LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH
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DMH – UCLA PREVENTION CENTER OF EXCELLENCE ONLINE LEARNING

The following offerings can be found at Learn.Wellbeing4LA.org unless indicated otherwise in the description column.

LACOE DISTRICTS TRAINING TOPIC REQUESTS	DMH-UCLA COE COLLECTION	TITLE	TYPE	DURATION	DESCRIPTION
Addressing Student Stress and Responding to Students' Emotional and Social Wellbeing	**Support for Youth during the COVID-19 Pandemic** This resources collection was curated for caregivers as they care for youth during the COVID-19 outbreak. It provides information on possible responses youth may have to the pandemic and ways to support any worries or concerns. Get ideas for providing support to families who are managing stress associated with the COVID-19 virus outbreak. **13 Items – Articles, Printable Tools, and Websites.**	**5 Ways to Help Kids Manage Anxiety During the Coronavirus Pandemic**	ARTICLE	-	For kids with anxiety disorders, fears and unknowns may become overwhelming. Parents, educators, and other caring adults can help guide children into successful anxiety management strategies. Here are a few tips.
		Talking with Children: Tips for Caregivers, Parents, and Teachers during Infectious Disease Outbreaks	PRINTABLE TOOL	< 10 MINUTE READ	Understanding key principles for supporting youth during the COVID-19 outbreak is helpful for managing stress and worry. Download this resource to help calm fears and keep peace in families.
		How to Still Have Fun During Social Distancing	ARTICLE	-	During these challenging times, it is more important than ever to engage in a wellbeing routine. Instead of considering yourself constrained at home, take advantage of this weird time by accessing some of the new and creative activities that are waiting online!
	Connected Classroom for Middle and High Schools Students This collection provides tools to support middle and high school teachers in developing student wellbeing and resilience in classroom settings. This collection provides guides to teaching key skills for emotional regulation, effective communication, goal setting, and stress reduction. **15 Items – Course and Tools (Printable and Mobile)**	**Abdominal Breathing Scripts for Middle and High School Students**	PRINTABLE TOOL	< 5 MINUTE READ	When emotions are intense, it can be difficult for students to focus, think critically, and problem solve. Practicing deep breathing helps reduce stress and promotes a sense of calm. Use this script to help students practice abdominal breathing during times of stress.

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	Helping Children Manage Stress Collection Strategies to manage stress is an important skill for children to learn as they grow up and face new challenges. Teaching emotion identification and regulation can better prepare them to manage their feelings and behaviors effectively. Review this collection to learn how play can help children practice managing difficult emotions. 14 Items – Articles, Courses, Videos, and Tools	**Child Reactions to Stress (Birth - 6 years)**	PRINTABLE TOOL	< 5 MINUTE READ	Children and adults have different reactions to stress. Use this informative printable when working with children to learn about what stress reactions look like at different developmental levels.
	Wellbeing in the Workplace We all encounter challenges in our work roles -- from everyday issues like balancing multiple deadlines to supporting clients who are in distress. Explore this collection to learn strategies to manage workplace challenges and support your wellbeing in the professional environment. **17 Items – Courses, Videos, Tools (Mobile and Printable)**	**Shifting Perspectives: Adopting a Trauma Informed Lens**	COURSE	1 HOUR	Employing a trauma and resilience informed lens in your work requires practice. Take this course and learn alongside fictional county employees as they adopt the core principles of trauma and resilience informed care to improve their interactions with the people around them. Consider how adopting the skills taught in this video can enhance your current work practices.
	Helping Kids Manage Stress and Anxiety During Difficult Times		COURSE	45 MINUTES	A 45 minutes to 1 hour webinar on the differences between stress and anxiety; this training highlights some information on normal stress and anxiety responses that can be expected during COVID-19 and provides tips for non-clinicians to support youth as well as information on when to refer for professional help. – Schedule a webinar by emailing info@wellbeing4la.org.

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Addressing Professional and Personal Stress and Attending to Personal Wellbeing	**Managing Adult Stress during Covid-19 Pandemic** Managing stress during the COVID-19 pandemic may be challenging. Putting these recommendations into regular practice can enhance one's own ability to manage stress and promote wellbeing. **9 Items – printable tools and websites**	**Coping with COVID Stress**	PRINTABLE TOOL	< 10 MINUTE READ	Understanding the psychological impacts of an infectious disease outbreak and knowing how to cope with this stress is important for promoting health and wellbeing. Download this factsheet to learn more about potential reactions to COVID-19 and to tips for coping with stress related to the pandemic.
		Managing Stress Associated with the COVID Outbreak	PRINTABLE TOOL	-	The COVID-19 outbreak, and the uncertainties associated with its impact on our communities, may contribute to feelings of stress and anxiety. Practicing coping skills in light of uncertainty is essential to healthy coping and fostering wellbeing. Download this factsheet to learn tips for reducing anxiety by engaging in healthy behaviors that promote a sense of safety and enhance psychological wellbeing.
	Wellbeing in the Workplace We all encounter challenges in our work roles -- from everyday issues like balancing multiple deadlines to supporting clients who are in distress. Explore this collection to learn strategies to manage workplace challenges and support your wellbeing in the professional environment. **17 Items – Courses, Videos, Tools (Mobile and Printable)**	**Enhancing Professional Wellbeing**	COURSE	2 HOURS	The Enhancing Professional Wellbeing course is designed to explore ways to maintain personal wellbeing, support a positive working environment, and reduce feelings of burnout. Learn about wellbeing from fellow LA County employees and explore fictional situations to gain strategies for supporting professional wellbeing.
		Abdominal Breathing for Adults	PRINTABLE TOOL	< 5 MINUTE READ	Practicing deep breathing helps reduce stress and promote a sense of calm. Use this script to practice abdominal breathing during times of stress.
		Progressive Muscle Relaxation Tool (for adults and youth)	PRINTABLE TOOL	< 5 MINUTE READ	Progressive muscle relaxation is a technique that involves flexing and releasing certain muscle groups as a way to relieve muscle tension. Use this script to teach progressive muscle relaxation with youth and adults.
		Taking Care of You	PRINTABLE TOOL	< 5 MINUTE READ	It is important to make time to support your own wellbeing. Use this printable to identify the activities that will allow you to be more resilient and present in day-to-day activities.

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	Maintaining Professional Wellbeing		COURSE	1.5 HOURS	A 1.5hr webinar that is an adaptation of our in person Maintaining Professional Wellbeing curriculum, adjusted for web-based delivery and includes COVID-19 specific information – Schedule a webinar by emailing info@wellbeing4la.org.
Addressing Students and Parents Regarding Uncertainty of What Lies Ahead (Personally, Academically, etc.)	**STAR (Stress, Trauma, and Resilience) Seminar Series** Anxiety caused by Tragedy (not specific to COVID, but some strategies for talking to kids about disasters, etc.)		RESOURCE COLLECTION VIDEOS	VIDEOS RANGE FROM 45 MINUTES TO 1.5 HOURS	The Stress, Trauma, and Resilience (STAR) Seminar brings together experts in the field of child and family trauma to discuss important topics related to prevention science, family intervention, best practices, and cutting edge research. **18 Items - Videos**
	Emotional Care Plan During Trying Times		COURSE	45 MINUTES TO 1 HOUR	A 45 minute to 1-hour webinar that addresses ways to enhance personal and family wellbeing during COVID-19. – Schedule a webinar by emailing info@wellbeing4la.org.
	Provider Tips for Supporting Community Members During a Pandemic		RESOURCE COLLECTION – 7 PRINTABLE TOOLS	< 10 MINUTE READ	Healthcare workers provide an invaluable service to the community, and every more so during the COVID-19 outbreak. Review this collection to learn ways to support the community by helping them to manage stress and support their wellbeing during the pandemic. **7 Items – Tools**

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Effective and Thoughtful Communication and Listening Techniques	**Helping Children Manage Stress** Strategies to manage stress is an important skill for children to learn as they grow up and face new challenges. Teaching emotion identification and regulation can better prepare them to manage their feelings and behaviors effectively. Review this collection to learn how play can help children practice managing difficult emotions. 14 Items – Articles, Courses, Videos, Printable Tools	**Effective Communication Skills Tool**	PRINTABLE TOOL	< 5 MINUTE READ	Teaching effective communication skills helps convey difficult messages, decrease communication-related misunderstandings, and improve relationships. Use this printable to teach effective communication strategies.
	Connected Classroom for Middle School and High School Students This collection provides tools to support middle and high school teachers in developing student wellbeing and resilience in classroom settings. This collection provides guides to teaching key skills for emotional regulation, effective communication, goal setting, and stress reduction. **15 Items – Course and Tools (Printable and Mobile)**	**Cultivating Compassionate Schools**	COURSE	1.5 HOURS	Hear from educators, mental health professionals and former students as they share firsthand accounts of the challenges and successes of creating a nurturing school community. Watch this video to explore the importance of building a school environment that is sensitive to trauma and promotes resilience.
	Trauma Sensitive Communication		IN-PERSON TRAINING CAN BE ADAPTED TO BE WEB-BASED	-	An in-person training that we can adapt to a web-based format to address thoughtful communication and listening techniques. In development.

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Asking Difficult Questions When Speaking to Students Regarding Mental Health, Suicide, Etc. (Signs and Symptoms: What to Look For)	**Trauma Sensitive Communication**		IN-PERSON TRAINING CAN BE ADAPTED TO BE WEB-BASED	-	An in-person training that can be adapted to a web-based format to address thoughtful communication and listening techniques. In development.
	Helping Kids Manage Stress and Anxiety During Difficult Times		COURSE	45 MINUTES TO 1 HOUR	A **45 minutes to 1 hour webinar** on the differences between stress and anxiety; this training highlights some information on normal stress and anxiety responses that can be expected during COVID-19 and provides tips for non-clinicians to support youth as well as information on when to refer for professional help. – Schedule a webinar by emailing info@wellbeing4la.org.
	Remote Connection for Providers Working with Parents and Children		COURSE	45 MINUTES TO 1 HOUR	A **45 minute to 1-hour webinar** that addresses ways that providers can work with parents and children remotely; we can further adapt this curriculum to specifically address school counselors as well. – Schedule a webinar by emailing info@wellbeing4la.org.
Addressing Adolescent Substance Use	**STAR (Stress, Trauma, and Resilience) Seminar Series**	**Adolescent Substance Use: Identifying and Responding to Misuse**	VIDEO	1.5 HOURS	Addressing substance use with adolescents is challenging, specifically, if adolescents are not being transparent about their use. Learn to apply best practices for working with adolescents.
Addressing Parent/Caregiver Stress	**Caregiver Self-Care During a Pandemic**		WEBSITES		Knowing how to take care of yourself as a caregiver during the COVID-19 outbreak is key to ensure you are most effective in parenting/caregiving. The resources in this collection offer ways to check in about your feelings and make time for self-care in midst of the COVID-19 pandemic. - Websites
	Reducing the Impact of Trauma It is important to be mindful of trauma's impact during all of our interactions. Included in this collection are videos,	**Taking Care of You**	PRINTABLE TOOL	< 5 MINUTE READ	It is important to make time to support your own wellbeing. Use this printable to identify the activities that will allow you to be more resilient and present in day-to-day activities.

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	expert interviews, mobile apps, and printable tools. Explore these resources to shift from a problem-focused lens to one that is more trauma and resilience informed. **13 Items – Videos and Tools (Printable and Mobile)**				
	Wellbeing in the Workplace We all encounter challenges in our work roles -- from everyday issues like balancing multiple deadlines to supporting clients who are in distress. Explore this collection to learn strategies to manage workplace challenges and support your wellbeing in the professional environment. 17 Items – Courses, Videos, Tools (Mobile and Printable)	**Abdominal Breathing for Adults**	PRINTABLE TOOL	< 5 MINUTE READ	Practicing deep breathing helps reduce stress and promote a sense of calm. Use this script to practice abdominal breathing during times of stress.