



MID-CITIES SELPA
Serving Bellflower, Lynwood & Paramount Unified School Districts



CALIFORNIA DEPARTMENT OF EDUCATION
Diagnostic Center, Southern California

Do This, Not That!: The Educator's Guide to Working with Mental Health Conditions

Sponsored by

The Greater Los Angeles Area SELPAs (GLAAS) and Mid-Cities SELPA

PRESENTER: Tim Halphide, M.A., L.M.F.T., School Psychologist and Licensed Marriage and Family Therapist
Diagnostic Center South, California Department of Education

DATE: Tuesday, February 24, 2026

TIME: 8:00 am-8:30 am: Registration
8:30 am-12:45 pm: Workshop (4.25 hours)

LOCATION: Bellflower Unified School District- Board Room
16703 South Clark Avenue, Bellflower, CA 90706

Content: Are you and your students riding an emotional rollercoaster? Student mental health is at a crisis point. Recent data shows a 300% spike in pediatric mental health emergencies—and the numbers have only grown since the COVID-19 pandemic. Emotional reactivity is disrupting learning and daily functioning. But there is something you can do. Join mental health clinician and school psychologist Tim Halphide for a half-day session focused on navigating the hidden emotional triggers in everyday school life—before they lead to meltdowns. Learn simple, practical strategies to support emotional regulation and help students get back on track. You'll also discover what to avoid. These social-emotional tools aren't about deep emotional unloading—they're about building skills, solving problems, managing stress, and fostering resilience. Find your balance and step off the rollercoaster!

Intended Audience: Special education teachers, school psychologists, administrators, Licensed Clinical Social Worker (LCSWs), Licensed Marriage and Family Therapist (LMFTs), Licensed Professional Clinical Counselor (LPCCs), clinical psychologists, Educationally Related Mental Health Services (ERMHS) staff or school counselors specifically designated to work with special needs students, behaviorists, and others who actively work with youth who have mental health concerns.

Participants will:

1. Learn factors that underlie common emotional-behavioral disorders and what you can do to mitigate these in your classroom.
2. Learn what might exacerbate student distress and how to avoid these pitfalls.
3. Learn the secrets of engineering classrooms and programs that improve affective and behavioral stability.
4. Learn easy-to-use methods to de-stress students.
5. Learn curricular planning methods to help target and time effective instruction.
6. Learn signs and symptoms of teacher stress and what you can do to take care of yourself!

Registration Deadline: February 10, 2026

The **maximum capacity is limited to 80**—First Come, First Served!

[Click here to register](#)



or

Scan QR Code



IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT THE
MID-CITIES SELPA OFFICE AT (562) 866-9011 EXT.2050