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.
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
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
EVENT PROMOTION

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

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

A Trusted Space & Angst
# Statewide Viewing Opportunities

<table>
<thead>
<tr>
<th>Documentary</th>
<th>Length</th>
<th>Audience</th>
<th>Description</th>
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<tbody>
<tr>
<td>A Trusted Space</td>
<td>43 minutes</td>
<td>Teachers, parents and educators</td>
<td>This film and curriculum offers tools to mitigate the effects of grief, trauma, anxiety, and other emotional stressors affecting both students and teachers.</td>
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<tr>
<td>Angst</td>
<td>56 minutes</td>
<td>Students ages 10 and up</td>
<td>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</td>
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HIGHLIGHTS FROM THE FIELD

Butte COE
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. 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 it.
- Have you noticed anything different about your child’s behavior?
- Have you noticed anything different about your child’s mood or energy levels?

Questions?
Contact: Butte County Office of Education
CDS Health & Wellness Team
mwildermuth@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.
End the Silence
YOUTH FOCUS GROUPS

All Butte County

Biggest Weight?

- Parents
  - Yelling/Fighting
  - Comparing to Siblings
  - Sick/injured parent
- Social Media
  - Issues
- Home
  - Not Supportive
  - Drama
- Students
  - Grades
  - Not/Average
  - Online school
  - Too much homework!
  - Not learning/teaching ourselves

How many know someone who is struggling?

76% Average

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

Stressor?

Fear of Rejection
Isolation
Loneliness
Empty Gas Tank
Hiding my true self

Anxiety
- Over-thinking
  - Spiral
  - No motivation
  - Poor self talk
  - Have to be perfect

COVID changed everything
Not enough time
Keeping up!
Time management
Pressure

Schedules
Odd schedules
Graduating
College
Sports
Drama
School

What youth said...
Are schools & community doing a good job educating youth about mental health?
Ideas for “Ending the Silence”

How? More Groups!
Build relationships - Trust
Counselors/teachers checking in more

Be confidential
"Real conversations not e-mails when it happens.
Educate older generation

Reduce Stigma

Who? / Where?
Start younger - 6th grade
LGBTQ+ ASB / NCL
4H Cheer/Sports Teams
After School Programs Axiom

One Thing you want adults to KNOW...

Be there
Don’t Fix
Don’t pressure
Listen
More Caring
Be SAFE
Be OPEN
END THE SILENCE
YOUTH SUICIDE AND MENTAL HEALTH SUMMIT

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.nycf.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
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

- Morning
- Mid-day
- Afternoon
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