 2021 | 8 a.m. - 3 p.m.

In March, high school students were invited to come together and share their thoughts and feelings about mental health, their struggles, how they are coping and if they feel supported. The message was clear – safe spaces to talk openly, without judgment, about what is really happening for young people are needed.

Join us and have your voice heard.

**Keynote Speakers • Live Music • Drumming Session • Small Group Discussion
Creative Artistic Opportunities • Raffle Prizes • Video Diaries • Difficult
Conversations Workshop • Exploration of Youth Focus Group Findings**

This virtual event is FREE and open to high school youth, community leaders, and caring adults

For more information & to register visit www.nvcf.org/youth-summit

COLLABORATORS



LEGISLATIVE UPDATES

SB 14

Pupil health; school
employee/pupil training;
excused absences; youth
mental & behavioral health

SB 224

Pupil instruction;
mental health
education

SB 21

Specialized license
plates: mental
health awareness

AB 234

Office of Suicide
Prevention

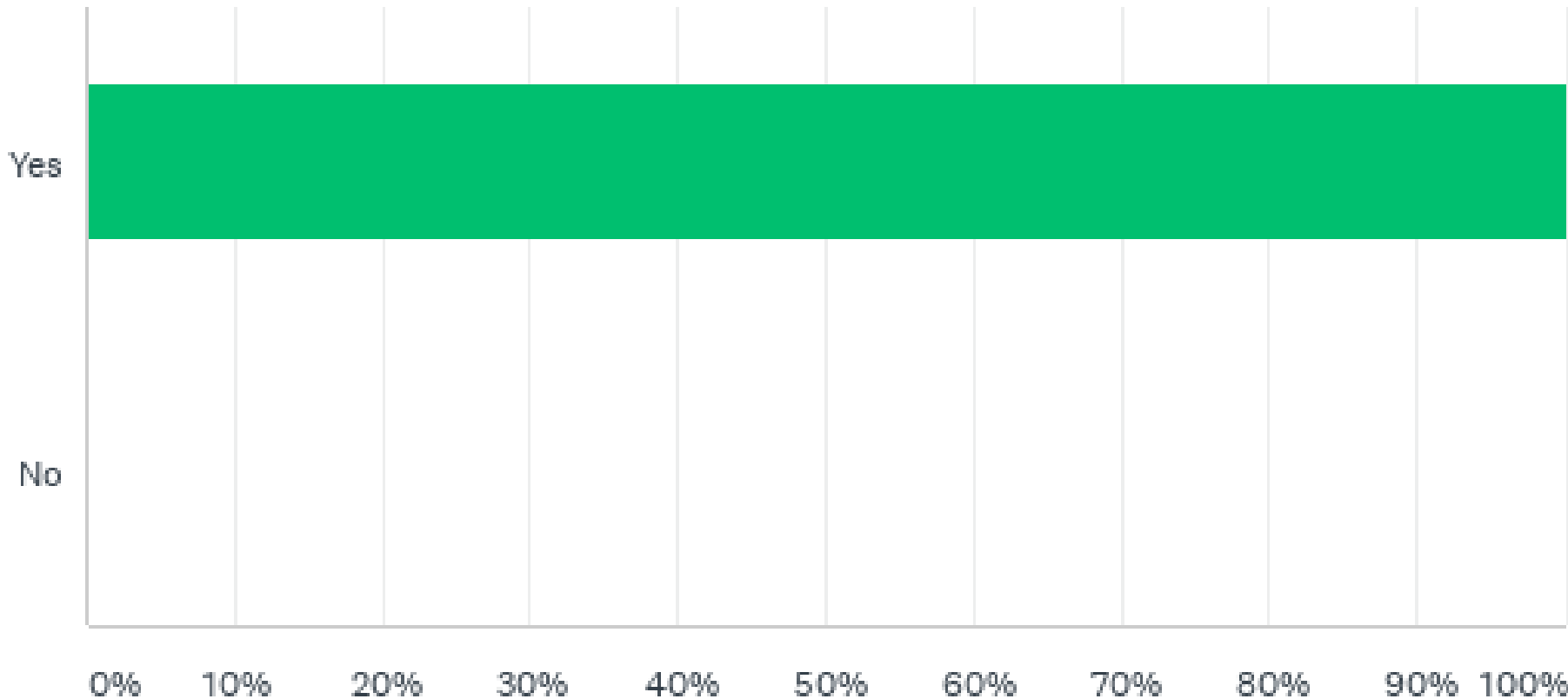
AB 573

Youth Mental
Health Boards

SURVEY RESULTS

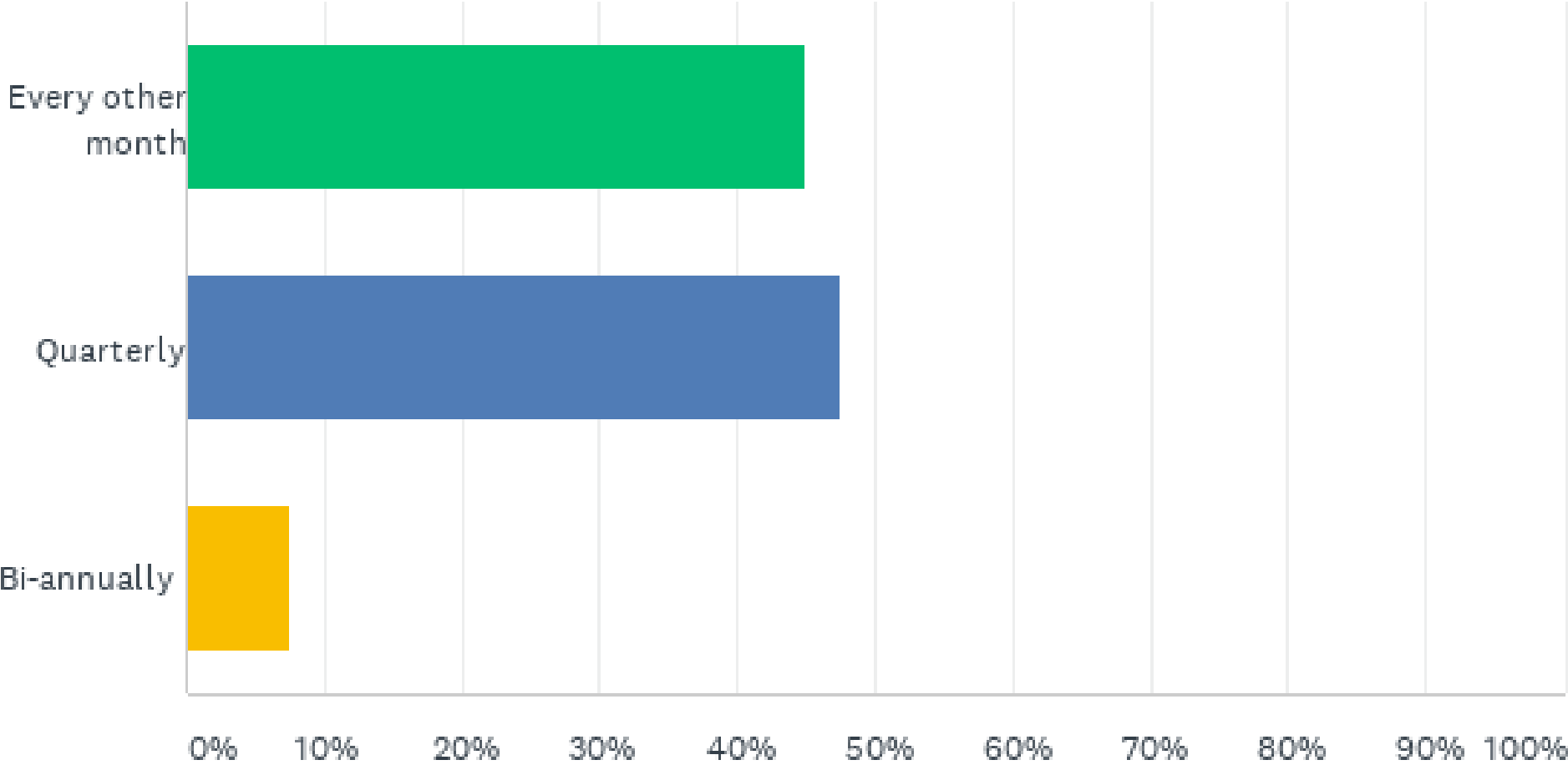
Q1: Would you and/or other COE representatives be interested in continuing to convene?

Answered: 39 Skipped: 1



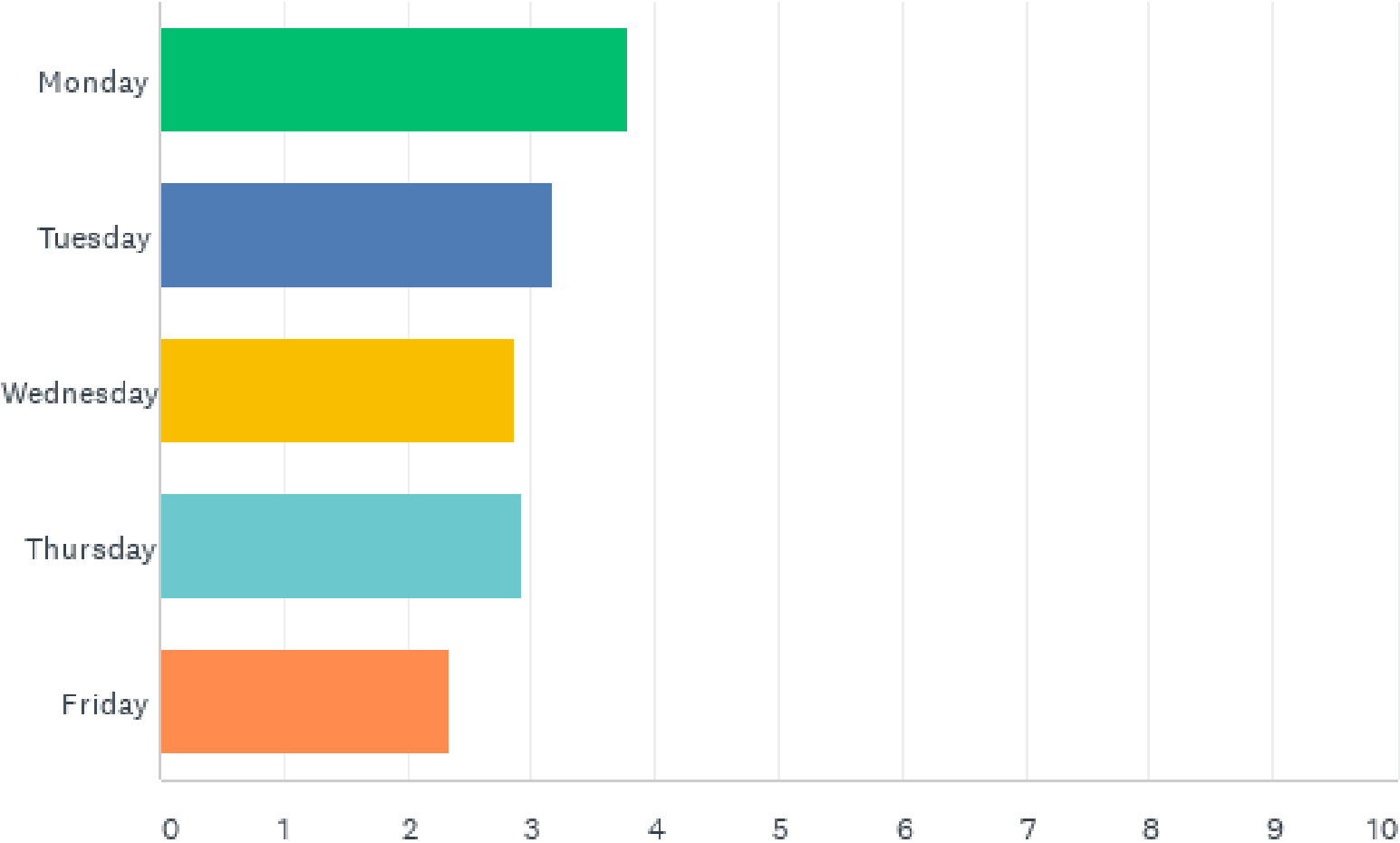
Q2: If yes, how often would you be interested in meeting?

Answered: 40 Skipped: 0



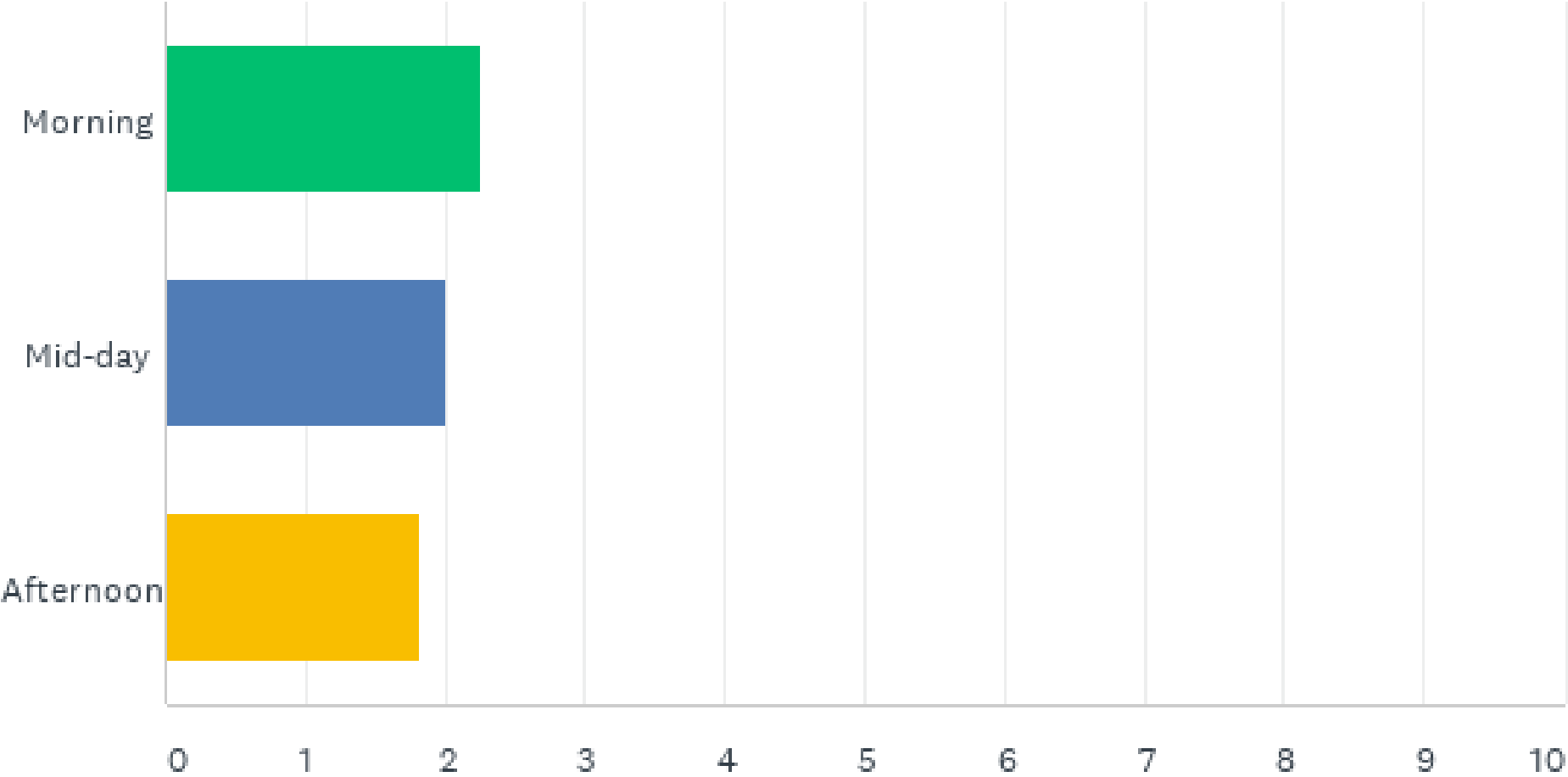
Q3: Please prioritize best day of the week

Answered: 39 Skipped: 1



Q4: Please prioritize best time of day

Answered: 37 Skipped: 3



ADDITIONAL SURVEY COMMENTS

"This is a great opportunity for mental health leads to share what is happening within their regions across the state; we need to have as many heads in the game as possible to support districts, schools, families, and students with the "other" pandemic.

"I would love breakout opportunities to talk in smaller groups as well throughout the meeting. That way we get to make closer connections and meet different folks".

"It would be great if we could have a plan for the topics before the meetings and have breakouts that were with similar sized counties or counties with similar programs".

"Having some focus on mental health and suicide prevention efforts specific to rural would be appreciated".

"Thank you for considering mental health AND wellness".

Statewide COE Mental Health & Wellness Collaborative

**Information &
Resource Sharing**

**Highlight COEs
Best Practices**

**Stay Current on
Suicide Prevention
and Other Relevant
Topics**

**Legislative
Updates**

**Connectivity
Through Peer
Sharing & Learning**

What Else?

2021-22 Quarterly Meetings

Mondays: 9:00am - 11:00am

- August 16th 2021
- November 8th, 2021
- February 14, 2022
- May 9th, 2022

NEXT STEPS & CLOSING