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## BEHAVIORAL HEALTH SERVICES

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### BHS UPDATE

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**DATE:** April 15, 2021

**TO:** Members of the County of Orange Behavioral Health Advisory Board

**FROM:** Jeffrey A. Nagel, Ph.D.  
Behavioral Health Director

**SUBJECT:** Behavioral Health Services (BHS) Update for April 2021

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#### **Adult and Older Adult Behavioral Health Services (AOABH)**

**Residential Treatment Services:** Telecare has opened services for clinically managed withdrawal management at the **Be Well orange** campus. Their lower level residential program (3.1 ASAM) is due to open soon. **Phoenix House** has begun to provide clinically managed withdrawal management to Medi-cal beneficiaries effective 3/8/21.

**Central Services:** The **Adult and Older Adult Peer Mentoring (PM)** program Track 2 has partnered with College Hospital Crisis Stabilization Unit (CSU), and will be supporting the CSU with Peer Navigators on site later this month who will provide assistance to clients being discharged and help them get linked to their follow-up services.

**Collaborative Services: Adult Full Service Partnerships (FSP)** are increasing in-office appointments and focusing their efforts on educating members about Covid-19 vaccines and helping members access vaccination resources. Based on member feedback, **Assisted Outpatient Treatment (AOT) FSP** created a member booklet to help increase members' understanding of the court process. The booklet was developed in collaboration with partners and includes a welcome letter from the judge as well as information about the collaborative court team and answers to frequently asked questions. (can we share this resource with the BHAB?)

**Older Adults:** For the month of March, **Older Adult Services (OAS)** programs continue to increase field visits. Office visits are increasing gradually as more older adults have been vaccinated and feel more comfortable coming into the clinic. We are beginning to plan for the Clubhouse to re-open at a small capacity with safety measures in place. Staff are continuing to go to the food banks and safely deliver items to clients.

**OASIS** continues to see an increase in referrals, particularly from the jail Program. In addition, OASIS has been working with various community resources in order help members receive the COVID-19 vaccine. OASIS has significantly increased face to face and field services to members. It is the goal to resume small groups next month with proper safety measures in place.

**Crisis Services:** The **Exodus CSU** at the Be Well Orange campus is open for voluntary and involuntary clients. The Exodus Crisis Residential Program received its Community Care License on 4/1/21 and opened its doors on 4/2/21.

The **Adult In Home Crisis Stabilization** program is now providing warm handoffs again for all new client referrals and are providing in person services for all clients that do not request telehealth services.

All **Crisis Residential** facilities for adults remain fully operational and require PCR covid-19 testing. The **Silver Treehouse** plans to make its facility exclusively 50 and over starting 5/1/21 again since many of the pandemic restrictions are being lifted. The RFP for the North and South regions went out to bid and closed on 1/11/21; the RFP panel process has been completed and negotiations are under way. HCA is working with UCLA Chorus team to get the CSU bed board into Chorus so that OC Links and law enforcement will have access to the census at all of our CSUs at any time.

### **Children, Youth and Prevention Behavioral Health Services (CYPBHS)**

HCA entered into a Specialty Mental Health Services contract for **Short-Term Residential Therapeutic Programs (STRTP)** with Mary's Shelter. Mary's Shelter will have two STRTP sites with five beds total. The STRTPs are expected to provide a range of services, of varying intensity, tailored to the individual needs of the youth, ages 12 through 21, which can be adjusted during his/her stay in the program and as they transition from the STRTP to a home-based family setting.

**Project HEALTH** is a Full Service Partnership (FSP) /Wrap Co-Occurring Disorders program operated by Children's Hospital Orange County (CHOC) . The program provides services to children and youth ages 3-21 who are diagnosed with a Serious Emotional Disturbance or Serious Mental Illness and are experiencing a co-occurring medical condition. These children and youth have been identified as needing a higher level of outpatient support and could benefit from the enhanced services provided by an FSP program. Project HEALTH will serve up to 120 clients at any one time.

**Prevention and Intervention:** The Drug Enforcement Administration (DEA) is conducting its 20<sup>th</sup> **National Take Back Day** on 4/24/21, 10 am – 2 pm. OCHCA continues to support these bi-annual events so the community can properly dispose of unwanted, unused or expired medications. There are 17 sites in Orange County, including hospitals, law enforcement agencies and sheriff's stations. Promotion for the event will include a press release, advertisements featured on social media and banners on the County and OCHCA websites. All sites will adhere to local Covid-19 guidelines and regulations. New, permanent medication drop-off sites are now available in many Albertsons, CVS, Vons and Walgreens stores. The public will also be encouraged to log onto [www.ochcahealthinfo.com/adept](http://www.ochcahealthinfo.com/adept) to find a safe site convenient for them.

Through the **Orange County Veterans and Military Family Collaborative (OCVMFC)**, Adult Mental Health First Aid training to Veteran serving organizations will be offered over 3 different days to 120 individuals. This one-day training will assist these individuals working with Veterans and Military families in developing the skills to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care. This training is not intended for clinical staff.

### **Mental Health Services Act (MHSA) Coordination**

A budget presentation of all MHSA programs other than Innovations was provided At the 3/15/21 **MHSA Steering Committee**. Anthony Le, BHS Fiscal Manager provided detailed information about programs increases/decreases and the reasoning for each change. The Innovations program budgets were heard at the Steering Committee meeting 4/19/21.

The MHSA Office completed the **Community Engagement Meetings (CEM)** for consumer and family members during the months of February and March. Results from the meetings have been synthesized and were presented to community providers and advocates in April. Following the presentation of the results from the CEMs providers/advocates had an opportunity to discuss in small groups two areas from the outcomes:

1. Improve Technology Skills and Access
2. Mental Health Terms and Language.

Like the CEMs meeting structure, the small groups of provider/advocates came back from their small group sessions and discussed amongst the larger main room their ideas and thoughts on the two questions areas.

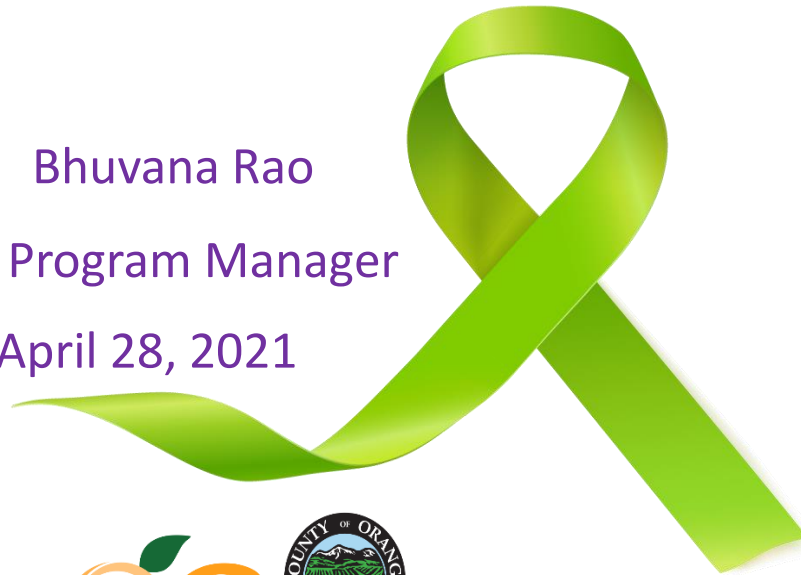
Results from all CEM and Provider/Advocate Engagement Meetings will be in the MHSA Plan Update for FY 2021-22 which will be posted for public comment at the end of the month. A presentation to the BHAB board on the Plan update will take place in May, followed by a public hearing in early June.

| Board Date | Item   | Amount       |
|------------|--|--------------|
| 4/13/21    | Renew contract with Waymakers for Full Service Partnership/Wraparound services for youthful offenders, 7/1/21 - 6/30/21  | \$5,186,201  |
| 4/13/21    | Renew contract with Waymakers for Children's Crisis Residential services, 7/1/21 - 6/30/22   | \$3,726,731  |
| 4/13/21    | Renew contract with Phoenix House Orange County, Inc. for School-Based Behavioral Health Intervention and Support services, 7/1/21 - 6/30/22   | \$1,808,589  |
| 4/13/21    | Renew contract with Orange County Asian and Pacific Islander Community Alliance, Inc. for outreach and engagement services, 7/1/21 - 6/30/22<br>Renew The Priority Center, Ending the Generational Cycle of Trauma Inc. and Western Youth Services for outreach and engagement services, 7/1/21 - 6/30/22  | \$3,385,710  |
| 4/27/21    | Renew contract with Cabco Yellow, Inc., dba California Yellow Cab for Non-Emergency Transportation Services, 7/1/21 – 6/30/22  | \$1,500,000  |
| 4/27/21    | Renew contract with Orange County Association for Mental Health dba Mental Health Association of Orange County for Multi-Service Center services for homeless mentally ill adults, 7/1/21 – 6/30/22  | \$1,908,154  |
| 4/27/21    | Renew contract with Orange County Superintendent of Schools AKA Orange County Department of Education for Alcohol and Other Drug Abuse Prevention services, 7/1/21 – 6/30/22   | \$570,000    |
| 4/27/21    | Renew contract with Waymakers for Community Based Alcohol and other Drug Prevention services, 7/1/21 – 6/30/23   | \$1,500,000  |
| 4/27/21    | Renew contract with various providers of Recovery Residence Services, 7/1/21 – 6/30/22   | \$1,500,000  |
| 4/27/21    | Renew contract with Phoenix House Orange County, Inc for Adult Residential Drug Medi-Cal Substance Use Disorder Treatment services, 7/1/21 – 6/30/22   | \$4,605,515  |
| 4/27/21    | Renew contract with Child Guidance Center, Inc. for Continuum of Care for Veterans and Military Families, 7/1/21 – 6/30/22   | \$728,500    |
| 4/27/21    | Approve contract with Pacific Clinics for Recovery Education Institute services, 7/1/21 – 6/30/24  | \$946,384    |
| 4/27/21    | Renew contract with various provider of Behavioral Health Services in Short-Term Residential Therapeutic programs, 7/1/21 – 6/30/22  | \$14,000,000 |
| 4/27/21    | Renew Contract with Telecare Corporation for General Population Full-Service Partnership Services Region A, B, and C and Collaborative Court Full-Service Partnership services, 7/1/21 – 6/30/22   | \$16,811,609 |
| 4/27/21    | Renew contract with College Community Services for Criminal Justice Full-Service Partnership services and Older Adult Full-Service Partnership services, 7/1/21 – 6/30/22  | \$6,636,695  |
| 4/27/21    | Approve selection of and contracts with Pathways Community Services, LLC for Children's Full Service Partnership/Wraparound services and Transitional Age Youth Full Service Partnership/Wraparound and with Orange County Asian and Pacific Islander Community Alliance, Inc for Children and Transitional Age Youth Full Service Partnership/Wraparound services, 7/1/21 – 6/30/24 | \$39,138,243 |

|         |  |             |
|---------|--|-------------|
| 4/27/21 | Renew contract with Mariposa Women and Family Center and College Community Services for Behavioral Health CalWORKs services, 7/1/21 – 6/30/22                      | \$3,124,917 |
| 4/27/21 | Renew contract with various providers of Mental Health Residential Rehabilitation and Mental Health Enhanced Residential Rehabilitation services, 7/1/21 – 6/30/22 | \$1,779,700 |
| 4/27/21 | Approve contract with Chorus Innovations, Inc for Behavioral Health System Transformation OC Navigator services, 6/1/21 – 6/30/24                                  | \$4,000,000 |
| 4/27/21 | Approve contract with Cambria Solutions for Technology-Based Innovation Project Management services, 5/1/21 – 4/23/23  | \$2,000,000 |
| 4/27/21 | Renew contract with various providers of Wraparound Behavioral Health Outpatient services, 7/1/21 – 6/30/22  | \$2,000,000 |
| 4/27/21 | Renew master agreement with various providers of Short Term Housing services, 7/1/21 – 6/30/22   | \$300,000   |

# Mental Health Awareness Month 2021

Bhuvana Rao  
Program Manager  
April 28, 2021

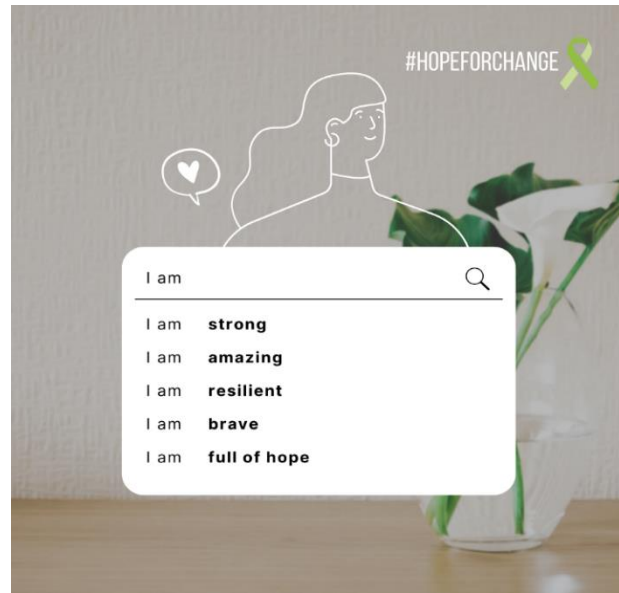


# 2021 Theme: #HopeForChange



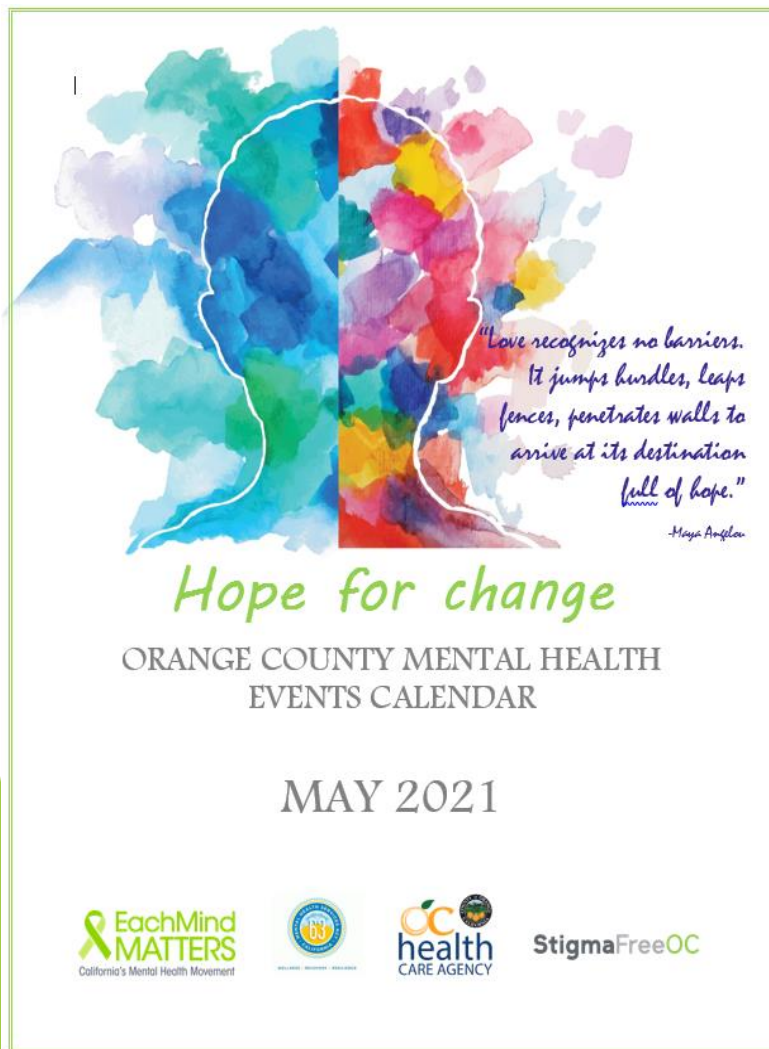
- ▶ This **Each Mind Matters** messaging is timely for this time of transition:
- ▶ Messaging allows us to reflect on the growth we have experienced
- ▶ Empowers us to face change in the future with hope
- ▶ Acknowledges that growth can be powerful and empowering as well as uncomfortable
- ▶ <https://emmresourcecenter.org/resources/may-mental-health-matters-month-activation-kit-2021>

# Weekly Social Media Messaging





# 2021 Community Events Calendar

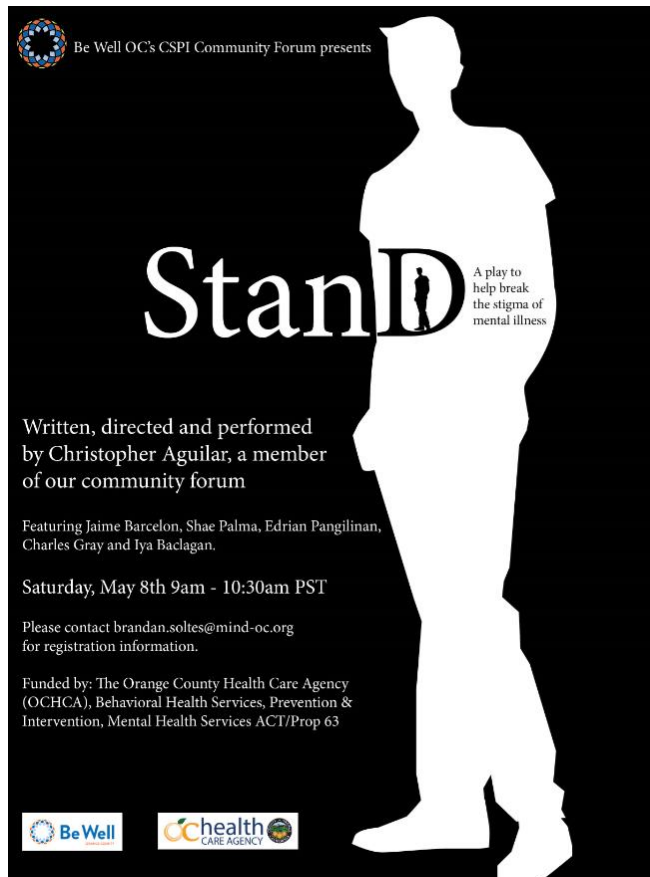


- ▶ Calendar includes many events by community partners
- ▶ School and family-based events, API themed, LGBT, TAY, seniors focused events
- ▶ HCA sponsored and community wide events
- ▶ Virtual and in-person

**MAY IS  
MENTAL  
HEALTH  
MONTH**



# VIRTUAL EVENTS



- ▶ Live virtual Conference and Resource Fair (O&E Collaborative with many partners)
- ▶ LGBT Youth Convening Conference
- ▶ Be Well Wellness Wednesdays
- ▶ Live Instagram and Facebook events (Connect OC)
- ▶ Plays by Laguna Playhouse and CSPI
- ▶ Happy hour, Improve, Honest Hour for TAY
- ▶ Art workshops, webinars, yoga, film screenings

# IN PERSON EVENTS

The poster features a blue header with logos for School Readiness, NAMI Orange County, and Olive Crest. The main title 'MASKING IN THE SUN' is in large, bold, white letters, followed by 'A DAY OF SAFE FAMILY FUN' in smaller white letters. Below the title, it says 'RESERVATIONS REQUIRED!' in a green box. The event location is 'NEWSONG CHURCH, 1010 W. 17TH ST., SANTA ANA, CA 92706' and the date/time is 'SATURDAY, MAY 22, 2021, 1:30 P.M. - 3:30 P.M.'. A yellow banner says 'JOIN US FOR A DAY OF FUN:'. Below this, a green box lists activities: LIVE DJ, MAGICIAN & BALLOON ARTIST, PETTING ZOO, WISHING TREE & PHOTOBOOTH, RECEIVE A FREE TOTE BAG, and OPPORTUNITY DRAWING. A section titled 'THANK YOU TO OUR SPONSORS' lists CalOptima, RevComm Consulting, and the Extraordinary Lives Foundation. A disclaimer states: 'AS ORANGE COUNTY BEGINS THE HEALING PROCESS, WE WILL ACKNOWLEDGE LOVED ONES LOST TO COVID-19. FOR MORE INFORMATION OR TO RECOGNIZE YOUR LOVED ONE PLEASE EMAIL SR@THEPRIORITYCENTER.ORG'. A safety notice reads: 'ENSURING THE SAFETY OF OUR COMMUNITY IS OUR FIRST PRIORITY, PLEASE PRACTICE PHYSICAL DISTANCING, FACE COVERINGS MUST BE WORN IN ALL PUBLIC AREAS FOR EACH GUEST ABOVE THE AGE OF 2, AND TEMPERATURE CHECKS WILL BE DONE UPON ARRIVAL'. The reservation link is 'RESERVE AT: WWW.NAMIOC-FAMILYFUN.EVENTBRITE.COM'. At the bottom, logos for health care agency, OC Health, and StigmaFreeOC are shown, along with text: 'FUNDED BY THE OC HEALTH CARE AGENCY (OCHA) BEHAVIORAL HEALTH SERVICES, PREVENTION AND INTERVENTION, MENTAL HEALTH SERVICES ACT/PROP. 65' and 'EachMind MATTERS'.

School Readiness  
NAMI Orange County  
OLIVE CREST

**MASKING IN THE SUN**  
**A DAY OF SAFE FAMILY FUN**

RESERVATIONS REQUIRED!

NEWSONG CHURCH  
1010 W. 17TH ST.  
SANTA ANA, CA 92706

SATURDAY, MAY 22, 2021  
1:30 P.M. - 3:30 P.M.

**JOIN US FOR A DAY OF FUN:**

- LIVE DJ
- MAGICIAN & BALLOON ARTIST
- PETTING ZOO
- WISHING TREE & PHOTOBOOTH
- RECEIVE A FREE TOTE BAG
- OPPORTUNITY DRAWING

THANK YOU TO OUR SPONSORS

CalOptima  
RevComm Consulting  
EXTRAORDINARY LIVES FOUNDATION

AS ORANGE COUNTY BEGINS THE HEALING PROCESS, WE WILL ACKNOWLEDGE LOVED ONES LOST TO COVID-19. FOR MORE INFORMATION OR TO RECOGNIZE YOUR LOVED ONE PLEASE EMAIL SR@THEPRIORITYCENTER.ORG

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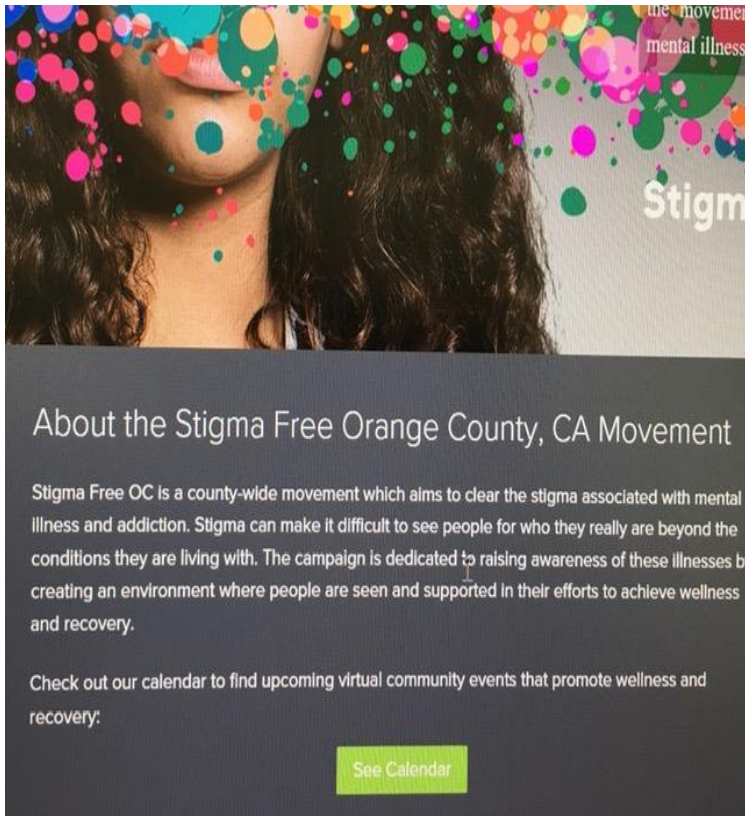
**RESERVE AT: [WWW.NAMIOC-FAMILYFUN.EVENTBRITE.COM](http://WWW.NAMIOC-FAMILYFUN.EVENTBRITE.COM)**

health care agency  
OC Health  
StigmaFreeOC  
EachMind MATTERS

FUNDED BY THE OC HEALTH CARE AGENCY (OCHA)  
BEHAVIORAL HEALTH SERVICES, PREVENTION AND INTERVENTION, MENTAL HEALTH SERVICES ACT/PROP. 65

- ▶ In person family fun event with a petting zoo, magician, balloon artist, & photo booth. Adhering to physically distancing protocols
- ▶ Stroller Walk (Hoag)
- ▶ Calm box workshop (Hoag)
- ▶ Orange County Mazda and Didi Hirsch partnership
- ▶ Event Topics: wellness, nutrition, depression, women's health, body positivity, coping skills, managing stress and sleep, suicide prevention, mindfulness, self-compassion

# Stigma Free OC



- ▶ Social Media Graphics and Messaging available on Toolkit page for posting
- ▶ Stigma Free OC Posters available for distribution
- ▶ Calendar of Events posted on the Stigma Free OC page. New button on home page for easier access

# Other Planned Activities



- ▶ Board of Supervisors Mental Health Awareness Month Resolution on May 11
- ▶ Tabling events at Pods
- ▶ New **Directing Change** Film Contest Winners Announced in May

# Promotional Materials

- To reserve some **Each Mind Matters** promotional materials and **Stigma Free OC** posters, please call the Prevention & Intervention Administrative Office at: (714) 834-2077





Questions ?







*"Love recognizes no barriers.  
It jumps hurdles, leaps  
fences, penetrates walls to  
arrive at its destination  
full of hope."*

*-Maya Angelou*

# HOPE FOR CHANGE

## ORANGE COUNTY MENTAL HEALTH EVENTS CALENDAR

### MAY 2021



StigmaFreeOC





## A Brief History of May as Mental Health Awareness Month

In 1949, the U.S. Congress designated May as National Mental Health Awareness Month to spotlight mental health. It was four years after the end of World War II. The immediate catalyst was the large numbers of armed forces veterans who were suffering from mental health challenges.

But the history of modern mental health advocacy dates back to 1908 and the publication of a memoir by Clifford Beers, *"A Mind That Found Itself."* Beers was a recent Yale College graduate, working on Wall Street, when he experienced his first bipolar episode. After a failed suicide attempt, he was hospitalized for three years in public and private hospitals. Beers himself was restrained in a straitjacket for twenty-one nights, and he witnessed horrible treatment and abuse of others who were suffering from mental illness. His experiences led him to become a powerful advocate for better and more compassionate mental health care, as well as to change established beliefs and to prove that people suffering from mental illness could live full, productive lives. When Beers published his book, he hoped it would have the same national impact for removing the stigma around mental illness as Harriet Beecher Stowe's landmark work, *"Uncle Tom's Cabin"* had for the abolition movement.

In 1910, joining with philosopher William James and psychiatrist Adolf Meyer, Beers established the National Committee for Mental Hygiene, which today is known as Mental Health America. **One of the committee's first steps was to create child guidance clinics, aimed at prevention, early intervention and treatment.** These clinics would ultimately become the model for outpatient mental health care for all age groups around the U.S. and were the first to pioneer an inter-disciplinary model of treatment for mental health disorders.

Although Beers passed away in 1943, advocacy for mental health expanded. **In 1947, Congress' National Mental Health Act created the National Institute on Mental Health. Mental Health Awareness Month followed in 1949.** But it still took decades to achieve greater change. Not until 1966 did Medicare begin to cover mental health costs, and only in 1974 did the federal government stop requiring job applicants to answer the question: "Have you ever been mentally ill?" It took until 2010 for mental health to be designated as an Essential Health Benefit as part of the Affordable Care Act.

Today, we know that mental health issues affect as many as one in four Americans. More people in the United States die from suicide than from traffic accidents or homicides, and twenty-two veterans take their lives each day. At the federal level, Health and Human Services and its SAMHSA (Substance Abuse and Mental Health Services Administration) division oversee National Mental Health Awareness Month, along with multiple private partners. **As Representative Grace Napolitano (CA) said in 2020 to mark National Mental Health Awareness Month, this is a time "when we work together to break through that stigma. We express compassion for those who struggle with mental health issues, and we draw attention to the proven methods that can help change their lives for the better."**

*By Colleen Reilly and Gabriela Rodriguez  
Published April 20, 2021*

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

## SOCIAL MEDIA CAMPAIGNS

### Multi-Ethnic Collaborative of Community Agencies (MECCA) Mental Health Stigma Reduction Social Media Campaign

TIME: Ongoing throughout the month of May

WHERE: MECCA Social Media:

- <https://www.facebook.com/orangecountymecca/>
- <https://www.instagram.com/ocmecca/>
- <https://twitter.com/MultiEthnicCCA>

During the month of May, MECCA will use its social media platforms to post various Mental Health Awareness content throughout the month. The focus and emphasis of this content will be stigma reduction.

### Council on Aging, Southern California (COASC) Social Media Campaign

TIME: Ongoing throughout the month of May

WHERE: COASC Social Media Platforms  
(Facebook, Instagram, Twitter, LinkedIn, YouTube)

- Facebook: <https://www.facebook.com/councilonagingsocal/>
- Instagram: <https://www.instagram.com/councilonagingsocal/>
- Twitter: [https://twitter.com/COA\\_SC](https://twitter.com/COA_SC)
- LinkedIn: <https://www.linkedin.com/company/council-on-aging-socal/>
- YouTube: <https://www.youtube.com/channel/UC1ss658GqOsmTfv6PByT6EA>

Promote May as Mental Health Awareness Month amongst all social media platforms. This effort will utilize the toolkits designed by Each Mind Matters and Mental Health America.

# MAY

## IS NATIONAL MENTAL HEALTH AWARENESS MONTH

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

### **SOCIAL MEDIA CAMPAIGNS**

**ReConnect Early Intervention Services Older Adults (EISOA) Suicide Prevention Video**

**TIME:** Ongoing throughout the month of May

**WHERE:** COASC Social Media Platforms  
(Facebook, Instagram, Twitter, LinkedIn, YouTube)

- Facebook: <https://www.facebook.com/councilonagingsocal/>
- Instagram: <https://www.instagram.com/councilonagingsocal/>
- Twitter: [https://twitter.com/COA\\_SC](https://twitter.com/COA_SC)
- LinkedIn: <https://www.linkedin.com/company/council-on-aging-socal/>
- YouTube: <https://www.youtube.com/channel/UC1ss658GqOsmTfv6PByT6EA>

Promote ReConnect EISOA video highlighting suicide awareness and prevention.

<https://www.youtube.com/watch?v=VULibFVo7gc>

**Keeping Our Seniors Safe During the Pandemic Public Service Announcement's (PSA)**

**TIME:** Ongoing throughout the month of May

**WHERE:** COASC Social Media Platforms  
(Facebook, Instagram, Twitter, LinkedIn, YouTube)

- Facebook: <https://www.facebook.com/councilonagingsocal/>
- Instagram: <https://www.instagram.com/councilonagingsocal/>
- Twitter: [https://twitter.com/COA\\_SC](https://twitter.com/COA_SC)
- LinkedIn: <https://www.linkedin.com/company/council-on-aging-socal/>
- YouTube: <https://www.youtube.com/channel/UC1ss658GqOsmTfv6PByT6EA>

Promote PSA Videos across Social Media Platforms on Keeping Seniors Safe During the Pandemic PSA's. Videos are available in English, Spanish, Vietnamese, Korean and Mandarin.

<https://www.youtube.com/watch?v=sxf7zAefuqk>

### **FIND QUICK FACTS AND STATISTICS ABOUT MENTAL HEALTH HERE:**

<https://mhanational.org/mentalhealthfacts>

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

## SOCIAL MEDIA CAMPAIGNS

### Laguna Playhouse MHA Kick Off – Posting on Social Media

TIME: Ongoing throughout the month of May

WHERE: Laguna Playhouse Facebook & Instagram accounts:

- <https://www.instagram.com/lagunaplayhouse>
- <https://www.facebook.com/thelagunaplayhouse>

Learn more about OUR STORIES & Mental Health Resources for the Community. Creating awareness about MHA - May

"When asked 'Did you seriously consider attempting suicide during the past 12 months?'

45.8% of LGB youth reported that they had seriously considered attempting suicide versus 13.5% of their non-LGB peers.

Similar results were found for transgender youth, with 49.2% admitting to having seriously considered suicide versus 15.2% of non-transgender youth.

When translated into real numbers, this indicates that in one year in Orange County approximately 7,065 middle school and high school LGBT youth seriously considered attempting suicide."

SOURCE: <https://www.chapman.edu/education/files/research/oc-lgbt-narrative.pdf>

## SOCIAL MEDIA CAMPAIGNS

### SAMH Mental Health Awareness Month Social Media Campaign

TIME: Ongoing throughout the month of May

WHERE: Instagram:

<https://www.instagram.com/studentadvocatesformh/>

Facebook:

<https://www.facebook.com/Student-Advocates-for-Mental-Health-109902390846931>

Please call Stephanie Loscko if you have any questions: 714-966-4319 or

Email: [sloscko@ocde.us](mailto:sloscko@ocde.us)

For more information regarding the Student Advocates for Mental Health Program, please visit our website:

<https://ocde.us/SAMH/Pages/default.aspx>

The Student Advocates for Mental Health (SAMH) program will create and curate posts for Instagram and Facebook to promote mental health awareness during the Month of May, as well as school and community resources.

## DID YOU KNOW

LGB youth reported a higher use of methamphetamine and cocaine during their lifetime than their non-LGB peers (6.3% versus 2.4%) with transgender youth reporting a similar disparity (11.6% versus 2.6%).

SOURCE: <https://www.chapman.edu/education/files/research/oc-lgbt-narrative.pdf>

*I think the saddest people always try their hardest to make people happy because they know what it's like to feel absolutely worthless.*

Robin Williams

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

1~8

*"The strongest people  
are those who win  
battles we know  
nothing about"*

unknown

**Connect-OC Mental Health Month Social Media Campaign: Breaking Barriers**  
**This week's theme: Breaking Stigma**

**TIME:** Posts will be made on Instagram, Facebook, and Twitter. Several posts will be made per week.

**WHERE:**

- Instagram: [https://www.instagram.com/connect\\_oc/](https://www.instagram.com/connect_oc/)
- Facebook: <https://www.facebook.com/ConnectOCCoalition>
- Twitter: [https://twitter.com/connect\\_oc](https://twitter.com/connect_oc)

Connect-OC will be kicking off a social media campaign to support Mental Health Month. The overarching theme for the month will be "Breaking Barriers" and each week will have a separate theme/focus. This week will focus on "Breaking the Stigma." Content will incorporate positive affirmations, quotes, statistics, Each Mind Matters information, etc. that seek to reduce the stigma associated with mental health and promote #HopeForChange.

For more information or if you have any questions please contact Blair Veraza  
Email: [bveraza@p4w.org](mailto:bveraza@p4w.org)

**DID YOU KNOW?**

**60% OF ADULTS WITH A MENTAL  
ILLNESS RECEIVED NO SERVICES IN THE  
PREVIOUS YEAR**

**SOURCE:** <https://www.nami.org/NAMI/media/NAMI-Media/Infographics/GeneralMHFacts.pdf>

3

“there is  
*nothing*  
to be  
embarrassed  
about.”

ISAIAH WILKINS

**Art therapy to express emotions (in FARSI)**

TIME: 7 p.m.-9 p.m.

WHERE: Join Zoom Meeting  
Art Therapy to Express emotions (in FARSI)  
Meeting ID: 384 959 6095  
Passcode: 216735

Presenter: Yasaman Mostajeran, AMFT  
Presented by OMID

Please email or call Shana if you have any questions at:  
[mgheisari@omidintitute.org](mailto:mgheisari@omidintitute.org) or 949-502-4721

This webinar will be focused on using the art of storytelling and poetry reading to express your emotions and calm your mind.

**Fostering Positive Coping Skills & Self Care During COVID-19**

TIME: 10:30 a.m. – 11:30 a.m.

WHERE: Orange County Asian Pacific Islander Community Alliance (OCAPICA) – Zoom  
To register for presentation available to Orange County Residents, click link:  
<https://hipaa.jotform.com/wellnessesity400/coping-skills-self-care-may-3>  
Once registered, an email confirmation will be sent with further information about the Zoom meeting.

Please call Yuki Shida if you have any questions:  
(714) 636-9095. Email: [yshida@ocapica.org](mailto:yshida@ocapica.org)

Join us today on learning how we can foster positive coping skills through COVID-19 by learning how to manage stress! Also we will be discussing the importance of self-care during the pandemic. This webinar will provide you with an opportunity to practice coping skills and resources!

A friend from school appears withdrawn and you're not quite sure if they have been considering self-harm.

Do you know the best way to support them?

[WWW.SUICIDEISPREVENTABLE.ORG](http://WWW.SUICIDEISPREVENTABLE.ORG)



# 3

## Coping Plus Spanish

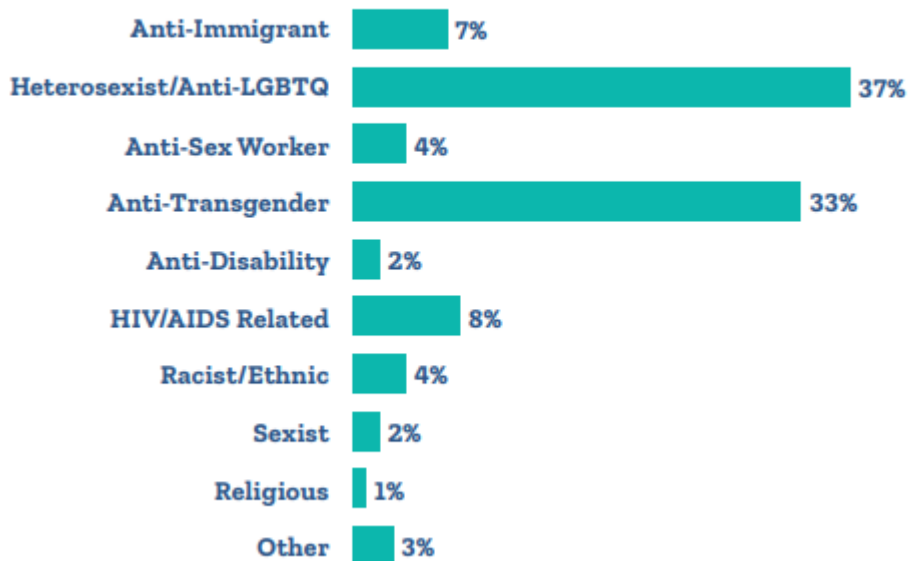
TIME: 4:00 p.m.-5:30 p.m.

WHERE: For more information, please contact to register:  
[www.hoag.org/mental-health](http://www.hoag.org/mental-health)

Hoag Mental Health Center  
(949) 764-6542  
307 Placentia Avenue  
Newport Beach, CA 92663

Workshop for Adults to learn healthy coping skills to manage stress and difficult emotions. Virtual presentation.

## Types of Bias in Reported Intimate Partner Violence in 2017



SOURCE: National Report on LGBTQ & HIV-Affected Violence in 2017. Report can be found at:  
<http://avp.org/wp-content/uploads/2019/01/NCAVP-HV-IPV-2017-report.pdf>

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 3

70-90% REPORT  
IMPROVED  
QUALITY OF LIFE  
AFTER RECEIVING  
SUPPORT AND  
TREATMENT.

SOURCE: <https://up2sd.org>

## Sleep Management During COVID-19

TIME: 1 p.m. – 2 p.m.

WHERE: Orange County Asian Pacific Islander Community Alliance (OCAPICA) – Zoom

To register for presentation available to Orange County residents, click link:

<https://hipaa.jotform.com/wellnessesity400/sleep-management-covid-19-may-3>

Once registered, an email confirmation will be sent with further information about the Zoom meeting.

Please call Yuki Shida if you have any questions: (714) 636-9095. Email: [yshida@ocapica.org](mailto:yshida@ocapica.org)

Getting a sufficient amount of high-quality sleep is critically important for our overall health and well-being, and yet it's estimated that one out of every three adults doesn't get enough sleep. Come join us and receive helpful information and tips to a better sleep.

## Redefining Success to Promote Asian American Wellness

TIME: 3 p.m. – 4 p.m.

WHERE: Orange County Asian Pacific Islander Community Alliance (OCAPICA) – Zoom

To register for presentation available to Orange County Residents, click link:

<https://hipaa.jotform.com/wellnessesity400/asian-american-wellness-may-3>

Once registered, an email confirmation will be sent with further information about the Zoom meeting.

Please call Yuki Shida if you have any questions: (714) 636-9095. Email: [yshida@ocapica.org](mailto:yshida@ocapica.org)

How does the model minority myth affect Asian Americans' mental health? Learn about historical barriers to Asian American wellness and how we can redefine success to promote self-compassion and equity.

*"Out of suffering have emerged the strongest souls;  
the most massive characters are seared with scars."*

--Khalil Gibran

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 3

The most  
violent  
element in  
society is  
ignorance.

EMMA GOLDMAN

## Seven Ways to Boost a Senior's Self-Esteem

TIME: 1 p.m.-2 p.m.

LOCATION: Virtual Presentation

<https://zoom.us/j/4670969882?pwd=K3dsZ2Ntc0F2WWFHam5Kb2lhV3V5QT09>  
Passcode: 6Qva4a

A class designed to improve older adults' confidence and self-respect.

### For additional information, please contact:

Nadia Abdalla, Case Manager at Access California Services  
Phone: (714) 917-0440 Email: [nadiah@accesscal.org](mailto:nadiah@accesscal.org)

## Healthy Steps

TIME: 10:00 a.m.-11:30 a.m.

WHERE: For more information, please contact to register:

[www.hoag.org/mental-health](http://www.hoag.org/mental-health)

Hoag Mental Health Center  
(949) 764-6542  
307 Placentia Avenue  
Newport Beach, CA 92663

Stroller walk with other parents and caregivers to children ages (Infants-3 years old). Group will focus on the benefits of exercise and mental health. This is a bilingual & in person group. Will meet most Mondays in May.

“People, even more than things, have to be  
restored, renewed, revived, reclaimed and  
redeemed. Never throw anyone out.”

~~Audrey Hepburn

# 3

**Suicide  
is the  
3<sup>rd</sup> leading  
cause  
of death  
for ages  
15-24.**

Source:  
CDC/Adolescent Health

## Safe from the Start Parent Presentation

TIME: 9:30 a.m. - 10:30 a.m.

WHERE: Join Zoom Meeting  
<https://ocde.zoom.us/j/85824334412>

Meeting ID: 858 2433 4412

Safe from the Start is a presentation that educates participants on the effects of violence on the developing brain. This training provides an understanding of brain development and how the brain can be rewired and healed, and providing a message of HOPE

For questions, please email [vjohnson@ocde.us](mailto:vjohnson@ocde.us) or call 714-966-4348.

## Connect-OC Instagram Live: Anxiety and Depression

TIME: 11 a.m.

WHERE: Instagram Live: follow [@connect\\_oc](https://www.instagram.com/connect_oc/) on Instagram to watch  
Instagram: [https://www.instagram.com/connect\\_oc/](https://www.instagram.com/connect_oc/)

In recognition on Mental Health Month and Anxiety and Depression Awareness Week, Connect-OC interns will be hosting a special Instagram Live conversation for young adults 16-24 all about anxiety, depression and available resources.

For more information or if you have any questions please contact Blair Veraza  
Email: [bveraza@p4w.org](mailto:bveraza@p4w.org)

## DID YOU KNOW

- [1 in 5](#) U.S. adults experience mental illness each year
- [1 in 20](#) U.S. adults experience serious mental illness each year
- [1 in 6](#) U.S. youth aged 6-17 experience a mental health disorder each year
- [50%](#) of all lifetime mental illness begins by age 14, and 75% by age 24

Source: <https://www.nami.org/About-Mental-Illness/Mental-Health-Conditions>

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 3

## Healthy Steps

TIME: 10:00 a.m.-11:30 a.m.

WHERE: For more information, please contact to register:  
[www.hoag.org/mental-health](http://www.hoag.org/mental-health)

Hoag Mental Health Center  
(949) 764-6542  
307 Placentia Avenue  
Newport Beach, CA 92663

Stroller walk with other parents and caregivers to children ages (Infants-3 years old). Group will focus on the benefits of exercise and mental health. This is a bilingual & in person group. Will meet most Mondays in May.

Mental illness is associated with an increased occurrence of chronic diseases such as cardiovascular disease, diabetes, obesity, asthma, epilepsy, and cancer.

Source: CDC: U.S. Adult Mental Illness Surveillance Report  
[https://www.cdc.gov/mentalhealthsurveillance/fact\\_sheet.html](https://www.cdc.gov/mentalhealthsurveillance/fact_sheet.html)

# 3

Wellness is  
the  
natural state  
of my body.

LOUISE HAY

## How to Do-It-Yourself Workshop

TIME: 5:30 p.m.-7:00 p.m.

WHERE: Zoom link:

<https://us02web.zoom.us/j/86844182067?pwd=QnV1Y3FyZXNwZ1pFdYtGa00vM2lrZz09#success>

## How to Do It Yourself

Please call Jerika if you have any questions:  
(714) 834-4425. Email: [jwhite@namioc.org](mailto:jwhite@namioc.org)

The NAMI Orange County Transitional Aged Youth (TAY) team will be hosting a four part Creativity and Skill Building workshop on Zoom. Kicking it off with a Do-It-Yourself webinar highlighting many creative outlets we invite you to join us and follow along attendees will be given the option to join breakout rooms during the workshop, followed by a larger Q&A portion and shared resources.

In 2015, 12.3% of adolescents in California, aged 12 to 17 years, had a least one major depressive episode while in the U.S. the number was 11.9%. Overall, both proportions were higher than previous years between 2005 to 2013 (ranging from 8.8% to 11.4%).

SOURCE: Substance Abuse and Mental Health Administration (2015). 2015 National Survey on Drug Use and Health. The 24<sup>th</sup> Annual Report on the Conditions of Children in Orange County.

# 4

50%  
of us  
will  
experience  
a  
mental  
health  
challenge  
in  
our lifetime.

Source: [CDC: U.S. Adult Mental Illness Surveillance Report](#)

## Why Social Stigma is Scary

TIME: 2:00 p.m.-2:30 p.m.

LOCATION: Virtual Presentation:  
<https://zoom.us/j/92409370381>

What is mental health, what is stigma, how to reduce stigma in life and share what kinds of barriers exist in helping people who experience mental health conditions.

### For additional information, please contact:

Susan Lee, Case Manager

Korean Family Services

Phone: (714) 449-1125 ext. 43202 Email:

[sulee@koreancommunity.org](mailto:sulee@koreancommunity.org)

## Western Youth Services (WYS) Presents: What is Mental Health?

TIME: 1 p.m. – 2 p.m.

WHERE: Virtual event (Zoom)

To register for this training, please visit:

<https://www.eventbrite.com/e/wys-what-is-mental-health-tickets-149928952533>.

For more information or questions regarding this event, please email: [training@westernyouthservices.org](mailto:training@westernyouthservices.org).

This presentation provides information regarding appropriate definitions and understanding of mental health, protective and risk factors.

### Learning Objectives:

1. Understand and define what protective and risk factors are
2. Understand the meaning of stigma
3. Learn the action plan to reduce stigma

## DID YOU KNOW?

Suicide is the 10<sup>th</sup> leading cause of death in the U.S., and the 2<sup>nd</sup> leading cause of death for people aged 10-34.

SOURCE: National Institutes of Mental Health (2018). "Suicide."  
Retrieved December 6, 2018, from <https://www.nimh.nih.gov/health/statistics/suicide.shtml>

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)



4

POOR  
MENTAL  
HEALTH  
INCREASES  
THE RISK  
FOR LONG-  
LASTING  
(CHRONIC)  
PHYSICAL  
CONDITIONS  
LIKE  
HEART DISEASE,  
STROKE  
AND  
CANCER.

**Seneca Family of Agencies Presents: Improving Communication with Youth Teen**

TIME: 6:00 p.m. – 7:30 p.m.

WHERE: Virtual event (Zoom)

To register for this training, please visit:

<https://www.eventbrite.com/e/seneca-improving-communication-with-your-teen-tickets-146821855121>

For more information or questions regarding this event, please email: [training@westernyouthservices.org](mailto:training@westernyouthservices.org).

In this training, participants will increase their awareness of different types of communication, review typical teenage development and learn practical communication strategies to use with their teens.

Target Audience: Parents and caregivers of teenagers and adolescents.

**Suicide Prevention for Non-professionals**

TIME: 1 p.m. – 2 p.m.

WHERE: Orange County Asian Pacific Islander Community Alliance (OCAPIA) – Zoom

To register for presentation available to Orange County Residents, click link:

<https://hipaa.jotform.com/wellnessesity400/suicide-prevention-may-4>

Once registered, an email confirmation will be sent with further information about the Zoom meeting.

Please call Yuki Shida if you have any questions: (714) 636-9095. Email: [yshida@ocapica.org](mailto:yshida@ocapica.org)

Suicide is a public health issue. Learn about the risk and protective factors that contribute to suicide, warning signs to look for, barriers to seeking help, and how to help someone in need.

**FIND MENTAL HEALTH INFORMATION AND STATISTICS HERE:**

<https://www.nimh.nih.gov/health/statistics/index.shtml>

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

## It's Okay To Talk About Suicide

- Suicide is the [2<sup>nd</sup>](#) leading cause of death among people aged 10-34 in the U.S.
- Suicide is the [10<sup>th</sup>](#) leading cause of death in the U.S.
- The overall suicide rate in the U.S. has increased by [35%](#) since 1999
- [46%](#) of people who die by suicide had a diagnosed mental health condition
- [90%](#) of people who die by suicide had shown symptoms of a mental health condition, according to interviews with family, friends and medical professionals (*also known as psychological autopsy*)
- Lesbian, gay and bisexual youth are [4x](#) more likely to attempt suicide than straight youth
- [78%](#) of people who die by suicide are male
- Transgender adults are [nearly 12x](#) more likely to attempt suicide than the general population
- Annual prevalence of serious thoughts of suicide, by U.S. demographic group:
  - [4.8%](#) of all adults
  - [11.8%](#) of young adults aged 18-25
  - [18.8%](#) of high school students
  - [46.8%](#) of lesbian, gay, and bisexual high school students

SOURCE: <https://www.nami.org/mhstats>

*If you or someone you  
know is in an emergency,  
call  
The National Suicide Prevention Lifeline  
at  
**800-273-TALK (8255)**  
or  
**call 911**  
immediately.*

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 4

DID  
YOU KNOW?

75%  
OF MENTAL  
ILLNESSES  
START BY THE  
AGE OF 24.

## 8 Dimensions of Wellness and Understanding Your Wellness

TIME: 3 p.m. – 4 p.m.

WHERE: Orange County Asian Pacific Islander Community Alliance (OCAPICA) – Zoom

To register for presentation available to Orange County Residents, click link:

<https://hipaa.jotform.com/wellnessesity400/8-dimensions-of-wellness-May-4>

Once registered, an email confirmation will be sent with further information about the Zoom meeting.

Please call Yuki Shida if you have any questions: (714) 636-9095. Email: [yshida@ocapica.org](mailto:yshida@ocapica.org)

In this workshop we will review the 8 Dimensions of Wellness as well as take time to reflect on what we are doing for our wellness in each of the dimensions. This workshop will be interactive, so please bring writing materials.

## What is Mental Health?

TIME: 6 p.m. – 7 p.m.

WHERE: WYS – Zoom

[https://zoom.us/j/99511597071?](https://zoom.us/j/99511597071?pwd=dXZoNzdtRTlFR04yQk8xTkFpTUlSUT09)

[pwd=dXZoNzdtRTlFR04yQk8xTkFpTUlSUT09](https://zoom.us/j/99511597071?pwd=dXZoNzdtRTlFR04yQk8xTkFpTUlSUT09)

Meeting ID: 995 1159 7071

Passcode: 350519

Contact Person: Ruben Dominguez

Email: [Ruben.Dominguez@wysoc.org](mailto:Ruben.Dominguez@wysoc.org)

This webinar is geared toward breaking the stigma associated with Mental Health. What is it? What influences it? How can we recognize the signs of mental illnesses and what can we do to cope with them?

In 2017, the prevalence of any mental illness (AMI) among U.S. adults was higher among women (22.3%) than men (15.1%).

text to (714)696-1126 to register

[luzgonzalez@latinohealthaccess.org](mailto:luzgonzalez@latinohealthaccess.org)

## Robin Williams



# 5

*"One small crack  
does not mean that  
you are broken, it  
means that you  
were put to the  
test and you didn't  
fall apart."*

Linda Poindexter

## Social Emotional Learning Skills for Success – 3<sup>rd</sup> Grade

TIME: 3:00 p.m. - 3:30 p.m.

WHERE: Provided through Zoom. Please register via Eventbrite:  
<https://www.eventbrite.com/e/social-emotional-learning-skills-for-success-3rd-grade-tickets-146674815321>

The workshops will be accessible through Eventbrite and will be targeted in approach to meet needs of students, parents, caregivers, teachers, and caring adults in the lives of children in grade levels that administrators have identified as higher needs due to the pandemic.

WYS-Behavioral Health Intervention Services program will utilize Zones of Regulation to help provide and teach participants to learn the common language of Social Emotional Learning (SEL) with children to help them understand and communicate their emotional states. WYS-BHIS will lead these virtual workshops for the purpose of providing individuals with SEL skills and tools for learning and practicing self-awareness as well as emotional regulation.

If you have any questions, please feel free to reach Emily Wang at: [emily.wang@wysoc.org](mailto:emily.wang@wysoc.org) or call (949) 900-5380.

## OUR STORIES – LGBTQUIA+ Workshop Session

TIME: 5 p.m.-7 p.m.

WHERE: Laguna Playhouse Zoom  
<http://bit.ly/OSPrideZoom>

Dave Barton (Director/Playwright/Journalist) leads OUR STORIES Workshop to explore your story and ways to tell/share it with our community.

REGISTER FOR SESSION AT:  
<http://bit.ly/OurStoriesPRIDE>

Please contact Dylan if you have any questions at:  
[drussell@lagunaplayhouse.com](mailto:drussell@lagunaplayhouse.com)

*You will smile again!!*

5

WELLNESS  
IS A  
CONNECTION OF  
PATHS:

KNOWLEDGE  
AND ACTION.

JOSHUA WELCH

**Be Well Wednesdays Series**

TIME: 3:00 p.m.-4:30 p.m.

WHERE: Virtual presentation. For more information, please visit:  
<https://bewelloc.org/events/2021-05/>

Target Population: LGBTIQ

Be Well partners include APAIT, Alianza Translatinx, Laguna Play House, LGBT Center, OC Accept, Radiant Center, Shanti OC, The Priority Center and VROC.

Over 30 community partners have collaborated in this Be Well Wellness Wednesday series of webinars. Each week focusses on a particular target audience. Experts in the field will discuss a mental health topic of interest to the target group followed by sharing of resources on how to access services and supports.

**Coping Plus**

TIME: 4:00 p.m.-5:30 p.m.

WHERE: For more information, please contact to register:  
[www.hoag.org/mental-health](http://www.hoag.org/mental-health)

Hoag Mental Health Center  
(949) 764-6542  
307 Placentia Avenue  
Newport Beach, CA 92663

Workshop for Adults to learn healthy coping skills to manage stress and difficult emotions. Virtual presentation.

*Todos tenemos cicatrices,*

*Todos tenemos historias.*

# 5

*"My dark days made me  
strong. Or maybe I  
already was strong, and  
they made me prove it."*

Emery Lord

## Fostering Positive Coping Skills & Self Care During Covid-19

TIME: 10:30 a.m. – 11:30 a.m.

WHERE: Orange County Asian Pacific Islander Community Alliance (OCAPIA) – Zoom

To register for presentation available to Orange County Residents, click link:

<https://hipaa.jotform.com/wellnessesity400/coping-skills-self-care-may-5>

Once registered, an email confirmation will be sent with further information about the Zoom meeting.

Please call Yuki Shida if you have any questions:

(714) 636-9095. Email: [yshida@ocapica.org](mailto:yshida@ocapica.org)

Join us today on learning how we can foster positive coping skills through COVID-19 by learning how to manage stress! Also we will be discussing the importance of self-care during the pandemic. This webinar will provide you with an opportunity to practice coping skills and resources!



MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)



# 5

## Teens Next Door-Spreading Kindness with Sticky Notes

TIME: 5:00 p.m. - 6:15 p.m.

WHERE: Via Zoom  
text to (714)696.1126 to register

Students will have the opportunity to learn about the different types of mental health issues and illness to identify and seek help. Students will be guided in creating positive notes and encouraged to share with others to raise mental health awareness and promote positivity.

For more information please contact Luz Gonzalez, Program Coordinator at Latino Health Access:  
[luzgonzalez@latinohealthaccess.org](mailto:luzgonzalez@latinohealthaccess.org)

Youth mental health is worsening. 9.7% of youth in the U.S. have severe major depression, compared to 9.2% in last year's dataset. This rate was highest among youth who identify as more than one race, at 12.4%.

Source: <https://www.mhanational.org/issues/state-mental-health-america>



MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 5

## Study Jams- Virtual Tutoring

TIME: 6:00 p.m. - 7:30 p.m.

WHERE: Via Zoom

text to (714)696.1126 to register

During the month of May, our virtual tutoring session will encourage discussion between students about academic stressors. Our sessions will cover topics like test anxiety, bullying, self-care and local resources.

For more information please contact Luz Gonzalez, Program Coordinator at Latino Health Access:

[luzgonzalez@latinohealthaccess.org](mailto:luzgonzalez@latinohealthaccess.org)



"Anxiety does not empty tomorrow of its sorrows, but only empties today of its strength."

Charles Spurgeon

5

*"Your illness  
is not your  
identity.  
  
Your  
chemistry is  
not your  
character."*

Rick Warren

**2021 Orange County Virtual Response Conference**

TIME: 8:00 a.m.~12:30 p.m.

WHERE: Online Event

To register:

<https://tinyurl.com/OCCrisisResponseConference2021>

For questions regarding registration, contact Linda Behnami at [lbehnami@ocde.us](mailto:lbehnami@ocde.us)

For questions regarding content, contact Jennifer Ponce at 714-966-4290 or [jponce@ocde.us](mailto:jponce@ocde.us)

OCDE Crisis Response Network is hosting the 9<sup>th</sup> Annual Orange County Crisis Response Conference. This year's theme is Crisis Response and Mental Health Outcomes: The Power of Resiliency During COVID-19. This conference will focus on how to utilize effective practices in crisis response to reduce the emotional and mental health outcomes following a critical incident. This collaborative event aims to enhance knowledge and practices to strengthen prevention, intervention, and postvention efforts. Additionally, promising practices to support resiliency and post-traumatic growth during this pandemic and beyond.

The target audience of this event are Teachers, Administrators, School District Staff, Mental Health Professionals, First Responders, Crisis Responders, Non-Clinical Professionals, and Community Members.

Registration includes:

- Login for the virtual event platform to access live sessions and resource content
- On-demand access to all recorded sessions and resource content for 30-days post-conference

Registration Fee: No Cost

Deadline to Register: April 28, 2021

Please note that space is limited for this virtual event.

If you have registered and learn that you are unable to attend this conference please contact Jennifer Ponce by April 30, 2021.

6

**MENTAL  
ILLNESS  
CAN STRIKE  
ANYONE.  
IT KNOWS  
NO AGE LIMITS,  
ECONOMIC  
STATUS, RACE,  
CREED,  
OR  
COLOR.**

**May is Mental Health Awareness Month**

TIME: 12 p.m.-1 p.m.

LOCATION: Virtual Presentation

<https://us02web.zoom.us/j/88678505926>

A video presentation and discussion about Mental Health.

**For additional information, please contact:**

Sokol Roeun, Case Manager

Phone: (714) 571-1966 EXT. 116 Email:

[sokolr@cambodianfamily.org](mailto:sokolr@cambodianfamily.org)

**Western Youth Services Presents: Understanding Adverse Childhood Experiences (ACEs)**

TIME: 2 p.m.– 4 p.m.

WHERE: Virtual event (Zoom)

To register for this training, please visit:

<https://www.eventbrite.com/e/wys-understanding-adverse-childhood-experiences-aces-tickets-150797400083>

For more information or questions regarding this event, please email: [training@westernyouthservices.org](mailto:training@westernyouthservices.org).

Learn why ACEs impact people's lives, and what we can all do to dramatically improve health and resilience for this and future generations.

Help spread awareness of this public health crisis by hosting this workshop for your staff, colleagues, clients or anyone you feel could benefit from learning more. Past attendees noted an increased understanding of ACEs Neuroscience and Resilience and said they were very likely to incorporate this newfound knowledge into actions for themselves, their loved ones, and their community. By coming together, we can break the cycle of trauma and begin the healing process our communities deserve.

Learn more about mental health conditions such as schizophrenia, PTSD, bipolar, borderline personality disorder, ADHD, OCD, depression, anxiety, eating disorders, suicide, addiction and others.

Visit: <https://www.nami.org/About-Mental-Illness>

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

6

I'M STILL  
ME  
NO MATTER MY  
MENTAL HEALTH.

NIKI MCBAIN

**Nutrition and Well-being Webinar**

TIME: 5 p.m. ~ 6 p.m.

WHERE: Online via Zoom

Register to attend at: <https://nutrition-well-being-5-6-21.eventbrite.com>

For more information, please call Infoline at 1 (888) 955-6570 or email [oe@theprioritycenter.org](mailto:oe@theprioritycenter.org). This event is organized by The Priority Center.

The Priority Center's Outreach and Engagement (O&E) Program presents a MHA Month Zoom webinar on healthy eating, reviewing nutrition myths, the importance of exercise and the health effects of overall well-being and its relation to Mental Health. The webinar will be 60 minutes, 30 minutes of presentation and activities plus 30 minutes for attendees to have one on ones or ask questions as a group and enroll in O&E services.

**Mental Health and Fitness Workshop~ in Spanish**

TIME: 12 p.m.-1 p.m.

LOCATION: Virtual  
<https://meet.google.com/udb-ubbi-btx>  
(US) 1 (929) 299-3888 PIN: 211 071 448#

A Spanish language workshop for older adults on everyday tips and practices to improve mental and emotional health.

For additional information, please contact:

Abrazar

Martha Sanchez, Case Manager

Phone: (714) 898-0203 Email: [m.sanchez@abrazarinc.com](mailto:m.sanchez@abrazarinc.com)

In the United States, only 41% of people who had a  
mental health disorder in the past year received  
professional care or other services.

Source: <https://www.mentalhealthfirstaid.org/2019/02/5-surprising-mental-health-statistics/>

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)



# 6

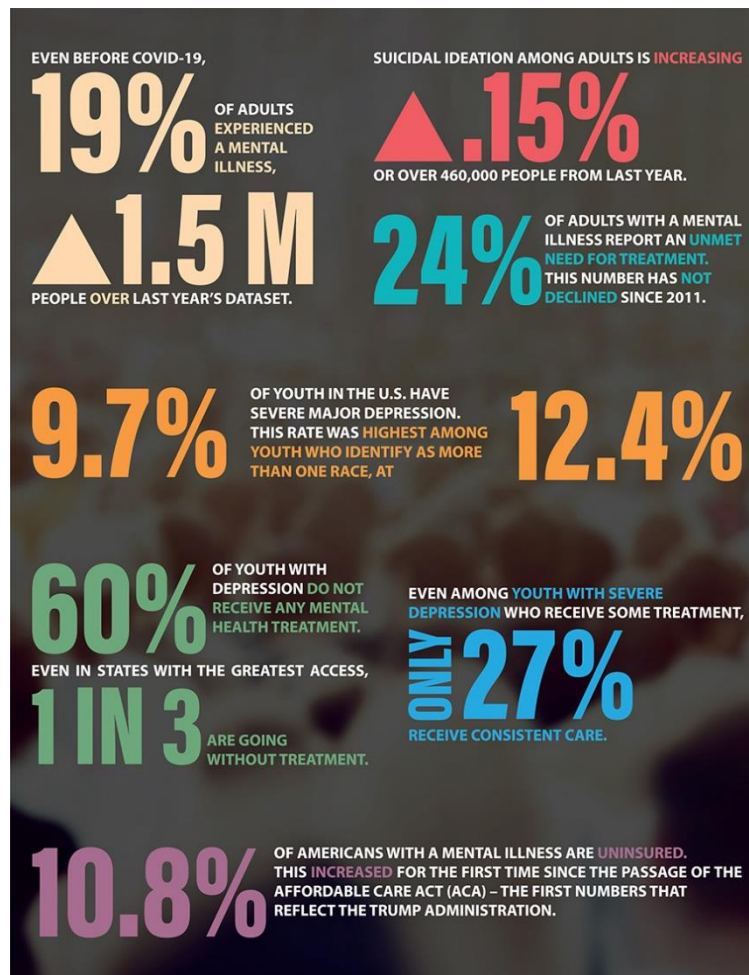
## Dance it Out

TIME: 5:00 p.m. ~ 6:00 p.m.

WHERE: Via Zoom  
text to (714)696.1126 to register

Students will be led in a dance class helping them understand the concepts of emotions and feelings as well as self-care through body movement. The end goal is for students to positively address emotions and self care through dance and apply them in their daily life.

For more information please contact Luz Gonzalez, Program Coordinator at Latino Health Access:  
[luzgonzalez@latinohealthaccess.org](mailto:luzgonzalez@latinohealthaccess.org)



SOURCE: <https://www.mhanational.org/issues/state-mental-health-america>

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 6

MENTAL  
ILLNESS CAN BE  
TREATED.

RESEARCH  
SHOWS THAT  
PEOPLE WITH  
MENTAL  
ILLNESS CAN  
GET BETTER  
AND MANY  
RECOVER  
COMPLETELY.

SOURCE: CDC/MENTAL HEALTH

## Mental Health Video And Discussion

TIME: 12 p.m.- 1 p.m.

WHERE: Virtual Presentation. To register:  
<https://us02web.zoom.us/j/88678505926>  
Meeting ID: 886 7850 5926

Please call Sreyroth if you have any questions:  
(714) 591-6439. Email: [sreyrothl@cambodianfamily.org](mailto:sreyrothl@cambodianfamily.org)

The O&E Team will be hosting a 30 minute presentation on the benefits of practicing self-care for optimal mental health during Mental Health Awareness Month, with an emphasis on social isolation during the COVID-19 pandemic, along with mindfulness coping tips, ways to ask for support, and resources available at this time. The facilitators will also offer an additional 30 minutes at the end of the webinar to answer any questions, and conduct one-on-ones for skills-building as needed/requested by participants.

## Mindfulness and Self-Compassion

TIME: 2 p.m. – 3 p.m.

WHERE: Orange County Asian Pacific Islander Community Alliance (OCAPICA) – Zoom  
To register for presentation available to Orange County Residents, click link:  
<https://hipaa.jotform.com/wellnessesity400/mindful-self-compassion-may-6>  
Once registered, an email confirmation will be sent with further information about the Zoom meeting.

Please call Yuki Shida if you have any questions:  
(714) 636-9095. Email: [yshida@ocapica.org](mailto:yshida@ocapica.org)

Do you treat yourself like you would a friend? This workshop is an introduction to mindfulness and self-compassion and includes different mindful self-compassion practices.

## DID YOU KNOW

Nationwide, almost one in five people (47.1 million) in the U.S. are living with a mental health condition. That number increased by about 1.5 million over last year's report.

(Source: <https://mhanational.org/number-people-reporting-anxiety-and-depression-nationwide-start-pandemic-hits-all-time-high>)

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)



# 6

*"You, yourself,  
as much as  
anybody in the  
entire universe,  
deserve your  
love and  
affection."*

Buddha

## Nutrition and Well-being Webinar

TIME: 5 p.m. ~ 6 p.m.

WHERE: Online via Zoom

Register to attend at: <https://nutrition-well-being-5-6-21.eventbrite.com>

For more information, please call Infoline at 1(888) 955-6570 or email [oe@theprioritycenter.org](mailto:oe@theprioritycenter.org)

The Priority Center's O&E Program presents a MHA Month Zoom webinar on healthy eating, reviewing nutrition myths, the importance of exercise and the health effects of overall well-being and its relation to Mental Health. The webinar will be 60 minutes, 30 minutes of presentation and activities plus 30 minutes for attendees to have one on ones or ask questions as a group and enroll in O&E services.

## The Importance of Mental Health in the Persian Community

TIME: 4:30 p.m.-6:00 p.m.

LOCATION: Virtual

<https://zoom.us/j/95343699809?pwd=YW5tTDFlkTy9odFowSGVnaGlkcmZOdz09>

A class presented in Farsi on how to meditate to improve mental health.

**For additional information, please contact:**

Soheila Rahmanian, Case Manager

OMID

Phone: (949) 502-4721 Email: [srahmanian@omidinstitute.org](mailto:srahmanian@omidinstitute.org)

## DID YOU KNOW?

THE AVERAGE DELAY BETWEEN ONSET OF SYMPTOMS  
AND INTERVENTION IS 8-10 YEARS.

SOURCE: <https://www.nami.org/NAMI/media/NAMI-Media/Infographics/Children-MH-Facts-NAMI.pdf>

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 6

“WHAT MENTAL  
HEALTH NEEDS IS  
MORE SUNLIGHT,  
MORE CANDOR,  
AND MORE  
UNASHAMED  
CONVERSATION.”

Glenn Close

## 4<sup>th</sup> Annual Mental Health Awareness Day Symposium

TIME: Starting at 7 a.m.

WHERE: Free virtual registration  
<https://connect.ncoa.org/oamhad>

Program staff will participate in free, all-day, virtual event that will feature engaging plenaries, informative sessions, and a diverse array of topics addressing the most pressing needs in older adult mental health. Symposium is brought to you by the National Council on Aging, U.S. Administration for Community Living, and Substance Abuse and Mental Health Services Administration.

For more information, please visit:  
<https://www.ncoa.org/article/4th-annual-older-adult-mental-health-awareness-day-symposium>

## DID YOU KNOW

Rates of suicidal ideation are highest among youth, especially LGBTQ+ youth. In September 2020, over half of 11-17-year-olds reported having thoughts of suicide or self-harm more than half or nearly every day of the previous two weeks. From Jan. to Sept. 2020, nearly 78,000 youth reported experiencing frequent suicidal ideation, including nearly 28,000 LGBTQ+ youth.

(Source: <https://mhanational.org/number-people-reporting-anxiety-and-depression-nationwide-start-pandemic-hits-all-time-high>)

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 7

MENTAL  
HEALTH...IS  
NOT A  
DESTINATION,  
BUT A PROCESS.  
IT'S ABOUT  
HOW YOU  
DRIVE, NOT  
WHERE YOU'RE  
GOING."

NOAM SHPANCER,  
PHD

## 31 Ways to Improve your Wellness

TIME: 12:00 p.m.- 1:30 p.m.

LOCATION: Virtual Presentation  
<https://zoom.us/j/3109821201>

An overview on strategies and practices to help improve your overall health will be provided by Orange County Children's Therapeutic Arts Center (OCCTAC).

### For additional information, please contact:

Rosa Garcia, Case Manager

Phone: (714) 264-5385 Email: [rosag@occtac.org](mailto:rosag@occtac.org)

## Fostering Positive Coping Skills & Self Care During COVID-19

TIME: 10 a.m. – 11 a.m.

WHERE: Orange County Asian Pacific Islander Community Alliance (OCAPICA) – Zoom

To register for presentation available to Orange County Residents, click link:

<https://hipaa.jotform.com/wellnessesity400/coping-skills-self-care-may-7>

Once registered, an email confirmation will be sent with further information about the Zoom meeting.

Please call Yuki Shida if you have any questions:  
(714) 636-9095. Email: [yshida@ocapica.org](mailto:yshida@ocapica.org)

Join us today on learning how we can foster positive coping skills through COVID-19 by learning how to manage stress! Also we will be discussing the importance of self-care during the pandemic. This webinar will provide you with an opportunity to practice coping skills and resources!

*"Anything that's human is mentionable, and anything that is mentionable can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary."*  
Fred Rogers

# 7

*"Just because  
you  
don't  
understand  
it  
doesn't mean it  
isn't so."*

Lemony Snicket,  
The Blank Book

## Stress and Coping Skills

TIME: 11 a.m. – 12 p.m.

WHERE: Orange County Asian Pacific Islander Community Alliance (OCAPICA) – Zoom

To register for presentation available to Orange County Residents, click link:

<https://hipaa.jotform.com/wellnessesity400/stress-and-coping-skills-may-7>

Once registered, an email confirmation will be sent with further information about the Zoom meeting.

Please call Yuki Shida if you have any questions:  
(714) 636-9095. Email: [yshida@ocapica.org](mailto:yshida@ocapica.org)

In this workshop we will learn about stress and it's causes and impacts. After we will transition to learning about coping skills to manage stress, discuss why they are beneficial to continue to utilize during COVID-19, and also work on setting goal(s) to continue to utilize coping skills as tools to improve our well-being.

## Small Acts of Self-Care during COVID-19

TIME: 1 p.m. – 2 p.m.

WHERE: Orange County Asian Pacific Islander Community Alliance (OCAPICA) – Zoom

To register for presentation available to Orange County Residents, click link:

<https://hipaa.jotform.com/wellnessesity400/self-care-covid-19-may-7>

Once registered, an email confirmation will be sent with further information about the Zoom meeting.

Please call Yuki Shida if you have any questions:  
(714) 636-9095. Email: [yshida@ocapica.org](mailto:yshida@ocapica.org)

Simple acts of self-care can have a big impact to your mental and physical self. Join us to learn these practices that can help you wind down, find calm, and feel better.

*"The only journey is the journey within."*

*Rainer Maria Rilke*

# 7

## Cooking Together

TIME: 6:00 p.m. ~ 7:00 p.m.

WHERE: Via Zoom  
text to (714)696.1126 to register

Students will be introduced to the importance of healthy eating and how it affects our physical and mental health. Students will learn how integrating healthy ingredients and making small changes in our daily diet can improve our well-being, since food is directly linked to our emotional health.

For more information please contact Luz Gonzalez, Program Coordinator at Latino Health Access:  
[luzgonzalez@latinohealthaccess.org](mailto:luzgonzalez@latinohealthaccess.org)

Young people are struggling most with their mental health. The proportion of youth ages 11~17 who accessed screening was 9 percent higher than the average in 2019. Not only are the number of youth searching for help with their mental health increasing, but throughout the COVID-19 pandemic youth ages 11~17 have been more likely than any other age group to score for moderate to severe symptoms of anxiety and depression.

SOURCE: <https://www.mhanational.org/issues/state-mental-health-america>

# 7

“IF WE START BEING  
HONEST ABOUT OUR  
PAIN, OUR ANGER,  
AND OUR  
SHORTCOMINGS  
INSTEAD OF  
PRETENDING THEY  
DON'T EXIST, THEN  
MAYBE WE'LL LEAVE  
THE WORLD A  
BETTER PLACE THAN  
WE FOUND IT.”

RUSSELL WILSON

## Race, Mental Health, and AAPI Identities

TIME: 4 p.m. – 5:30 p.m.

WHERE: Orange County Asian Pacific Islander Community Alliance (OCAPIA) – Zoom

To register for presentation available to Orange County Residents, click link:

<https://hipaa.jotform.com/wellnessesity400/race-mental-health-aapi-may-7>

Once registered, an email confirmation will be sent with further information about the Zoom meeting.

Please call Yuki Shida if you have any questions:  
(714) 636-9095. Email: [yshida@ocapica.org](mailto:yshida@ocapica.org)

A critical look at how AAPI identities are represented in the field of mental health and how it is shaped by race. This workshop will seek to appraise participants of the historical racial discrimination of AAPIs in the US, how racial discrimination affects AAPI individuals, and how AAPI individuals cope with mental health challenges stemming from racial discrimination. The workshop will suggest strategies on how AAPI individuals can effectively manage their mental wellness and combat racial discrimination.

## YOU ARE NOT ALONE

- [20.6%](#) of U.S. adults experienced mental illness in 2019 (51.5 million people). This represents 1 in 5 adults.
- [5.2%](#) of U.S. adults experienced serious mental illness in 2019 (13.1 million people). This represents 1 in 20 adults.
- [16.5%](#) of U.S. youth aged 6-17 experienced a mental health disorder in 2016 (7.7 million people)
- [3.8%](#) of U.S. adults experienced a co-occurring substance use disorder and mental illness in 2019 (9.5 million people)

Source: <https://www.nami.org/mhstats>

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 7

*"Some of the most comforting words in the universe are 'me too.' That moment when you find out that your struggle is also someone else's struggle, that you're not alone, and that others have been down the same road."*

Unknown

## Mental Health Awareness – Talk Saves Lives Webinar

TIME: 9 a.m. – 10 a.m.

WHERE: <https://www.eventbrite.com/e/mental-health-awareness-talk-saves-lives-tickets-145761860649>

Zoom invite sent upon registration via Eventbrite.com

For more information, please visit Easterseals Southern California's Eventbrite page at:

<https://www.eventbrite.com/o/easterseals-southern-california-outreach-amp-engagement-31751148045>

Please call James if you have any questions:  
(714) 909-6135

Email: [james.peterson@essc.org](mailto:james.peterson@essc.org)

Easterseals Southern California Outreach & Engagement services hosts a 60-minute "Talk Saves Lives" webinar from the American Foundation for Suicide Prevention (AFSP). This discussion focuses on recognizing signs and symptoms of mental illness and creating a dialogue so that others may feel open and comfortable discussing mental health.

Published studies report that about 25% of all U.S. adults have a mental illness.

SOURCE: [CDC: U.S. Adult Mental Illness Surveillance Report](#)

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)



# 7

## PLAYPEN – Cucu Chanel’s Island of Beauty – Make Up Challenge

TIME: 7 p.m.-8 p.m.

WHERE: Laguna Playhouse Facebook live  
<https://www.facebook.com/thelagunaplayhouse>

Drag Queens Cucu Chanel, Isabella Xotchitl & Electra Young share their stories of resilience and instill body positivity & glamour by teaching an eye makeup tutorial/challenge for our audience. Make some “me” time to hang out with Cucu!

Please contact Dylan if you have any questions at:  
[drussell@lagunaplayhouse.com](mailto:drussell@lagunaplayhouse.com)

## DID YOU KNOW

### Annual prevalence of mental illness among U.S. adults, by demographic group:

- Non-Hispanic Asian: [14.4%](#)
- Non-Hispanic white: [22.2%](#)
- Non-Hispanic black or African-American: [17.3%](#)
- Non-Hispanic American Indian or Alaska Native: [18.7%](#)
- Non-Hispanic mixed/multiracial: [31.7%](#)
- Non-Hispanic Native Hawaiian or Other Pacific Islander: [16.6%](#)
- Hispanic or Latino: [18.0%](#)
- Lesbian, Gay or Bisexual: [44.1%](#)

Source: <https://www.nami.org/mhstats>

# 7

“DON’T GIVE IN  
TO STIGMA. A  
DIAGNOSIS  
DOES NOT  
DETERMINE  
WHO YOU ARE  
OR WHAT YOU  
CAN DO!”

UNKNOWN

## Social Emotional Learning Skills for Success – 4<sup>th</sup> Grade

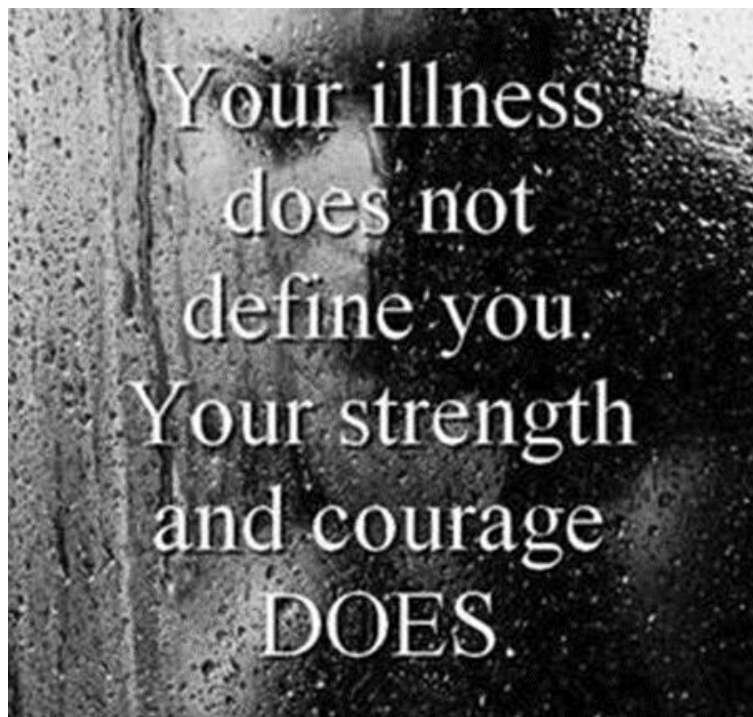
TIME: 3:00 p.m. -3:30 p.m.

WHERE: Provided through Zoom. Please register via Eventbrite:  
<https://www.eventbrite.com/e/social-emotional-learning-skills-for-success-4th-grade-tickets-146677623721>

Workshops will be accessible through Eventbrite and will be targeted in approach to meet needs of students, parents, caregivers, teachers, and caring adults in the lives of children in grade levels that administrators have identified as higher needs due to the pandemic.

WYS-BHIS providers will utilize Zones of Regulation to help provide and teach participants to learn the common language of SEL with children to help them understand and communicate their emotional states. WYS-BHIS will lead these virtual workshops for the purpose of providing individuals with SEL skills and tools for learning and practicing self-awareness as well as emotional regulation.

If you have any questions, please feel free to reach Emily Wang at: [emily.wang@wysoc.org](mailto:emily.wang@wysoc.org) or call (949) 900-5380.



MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

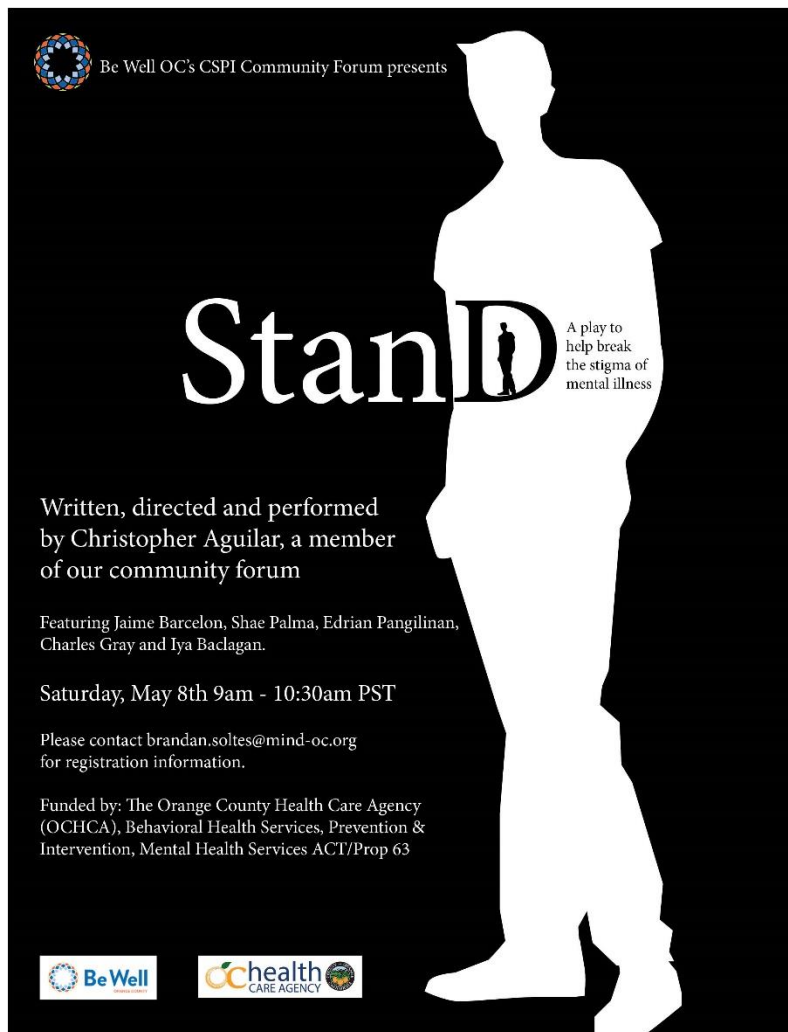
**CSPI Community Forum Featuring a Special “StanD” Performance**

**TIME:** 9:00 a.m.-10:30 a.m.

**WHERE:** Registration: <https://bewelloc.org/event/cspi-community-forum-8/>

For further information, please contact [brandan.soltes@mind-oc.org](mailto:brandan.soltes@mind-oc.org)

The Orange County Community Suicide Prevention Initiative aims to prevent suicide by promoting hope and purposeful life in the community – especially among survivors, those at risk, and their loved ones. Come partner with fellow OC residents advancing this mission.



Be Well OC's CSPI Community Forum presents

# StanD

A play to help break the stigma of mental illness



Written, directed and performed by Christopher Aguilar, a member of our community forum

Featuring Jaime Barcelon, Shae Palma, Edrian Pangilinan, Charles Gray and Iya Baclagan.

Saturday, May 8th 9am - 10:30am PST

Please contact [brandan.soltes@mind-oc.org](mailto:brandan.soltes@mind-oc.org) for registration information.

Funded by: The Orange County Health Care Agency (OCHCA), Behavioral Health Services, Prevention & Intervention, Mental Health Services ACT/Prop 63

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

9~15

*"I fight for my health  
every day in ways most  
people don't understand.  
I'm not lazy. I'm a  
warrior."*

UNKNOWN

**Connect-OC Mental Health Month Social Media Campaign: Breaking Barriers**  
TIME: Posts will be made on Instagram, Facebook and Twitter. Several posts will be made per week.

WHERE: Instagram: [https://www.instagram.com/connect\\_oc/](https://www.instagram.com/connect_oc/)

Facebook: <https://www.facebook.com/ConnectOCCoalition>

Twitter: [https://twitter.com/connect\\_oc](https://twitter.com/connect_oc)

Connect-OC will be kicking off a social media campaign to support Mental Health Month. The overarching theme for the month will be "Breaking Barriers" and each week will have a separate theme/focus. This week will focus on "Breaking cycles." Content will incorporate positive affirmations, quotes, statistics, Each Mind Matters information, etc. that seek to encourage young adults to speak up, share, and break generational cycles of stigma about mental health and promote #HopeForChange.

For more information or if you have any questions please contact Blair Veraza  
Email: [bveraza@p4w.org](mailto:bveraza@p4w.org)

## DID YOU KNOW

Annual prevalence among U.S. adults, by condition:

- Major Depressive Episode: [7.8%](#) (19.4 million people)
- Schizophrenia: [≤1%](#) (estimated 1.5 million people)
- Bipolar Disorder: [2.8%](#) (estimated 7 million people)
- Anxiety Disorders: [19.1%](#) (estimated 48 million people)
- Posttraumatic Stress Disorder: [3.6%](#) (estimated 9 million people)
- Obsessive Compulsive Disorder: [1.2%](#) (estimated 3 million people)
- Borderline Personality Disorder: [1.4%](#) (estimated 3.5 million people)

Source: <https://www.nami.org/mhstats>

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 10

*"Don't let your  
struggle become  
your identity."*

Unknown

## Seneca Family of Agencies Presents: Positive Behavioral Intervention (2-Part Training)

TIME: 9 a.m. – 1 p.m.

WHERE: Virtual event (Zoom)

To register for this training, please visit:

<https://www.eventbrite.com/e/seneca-positive-behavioral-intervention-2-part-training-tickets-137646541511>

For more information or questions regarding this event, please email: [training@westernyouthservices.org](mailto:training@westernyouthservices.org).

\*This will be a two-part training.\*

\*Please assure you can attend both days of the training listed below before registering.\*

Part 1: Monday, May 10th 2021 from 9 a.m. – 1 p.m.

Part 2: Monday, May 17th 2021 from 9 a.m. – 1 p.m.

This training will give an introduction to the advantages/risks of positive behavioral intervention, discuss the components of behavioral assessment and types of interventions and practice the use of behavioral strategies across multiple settings.

This training is meant to help participants break down behaviors that are having the greatest impact on relationships and identify ways to get the family and team members on board towards a common goal.

*Never underestimate the pain of a person, because, in all honesty,  
everyone is struggling. Just some people are better  
at hiding it than others.*

Unknown

# 10

*"The Best Way To  
Get Started Is To  
Quit Talking And  
Begin Doing."*

Walt Disney

## **Sleep Management During COVID-19**

TIME: 1 p.m. – 2 p.m.

WHERE: Orange County Asian Pacific Islander Community Alliance (OCAPICA) – Zoom

To register for presentation available to Orange County Residents, click link:

<https://hipaa.jotform.com/wellnessesity400/sleep-management-covid-19-may-10>

Once registered, an email confirmation will be sent with further information about the Zoom meeting.

Please call Yuki Shida if you have any questions:  
(714) 636-9095. Email: [yshida@ocapica.org](mailto:yshida@ocapica.org)

Getting a sufficient amount of high-quality sleep is critically important for our overall health and well-being, and yet it's estimated that one out of every three adults doesn't get enough sleep. Come join us and receive helpful information and tips to a better sleep.

## **Stress and the Body: Stretching, Mindfulness and Physical Wellness**

TIME: 3 p.m. – 4 p.m.

WHERE: Orange County Asian Pacific Islander Community Alliance (OCAPICA) – Zoom

To register for presentation available to Orange County Residents, click link:

<https://hipaa.jotform.com/wellnessesity400/stress-and-the-body-may-10>

Once registered, an email confirmation will be sent with further information about the Zoom meeting.

Please call Yuki Shida if you have any questions:  
(714) 636-9095. Email: [yshida@ocapica.org](mailto:yshida@ocapica.org)

Mental stress takes a huge toll on your body, both in the present and the future. Join us for some mindful, meditative stretching to promote your total body wellness!

*"The Pessimist Sees Difficulty In Every Opportunity. The Optimist Sees  
Opportunity In Every Difficulty."*

Winston Churchill

# 10

“DON'T LET  
YESTERDAY  
TAKE UP  
TOO MUCH  
OF TODAY.”

WILL ROGERS

## Chair Yoga for Mental Clarity (for English Speakers)

TIME: 11 a.m. – 12 p.m.

WHERE: Virtually on Zoom

Join Zoom Meeting

<https://us02web.zoom.us/j/89316182772>

Meeting ID: 893 1618 2772

For more information, please contact Christine if you have any questions:

Phone: (714) 352-8836

Email: [ctranle@coasc.org](mailto:ctranle@coasc.org)

The Council on Aging's ReConnect Program is providing chair yoga as an activity during Mental Health Awareness Month. Chair yoga can improve proprioception and give you greater control of your body and movement. Reduce stress, anxiety, depression, and improve mental clarity with chair yoga. Chair yoga can lessen the impacts of chronic illnesses and pain. Let us create happiness and overall well-being with this activity!

*“You Learn More From Failure Than From Success.  
Don't Let It Stop You. Failure Builds Character.”*

Unknown



# 10

## Healthy Steps

TIME: 10:00 a.m.-11:30 a.m.

WHERE: For more information, please contact to register:  
[www.hoag.org/mental-health](http://www.hoag.org/mental-health)

Hoag Mental Health Center  
(949) 764-6542  
307 Placentia Avenue  
Newport Beach, CA 92663

Stroller walk with other parents and caregivers to children ages (Infants-3 years old). Group will focus on the benefits of exercise and mental health. This is a bilingual & in person group. Will meet most Mondays in May.



MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 11

*"It's Not Whether You  
Get Knocked Down,  
It's Whether You Get  
Up."*

Vince Lombardi

**The Importance of Staying Connected (for Vietnamese Speakers)**

TIME: 1 p.m.-3 p.m.

WHERE: Zoom Virtual Meeting

For more information, please visit the website

Eventbrite page

<https://www.eventbrite.com/e/mental-health-awareness-the-important-of-stay-in-connect-vietnamese-tickets-148401361467>

Please contact Vinh with any questions

Email: [vvo@coasc.org](mailto:vvo@coasc.org)

ReConnect EISOA Vietnamese speaking group leader will conduct an educational and socialization-based activity. The educational piece will focus on educating participants on the importance of Mental Health and how it affects the society (informative data, facts and videos will be provided). The group will also highlight the importance of staying connected, as well as developing a social network amongst one another. The socialization piece of the group will have an emphasis "Helping Hands." The activity will focus on reminding participants on how to overcome emotional challenges. The group will verbally share one another's coping mechanisms.

## DID YOU KNOW?

1 IN 4 ADULTS EXPERIENCES  
MENTAL ILLNESS IN A GIVEN  
YEAR.

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 11

*"If You Are  
Working On  
Something That  
You Really Care  
About, You Don't  
Have To Be  
Pushed. The Vision  
Pulls You."*

Steve Jobs

## Coping with Anxiety in Social Situations

TIME: 12:30 p.m. – 1:30 p.m.

WHERE: Orange County Asian Pacific Islander Community Alliance (OCAPICA) – Zoom

To register for presentation available to Orange County Residents, click link:

<https://hipaa.jotform.com/wellnessesity400/anxiety-social-situations-may-11>

Once registered, an email confirmation will be sent with further information about the Zoom meeting.

Please call Yuki Shida if you have any questions:  
(714) 636-9095. Email: [yshida@ocapica.org](mailto:yshida@ocapica.org)

Learn ways to reduce your fear and worry about social situations and improve your communication skills.

## Internet Safety

TIME: 6 p.m. – 7 p.m.

WHERE: WYS – Zoom

[https://zoom.us/j/94112698693?](https://zoom.us/j/94112698693?pwd=Z1Rzd2RLZkhUbFptcENjeUZwM1AzQT09)

[pwd=Z1Rzd2RLZkhUbFptcENjeUZwM1AzQT09](https://zoom.us/j/94112698693?pwd=Z1Rzd2RLZkhUbFptcENjeUZwM1AzQT09)

Meeting ID: 941 1269 8693

Passcode: 741677

Contact Person: Ruben Dominguez

Email: [Ruben.Dominguez@wysoc.org](mailto:Ruben.Dominguez@wysoc.org)

This webinar covers the basics of how to talk to your kids about internet responsibility. The webinar focuses on becoming familiar with the proper freedoms and limitations kids should be granted, deciding how the internet should use as part of their life, and dealing with online bullying.

*"Failure Will Never Overtake Me If My Determination  
To Succeed Is Strong Enough."*

Og Mandino

11

*"We May  
Encounter  
Many Defeats  
But We Must  
Not Be  
Defeated."*

Maya Angelou

**Seneca Family of Agencies Presents: Suicide Prevention & Assessment**

TIME: 9:00 a.m. – 11:30 a.m.

WHERE: Virtual event (Zoom)

To register for this training, please visit:

<https://www.eventbrite.com/e/seneca-suicide-prevention-assessment-tickets-149589027809>

For more information or questions regarding this event, please email: [training@westernyouthservices.org](mailto:training@westernyouthservices.org).

This training will help mental health professionals identify who is most at risk and what is most commonly used to complete suicide. Participants will also learn why people choose suicide, accessing, responding and documenting suicide.

A zoom link will be emailed to you the week of the training.

**Western Youth Services Presents: Resilience**

TIME: 6:30 p.m. - 8:30 p.m.

WHERE: Virtual event (Zoom)

To register for this training, please visit:

<https://www.eventbrite.com/e/resilience-tickets-147655819531>

For more information or questions regarding this event, please email: [training@westernyouthservices.org](mailto:training@westernyouthservices.org).

Join us for healing, hope and insight as we advance awareness on one of the largest public health crisis in our country. As the highly acclaimed documentary Resilience - The Biology of Stress and the Science of Hope reveals, there is a dangerous biological syndrome caused by abuse and neglect during childhood. Toxic stress impacts the brain development of children and can be predictive of a lifetime of physical and mental illness. What's more, the physiological changes brought on by toxic stress also put children at greater risk for homelessness, prison time and early death. But this does not have to be the case. Resilience chronicles the work of trailblazers who are addressing toxic stress and other Adverse Childhood Experiences (ACEs), such as abuse, neglect and violence with nearly every research-recommended strategy and, thereby providing insight, hope, and strategies on how each one of us can make a difference.

# 11

## Mental Health 101: Minorities & Stigma Webinar

TIME: 5 p.m. ~ 6 p.m.

WHERE: Online via Zoom

Register to attend at: <https://mh101-minorities-stigma-5-11-21.eventbrite.com>

For more information, please call 1(888) 955-6570 or email [oe@theprioritycenter.org](mailto:oe@theprioritycenter.org). This event is organized by The Priority Center.

The Priority Center's O&E Program presents a MHA Month Zoom webinar focused on mental health and the stigma minorities face. The webinar will be 60 minutes, 30 minutes of presentation and activities plus 30 minutes for attendees to have one on ones or ask questions as a group and enroll in O&E services.

*“We Generate  
Fears While We  
Sit. We Overcome  
Them By Action.”*

*Dr. Henry Link*

## DID YOU KNOW MENTAL HEALTH CARE MATTERS

- 43.8% of U.S. adults with mental illness received treatment in 2019
- 65.5% of U.S. adults with serious mental illness received treatment in 2019
- 50.6% of U.S. youth aged 6-17 with a mental health disorder received treatment in 2016
- The average delay between onset of mental illness symptoms and treatment is 11 years
- Annual treatment rates among U.S. adults with any mental illness, by demographic group:
  - Male: 36.8%
  - Female: 49.7%
  - Lesbian, Gay or Bisexual: 49.2%
  - Non-Hispanic Asian: 23.3%
  - Non-Hispanic white: 50.3%
  - Non-Hispanic black or African-American: 32.9%
  - Non-Hispanic mixed/multiracial: 43.0%
  - Hispanic or Latino: 33.9%
- 10.9% of U.S. adults with mental illness had no insurance coverage in 2019
- 11.9% of U.S. adults with serious mental illness had no insurance coverage in 2019
- 55% of U.S. counties do not have a single practicing psychiatrist

Source: <https://www.nami.org/mhstats>

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 11

*"The Only Limit  
To Our  
Realization Of  
Tomorrow Will  
Be Our Doubts  
Of Today."*

Motivational Quote By  
Franklin D. Roosevelt

## Depression and Anxiety in children and adolescents (in FARSI)

TIME: 2 p.m.-3:30 p.m.

WHERE: Zoom webinar

Join Zoom Meeting

<https://zoom.us/j/91862490620?pwd=OEEd5bTErV0k2TmwrMUlnamxjU2x1UT09>

Meeting ID: 918 6249 0620

Passcode: 192622

Presenter: Dr.Sareh Behzadipour

Please email or call Shana if you have any questions at:  
[mgheisari@omidintitute.org](mailto:mgheisari@omidintitute.org) or (949) 502-4721.

## Practicing Self-Care

TIME: 2 p.m. – 3 p.m.

LOCATION: Virtual Presentation

<https://zoom.us/j/8492142017>

Passcode: 435710

Learn how to be cared for by you. Know your limits, getting the sleep you need, staying well fed, and finding a way to decompress throughout the day.

For additional information, please contact:

Hoang Khang Nguy, Case Manager at Southland Integrated Services

Phone: (714) 707-1086 Email:

[hknguy@southlandintegrated.org](mailto:hknguy@southlandintegrated.org)

*"Creativity Is Intelligence  
Having Fun."*

Albert Einstein

# 11

**Safe From the Start Parent Presentation (in Spanish)**

TIME: 11:30 a.m.~ 12:30 p.m.

WHERE: Join Zoom Meeting  
<https://ocde.zoom.us/j/85824334412>

Meeting ID: 858 2433 4412

Safe from the Start es una presentación que brinda educación a los participantes sobre los efectos de la violencia en el desarrollo del cerebro. Esta capacitación proporciona una comprensión del desarrollo del cerebro y cómo el cerebro puede ser reconfigurado y curado, y brinda un mensaje de ESPERANZA.

For questions, please email [vjohnson@ocde.us](mailto:vjohnson@ocde.us) or call (714) 966-4348.



MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)



# 11

“YOU  
ARE  
NEVER  
TOO OLD  
TO SET  
ANOTHER  
GOAL OR  
TO  
DREAM A  
NEW  
DREAM.”

C.S. Lewis

## Professional Growth & Skill Building

TIME: 5:30 p.m.-7:00 p.m.

WHERE: Zoom link:  
<https://us02web.zoom.us/j/86844182067?pwd=QnV1Y3FyZXNwZ1pFdYtGa00vM2lrZz09#success>

For more information, please visit the website at:  
<https://www.namioc.org/teens-young-adults>

Please call Jerika if you have any questions: (714) 544-8488.  
Email: [jwhite@namioc.org](mailto:jwhite@namioc.org)

The NAMI Orange County TAY team will be hosting a four part Creativity and Skill Building workshop on Zoom. The second day is built to equip TAY for professional growth through self-advocacy and additional tools to practice their professionalism. Attendees will gain knowledge of self-advocacy, confidence building, boundary setting, prioritizing self-care, mental health awareness, and interviewing 101 in the workplace.

## Calm Box

TIME: 3:30 p.m.-4:30 p.m.

WHERE: For more information, please contact to register:  
[www.hoag.org/mental-health](http://www.hoag.org/mental-health)

Hoag Mental Health Center  
(949) 764-6542  
307 Placentia Avenue  
Newport Beach, CA 92663

Workshop in collaboration with Newport Mesa Family Resource Center for children ages 8-12 years old. Participants will learn ways to self-regulate and will create a calm box to take home that will be filled with tools to help them cope. This is an in-person group.

*“Do What You Can With All You Have,  
Wherever You Are.”*

Theodore Roosevelt

# 11

## Intro to Mental Health Awareness and Navigating mental health services

TIME: 4 p.m. – 5 p.m.

WHERE: Orange County Asian Pacific Islander Community Alliance (OCAPICA) – Zoom

To register for presentation available to Orange County Residents, click link:

<https://hipaa.jotform.com/wellnessesity400/intro-to-mental-health-may-12>

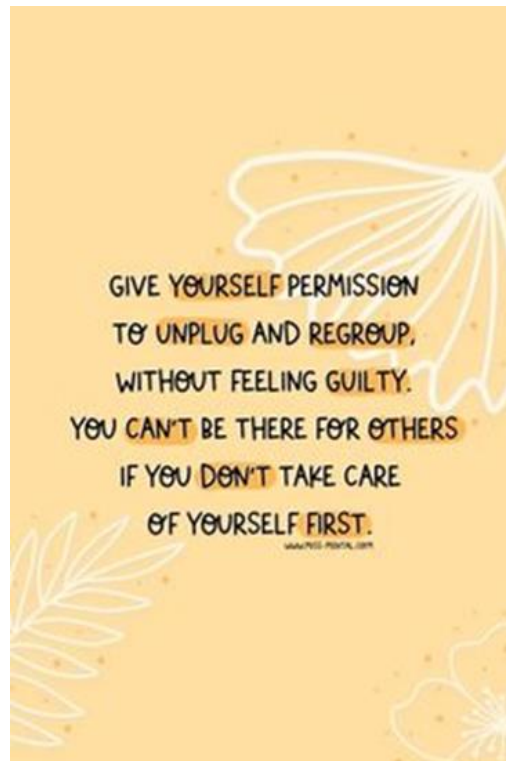
Once registered, an email confirmation will be sent with further information about the Zoom meeting.

Please call Yuki Shida if you have any questions:  
(714) 636-9095. Email: [yshida@ocapica.org](mailto:yshida@ocapica.org)

This presentation is an introduction to mental health, how to practice self-care, and navigating mental health services.

*"I understand your pain.  
Trust me, I do. I've seen  
people go from the darkest  
moments in their lives to  
living a happy, fulfilling  
life. You can do it too. I  
believe in you. You are not  
a burden. You will  
NEVER BE a burden."*

*Sophie Turner*



# 11

**Arts and Crafts with Ane ~ Anti Stress Balls**

TIME: 6:00 p.m. ~ 7:00 p.m.

WHERE: Via Zoom  
text to (714)696.1126 to register

In this workshop, we combine art and crafts with the creation of anti-stress tools. Anti-stress balls help lessen tension. Taking a few minutes to decompress can make a big difference in our mental health.

For more information please contact Luz Gonzalez, Program Coordinator at Latino Health Access:  
[luzgonzalez@latinohealthaccess.org](mailto:luzgonzalez@latinohealthaccess.org)

Rates of suicidal ideation are highest among youth, especially LGBTQ+ youth. In September 2020, over half of 11~17-year-olds reported having thoughts of suicide or self-harm more than half or nearly every day of the previous two weeks. From January to September 2020, 77,470 youth reported experiencing frequent suicidal ideation, including 27,980 LGBTQ+ youth.

SOURCE: <https://www.mhanational.org/issues/state-mental-health-america>

# 12

## FOR MORE RESOURCES VISIT



<https://mental-wellness.bewelloc.org/>

### OUR STORIES – LGBTQIA+ Workshop Session

TIME: 5 p.m. ~ 7 p.m.

WHERE: *Laguna Playhouse Zoom*  
<http://bit.ly/OSPrideZoom>

Dave Barton (Director/Playwright/Journalist) leads OUR STORIES Workshop to explore your story and ways to tell/share it with our community.

REGISTER FOR SESSION AT:  
<http://bit.ly/OurStoriesPRIDE>

Please contact Dylan if you have any questions at:  
[drussell@lagunaplayhouse.com](mailto:drussell@lagunaplayhouse.com).

### Be Well Wednesdays Series

TIME: 10:00 a.m. ~ 11:30 a.m.

WHERE: Virtual presentation. For more information, please visit:  
<https://bewelloc.org/events/2021-05/>

Target Population: Older Adults  
Be Well Partners include: Alzheimer's Family Center, American Foundation for Suicide Prevention, Council on Aging, Southern California, OC Aging Services Collaborative, MECCA and WTLC.

Over 30 community partners have collaborated in this Be Well Wellness Wednesday series of webinars. Each week focusses on a particular target audience. Experts in the field will discuss a mental health topic of interest to the target group followed by sharing of resources on how to access services and supports.

*"Develop An 'Attitude Of Gratitude'. Say Thank You To Everyone You Meet For Everything They Do For You."*

Brian Tracy

12

*"To See What Is  
Right And Not  
Do It Is A Lack  
Of Courage."*

Confucius

**Safe from the Start – Parenting minor/ Transitional Aged Youth (TAY)**

TIME: 3:30 p.m.-4:30 p.m.

WHERE: Join Zoom Meeting  
<https://ocde.zoom.us/j/85824334412>

Meeting ID: 858 2433 4412

Safe from the Start is a presentation that educates participants on the effects of violence on the developing brain. This training provides an understanding of brain development and how the brain can be rewired and healed, and providing a message of HOPE.

For questions, please email [vjohnson@ocde.us](mailto:vjohnson@ocde.us) or call (714) 966-4348.

**DHMHS Open Virtual Training (General Adult)**

TIME: 1:00 p.m.-2:30 p.m.

WHERE: VIRTUALLY VIA ZOOM  
For more information, please request flyer from:  
[jconstanza@didihirsch.org](mailto:jconstanza@didihirsch.org) or [kjow@didihirsch.org](mailto:kjow@didihirsch.org)

Please call or email to RSVP: (714) 989-8301 or  
[kjow@didihirsch.org](mailto:kjow@didihirsch.org)

DHMHS: Survivor Support Services will continue to provide virtual trainings open to the community throughout the month of May along with PDF versions of outreach materials.

**"FAKE IT UNTIL YOU MAKE IT! ACT  
AS IF YOU HAD ALL THE  
CONFIDENCE YOU REQUIRE UNTIL IT  
BECOMES YOUR REALITY."**

**Brian Tracy**

# 12

“I found that with depression, one of the most important things you can realize is that you’re not alone. You’re not the first to go through it, you’re not gonna be the last to go through it,”

*Dwayne “The Rock” Johnson*

## Suicide Prevention Presentation for Adolescents presented by Didi Hirsch

TIME: 4 p.m. ~ 5 p.m.

WHERE: For more information, please contact to register:  
[www.hoag.org/mental-health](http://www.hoag.org/mental-health)

Hoag Mental Health Center  
(949) 764-6542  
307 Placentia Avenue  
Newport Beach, CA 92663

This presentation will provide basic overview of suicide prevention. Participants will learn about the nature of suicide, related statistics, risk factors and warning signs. Participants will also learn what to do and who to talk to when a friend or family member is suicidal.

## How To Keep Seniors Mentally Stimulated

TIME: 1 p.m. ~ 2 p.m.

LOCATION: Virtual Presentation  
<https://zoom.us/j/4670969882?pwd=K3dsZ2Ntc0F2WWFHam5Kb2lhV3V5QT09>

A conversation about the importance of staying socially engaged, especially during these trying times.

### For additional information, please contact:

Nadia Abdalla, Case Manager

Access California Services

Phone: (714) 917-0440 Email: [nadiaa@accesscal.org](mailto:nadiaa@accesscal.org)

## DID YOU KNOW?

1 IN 5 YOUTH (AGES 13~18) EXPERIENCES SEVERE MENTAL DISORDERS IN A GIVEN YEAR.

SOURCE: <https://www.cdc.gov/childrensmentalhealth/features/kf-childrens-mental-health-report.html>

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 12

## **Teens Next Door- Tree of Life**

**TIME:** 5:00 p.m. - 6:15 p.m.

**WHERE:** Via Zoom  
text to (714)696.1126 to register

In this activity, students will have the opportunity to create their own tree of life. The tree's roots, trunk, branches, leaves and fruit will be representing various aspects of the student's life encouraging students to discover the important aspects of their life that promote joy.

For more information please contact Luz Gonzalez, Program Coordinator at Latino Health Access:  
[luzgonzalez@latinohealthaccess.org](mailto:luzgonzalez@latinohealthaccess.org)

## **Study Jams- Virtual Tutoring**

**TIME:** 6:00 p.m. -7:30 p.m.

**WHERE:** Via Zoom  
text to (714)696.1126 to register

During the month of May, our virtual tutoring session will encourage discussion between students about academic stressors. Our sessions will cover topics like test anxiety, bullying, self-care and local resources.

For more information please contact Luz Gonzalez, Program Coordinator at Latino Health Access:  
[luzgonzalez@latinohealthaccess.org](mailto:luzgonzalez@latinohealthaccess.org)

People who identify as Asian or Pacific Islander are searching for mental health resources more in 2020 than ever before. The proportion of screeners identifying as Asian or Pacific Islander increased 7 percent, from 9 percent of screeners in 2019 to 16 percent in 2020.

SOURCE: <https://www.mhanational.org/issues/state-mental-health-america>

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)



# 12

## Social Emotional Learning Skills for Success – 5<sup>th</sup> Grade

TIME: 3:00 p.m. - 3:30 p.m.

WHERE: Provided through Zoom. Please register via Eventbrite:

<https://www.eventbrite.com/e/social-emotional-learning-skills-for-success-5th-grade-tickets-146678392019>

“The experience I have had is that once you start talking about [experiencing a mental health struggle], you realize that actually you’re part of quite a big club.”

*Prince Harry*

Our workshops will be accessible through Eventbrite and will be targeted in approach to meet needs of students, parents, caregivers, teachers, and caring adults in the lives of children in grade levels that administrators have identified as higher needs due to the pandemic.

WYS-BHIS providers will utilize Zones of Regulation to help provide and teach participants to learn the common language of SEL with children to help them understand and communicate their emotional states. WYS-BHIS will lead these virtual workshops for the purpose of providing individuals with SEL skills and tools for learning and practicing self-awareness as well as emotional regulation.

If you have any questions, please feel free to reach Emily Wang at: [emily.wang@wysoc.org](mailto:emily.wang@wysoc.org) or call (949) 900-5380.

“THE ADVICE I’D GIVE TO SOMEBODY THAT’S SILENTLY STRUGGLING IS, YOU DON’T HAVE TO LIVE THAT WAY. YOU DON’T HAVE TO STRUGGLE IN SILENCE. YOU CAN BE UN-SILENT. YOU CAN LIVE WELL WITH A MENTAL HEALTH CONDITION, AS LONG AS YOU OPEN UP TO SOMEBODY ABOUT IT, BECAUSE IT’S REALLY IMPORTANT YOU SHARE YOUR EXPERIENCE WITH PEOPLE SO THAT YOU CAN GET THE HELP THAT YOU NEED.”

DEMI LOVATO

# 13

“There is hope,  
even when your  
brain tells you  
there isn’t.”

*John Green*

## O&E Collaborative MHA Month Event: “In the Time of COVID: Feeling is Healing” Conference

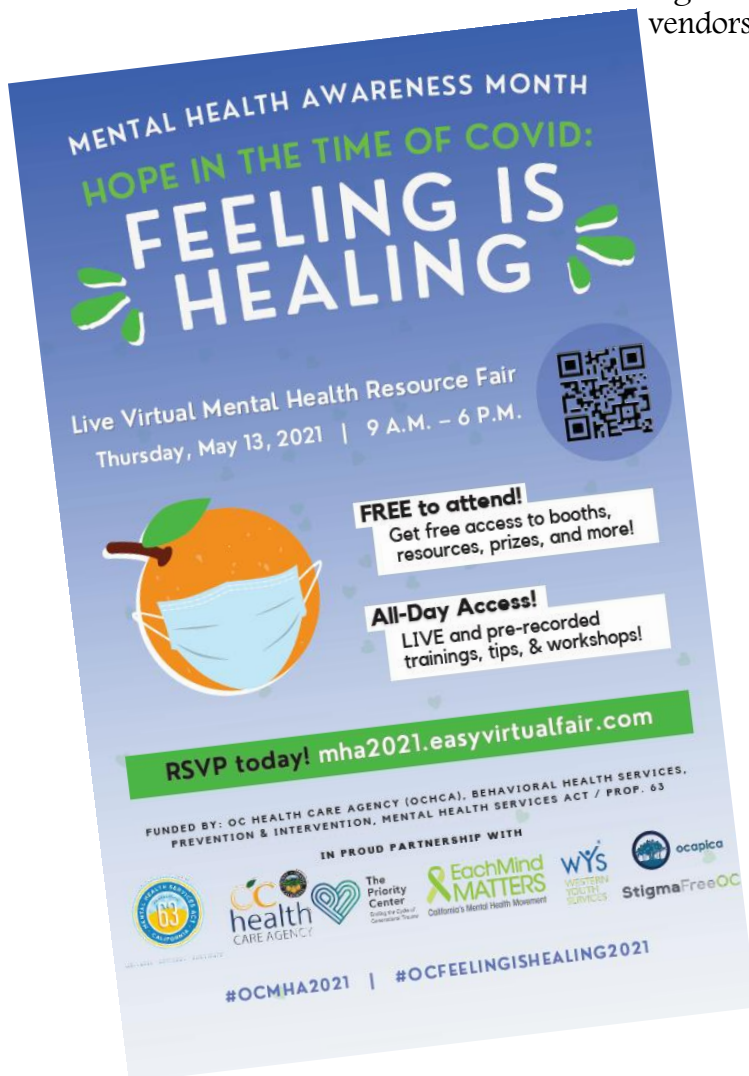
TIME: 9 a.m. ~ 6 p.m.

WHERE: Online via Zoom

Register Online at <https://mha2021.easyvirtualfair.com/>

For more information, please call Infoline at 1(888) 955-6570 or email [oe@theprioritycenter.org](mailto:oe@theprioritycenter.org)

The Priority Center’s O&E program, together with Western Youth Services and OCAPICA present their first annual virtual event to celebrate Mental Health Awareness Month safely during the COVID-19 pandemic. The virtual event focuses on stigma reduction through virtual live educational webinars presented by a keynote speaker, pre-recorded webinars on topics of mental health, and a virtual resource fair where registered community members can find resources, chat with vendors, and download flyers and brochures.



MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 13

**Yoga**

**TIME:**

5:00 p.m. - 6:00 p.m.

**WHERE:**

Via Zoom

text to (714)696.1126 to register

Students will be introduced to yoga through the calming our body and/or practicing kindness hangout. Through an easy-to-follow sequence of movements that students of all levels will benefit.

For more information please contact Luz Gonzalez, Program Coordinator at Latino Health Access:

[luzgonzalez@latinohealthaccess.org](mailto:luzgonzalez@latinohealthaccess.org)

While rates of anxiety, depression, and suicidal ideation are increasing for people of all races and ethnicities, there are notable differences in those changes over time.

Black or African American screeners have had the highest average percent change over time for anxiety and depression, while Native American or American Indian screeners have had the highest average percent change over time for suicidal ideation.

SOURCE: <https://www.mhanational.org/issues/state-mental-health-america>

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 13

“Mental health problems don’t define who you are. They are something you experience. You walk in the rain and you feel the rain, but, importantly, YOU ARE NOT THE RAIN.”

*Matt Haig*

**Seneca Family of Agencies Presents: Responding to Crisis Calls/Messages**

TIME: 10 a.m. – 12 p.m.

WHERE: Virtual event (Zoom)

To register for this training, please visit:

<https://www.eventbrite.com/e/seneca-responding-to-crisis-callsmessages-tickets-140444977709>

For more information or questions regarding this event, please email: [training@westernyouthservices.org](mailto:training@westernyouthservices.org).

This training explores the steps and considerations to take when receiving a call or message from someone experiencing a crisis.

Targeted audience: Mental Health Professionals in a direct-care setting

**Western Youth Services Presents: The S Word: Talking about Suicide Prevention**

TIME: 12 p.m. – 2 p.m.

WHERE: Virtual event (Zoom)

To register for this training, please visit:

<https://www.eventbrite.com/e/wys-the-s-word-talking-about-suicide-prevention-tickets-150799022937>

For more information or questions regarding this event, please email: [training@westernyouthservices.org](mailto:training@westernyouthservices.org).

THE S WORD skillfully weaves stories of survivors from a cross-section of America including LGBT, African American and Asian American communities, who candidly share their profoundly emotional stories of trauma, mental health challenges, survival and advocacy. The film’s narrative flows organically from one story to the next, starting with personal moments and building emotional momentum before widening out to show how their journeys are driving the national movement to take the “S” word from unthinkable to preventable. Tips and best practices on how to talk to someone about suicide will be shared during the discussion after the film screening.

“You look at me and cry; everything hurts. I hold you and whisper: but everything can heal.”

*Rupi Kaur*

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 14

“The  
humanity we  
all share is  
more  
important  
than the  
mental  
illnesses we  
may not”

*Elyn R. Saks*

## Mental Health Awareness – Coping Skills Webinar

TIME: 9 a.m. – 10 a.m.

WHERE: <https://www.eventbrite.com/e/mental-health-awareness-coping-skills-tickets-145763762337>

Zoom invite sent upon registration via Eventbrite.com

For more information, please visit Easterseals Southern California's Eventbrite page at:

<https://www.eventbrite.com/o/easterseals-southern-california-outreach-amp-engagement-31751148045>

Please call James if you have any questions:  
(714) 909-6135

Email: [james.peterson@essc.org](mailto:james.peterson@essc.org)

Easterseals Southern California Outreach & Engagement services hosts a 45-minute webinar to discuss coping skills for those who are experiencing isolation, depressive and anxiety symptoms during an unprecedented time. In the era of COVID-19, many may be experiencing increased depressive & anxiety symptoms relating to the isolation being experienced or stress of a global pandemic.

*“Life doesn't make any sense without  
interdependence. We need each other, and the sooner  
we learn that, the better for us all.”*

*Erik Erikson*



# 14

“You are the one thing in this world, above all other things, that you must never give up on. When I was in middle school, I was struggling with severe anxiety and depression and the help and support I received from my family and a therapist saved my life. Asking for help is the first step. You are more precious to this world than you’ll ever know.”

*Lili Rhinehart*

## Small Acts of Self-Care during COVID-19

TIME: 1 p.m. – 2 p.m.

WHERE: Orange County Asian Pacific Islander Community Alliance (OCAFICA) – Zoom

To register for presentation available to Orange County residents, click link:

<https://hipaa.jotform.com/wellnessesity400/self-care-covid-19-may-14>

Once registered, an email confirmation will be sent with further information about the Zoom meeting.

Please call Yuki Shida if you have any questions: (714) 636-9095. Email: [yshida@ocapica.org](mailto:yshida@ocapica.org)

Simple acts of self-care can have a big impact to your mental and physical self. Join us to learn these practices that can help you wind down, find calm and feel better

## Coping During Covid-19

TIME: 4 p.m. ~ 5:30 p.m.

WHERE: Asian Pacific AIDS Intervention Team (APAIT)-Zoom

To register for presentation available to Orange County Residents, click link: <https://bit.ly/2BHb4z4>

Once registered, an email confirmation will be sent with further information about the Zoom meeting.

For further information please contact Nayeli R. at [nayelir@apaitonline.org](mailto:nayelir@apaitonline.org) or call APAIT at (714) 636-1349.

The APAIT O&E Team will be hosting a 60-minute presentation on how one can implement coping skills and self-care practices into routines during COVID-19 for optimal mental health while practicing social distancing. The discussion will include information on COVID-19, healthy practices, coping strategies, self-care practices, resources available at this time, and more. The facilitators will also offer an additional 30 minutes at the end of the workshop to answer any questions and conduct one-on-ones for skill buildings as needed/requested by participants.

## FOR MENTAL HEALTH & SUBSTANCE USE DISORDER RESOURCES AND SERVICES

<https://occovid19.ocalthinfo.com/mental-health-support>

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 14

## Addictions and Emotional Welfare

TIME: 12:00 p.m.- 1:30 p.m.

LOCATION: Virtual Presentation  
<https://zoom.us/j/3109821201>

Learn how to tackle addiction when you're also dealing with mental health and emotional problems.

**For additional information, please contact:**

Rosa Garcia, Case Manager

OCCTAC

Phone: (714) 264-5385 Email: [rosag@occtac.org](mailto:rosag@occtac.org)

*"If you are broken,  
you do not have to  
stay broken."*

Selena Gomez

## PLAYPEN – Cucu Chanel's Island of Beauty – Make Up Challenge

TIME: 7 p.m. - 8 p.m.

WHERE: Laguna Playhouse Facebook live  
<https://www.facebook.com/thelagunaplayhouse>

Drag Queens Cucu Chanel, Isabella Xotchitl & Electra Young share their stories of resilience and instill body positivity and glamour by teaching an eye makeup tutorial/challenge for our audience. Make some "me" time to hang out with Cucu!

Please contact Dylan if you have any questions at:

[drussell@lagunaplayhouse.com](mailto:drussell@lagunaplayhouse.com)

**"I would say what others have said: It gets better. One day, you'll find your tribe. You just have to trust that people are out there waiting to love you and celebrate you for who you are. In the meantime, the reality is you might have to be your own tribe. You might have to be your own best friend. That's not something they're going to teach you in school. So start the work of loving yourself."**

Wentworth Miller



# 14

“You don’t have to be positive all the time. It’s perfectly okay to feel sad, angry, annoyed, frustrated, scared and anxious. Having feelings doesn’t make you a negative person. It makes you human.”

Lori Deschene

## **Mental Health Awareness – Coping Skills Webinar**

TIME: 9 a.m. – 10 a.m.

WHERE: ZOOM

<https://www.eventbrite.com/e/mental-health-awareness-coping-skills-tickets-145763762337>

Zoom invite sent upon registration via Eventbrite.com  
For more information, please visit Easterseals Southern California’s Eventbrite page at:

<https://www.eventbrite.com/o/easterseals-southern-california-outreach-amp-engagement-31751148045>

Please call James if you have any questions:  
(714) 909-6135

Email: [james.peterson@essc.org](mailto:james.peterson@essc.org)

Easterseals Southern California Outreach & Engagement services hosts a 60-minute "Talk Saves Lives" webinar from the American Foundation for Suicide Prevention (AFSP). This discussion focuses on recognizing signs and symptoms of mental illness and creating a dialogue so that others may feel open and comfortable discussing mental health.

## **Addiction and Co-dependency (in FARSI)**

TIME: 10 a.m.- 11:30 a.m.

WHERE: Zoom Webinar

Join Zoom Meeting

[Addiction and Co-dependency \(in FARSI\)](#)

Meeting ID: 981 3618 5406  
Passcode: 386206

Presenter: Siamak Afshar, CADCI (Transforming life center founder)

Please email or call Shana if you have any questions at:  
[mgheisari@omidintitute.org](mailto:mgheisari@omidintitute.org) or (949) 502-4721.

In this webinar we will discuss: The relationship between Addiction and Codependency, their effects on relationships, and family dynamics.

# 14

*"This feeling  
will pass. The  
fear is real but  
the danger is  
not."*

Cammie McGovern

## COPING DURING COVID-19

TIME: 4 p.m.-5:30 p.m.

WHERE: Asian Pacific AIDS Intervention Team (APAIT)  
To register for presentation available to Orange County Residents, click link: <https://bit.ly/2BHb4z4>

Once registered, an email confirmation will be sent with further information about the Zoom meeting.

For further information please contact Nayeli R. at [nayelir@apaitonline.org](mailto:nayelir@apaitonline.org) or call APAIT at (714) 636-1349.

The APAIT O&E Team will be hosting a 60-minute presentation on how one can implement coping skills and self-care practices into routines during COVID-19 for optimal mental health while practicing social distancing. The discussion will include information on COVID-19, healthy practices, coping strategies, self-care practices, resources available at this time and more. The facilitators will also offer an additional 30 minutes at the end of the workshop to answer any questions and conduct one-on-ones for skill buildings as needed/requested by participants.

## Yoga Night Happy Hour

TIME: 4:30 p.m.-5:30 p.m.

WHERE: Zoom link:  
[https://www.namioc.org/nami-happy-hour?sm\\_aui=isV6w217nvZWwtD67qBfJKOCNRBH2](https://www.namioc.org/nami-happy-hour?sm_aui=isV6w217nvZWwtD67qBfJKOCNRBH2)

For more information, please visit the website at:  
<https://www.namioc.org/nami-happy-hour>

Please call Amanda if you have any questions:  
(714) 544-8488.  
Email: [awilson@namioc.org](mailto:awilson@namioc.org)

Join NAMI-OC for a Gentle Flow Yoga class. Led by yoga instructor Kaitlyn, she will lead us through gentle flow yoga that is perfect for beginners to advance yogi.

**"Tough times never last, but tough people do!"**  
*Robert Schuller*

# 14

## Cooking Together

TIME: 6:00 p.m. - 7:00 p.m.

WHERE: Via Zoom  
text to (714)696.1126 to register

Students will be introduced to the importance of healthy eating and how it affects our physical and mental health. Students will learn how integrating healthy ingredients and making small changes in our daily diet can improve our well-being, since food is directly linked to our emotional health.

For more information please contact Luz Gonzalez, Program Coordinator at Latino Health Access:  
[luzgonzalez@latinohealthaccess.org](mailto:luzgonzalez@latinohealthaccess.org)

## Suicide By The Numbers

- Suicide is the tenth leading cause of death in the US, accounting for more than 1% of all deaths. It is the second leading cause of death among people ages 15-24.
- More years of life are lost to suicide than to any other single cause except heart disease and cancer
- 44,000 Americans die by suicide each year. There are 13.8 deaths by suicide per 100,000 persons each year.
- There is one death by suicide for every 25 attempts
- 40% of persons who complete suicide have made a previous attempt. Nine out of ten people who attempt suicide and survive, do not go on to complete suicide at a later date.
- Previous suicide attempts serve as a risk factor for completed suicide. Suicide risk is 37% higher in the first year after deliberate self-harm than in the general population. Older white adults have triple the suicide risk than younger, non-white adults.
- Suicide rates are highest among adults between 45 and 64 at 19.6 per 100,000. The second highest rate is 19.4 per 100,000 among those 85 years or older. Compared with middle-aged older adults, younger populations have consistently lower suicide rates. While males are four times more likely to die by suicide, females are three times more likely to attempt suicide.
- Those with substance abuse disorders are six times more likely to complete suicide than those without. The rate of completed suicide among men with alcohol/drug abuse problems is 2-3 times higher than among those without a problem. Women who abuse substances are at 6-9 times higher risk of suicide compared to women who do not have a problem.

SOURCE: <https://www.mhanational.org/conditions/suicide>

# 14

“But no matter how much evil I see, I think it’s important for everyone to understand that there is much more light than darkness.”

*Robert Uttaro*

## Nutrition for Mental Health

TIME: 10:30 a.m. - 12:00 p.m.

WHERE: For more information, please contact to register:  
[www.hoag.org/mental-health](http://www.hoag.org/mental-health)

Hoag Mental Health Center  
(949) 764-6542  
307 Placentia Avenue  
Newport Beach, CA 92663

Workshop in collaboration with PODER to teach participants about the power of nutrition for mental wellness. Virtual presentation facilitated in Spanish.

## Social Emotional Learning Skills for Success – 6<sup>th</sup> Grade

TIME: 3:00 p.m. - 3:30 p.m.

WHERE: Provided through Zoom. Please register via Eventbrite:

<https://www.eventbrite.com/e/social-emotional-learning-skills-for-success-6th-grade-tickets-146679240557>

Workshops will be accessible through Eventbrite and will be targeted in approach to meet needs of students, parents, caregivers, teachers and caring adults in the lives of children in grade levels that administrators have identified as higher needs due to the pandemic.

WYS-BHIS providers will utilize Zones of Regulation to help provide and teach participants to learn the common language of SEL with children to help them understand and communicate their emotional states. WYS-BHIS will lead these virtual workshops for the purpose of providing individuals with SEL skills and tools for learning and practicing self-awareness as well as emotional regulation.

If you have any questions, please feel free to reach Emily Wang at: [emily.wang@wysoc.org](mailto:emily.wang@wysoc.org) or call (949) 900-5380.

“I keep moving ahead, as always, knowing deep down inside that I am a good person and that I am worthy of a good life.”

*Jonathan Harnisch*

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 14

“Happiness can be found even in the darkest of times, if one only remembers to turn on the light.”

*Albus Dumbledore  
from Harry Potter  
and the Prisoner of  
Azkaban*

## Supporting Youth Mental Health

**TIME:** 10:00 a.m.-11:30 a.m.

**WHERE:** Zoom – Virtual Event

Please call Stephanie Loscko if you have any questions: 714-966-4319 or Email: [sloscko@ocde.us](mailto:sloscko@ocde.us)

For more information regarding the Student Advocates for Mental Health Program, please visit our website: <https://ocde.us/SAMH/Pages/default.aspx>

The Student Advocates for Mental Health (SAMH) Program will be hosting a one hour “Supporting Youth Mental Health” presentation through OCDE’s Family Community Partnership Network. This presentation will be facilitated by Directing Change co-founder, Stan Collins. He will discuss mental health challenges brought to light by students participating in the SAMH Program this year, how adults can best support youth mental health and emotional wellbeing, and share resources to promote continued education, awareness, and access to services. Information regarding how schools can participate in the SAMH Program will be provided. This will be an open event available for any interested school staff, parents, and caregivers throughout the County to attend.

## DID YOU KNOW

Overall, 57% of adults with a mental illness receive no treatment and 60% of youth with depression do not receive any mental health treatment.

(Source: <https://mhanational.org/number-people-reporting-anxiety-and-depression-nationwide-start-pandemic-hits-all-time-high>)

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

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**Youth Convening: Intersect and Connect**

TIME: 11 a.m. ~ 1 p.m.

WHERE: Register at: [bit.ly/convening21](https://bit.ly/convening21)

For more information please contact  
Stephanie Camacho-Van Dyke:  
[stephanie.vandyke@lgbtqcenteroc.org](mailto:stephanie.vandyke@lgbtqcenteroc.org)

A free multi-day (May 15, 22 and 29) online conference that is organized and led by youth leaders from Youth Empowered to Act (YETA), a coalition of LGBTQ Student leaders and their allies.



In support of Mental Health Awareness Month in May, please visit the Each Mind Matters website at <https://www.eachmindmatters.org/> to learn about Mental Health Matters, educational resources that are available, and how you can support mental health for all. This year's theme for Mental Health Awareness Month is "Express Yourself."

Learn about ways that you can express yourself in showing support throughout Mental Health Awareness Month by viewing the monthly activity guide at: <https://www.eachmindmatters.org/wp-content/uploads/2020/04/MHMM-2020-Online-Activity-Guide.pdf>

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](https://www.eachmindmatters.org)



16~22

“Be patient  
and tough;  
some day this  
pain will be  
useful to you.”

Ovid

**Connect-OC Mental Health Month Social Media Campaign: Breaking Barriers**  
TIME: Posts will be made on Instagram, Facebook, and Twitter. Several posts will be made per week.

WHERE: Instagram: [https://www.instagram.com/connect\\_oc/](https://www.instagram.com/connect_oc/)

Facebook: <https://www.facebook.com/ConnectOCCoalition>

Twitter: [https://twitter.com/connect\\_oc](https://twitter.com/connect_oc)

Connect-OC will be kicking off a social media campaign to support Mental Health Month. The overarching theme for the month will be “Breaking Barriers” and each week will have a separate theme/focus. This week will focus on “Breaking the silence.” Content will incorporate positive affirmations, quotes, statistics, Each Mind Matters information, etc. that seek to encourage young adults to speak up and share about mental health and promote #HopeForChange.

For more information or if you have any questions please contact Blair Veraza

Email: [bveraza@p4w.org](mailto:bveraza@p4w.org)

“Many survivors insist they’re not courageous: ‘If I were courageous I would have stopped the abuse.’ ‘If I were courageous, I wouldn’t be scared’... Most of us have it mixed up. You don’t start with courage and then face fear. You become courageous because you face your fear.”

*Laura Davis*



17

“There is a  
crack in  
everything,  
that’s how  
the light gets  
in”

Leonard Cohen

Multi-Ethnic Collaborative of Community Agencies (OC MECCA) Presents:  
Multicultural Mental Health (Presented by The Cambodian Family)

TIME: 1 p.m. – 4 p.m.

WHERE: Virtual event (Zoom)

To register for this training, please visit:

<https://www.eventbrite.com/e/multicultural-mental-health-presented-by-the-cambodian-family-tickets-149770881739>

For more information or questions regarding this event, please email: [training@westernyouthservices.org](mailto:training@westernyouthservices.org).

Join us for an up close and personal look at Mental Health through a Multi-Cultural lens, presented by The Cambodian Family.

This training will focus on creating awareness of mental health stigma and understanding mental health conditions through dialogue, film and interactive activities.

Topics include:

Developing an understanding of the stigma associated with mental illness and cultural barriers to seeking support.

Developing awareness of mental health and behavioral health challenges and learn about culturally specific challenges.

Gaining knowledge of the mental health resources available in Orange County.

*“Increasing the strength of our minds is the only  
way to reduce the difficulty of life.”*

Mokokoma Mokhonoana

# 17

## Calm Box

TIME:

4:00 p.m. ~ 5:30 p.m.

WHERE:

For more information, please contact to register:

[www.hoag.org/mental-health](http://www.hoag.org/mental-health)

Hoag Mental Health Center  
(949) 764-6542  
307 Placentia Avenue  
Newport Beach, CA 92663

Workshop for children ages 8-12 years old. Participants will learn ways to self-regulate and will create a calm box to take home that will be filled with tools to help them cope. This is an in-person group.



MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

## DID YOU KNOW THE RIPPLE EFFECT OF MENTAL ILLNESS

### PERSON

- People with depression have a [40%](#) higher risk of developing cardiovascular and metabolic diseases than the general population. People with serious mental illness are nearly twice as likely to develop these conditions.
- [18.4%](#) of U.S. adults with mental illness also experienced a substance use disorder in 2019 (9.5 million individuals)
- The rate of unemployment is higher among U.S. adults who have mental illness ([5.8%](#)) compared to those who do not (3.6%)
- High school students with significant symptoms of depression are more than [twice as likely](#) to drop out compared to their peers

### FAMILY

- At least [8.4 million](#) people in the U.S. provide care to an adult with a mental or emotional health issue
- Caregivers of adults with mental or emotional health issues spend an average of [32 hours](#) per week providing unpaid care

### COMMUNITY

- Mental illness and substance use disorders are involved in [1 out of every 8](#) emergency department visits by a U.S. adult (estimated 12 million visits)
- Mood disorders are the [most common](#) cause of hospitalization for all people in the U.S. under age 45 (*after excluding hospitalization relating to pregnancy and birth*)
- Across the U.S. economy, serious mental illness causes [\\$193.2 billion](#) in lost earnings each year
- [20.5%](#) of people experiencing homelessness in the U.S. have a serious mental health condition
- [37%](#) of adults incarcerated in the state and federal prison system have a diagnosed mental illness
- [70.4%](#) of youth in the juvenile justice system have a diagnosed mental illness
- [41%](#) of Veteran's Health Administration patients have a diagnosed mental illness or substance use disorder

### WORLD

- Depression and anxiety disorders cost the global economy [\\$1 trillion](#) in lost productivity each year
- Depression is a [leading cause](#) of disability worldwide

SOURCE: <https://www.nami.org/mhstats>

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

17

“Not until we  
are lost do  
we begin to  
understand  
ourselves”

Henry David Thoreau

**Sleep Management During COVID-19**

TIME: 1 p.m. – 2 p.m.

WHERE: Orange County Asian Pacific Islander Community Alliance (OCAPICA) – Zoom

To register for presentation available to Orange County Residents, click link:

<https://hipaa.jotform.com/wellnessesity400/sleep-management-covid-19-may-17>

Once registered, an email confirmation will be sent with further information about the Zoom meeting.

Please call Yuki Shida if you have any questions:  
(714) 636-9095. Email: [yshida@ocapica.org](mailto:yshida@ocapica.org)

Getting a sufficient amount of high-quality sleep is critically important for our overall health and well-being, and yet it's estimated that one out of every three adults doesn't get enough sleep. Come join us and receive helpful information and tips to a better sleep.

**Poetry for Self-Worth and Self-Awareness**

TIME: 3 p.m. – 4 p.m.

WHERE: Orange County Asian Pacific Islander Community Alliance (OCAPICA) – Zoom

To register for presentation available to Orange County Residents, click link:

<https://hipaa.jotform.com/wellnessesity400/self-worth-self-awareness-may-17>

Once registered, an email confirmation will be sent with further information about the Zoom meeting.

Please call Yuki Shida if you have any questions:  
(714) 636-9095. Email: [yshida@ocapica.org](mailto:yshida@ocapica.org)

Sometimes we're our own worst critics. Join us for a quick workshop on how to promote self-awareness by naming your emotions and use poetry to reestablish your self-worth.

“I AM NOT AFRAID OF STORMS FOR I AM  
LEARNING HOW TO SAIL MY SHIP.”

Amy March, from Little Women

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 17

“Sometimes you climb out of bed in the morning and you think, I’m not going to make it, but you laugh inside — remembering all the times you’ve felt that way.”

Charles Bukowski

## Social Wellness Hour: Are you Really OK?

TIME: 1 p.m. – 2 p.m.

LOCATION: Virtual Presentation

<https://zoom.us/j/4670969882?pwd=K3dsZ2NtcOF2WWFHam5Kb2lhV3V5QT09>

Learn how to be cared for by you. Know your limits, getting the sleep you need, staying well fed, and finding a way to decompress throughout the day.

### For additional information, please contact:

Nadia Abdalla, Case Manager

Access California Services

Phone: (714) 917-0440 Email: [nadiaa@accesscal.org](mailto:nadiaa@accesscal.org)

## Healthy Steps

TIME: 10:00 a.m. - 11:30 a.m.

WHERE: For more information, please contact to register:

[www.hoag.org/mental-health](http://www.hoag.org/mental-health)

Hoag Mental Health Center

(949) 764-6542

307 Placentia Avenue

Newport Beach, CA 92663

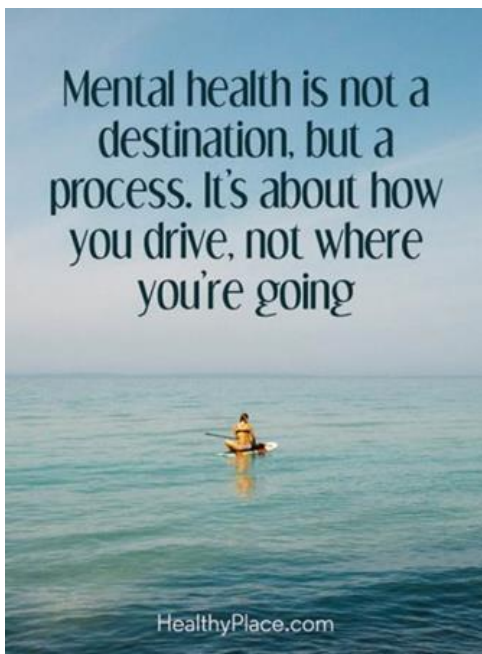
Stroller walk with other parents and caregivers to children ages (Infants-3 years old). Group will focus on the benefits of exercise and mental health. This is a bilingual & in person group. Will meet most Mondays in May.

## EMM TOOLKIT

This year's Mental Health Matters Month theme is #HopeForChange.

To access the Each Mind Matters Toolkit, please visit:

<https://emmresourcecenter.org/resources/may-mental-health-matters-month-activation-kit-2021>



MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 17

*“Promise me  
you’ll always  
remember —  
you’re braver  
than you  
believe, and  
stronger than  
you seem,  
and smarter than  
you think.”*

*Christopher Robin  
from Winnie the Pooh*

## **Nourish to Flourish**

TIME: 12 p.m. ~ 1 p.m.

WHERE: ZOOM  
<https://zoom.us/j/96526491967?pwd=dGtvZCsrNEFwNF15dTlhZaE9INHg4UT09>  
Meeting ID: 965 2649 1967

Please contact WYS O&E for Password.

For further information please contact Yeslee Fuentes- Lead Outreach & Engagement Specialist at [yeslee.fuentes@wysoc.org](mailto:yeslee.fuentes@wysoc.org) or call at (949) 680-0962

In this webinar participants will learn to nurture the relationship with themselves by finding wonderful traits, characteristics, increasing positive self-talk, and understanding what self-care activities work best to sooth their soul. In the self-esteem portion of the presentation we will cover what self-esteem is, the characteristics of both low and high self-esteem, and how to improve self-esteem.

## **Chair Yoga for Mental Clarity** (for English Speakers)

TIME: 11 a.m. ~ 12 p.m.

WHERE: Virtually on Zoom

Join Zoom Meeting  
<https://us02web.zoom.us/j/89316182772>

Meeting ID: 893 1618 2772

For more information, please contact Christine if you have any questions:

Phone: (714) 352-8836

Email: [ctranle@coasc.org](mailto:ctranle@coasc.org)

The Council on Aging’s ReConnect Program is providing chair yoga as an activity during Mental Health Awareness Month. Chair yoga can improve proprioception and give you greater control of your body and movement. Reduce stress, anxiety, depression, and improve mental clarity with chair yoga. Chair yoga can lessen the impacts of chronic illnesses and pain. Let us create happiness and overall well-being with this activity!



# 17

*"In the middle of  
winter I at last  
discovered that there  
was in me an  
invincible summer."*

*Albert Camus*

## Mental Health Fun & Mental Health Checklist/Vision Board (for Spanish Speakers)

TIME:

11 a.m.

WHERE:

Zoom Virtual Meeting

Link: must rsvp first to receive meeting ID and password.

For more information, please visit the website at: [Eventbrite link](#)

<https://www.eventbrite.com/e/mental-health-jeopardy-vision-boardmental-health-checklist-tickets-148282287313>

Please contact Jessica B. with any questions: (714) 352-8825.

Email: [jbautista@coasc.org](mailto:jbautista@coasc.org)

Join us for a fun game of jeopardy and bingo in which we will look at different topics related to Mental Health as we discuss some of the stigma that surrounds it. We will focus on how it affects our older seniors in the community, especially those who are part of minority groups, some barriers and more. The activity will conclude with a vision board activity (arts and crafts tools plus magazines are encouraged).

AMONG THE 20.2 MILLION ADULTS IN  
THE U.S. WHO EXPERIENCED A  
SUBSTANCE USE DISORDER, 50.5%  
— 10.2 MILLION ADULTS —  
HAD A CO-OCCURRING MENTAL  
ILLNESS.

SOURCE: SAMHSA, Results from the 2014 National Survey on Drug Use and Health: Mental Health Findings, NSDUH Series H-50, HHS Publication No. (SMA) 15-4927. Rockville, MD: Substance Abuse and Mental Health Services Administration. (2015).

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)



# 18

*“If you have  
been brutally  
broken but still  
have the  
courage to be  
gentle to other  
living beings,  
then you’re a  
badass with a  
heart of an  
angel.”*

Keanu Reeves

## **Meditation and Mindfulness (in FARSI)**

TIME: 2:00 p.m.~ 3:30 p.m.

WHERE: Zoom Webinar

Join Zoom Meeting

Meditation and Mindfulness (in FARSI)

Meeting ID: 963 3360 1227

Passcode: 949093

Presenter: Sara Afsharpour, AMFT

Please email or call Shana if you have any questions at:  
mgheisari@omidintitute.org or (949) 502-4721.

In this webinar we will discuss: What is meditation and how it  
effects our brain, as well as the types and benefits of meditation.

## **Reel Talk**

TIME: 6 p.m. ~ 7 p.m.

WHERE:

ZOOM

[https://zoom.us/j/97126234285?pwd=enEvWXlSMGhlSlpRN  
FgxcndmQ2o1QT09](https://zoom.us/j/97126234285?pwd=enEvWXlSMGhlSlpRN<br/>FgxcndmQ2o1QT09)

Meeting ID: 971 2623 4285

Please contact WYS O&E for webinar password.

For further information please contact Yeslee Fuentes- Lead  
Outreach & Engagement Specialist  
at yeslee.fuentes@wysoc.org or call at (949) 680-0962

There are many joys of life, but are they really our choice or  
have we been conditioned to think it will bring us happiness?  
During this webinar we will screen a short film and discuss  
marketing and the effect on our mental health.

*“Mental health needs a great deal of attention. It’s the final taboo and it  
needs to be faced and dealt with.”*

Adam Ant

18

*"If you're going  
through hell, keep  
going."*

Winston Churchill

**Transitional Age Youth (TAY) Advocacy Town hall ~ Peer Specialists**

TIME: 5:30 p.m. ~ 8:30 p.m.

LOCATION: Virtual

<https://www.eventbrite.com/e/144328258707>

Ensuring that Orange County effectively implements California's Peer support Specialist Certification to promote equitable access to peer support services and training among traditionally underserved communities.

**For additional information, please contact:**

MECCA

Phone: (714) 202-4750 Email: [info@ocmecca.org](mailto:info@ocmecca.org)

**Multi-Cultural Mental Health**

TIME: 2 p.m. ~ 3 p.m.

LOCATION: Virtual

<https://zoom.us/j/8492142017>

Passcode: 435710

Mental Health wellness practices across different cultures.

**For additional information, please contact:**

Southland Integrated Services

Hoang Khang Nguy, Case Manager

Phone: (714) 707-1086 Email:

[hknguy@southlandintegrated.org](mailto:hknguy@southlandintegrated.org)

"Lifetime use of alcohol  
was higher for LGB youth (41.9%)  
than for their non-LGB peers (21.2%).  
Transgender youth also showed a  
higher rate (38.3%)  
than non-transgender youth (22.1%)."

SOURCE: [https://www.chapman.edu/education/\\_files/research/oc-lgbt-narrative.pdf](https://www.chapman.edu/education/_files/research/oc-lgbt-narrative.pdf)

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 18

## Talk Saves Lives

TIME: 5 p.m. ~ 6 p.m.

WHERE: For more information, please contact to register:  
[www.hoag.org/mental-health](http://www.hoag.org/mental-health)

Hoag Mental Health Center  
(949) 764-6542  
307 Placentia Avenue  
Newport Beach, CA 92663

A brief introduction to suicide prevention. This presentation will cover the most up-to-date research on prevention, and what we can all do to fight suicide. Participants will learn common risk factors, how to spot warning signs in others and how to keep ourselves, our loved ones and those in our community safe. Virtual presentation in Spanish.

Pain isn't always obvious. Most people thinking  
about suicide show some signs that they need help.

If you see even one warning sign,  
step in or speak up.

Take the time to learn what to do now so you're  
ready to be there for a friend or loved one when it  
matters most.

Learn more: [www.SuicideIsPreventable.org](http://www.SuicideIsPreventable.org)

# 18

*"Part of my identity is saying no to things I don't want to do... I check in with myself throughout the day and I say, 'Do I really want to do this?' and if the answer is no, then I don't do it. And you shouldn't either."*

Lady Gaga

## The Stigma of Mental Health

TIME: 11:00 a.m. ~ 11:30 a.m.

LOCATION: Virtual Presentation  
<https://zoom.us/j/96282831279>

A discussion on Mental Health. Strategies and techniques that can help you manage daily stresses

For additional information, please contact:

KCS

Susan Lee, Case Manager

Phone: (714) 449-1125 ext. 43202 Email:

[sulee@koreancommunity.org](mailto:sulee@koreancommunity.org)

## Stigma of Mental Health in the Persian Community

TIME: 4 p.m. ~ 6 p.m.

LOCATION: Virtual Presentation  
<https://zoom.us/j/97880049293?pwd=Tm1mYW9rRVRTQVZOamJtVlRRMDI4Zz09>

A class presented in Farsi regarding self-care and self-esteem.

For additional information, please contact:

OMID

Soheila Rahmanian, Case Manager

Phone: (949) 502-4721 Email: [srahmanian@omidinstitute.org](mailto:srahmanian@omidinstitute.org)

## DID YOU KNOW?

11% of transgender individuals reported being denied care by mental health clinics due to bias or discrimination.

SOURCE: <https://www.nami.org/NAMI/media/NAMI-Media/Infographics/MulticulturalMHFacts10-23-15.pdf>

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 18

The ultimate  
measure of a man  
is not where he  
stands in moments  
of comfort and  
convenience but  
where he stands  
in times of  
challenge and  
controversy.

Martin Luther King Jr.

## How to Build Assets in Youth

TIME: 6 p.m. – 7 p.m.

WHERE: WYS – Zoom

[https://zoom.us/j/94633590082?](https://zoom.us/j/94633590082?pwd=WVBGK2tWXUwd1dPblV1cGNHamFNUT09)

[pwd=WVBGK2tWXUwd1dPblV1cGNHamFNUT09](https://zoom.us/j/94633590082?pwd=WVBGK2tWXUwd1dPblV1cGNHamFNUT09)

Meeting ID: 946 3359 0082

Passcode: 433452

Contact Person: Ruben Dominguez

Email: [Ruben.Dominguez@wysoc.org](mailto:Ruben.Dominguez@wysoc.org)

This webinar provides an overview of researched-based, positive experiences and qualities that influence young people's development, helping them to become caring, responsible adults.

## Anger Management and Safety Planning Webinar

TIME: 12 p.m. ~ 1 p.m.

WHERE: Online via Zoom

Register to attend at: <https://angermanagement-safetyplanning-5-18-21.eventbrite.com>

For more information, please call 1 (888) 955-6570 or email [oe@theprioritycenter.org](mailto:oe@theprioritycenter.org)

The Priority Center's O&E Program presents a MHA Month Zoom webinar focused on causes of anger and its effects on mental health and well-being, and recognizing triggers to achieve healthy communication. The webinar will be 60 minutes, 30 minutes of presentation and activities plus 30 minutes for attendees to have one on ones or ask questions as a group and enroll in O&E services.

“There isn’t anybody out there who doesn’t have a mental health issue, whether it’s depression, anxiety, or how to cope with relationships.

Having OCD is not an embarrassment anymore – for me. Just know that there is help and your life could be better if you go out and seek the help.”

Howie Mandel

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 18

## Anger Management and Safety Planning Webinar

TIME: 12 p.m. ~ 1 p.m.

WHERE: Online via Zoom

Register to attend at: <https://angermanagement-safetyplanning-5-18-21.eventbrite.com>

For more information, please call 1 (888) 955-6570 or email [oe@theprioritycenter.org](mailto:oe@theprioritycenter.org). This event is organized by The Priority Center.

The Priority Center's O&E Program presents a MHA Month Zoom webinar focused on causes of anger and its effects on mental health and well-being, and recognizing triggers to achieve healthy communication. The webinar will be 60 minutes, 30 minutes of presentation and activities plus 30 minutes for attendees to have one on ones or ask questions as a group and enroll in O&E services.



LGBTQ teens are **six** times more likely to experience symptoms of **depression** than their heterosexual counterparts.

SOURCE: Anxiety and Depression Association of America *that reads:* LGBTQ+ teens are six times more likely to experience symptoms of depression than their heterosexual counterparts.  
Web-link: <https://adaa.org/lgbtq-communities#Facts>



# 18

## Arts and Crafts with Ane ~Aroma Therapy Spray

TIME: 6:00 p.m. ~ 7:00 p.m.

WHERE: Via Zoom  
text to (714)696.1126 to register

In this workshop we combine art and crafts with the creation of an aromatherapy pillow spray to help get better sleep. Sleeping and resting at night is vital to our daily functioning. A peaceful sleep will result in the ability to start the day with energy and in a great mood!

For more information please contact Luz Gonzalez, Program Coordinator at Latino Health Access:  
[luzgonzalez@latinohealthaccess.org](mailto:luzgonzalez@latinohealthaccess.org)



Some of the most comforting words in the universe are  
‘me too.’ That moment when you find out that your  
struggle is also someone else’s struggle, that you’re not  
alone, and that others have been down the same road.

Unknown

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)



# 18

*“What I love about therapy is that they’ll tell you what your blind spots are. Although that’s uncomfortable and painful, it gives you something to work with.”*

Pink

## Social Media Marketing 101

TIME: 5:30 p.m. ~ 7:00 p.m.

WHERE: Zoom link:  
<https://us02web.zoom.us/j/8684418206>

For more information, please visit the website at:  
<https://www.namIOC.org/teens-young-adults>

Please call Amanda or Jerika if you have any questions:  
(714)544-8488.

Email: [awilson@namIOC.org](mailto:awilson@namIOC.org) or [jwhite@namIOC.org](mailto:jwhite@namIOC.org)

The NAMI Orange County TAY team will be hosting a four part Creativity and Skill Building workshop on Zoom. Social Media Marketing 101 is a guide for how to positively market yourself and grow your social media presence. The workshop will cover points to build out your creative marketing strategies.



**THANK YOU**  
TO ALL VETERANS  
— AND THOSE —  
CURRENTLY SERVING  
— IN THE ARMED FORCES —

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 19

*"Mental health is something that we all need to talk about, and we need to take the stigma away from it. So let's raise the awareness. Let's let everybody know it's OK to have a mental illness and addiction problem."*

*Demi Lovato*

## Honest Hour

TIME: 7:00 p.m. - 8:30 p.m.

WHERE: Zoom link:  
<https://us02web.zoom.us/j/84343531205>

For more information, please visit the website at:  
<https://www.namioc.org/teens-young-adults>

Please call Amanda if you have any questions:  
(714) 544-8488.

Email: [awilson@namioc.org](mailto:awilson@namioc.org)

Honest Hour is a safe space to seek answers to your mental health questions and connect through shared experiences. This month we will be discussing suicide prevention and coping tools for depression with male advocates in the mental health field.

## Seneca Family of Agencies Presents: Implicit Bias in Working With Youth

TIME: 9:30 a.m. – 1:30 p.m.

WHERE: Virtual event (Zoom)

To register for this training, please visit:  
<https://www.eventbrite.com/e/seneca-implicit-bias-in-work-with-youth-tickets-136468024535>

For more information or questions regarding this event, please email: [training@westernyouthservices.org](mailto:training@westernyouthservices.org).

This course seeks to increase participants understanding of Implicit Bias, where it comes from and how it shows up. Participants will be guided through a reflective activity to increase their own awareness of their own identities. Lastly, participants will explore the tools created by Ken Hardy to apply to their practice to help navigate implicit bias when it shows up in their work.

*"Being vulnerable is actually a strength and not a weakness — that's why more and more mental health is such an important thing to talk about. It's the same as being physically sick. And when you keep all those things inside, when you bottle them up, it makes you ill."*

**Cara Delevingne**

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 19

## **Study Jams- Virtual Tutoring**

**TIME:** 6:00 p.m. - 7:30 p.m.

**WHERE:** Via Zoom  
text to (714)696.1126 to register

During the month of May, our virtual tutoring session will encourage discussion between students about academic stressors. Our sessions will cover topics like test anxiety, bullying, self-care and local resources.

For more information please contact Luz Gonzalez, Program Coordinator at Latino Health Access:  
[luzgonzalez@latinohealthaccess.org](mailto:luzgonzalez@latinohealthaccess.org)

## **Teens Next Door-How Does Social Media Impact Me**

**TIME:** 5:00 p.m. - 6:15 p.m.

**WHERE:** Via Zoom  
text to (714)696.1126 to register

Students will be introduced to the impact social media has on body image. Students will be encouraged to explore how they can maintain self love and positive self image. Students will be guided to develop their own self-care checklist.

For more information please contact Luz Gonzalez, Program Coordinator at Latino Health Access:  
[luzgonzalez@latinohealthaccess.org](mailto:luzgonzalez@latinohealthaccess.org)



FOR MORE INFORMATION, VISIT: <https://directingchange.org/>

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 19

*The last of the human freedoms: to choose one's attitude in any given set of circumstances, to choose one's own way.*

Victor Frankl, Austrian neurologist and Holocaust survivor, author of *Man's Search for Meaning*

## Intro To Mental Health Awareness And Navigating Mental Health Services

TIME: 4 p.m. – 5 p.m.

WHERE: Orange County Asian Pacific Islander Community Alliance (OCAPICA) – Zoom

To register for presentation available to Orange County

Residents, click link:

<https://hipaa.jotform.com/wellnesscity400/intro-to-mental-health-may-19>

Once registered, an email confirmation will be sent with further information about the Zoom meeting.

Please call Yuki Shida if you have any questions:  
(714) 636-9095. Email: [yshida@ocapica.org](mailto:yshida@ocapica.org)

This presentation is an introduction to mental health, how to practice self-care, and navigating mental health services.

## Be Well Wednesdays Series

TIME: 5:00 p.m. ~ 6:30 p.m.

WHERE: Virtual presentation. For more information, please visit:  
<https://bewelloc.org/events/2021-05/>

Target Population: Parents and Families

Be Well partners include: Casa de La Familia, FRC, HOAG Wellness Center, Help Me Grow, NAMI, OC United, Orange County department of Education, Olive Crest, Wellness Prevention Center and Western Youth Services.

Over 30 community partners have collaborated in this Be Well Wellness Wednesday series of webinars. Each week focusses on a particular target audience. The webinars will focus on mental health topics pertaining to the target group followed by sharing of resources on how to access services and supports.

*“Anyone can be affected, despite their level of success or their place on the food chain. In fact, there is a good chance you know someone who is struggling with it since nearly 20% of American adults face some form of mental illness in their lifetime.  
So why aren't we talking about it?”*

*Kristen Bell*

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 19

*"I was with someone recently who asked: 'Well, don't you think that if you do too much therapy it will take away your artistic process?' And I told them: The biggest lie that we've ever been sold is that we as artists have to stay in pain to create."*

*Katy Perry*

## What is Mental Health & Gratitude

TIME: 5 p.m. ~ 6 p.m.

WHERE: ZOOM  
<https://zoom.us/j/92676593645>

Meeting ID: 926 7659 3645

Please contact WYS O&E for Password

For further information please contact Yeslee Fuentes- Lead Outreach & Engagement Specialist at [yeslee.fuentes@wysoc.org](mailto:yeslee.fuentes@wysoc.org) or call at (949) 680-0962.

This workshop introduces the benefits of practicing gratitude, how gratitude can change your perspective, and includes an activity where we create something to give to someone else to show gratitude. This presentation is also geared toward breaking the stigma associated with Mental Health. What is it? What influences it? How can we recognize the signs of mental illnesses and what can we do to cope with them?

## OUR STORIES – LGBTQUIA+ Workshop Session

TIME: 5 p.m. ~ 7 p.m.

WHERE: Laguna Playhouse Zoom  
<http://bit.ly/OSPrideZoom>

Dave Barton (Director/Playwright/Journalist) leads OUR STORIES Workshop to explore your story and ways to tell/share it with our community.

REGISTER FOR SESSION AT:  
<http://bit.ly/OurStoriesPRIDE>

Please contact Dylan if you have any questions at:  
[drussell@lagunaplayhouse.com](mailto:drussell@lagunaplayhouse.com)

*"Being able to be your true self is one of the strongest components of good mental health."*

*Dr. Lauren Fogel Mersy*

# 20

*"In any given moment, we have two options: to step forward into growth or to step back into safety."*

*Abraham Maslow*

## Mindful vs. Mind Full

TIME: 12 p.m. ~ 1 p.m.

WHERE: ZOOM  
<https://zoom.us/j/91239389004?pwd=d1pRbEY4SHpxNm83UXpxUzRqVUVzd09>

Meeting ID: 912 3938 9004

Please contact WYS O&E for webinar password.

For further information please contact Yeslee Fuentes- Lead Outreach & Engagement Specialist at [yeslee.fuentes@wysoc.org](mailto:yeslee.fuentes@wysoc.org) or call at (949) 680-0962

Let's de-clutter our mind, and tune in to the present moment. Learn how to treat yourself with kindness, compassion and acceptance. This workshop will focus on what mindfulness is and why it is imperative to our mental health. We will teach you coping skills, techniques to relax, and guide you through a soothing meditation. Join this mindfulness training and enhance your connectedness to your inner self!

## SUICIDE PREVENTION

TIME: 5:00 p.m. ~ 6:30 p.m.

WHERE: Asian Pacific AIDS Intervention Team (APAIT)-Zoom

To register for presentation available to Orange County Residents, click link: <https://bit.ly/2BHb4z4>  
Once registered, an email confirmation will be sent with further information about the Zoom meeting.

For further information please contact Cleo O. at [cleo@apaionline.org](mailto:cleo@apaionline.org) or call APAIT at (714) 636-1349.

The O&E team will be hosting a 60-minute presentation about Suicide Prevention. The discussion will include information about statistics, protective & risk factors, warning signs, intrapersonal & interpersonal interventions, resources and more for optimal mental health during Mental Health Awareness Month. There will also be an additional 30 minutes after the presentation for questions and a discussion.



20

“You don’t  
need to find  
a lesson in  
your  
trauma.”

*Jordan Pickell,  
MCP RCC*

**Suicide Prevention for Non-professionals**

TIME: 12 p.m. – 1 p.m.

WHERE: Orange County Asian Pacific Islander Community Alliance (OCAPICA) – Zoom

To register for presentation available to Orange County Residents, click link:  
<https://hipaa.jotform.com/wellnessesity400/suicide-prevention-may-20>

Once registered, an email confirmation will be sent with further information about the Zoom meeting.

Please call Yuki Shida if you have any questions:  
(714) 636-9095. Email: [yshida@ocapica.org](mailto:yshida@ocapica.org)

Suicide is a public health issue. Learn about the risk and protective factors that contribute to suicide, warning signs to look for, barriers to seeking help, and how to help someone in need.

**Suicide Prevention**

TIME: 5:00 p.m. - 6:30 p.m.

WHERE: Asian Pacific AIDS Intervention Team (APAIT) - Zoom

To register for presentation available to Orange County Residents, click link: <https://bit.ly/2BHb4z4>

Once registered, an email confirmation will be sent with further information about the Zoom meeting.

For further information please contact Cleo O. at [cleo@apaitonline.org](mailto:cleo@apaitonline.org) or call APAIT at (714) 636-1349.

The O&E team will be hosting a 60-minute presentation about Suicide Prevention. The discussion will include information about statistics, protective & risk factors, warning signs, intrapersonal & interpersonal interventions, resources, and more for optimal mental health during Mental Health Awareness Month. There will also be an additional 30 minutes after the presentation for questions and a discussion.

*“Just because no one else can heal or do your inner work for you  
doesn’t mean you can, should, or need to do it alone.”*

*Lisa Olivera*

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)



# 20

## Dance it Out

TIME: 5:00 p.m. - 6:00 p.m.

WHERE: Via Zoom  
text to (714)696.1126 to register

Students will be led in a dance class helping them understand the concepts of emotions and feelings as well as self-care through body movement. The end goal is for students to positively address emotions and self care through dance and apply them in their daily life.

For more information please contact Luz Gonzalez, Program Coordinator at Latino Health Access:  
[luzgonzalez@latinohealthaccess.org](mailto:luzgonzalez@latinohealthaccess.org)



FOR MORE INFORMATION, VISIT:

<https://www.nimh.nih.gov/health/topics/suicide-prevention/index.shtml>

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 20

“Two things  
can be true.  
You can love  
your family  
and have  
deep wounds  
as a result of  
your family  
experiences.”

*Nedra Glover  
Tawwab*

## Connect-OC Instagram Live: Women’s Health

TIME: 12 p.m.

WHERE: Instagram Live:  
Instagram: [https://www.instagram.com/connect\\_oc/](https://www.instagram.com/connect_oc/)

In recognition of Mental Health Month and Women’s Health Month, Connect-OC interns will be hosting a special Instagram Live conversation for young adults 16-24 all about women’s physical and mental health and available community resources.

For more information or if you have any questions please contact Blair Veraza  
Email: [bveraza@p4w.org](mailto:bveraza@p4w.org)

## An Evening Candid Conversations with Parents

TIME: 3 p.m. - 4 p.m.

WHERE: Zoom  
Registration is open [HERE](#) until May 19, 2021.

For more information please contact  
Angela Castellanos at [acastellanos@cars-rp.org](mailto:acastellanos@cars-rp.org)

The COVID-19 pandemic has had a significant impact on mental health and wellness. Children have had many worries related to the impact of COVID-19. Some of these worries include not seeing their friends and family, going back to school, or getting sick. Parents are also facing challenges and worries related to their child’s physical and mental well-being.

The Community Networking Project is hosting a webinar for parents. The focus of this webinar is to offer a forum for parents to discuss and share information about the impact of COVID-19, offer resources to other parents and encourage each other to seek support when needed. During this interactive session with the parent panel, we will discuss:

- Impact of COVID-19 and impact on parent mental health
- Resources for parents to address their child’s mental health

# 21

*“What if you  
moved through the  
world as if you  
were easy to be  
loved? Because I  
promise you, you  
are easy to love.”*

Sonalee  
Rashatwar, LCSW

## DHMHS Open Virtual Training (Clinical)

TIME: 9 a.m. ~ 12 p.m.

WHERE: VIRTUALLY VIA ZOOM

DHMHS: Survivor Support Services will continue to provide virtual trainings open to the community throughout the month of May along with PDF versions of outreach materials

For more information, please request flyer from:  
[jconstanza@didihirsch.org](mailto:jconstanza@didihirsch.org) or [kjow@didihirsch.org](mailto:kjow@didihirsch.org)

Please call or email to RSVP: (714) 989-8301 or  
[kjow@didihirsch.org](mailto:kjow@didihirsch.org)

## OUR STORIES – IMPROV @ PLAYPEN

TIME: 4 p.m. ~ 5 p.m.

WHERE: Laguna Playhouse FaceBook live  
<https://www.facebook.com/thelagunaplayhouse>

Teaching Artists Diana Brown & Erin Sawyer share Improv exercises to shift your mindset to play and inspire creativity. Diana & Erin celebrate that YOU are infinitely amazing and our story wouldn't be the same without you.

Please contact Dylan if you have any questions at:  
[drussell@lagunaplayhouse.com](mailto:drussell@lagunaplayhouse.com)

## DID YOU KNOW?

Approximately 1 in 25 adults in the U.S.—9.8 million, or 4%—experience a serious mental illness in a given year that substantially interferes with or limits one or more major life activities.

**SOURCE:** Serious Mental Illness (SMI) Among Adults. (n.d.) Retrieved October 23, 2015, from <http://www.nimh.nih.gov/health/statistics/prevalence/serious-mental-illness-smi-among-us-adults.shtml>

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

21~25

mental illnesses  
are

not

adjectives

**140 LBS – How Beauty Killed my Mother – One Woman Solo Show**  
TIME: Streaming through weekend

WHERE: Laguna Playhouse Facebook live  
<https://www.facebook.com/thelagunaplayhouse>

“140 LBS: How Beauty Killed My Mother” is a theatrical solo performance written and performed by Susan Lieu, a first-generation American born to Vietnamese refugees. “140 LBS” is the true story of how Susan’s mother went in for plastic surgery and died due to medical malpractice. At the time of her mother’s death, Susan was 11 years old. The performance weaves together several through-lines: the multi-generational immigrant experience; body insecurity and shame; repression and subsequent examination of personal loss; and lack of accountability in the medical system. Sifting through thousands of deposition pages and reaching out to the killer’s family, Susan uncovers the painful truth of her mother, herself, and the impossible ideal of Vietnamese feminine beauty.

<https://www.susanlieu.me/140-lbs>

Email/contact Erin O’Flaherty at:  
[eoflaherty@lagunaplayhouse.com](mailto:eoflaherty@lagunaplayhouse.com)  
for registration information.

## DID YOU KNOW?

An estimated 26% of homeless adults staying in shelters live with serious mental illness and an estimated 46% live with severe mental illness and/or substance use disorders.

SOURCE: U.S. Department of Housing and Urban Development, Office of Community Planning and Development. (2011). *The 2010 Annual Homeless Assessment Report to Congress*. Retrieved January 16, 2015, from <https://www.hudexchange.info/resources/documents/2010HomelessAssessmentReport>

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 21

## Cooking Together

TIME: 6:00 p.m. ~ 7:00 p.m.

WHERE: Via Zoom  
text to (714)696.1126 to register

Students will be introduced to the importance of healthy eating and how it affects our physical and mental health. Students will learn how integrating healthy ingredients and making small changes in our daily diet can improve our well-being, since food is directly linked to our emotional health.

For more information please contact Luz Gonzalez, Program Coordinator at Latino Health Access:  
[luzgonzalez@latinohealthaccess.org](mailto:luzgonzalez@latinohealthaccess.org)



Courage is not the absence of fear, but doing  
something in spite of fear.

Unknown

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

21

**PANEL DISCUSSION for 140 LBS**

TIME: 3 p.m.

WHERE: Laguna Playhouse Facebook live  
<https://www.facebook.com/thelagunaplayhouse>

Online discussion with Susan Lieu and Guest Speakers about stigma reduction and mental health in AAPI Communities.

Email/contact Erin O’Flaherty at:  
[eoflaherty@lagunaplayhouse.com](mailto:eoflaherty@lagunaplayhouse.com) with any questions.

DID YOU KNOW?

LESBIAN, GAY, BISEXUAL, TRANSGENDER  
AND QUESTIONING (LGBTQ) YOUTH ARE  
2 TO 3 TIMES MORE LIKELY TO ATTEMPT  
SUICIDE THAN STRAIGHT YOUTH.

SOURCE: [HTTPS://WWW.NAMI.ORG/NAMI/MEDIA/NAMI-MEDIA/INFOGRAPHICS/MULTICULTURALMHFACTS10-23-15.PDF](https://www.nami.org/NAMI/MEDIA/NAMI-MEDIA/INFOGRAPHICS/MULTICULTURALMHFACTS10-23-15.PDF)

*“During times of change and uncertainty it is even more important to take care of our mind and body as best as we can. Self-care techniques like getting exercise and sunlight, connecting with others, and regular sleep can alleviate stress and improve mood in a way that is both powerful and long-lasting.”*

~~Each Mind Matters

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)



21

Your best  
is  
enough  
no matter  
what  
your  
best  
looks  
like.

Jacqueline Whitney

**Mental Health Awareness – Anger Management Webinar**

TIME: 9 a.m. – 10 a.m.

WHERE: <https://www.eventbrite.com/e/mental-health-awareness-anger-management-tickets-145765561719>

Zoom invite sent upon registration via Eventbrite.com

For more information, please visit Easterseals Southern California's Eventbrite page at:

<https://www.eventbrite.com/o/easterseals-southern-california-outreach-amp-engagement-31751148045>

Please call James if you have any questions:  
(714) 909-6135

Email: [james.peterson@essc.org](mailto:james.peterson@essc.org)

Easterseals Southern California's Outreach & Engagement services hosts a 45-minute webinar to discuss anger and anger management skills for those that struggle with managing their angers and frustrations. Whether it be because of a global pandemic or a variety of other life stressors, possibly all, and it can be difficult to manage stress and anger. The goal of this webinar is to provide you with the tools and to be better equipped in managing anger and frustration.

**Small Acts of Self-Care during COVID-19**

TIME: 1 p.m. – 2 p.m.

WHERE: Orange County Asian Pacific Islander Community Alliance (OCAPIA) – Zoom

To register for presentation available to Orange County Residents, click link:

<https://hipaa.jotform.com/wellnessesity400/self-care-covid-19-may-21>

Once registered, an email confirmation will be sent with further information about the Zoom meeting.

Please call Yuki Shida if you have any questions:  
(714) 636-9095. Email: [yshida@ocapica.org](mailto:yshida@ocapica.org)

Simple acts of self-care can have a big impact to your mental and physical self. Join us to learn these practices that can help you wind down, find calm, and feel better.



## Mental Illness and The Criminal Justice System

### CRIMINAL JUSTICE SYSTEM

- About [2 million times](#) each year, people with serious mental illness are booked into jails.
- About 2 in 5 people who are incarcerated have a history of mental illness ([37%](#) in state and federal prisons and [44%](#) held in local jails).
- [66%](#) of women in prison reported having a history of mental illness, almost twice the percentage of men in prison.
- Nearly [one in four](#) people shot and killed by police officers between 2015 and 2020 had a mental health condition.
- Suicide is the [leading cause](#) of death for people held in local jails.
- An estimated [4,000](#) people with serious mental illness are held in solitary confinement inside U.S. prisons.

### COMMUNITIES

- [70%](#) of youth in the juvenile justice system have a diagnosable mental health condition.
- Youth in detention are [10 times](#) more likely to suffer from psychosis than youth in the community.
- About [50,000](#) veterans are held in local jails — [55%](#) report experiencing a mental illness.
- Among incarcerated people with a mental health condition, non-white individuals are [more likely](#) to go to solitary confinement, be injured, and stay longer in jail.

### ACCESS TO CARE

- About 3 in 5 people ([63%](#)) with a history of mental illness do not receive mental health treatment while incarcerated in state and federal prisons.
- Less than half of people ([45%](#)) with a history of mental illness receive mental health treatment while held in local jails.
- People who have healthcare coverage upon release from incarceration are [more likely](#) to engage in services that reduce recidivism.

SOURCE: <https://www.nami.org/mhstats>

# 21

“Worry is like a  
rocking chair:  
It gives you  
something  
to do but never  
gets you  
anywhere.”

Erma Bombeck.

## Expressing Feelings Through Art

TIME: 12:00 p.m. ~ 1:30 p.m.

LOCATION: Virtual Presentation  
<https://zoom.us/j/3109821201>

Using art to improve mental wellness and reduce feelings of isolation.

### For additional information, please contact:

OCCTAC

Rosa Garcia, Case Manager

Phone: (714) 264-5385 Email: [rosag@occtac.org](mailto:rosag@occtac.org)

## Family Night

TIME: 6 p.m. ~ 8 p.m.

WHERE: Register: <https://forms.gle/oHJYwz3Ki7skBYF19>

Please call Janet Najera if you have any questions: (714) 361-4371. Email: [janet-najera@olivecrest.org](mailto:janet-najera@olivecrest.org)

Olive Crest will be hosting a Family Night in Spanish in collaboration with Santa Ana Unified School District. Prior to the event, registered families will receive a bag with materials for an activity, Each Mind Matters merchandise, a bilingual book for the family, raffle tickets, and literature on resources in the community. The event will be hosted through Zoom. During the event, families will complete a Mental Health related painting activity, talk about self-care while they play bingo, and participate in raffles.

From 2009-2013, there were 3,613 cases of self-inflicted injury and suicides reported among 10-19 year olds in Orange County combined;  
65 of which resulted in death.

Despite a slight decrease in the number of self-inflicted injury cases from 2009 to 2010, there was a 26.8% increase in the total number of cases from 2010 to 2013 (OCHCA & OCSCD, 2015).

### SOURCE:

[http://www.ochalthiertogether.org/content/sites/ochca/Local\\_Reports/Kaiser\\_OC\\_Mental\\_Health\\_Convening\\_Summary\\_Report\\_2017-11-17.pdf](http://www.ochalthiertogether.org/content/sites/ochca/Local_Reports/Kaiser_OC_Mental_Health_Convening_Summary_Report_2017-11-17.pdf)

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 21

“Take a deep breath to remember you are the child who lived through survival mode and the empowered adult who chose their healing.”

*Dr. Nicole LePera*

## **Mental Health Awareness – Anger Management Webinar**

TIME: 9 a.m. – 10 a.m.

WHERE: ZOOM  
<https://www.eventbrite.com/e/mental-health-awareness-anger-manag>

Zoom invite sent upon registration via Eventbrite.com  
For more information, please visit Easterseals Southern California’s Eventbrite page at:

Presenter Please call James if you have any questions:  
(714) 909-6135

Email: [james.peterson@essc.org](mailto:james.peterson@essc.org)

Easterseals Southern California Outreach & Engagement services hosts a 60-minute "Talk Saves Lives" webinar from the American Foundation for Suicide Prevention (AFSP). This discussion focuses on recognizing signs and symptoms of mental illness and creating a dialogue so that others may feel open and comfortable discussing mental health.

## **Connecting In A New Age**

TIME: 5 p.m. - 6 p.m.

WHERE: ZOOM

<https://zoom.us/j/94106999573?pwd=QTVkNVVWZjc1>  
Meeting ID: 941 0699 9573

Please contact WYS O&E for Webinar password.

Presenter: For further information please contact Yeslee Fuentes- Lead Outreach & Engagement Specialist  
at [yeslee.fuentes@wysoc.org](mailto:yeslee.fuentes@wysoc.org) or call at (949) 680-0962

In this webinar, participants will explore new ways to connect with their community, families and friends by using technology and other methods of communication. This presentation will shine light on the different forms of online communications, such as social media, and common technical jargon associated with the various activities kids might participate in. This comprehensive presentation will give participants the proper tools to ensure that online browsing remains safe.

22

Don't let anyone  
Dull  
your

*Sparkle!*

KidshelPhone.ca

**Youth Convening: Intersect and Connect**

TIME: 11 a.m. ~ 1 p.m.

WHERE: Register at: [bit.ly/convening21](https://bit.ly/convening21)

For more information please contact  
Stephanie Camacho-Van Dyke:  
[stephanie.vandyke@lgbtqcenteroc.org](mailto:stephanie.vandyke@lgbtqcenteroc.org)

A free multi-day (May 15, 22 and 29) online conference that is organized and led by youth leaders from Youth Empowered to Act (YETA), a coalition of LGBTQ Student leaders and their allies.

## DID YOU KNOW?

Hispanic adults age 50 or older reported more current depression than White, non-Hispanic, black, non-Hispanic adults, or other, non-Hispanic adults (11.4% compared to 6.8%, 9.0%, and 11%, respectively).

SOURCE: [https://www.cdc.gov/aging/pdf/mental\\_health.pdf](https://www.cdc.gov/aging/pdf/mental_health.pdf)



MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 22

*"The secret of change is  
to focus all of your  
energy, not on fighting  
the old,  
but on building the new."*

SOCRATES

## Masking in the Sun: A Day of Safe Family Fun

TIME: 1:30 p.m. – 3:30 p.m.

WHERE: Newsong Church front lawn. 1010 W. 17<sup>th</sup> St., Santa Ana, CA 92706 (registration required)

Please call Dr. Nefta Pereda if you have any questions: (714) 361-4370. Email: [Neftali-pereda@olivecrest.org](mailto:Neftali-pereda@olivecrest.org) to register.

A family day out will be hosted in collaboration with NAMI OC and the Priority Center. Following COVID-19 safety guidelines, attendees will complete a small walk. Throughout the walk, families will be able to enjoy performances, magicians, balloon artist, petting zoo, photo booth, and be able to collect community resources information, and pick up materials to complete activities at home. At the end of the walk-through families will see a memorial piece commemorating the lives lost to COVID-19 in Orange County. Participants will have an option to submit loved one's names prior to the event for their names to be added to the memorial.

According to the Kaiser Permanente Orange County Mental Health Convening Summary Report (November 2017), Orange County has experienced over a 10% increase in suicide rates from 1999-2001 to 2011-13, which is the largest among major U.S. counties and exceeds national and state averages, as well as other cities' averages nationwide. There has been a 45% increase in suicide rates in the past decade.

### SOURCE:

[http://www.ochalthiertogether.org/content/sites/ochca/Local\\_Reports/Kaiser\\_OC\\_Mental\\_Health\\_Convening\\_Summary\\_Report\\_2017-11-17.pdf](http://www.ochalthiertogether.org/content/sites/ochca/Local_Reports/Kaiser_OC_Mental_Health_Convening_Summary_Report_2017-11-17.pdf)

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

23~31

*"If your body's not  
right, the rest of  
your day will go  
all wrong. Take  
care of yourself."*

V.L. ALLINEARE

**Connect-OC Mental Health Month Social Media Campaign: Breaking Barriers**  
TIME: Posts will be made on Instagram, Facebook and Twitter. Several posts will be made per week.

WHERE: Instagram: [https://www.instagram.com/connect\\_oc/](https://www.instagram.com/connect_oc/)  
Facebook: <https://www.facebook.com/ConnectOCCoalition>  
Twitter: [https://twitter.com/connect\\_oc](https://twitter.com/connect_oc)

Connect-OC will be kicking off a social media campaign to support Mental Health Month. The overarching theme for the month will be "Breaking Barriers" and each week will have a separate theme/focus. This week will focus on "Breaking through." Content will incorporate positive affirmations, quotes, statistics, Each Mind Matters information, etc. that seek to provide information on how to seek help and resources, find doctors, manage expectations, moving forward and promote #HopeForChange.

For more information or if you have any questions please contact Blair Veraza  
Email: [bveraza@p4w.org](mailto:bveraza@p4w.org)

In 2015, 12.3% of adolescents aged 12 to 17 years had a least one major depressive episode in California and 11.9% in the United States. Overall, both proportions were higher than previous years between 2005 to 2013 (ranging from 8.8% to 11.4%).

SOURCE: Substance Abuse and Mental Health Administration (2015). 2015 National Survey on Drug Use and Health. The 24<sup>th</sup> Annual Report on the Conditions of Children in Orange County report.

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 24

THE  
BODY  
ACHIEVES  
THAT  
WHICH THE  
MIND  
BELIEVES.

**Seneca Family of Agencies Presents: Pride: Creating Affirming Spaces for Trans and Queer Youths (CEUs)**

TIME: 9:00 a.m. – 1:30 p.m.

WHERE: Virtual event (Zoom)

To register for this training, please visit:

<https://www.eventbrite.com/e/seneca-pride-creating-affirming-spaces-for-trans-and-queer-youth-ceus-tickets-138854992019>

For more information or questions regarding this event, please email: [training@westernyouthservices.org](mailto:training@westernyouthservices.org).

Creating Affirming Spaces for Trans and Queer Youth is a comprehensive training about better meeting the needs of youth in the queer and trans community. As queer and trans youth are over-represented in systems of care, all service providers should be mindful of their unique experiences in these systems. The training will provide an introduction to Sexual Orientation, Gender Identity and Expression (SOGIE) terminology, the systemic oppression that members of these identities experience currently and historically, and an opportunity to discuss and practice ways that service providers can support queer and trans youth more effectively.

**Off the couch for Mental Wellness**

TIME: 10 a.m. ~ 11 a.m.

WHERE: For more information, please contact to register:  
[www.hoag.org/mental-health](http://www.hoag.org/mental-health)

Hoag Mental Health Center  
(949) 764-6542  
307 Placentia Avenue  
Newport Beach, CA 92663

Workshop to learn health tips from a registered nurse to get you off the couch, maximize your mental wellness and achieve your health goals. Virtual presentation.



# 24

DID YOU  
KNOW?  
  
ADULTS  
LIVING  
WITH  
SERIOUS  
MENTAL  
ILLNESS DIE  
ON  
AVERAGE  
25 YEARS  
EARLIER

## Healthy Steps

TIME: 10:00 a.m. - 11:30 a.m.

WHERE: For more information, please contact to register:  
[www.hoag.org/mental-health](http://www.hoag.org/mental-health)

Hoag Mental Health Center  
(949) 764-6542  
307 Placentia Avenue  
Newport Beach, CA 92663

Stroller walk with other parents and caregivers to children ages (Infants-3 years old). Group will focus on the benefits of exercise and mental health. This is a bilingual & in person group. Will meet most Mondays in May.

## Western Youth Services Presents: Resilience

TIME: 4 p.m. - 6 p.m.

WHERE: Virtual event (Zoom)

To register for this training, please visit:  
<https://www.eventbrite.com/e/wys-resilience-tickets-150802589605>

For more information or questions regarding this event, please email: [training@westernyouthservices.org](mailto:training@westernyouthservices.org).

Join us for healing, hope and insight as we advance awareness on one of the largest public health crisis in our country. As the highly acclaimed documentary Resilience- The Biology of Stress and the Science of Hope reveals, there is a dangerous biological syndrome caused by abuse and neglect during childhood. Toxic stress impacts the brain development of children and can be predictive of a lifetime of physical and mental illness. What's more, the physiological changes brought on by toxic stress also put children at greater risk for homelessness, prison time and early death. But this does not have to be the case. Resilience chronicles the work of trailblazers who are addressing toxic stress and other Adverse Childhood Experiences (ACEs), such as abuse, neglect and violence with nearly every research-recommended strategy and, thereby providing insight, hope, and strategies on how each one of us can make a difference.

24

"Don't you  
ever let a  
soul in the world  
tell you  
that you can't be  
exactly  
WHO YOU ARE."  
*Lady Gaga*

**Financial stress management and removing stigma (in FARSI)**

TIME: 10 a.m. - 11 a.m.

WHERE: Zoom Webinar  
Join Zoom Meeting  
<https://zoom.us/j/98751919871?pwd=SnBiaitBbkdxCHg4amNocWNvMUhHQT09#success>

Presenter Meeting ID: 987 5191 9871  
Passcode: 732172  
Halleh Nia, MA, CLC

Please email or call Shana if you have any questions at:  
[mgheisari@omidintitute.org](mailto:mgheisari@omidintitute.org) or (949) 502-4721

In this webinar we will discuss: How to deal with financial stress during COVID-19 crisis and the relationship between financial stress and Mental health.

**Coping with Anxiety in Social Situations**

TIME: 11 a.m. - 12 p.m.

WHERE: Orange County Asian Pacific Islander Community Alliance (OCAPIA) - Zoom  
To register for presentation available to Orange County Residents, click link:  
<https://hipaa.jotform.com/wellnesscity400/anxiety-social-situation-may-24>

Once registered, an email confirmation will be sent with further information about the Zoom meeting.

Please call Yuki Shida if you have any questions:  
(714) 636-9095. Email: [yshida@ocapica.org](mailto:yshida@ocapica.org)

Learn ways to reduce your fear and worry about social situations and improve your communication skills.

1 in 5 children,  
either currently or at some point during their life,  
has had a seriously debilitating mental illness.

SOURCE: <https://www.cdc.gov/mentalhealth/learn/index.htm>

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

24

MENTAL  
ILLNESS CAN  
BE TREATED.

RESEARCH  
SHOWS THAT  
PEOPLE WITH  
MENTAL  
ILLNESS CAN  
GET BETTER  
AND MANY  
RECOVER  
COMPLETELY.

SOURCE: CDC/MENTAL HEALTH

**Sleep Management During COVID-19**

TIME: 1 p.m. – 2 p.m.

WHERE: Orange County Asian Pacific Islander Community Alliance (OCAPICA) – Zoom

To register for presentation available to Orange County Residents, click link:

<https://hipaa.jotform.com/wellnessesity400/sleep-management-covid-19-may-24>

Once registered, an email confirmation will be sent with further information about the Zoom meeting.

Please call Yuki Shida if you have any questions:

(714) 636-9095. Email: [yshida@ocapica.org](mailto:yshida@ocapica.org)

Getting a sufficient amount of high-quality sleep is critically important for our overall health and well-being, and yet it's estimated that one out of every three adults doesn't get enough sleep. Come join us and receive helpful information and tips to a better sleep.

**Chair Yoga for Mental Clarity (for English Speakers)**

TIME: 11 a.m. – 12 p.m.

WHERE: Virtually on Zoom

Join Zoom Meeting

<https://us02web.zoom.us/j/89316182772>

Meeting ID: 893 1618 2772

For more information, please contact Christine if you have any questions:

Phone: (714) 352-8836

Email: [ctranle@coasc.org](mailto:ctranle@coasc.org)

The Council on Aging's ReConnect Program is providing chair yoga as an activity during Mental Health Awareness Month. Chair yoga can improve proprioception and give you greater control of your body and movement. Reduce stress, anxiety, depression, and improve mental clarity with chair yoga. Chair yoga can lessen the impacts of chronic illnesses and pain. Let us create happiness and overall well-being with this activity!

25

You are  
**not**  
your illness.  
You have a name,  
a history,  
a personality.  
Staying yourself is  
the battle.

**Turn Your Passion Into Purpose**

TIME: 5:30 p.m. ~ 7:00 p.m.

WHERE: Zoom link:  
<https://us02web.zoom.us/j/86844182067?pwd=>

TURN YOUR PASSION INTO PURPOSE

For more information, please visit the website at:  
<https://www.namioc.org/teens-young-adults>

Please call Jerika if you have any questions: (714) 544-8488.  
Email: [jwhite@namioc.org](mailto:jwhite@namioc.org)

The NAMI Orange County TAY team will be hosting a four part Creativity and Skill Building workshop on Zoom. During this panel discussion, hear from local entrepreneurs who took their passions and turned it into a business. We welcome you to join us in a conversation of what it takes to get your project off the ground. Through shared personal experiences and a Q&A portion, attendees will leave the final workshop ready to start their passion project.

**Healthy Coping Skills**

TIME: 6 p.m.

WHERE: WYS – Zoom  
[https://zoom.us/j/98066738075?  
pwd=Uk40RUc0QkxoSWI4TWlOV0k2aW53Zz09](https://zoom.us/j/98066738075?pwd=Uk40RUc0QkxoSWI4TWlOV0k2aW53Zz09)

Meeting ID: 980 6673 8075  
Passcode: 584183

Contact Person: Ruben Dominguez  
Email: [Ruben.Dominguez@wysoc.org](mailto:Ruben.Dominguez@wysoc.org)

This webinar aims to shed some light on how our reactions to various situations may affect our lives both physically and mentally. The webinar will go over the different types of approaches one may take when coping with their emotions, everyday tasks, stressors in our lives.

*Self-care isn't selfish*

25

**Arts and Crafts with Ane~ Planting our Well Being**

TIME: 6:00 p.m.~ 7:00 p.m.

WHERE: Via Zoom  
text to (714)696.1126 to register

Students will plant their own seed and decorate their own pot. Students will be taught how to care for their plants and learn how taking care of plants brings us satisfaction, focus, and harmony while allowing them to reflect on the importance of their own growth as individuals.

For more information please contact Luz Gonzalez, Program Coordinator at Latino Health Access:  
[luzgonzalez@latinohealthaccess.org](mailto:luzgonzalez@latinohealthaccess.org)



MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

25

**How to Deal with Isolation and Depression**

TIME: 10:00 a.m. ~ 10:30 a.m.

LOCATION: Virtual  
<https://zoom.us/j/91445312470>

What is mental health, what is stigma, how to reduce stigma in life and shared what kinds of barriers exist in helping people who experience mental health conditions.

For additional information, please contact:  
Korean Community Services  
Susan Lee, Case Manager  
Phone: (714) 449-1125 ext. 43202 Email:  
[sulee@koreancommunity.org](mailto:sulee@koreancommunity.org)



**Men's Mental Health workshop in Spanish**

TIME: 6 p.m. ~ 7 p.m.

WHERE: For more information, please contact to register:  
[www.hoag.org/mental-health](http://www.hoag.org/mental-health)

Hoag Mental Health Center  
(949) 764-6542  
307 Placentia Avenue  
Newport Beach, CA 92663

Workshop focused for men to learn strategies to heal and improve mental health. Virtual presentation.

*“Sadly, too often, the stigma around mental health prevents people who need help from seeking it. But that simply doesn’t make any sense. Whether an illness affects your heart, your arm or your brain, it’s still an illness, and there shouldn’t be any distinction. We would never tell someone with a broken leg that they should stop wallowing and get it together... We shouldn’t treat mental health conditions any differently. Instead, we should make it clear that getting help isn’t a sign of weakness—it’s a sign of strength—and we should ensure that people can get the treatment they need.”*

MICHELLE OBAMA

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 26

WE ALL  
HAVE MENTAL  
HEALTH, JUST LIKE  
PHYSICAL HEALTH.

OUR MINDS  
DESERVE THE SAME  
ATTENTION AS OUR  
BODIES.

#EachMindMatters

## SFP's Empower Change- A Mental Health Approach to Teen Violence Prevention

TIME: 5 p.m.

WHERE: Zoom  
<https://us02web.zoom.us/j/9306616512>

Bullying or teen violence is common problem that our children must deal on a daily basis. As our children transition from distance learning to in person instruction so does the bullying and violence. According to the CDC, homicide is the 3<sup>rd</sup> leading cause of death among teens. Teen violence often starts at home and parent's/caregivers have the power to make changes and support children with this issue.

In this workshop parents will learn the different types of bullying and some of the symptoms that teens show when they are victims or perpetrators of teen violence. Parent's will learn different ways to communicate with their children and support them through this process. Lastly parent's will learn strategies to strengthen their family unity and increase communication with their children to prevent future violence.

For more information, please contact Giovanna Sanguinetti:  
[gsanguinetti@phoenixhouseca.org](mailto:gsanguinetti@phoenixhouseca.org)  
Direct line: (657)250-2360

Or Email: [bhisleadership@phoenixhouseca.org](mailto:bhisleadership@phoenixhouseca.org)

## Substance Abuse and its Effects on Mental Health Webinar

TIME: 12:30 p.m. ~ 1:30 p.m.

WHERE: Online via Zoom

Register to attend at: <https://substance-abuse-5-26-21.eventbrite.com>

For more information, please call 1 (888) 955-6570 or email [oe@theprioritycenter.org](mailto:oe@theprioritycenter.org)

The Priority Center's O&E Program presents a Zoom webinar on the most common types of substances used, their effects on mental health, reasons for using drugs, and the cycle of addiction. The webinar will be 60 minutes, 30 minutes of presentation and activities plus 30 minutes for attendees to have one on ones or ask questions as a group and enroll in O&E services.



# 26

## Study Jams- Virtual Tutoring

TIME: 6:00 p.m. - 7:30 p.m.

WHERE: Via Zoom  
text to (714)696.1126 to register

During the month of May, our virtual tutoring session will encourage discussion between students about academic stressors. Our sessions will cover topics like test anxiety, bullying, self-care and local resources.

For more information please contact Luz Gonzalez, Program Coordinator at Latino Health Access:  
[luzgonzalez@latinohealthaccess.org](mailto:luzgonzalez@latinohealthaccess.org)

## Teens Next Door- Suicide Prevention

TIME: 5:00 p.m. - 6:15 p.m.

WHERE: Via Zoom  
text to (714)696.1126 to register

Students will be introduced to red flags and suicide prevention. They will have the opportunity to create a personal safety plan that includes resources and they will be encouraged to share with their peers.

For more information please contact Luz Gonzalez, Program Coordinator at Latino Health Access:  
[luzgonzalez@latinohealthaccess.org](mailto:luzgonzalez@latinohealthaccess.org)

“The brain is a body part too; we just know less about it,” the former president said during a [national conference on mental health](#) in 2013.

“And there should be no shame in discussing or seeking help for treatable illnesses that affect too many people that we love. We've got to get rid of that embarrassment; we've got to get rid of that stigma. Too many Americans who struggle with mental health illnesses are still suffering in silence rather than seeking help, and we need to see it that men and women who would never hesitate to go see a doctor if they had a broken arm or came down with the flu, that they have that same attitude when it comes to their mental health.”

BARACK OBAMA

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 26

Never  
let the  
opinions of  
others  
become the  
measure  
of your  
self-worth.

## OUR STORIES – LGBTQIA+ Workshop Session

TIME: 5 p.m. – 7 p.m.

WHERE: Laguna Playhouse Zoom  
<http://bit.ly/OSPrideZoom>

Dave Barton (Director/Playwright/Journalist) leads OUR STORIES Workshop to explore your story and ways to tell/share it with our community.

REGISTER FOR SESSION AT:  
<http://bit.ly/OurStoriesPRIDE>

Please contact Dylan if you have any questions at:  
[drussell@lagunaplayhouse.com](mailto:drussell@lagunaplayhouse.com)

## Be Well Wednesdays Series

TIME: 12:00 p.m. ~ 1:30 p.m.

WHERE: Virtual presentation. For more information, please visit:  
<https://bewelloc.org/events/2021-05/>

Target Population: Caregivers  
Be Well Partners include: Council on Aging, Southern California, Didi Hirsch, Easterseals, HOAG Wellness Center, OCAPICA, OC United.

Over 30 community partners have collaborated in this Be Well Wellness Wednesday series of webinars. Each week focusses on a particular target audience. The webinars will focus on mental health topics pertaining to the target group followed by sharing of resources on how to access services and supports.

**LGBTQ individuals are 2 or more times more likely as straight individuals to have a mental health condition.**

SOURCE: <https://www.nami.org/NAMI/media/NAMI-Media/Infographics/MulticulturalMHFacts10-23-15.pdf>

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 26

*“Wellness encompasses a healthy body, a sound mind and a tranquil spirit. Enjoy the journey as you strive for wellness.”*

LAURETTE GAGNON  
BEAULIEU

## **Coping Plus**

TIME: 10:00 a.m. - 11:30 a.m.

WHERE: For more information, please contact to register:  
[www.hoag.org/mental-health](http://www.hoag.org/mental-health)

Hoag Mental Health Center  
(949) 764-6542  
307 Placentia Avenue  
Newport Beach, CA 92663

Workshop for Adults to learn healthy coping skills to manage stress and difficult emotions. Virtual presentation.

## **Calm Box**

TIME: 4:00 p.m. - 5:30 p.m.

WHERE: For more information, please contact to register:  
[www.hoag.org/mental-health](http://www.hoag.org/mental-health)

Hoag Mental Health Center  
(949) 764-6542  
307 Placentia Avenue  
Newport Beach, CA 92663

Workshop for children ages 8-12 years old. Participants will learn ways to self-regulate and will create a calm box to take home that will be filled with tools to help them cope. This is an in-person group.

## **Off the Couch for Mental Wellness**

TIME: 4 p.m. - 5 p.m.

WHERE: For more information, please contact to register:  
[www.hoag.org/mental-health](http://www.hoag.org/mental-health)

Hoag Mental Health Center  
(949) 764-6542  
307 Placentia Avenue  
Newport Beach, CA 92663

Workshop to learn health tips from a registered nurse to get you off the couch, maximize your mental wellness and achieve your health goals. Virtual presentation.

# 27

**“Health  
is a state  
of body.**

**Wellness  
is a state of  
being.”**

J. STANFORD

## **Effective Communication Within Relationships**

TIME: 5 p.m. ~ 6 p.m.

WHERE: Asian Pacific AIDS Intervention Team (APAIT) - Zoom

To register for presentation available to Orange County Residents, click link: <https://bit.ly/2BHb4z4>

Once registered, an email confirmation will be sent with further information about the Zoom meeting.

For further information please contact Cleo O. at [cleoo@apaitonline.org](mailto:cleoo@apaitonline.org) or call APAIT at (714) 636-1349.

The APAIT O&E will be hosting a 60-minute presentation about effective communication skills to strengthen and improve relationships within personal and professional life for optimal mental health during Mental Health Awareness Month. The discussion will focus on enhancing verbal and nonverbal communication skills, which can decrease stress and conflict within relationships.

## **Mental Health Art & Craft**

TIME: 12 p.m. ~ 12:30 p.m.

WHERE: TCF – Zoom  
<https://us02web.zoom.us/j/88678505926>

Meeting ID: 886 7850 5926

Please call Sreyroth if you have any questions: (714) 591-6439.  
Email: [sreyrothl@cambodianfamily.org](mailto:sreyrothl@cambodianfamily.org)

The O&E Team and other TCF Case Managers will be hosting a 30 minute presentation about the using art to cope with stress.

**“When ‘I’ is replaced by ‘we’  
even ‘illness’ becomes ‘wellness.’”**

*—Malcom X*

# 27

**“Mental health  
needs a great  
deal of attention.  
It’s the final  
taboo and it  
needs to be  
faced and dealt  
with.”**

ADAM ANT

## **Coping Skills for Teens**

TIME: 4:00 p.m. ~ 5:30 p.m.

WHERE: For more information, please contact to register:  
[www.hoag.org/mental-health](http://www.hoag.org/mental-health)

Hoag Mental Health Center  
(949) 764-6542  
307 Placentia Avenue  
Newport Beach, CA 92663

Workshop for teens ages 14-17 to learn skills and recognize emotional triggers, practice strategies to deal with emotions in a healthy and constructive way.

## **Yoga for Mental Health: Getting Past the Lockdown Blues**

TIME: 2 p.m. ~ 3 p.m.

LOCATION: Virtual  
<https://zoom.us/j/4670969882?pwd=K3dsZ2Ntc0F2WWFHam5Kb2lhV3V5QT09>

A virtual yoga class to improve physical and mental health.

### **For additional information, please contact:**

Access California Services  
Nadia Abdalla, Case Manager  
Phone: (714) 917-0440 Email: [nadiaa@accesscal.org](mailto:nadiaa@accesscal.org)

## **Empower Change- A Mental Health Approach to Teen Violence Prevention Live-stream**

TIME: 3 p.m. ~ 4 p.m.

LOCATION: Zoom  
<https://us02web.zoom.us/j/3408853694>

The BHIS team is offering a live-stream session which will include a 10-minute video presentation to bring awareness on how positive mental health can reduce the prevalence of teen violence (i.e., cyber bullying, bullying, risky behaviors). Teens will have an opportunity to hear from young adults who overcame teen violence in their community and Q&A.

For more information, please contact Giovanna Sanguinetti:  
[gsanguinetti@phoenixhouseca.org](mailto:gsanguinetti@phoenixhouseca.org)

Direct line: (657) 250-2360

Or Email: [bhisleadership@phoenixhouseca.org](mailto:bhisleadership@phoenixhouseca.org)

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**“In the midst of  
chaos, there is  
also  
opportunity.”**  
SUN TSU

**DHMHS Open Virtual Training (General Adult)**

TIME: 10:00 a.m. ~ 11:30 a.m.

WHERE: VIRTUALLY VIA ZOOM

DHMHS: Survivor Support Services continues to provide virtual trainings open to the community throughout the month of May along with PDF versions of outreach materials

For more information, please request flyer from:  
[jconstanza@didihirsch.org](mailto:jconstanza@didihirsch.org) or [kjow@didihirsch.org](mailto:kjow@didihirsch.org)

Please call or email to RSVP: (714) 989-8301 or  
[kjow@didihirsch.org](mailto:kjow@didihirsch.org)

**Connect-OC & Active Minds present: VAR Mental Health Training for Young Adults 16-24**

TIME: 3:30 p.m. – 5:00 p.m.

WHERE: For more information and to receive the Zoom link, please register to attend by visiting:  
[connect-oc.eventbrite.com](https://connect-oc.eventbrite.com)

Connect-OC will be hosting a mental health training instructed by a trainer from Active Minds. Validate, Appreciate, Refer (V-A-R) is Active Minds' everyday tool for everyday conversations. It's about showing up for one another every day in meaningful ways.

Validate, Appreciate, Refer® are three easy-to-use steps that provide a path to listening and responding in a helpful way. In this training attendees will

- Learn how to Validate one's feelings, Appreciate their courage, and Refer them to support services
- Learn everyday tools usable for everyday conversations
- Explore matters that may impact mental wellness among peers, colleagues, students, family, friends, etc.
- Identify “barriers” that may impede the willingness to engage others about our struggles

Please contact Crystal Bleicher if you have any questions: (949) 595-2288 ext 323  
Email: [cbleicher@p4w.org](mailto:cbleicher@p4w.org)

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*“Tough love  
doesn’t work.  
Turns out  
that just good  
old ‘love’  
is enough.”*

Matt Haig,  
*Reasons to Stay Alive*

## Yoga

TIME: 5:00 p.m. - 6:00 p.m.

WHERE: Via Zoom  
text to (714)696.1126 to register

Students will be introduced to yoga through the calming our body and/or practicing kindness hangout. Through an easy-to-follow sequence of movements that students of all levels will benefit.

For more information please contact Luz Gonzalez, Program Coordinator at Latino Health Access:  
[luzgonzalez@latinohealthaccess.org](mailto:luzgonzalez@latinohealthaccess.org)

## DACA Informational Hangout

TIME: 6:00 p.m. - 7:30 p.m.

WHERE: Via Zoom  
text to (714)696.1126 to register

Participants are invited to come and have their DACA immigration questions answered during this hangout. We will help participants understand what is currently going on with DACA as a way to help lessen the stress of navigating through the immigration system.

For more information please contact Luz Gonzalez, Program Coordinator at Latino Health Access:  
[luzgonzalez@latinohealthaccess.org](mailto:luzgonzalez@latinohealthaccess.org)

*“Now that I was famous, I was afraid I would never find somebody again to love me for me. I was afraid of making new friends. Then one day my mom said: ‘Why do you think a person wouldn’t love you? Don’t you know how smart and sweet and beautiful you are?’ That’s when I decided I only have two choices: I can give up, or I can go on.”*

*Beyoncé*



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*"No matter how  
much it gets  
abused, the  
body can  
restore balance.  
The first rule is  
to stop  
interfering  
with nature."*

DEEPAK CHOPRA

**Creative Art Therapy~ "Hope for Change"**

TIME: 10 a.m. - 12 p.m.

WHERE: COASC Art YouTube page  
[My Colors. My Mind. My Life. - YouTube](#)

For more information, please call Jannet Ramos (714) 352-8829.

Email: [jramos@coasc.org](mailto:jramos@coasc.org)

COASC Art instructor will run this Mental Health theme for weekly art class (uploaded onto YouTube). The class will center around the EachMindMatters 2021 campaign of "Hope for Change."

**Effective Communication Within Relationships**

TIME: 5 p.m. - 6 p.m.

WHERE: ZOOM – Asian Pacific AIDS Intervention Team (APAIT)  
To register for presentation available to Orange County Residents, click link: <https://bit.ly/2BHb4z4>

Once registered, an email confirmation will be sent with further information about the Zoom meeting.

For further information please contact Cleo O. at [cleoo@apaitonline.org](mailto:cleoo@apaitonline.org) or call APAIT at (714) 636-1349.

The APAIT O&E will be hosting a 60-minute presentation about effective communication skills to strengthen and improve relationships within personal and professional life for optimal mental health during Mental Health Awareness Month. The discussion will focus on enhancing verbal and nonverbal communication skills, which can decrease stress and conflict within relationships.

*You can cure stigma with compassion,  
empathy and understanding.*

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“You miss  
100% of the  
shots you  
don’t take.”

Michael Jordan

**Connect-OC Coalition Meeting**

TIME: 10:00 a.m. – 11:30 a.m.

WHERE: To be added to the email distribution list and receive coalition meeting invites and agendas please email [bveraza@p4w.org](mailto:bveraza@p4w.org)

Connect-OC hosts monthly coalition meetings that incorporate panel presentations addressing a variety of mental health topics, local resources, events, and networking opportunities related to the mental health of transitional age youth (16-24) in Orange County.

To learn more about the coalition and its mission [click here](#).

To be added to the email distribution list to receive coalition meeting invites, meeting summaries, and more please email [info@connect-oc.org](mailto:info@connect-oc.org) or visit our [website](#).

For more information or if you have any questions please contact Blair Veraza  
Email: [bveraza@p4w.org](mailto:bveraza@p4w.org)

**Suicide Prevention Presentation for Adults presented by Didi Hirsch**

TIME: 5:00 p.m. - 6:30 p.m.

WHERE: For more information, please contact to register:  
[www.hoag.org/mental-health](http://www.hoag.org/mental-health)

Hoag Mental Health Center  
(949) 764-6542  
307 Placentia Avenue  
Newport Beach, CA 92663

Participants will learn about the nature of suicide, related statistics, risk factors and warning signs. They will discuss how to assess lethality, how to support a person who is suicidal, and how to link the person to appropriate resources. Virtual presentation.

*“Feelings come and go like clouds in a windy sky.  
Conscious breathing is my anchor.”*

Thich Nhat Hanh

# 28

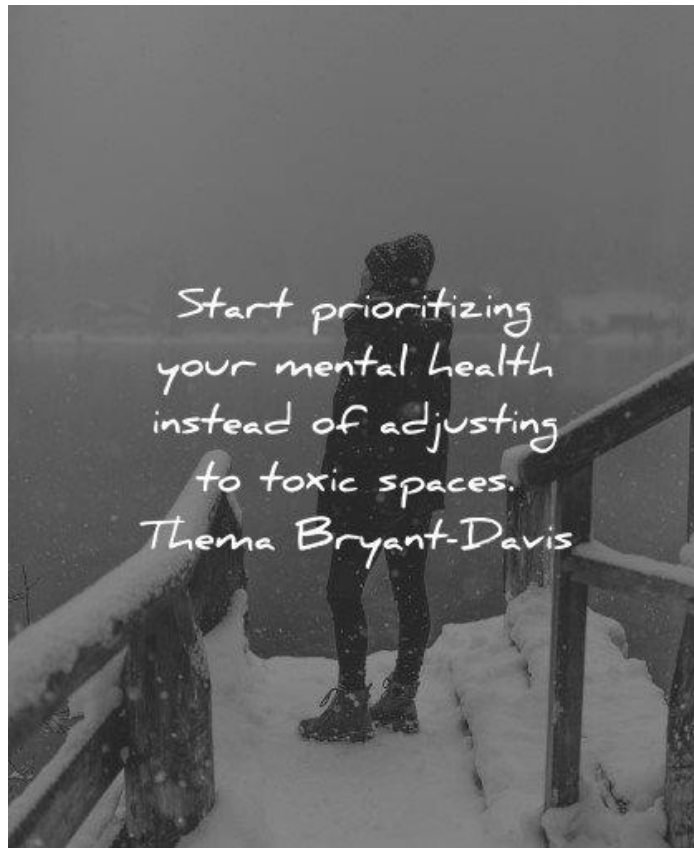
## Cooking Together

TIME: 6:00 p.m. - 7:00 p.m.

WHERE: Via Zoom  
text to (714)696.1126 to register

Students will be introduced to the importance of healthy eating and how it affects our physical and mental health. Students will learn how integrating healthy ingredients and making small changes in our daily diet can improve our well-being, since food is directly linked to our emotional health.

For more information please contact Luz Gonzalez, Program Coordinator at Latino Health Access:  
[luzgonzalez@latinohealthaccess.org](mailto:luzgonzalez@latinohealthaccess.org)



MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

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YOUR  
FEAR  
OF  
*stigma*  
IS PART  
OF THE  
ILLNESS

OUR STORIES – IMPROV @ PLAYPEN

TIME: 4 p.m. ~ 5 p.m.

WHERE: Laguna Playhouse Facebook live  
<https://www.facebook.com/thelagunaplayhouse>

Teaching Artists Diana Brown & Erin Sawyer share Improv exercises to shift your mindset to play and inspire creativity. Diana & Erin celebrate that YOU are infinitely amazing and our story wouldn't be the same without you.

Please contact Dylan if you have any questions at:  
[drussell@lagunaplayhouse.com](mailto:drussell@lagunaplayhouse.com)

Small Acts of Self-Care during COVID-19

TIME: 1 p.m. – 2 p.m.

WHERE: Orange County Asian Pacific Islander Community Alliance (OCAPIA) – Zoom  
To register for presentation available to Orange County Residents, click link:  
<https://hipaa.jotform.com/wellnessesity400/self-care-covid-19-may-28>

Once registered, an email confirmation will be sent with further information about the Zoom meeting.

Please call Yuki Shida if you have any questions:  
(714) 636-9095. Email: [yshida@ocapica.org](mailto:yshida@ocapica.org)

Simple acts of self-care can have a big impact to your mental and physical self. Join us to learn these practices that can help you wind down, find calm, and feel better.

Sometimes the people  
around you won't  
understand your journey.

They don't need to, it's not  
for them.

- JOUBERT BATHA

FULLY flourishing

Mental illness matters.  
Talking about it matters.  
Warning signs matter.  
Addressing your ghosts matters.

YOU matter. And you are precious

UNKNOWN

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

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Never  
let a stumble  
in the road  
be the end  
of the  
journey

**Family Night**

TIME:

6 p.m. ~ 8 p.m.

WHERE:

Zoom. Link to Register:

<https://forms.gle/oHJYwz3Ki7skBYF19>

Please call Janet Najera if you have any questions: (714) 361-4371. Email: [janet-najera@olivecrest.org](mailto:janet-najera@olivecrest.org)

Olive Crest will be hosting a Family Night in Spanish in collaboration with Santa Ana Unified School District. Prior to the event, registered families will receive a bag with materials for an activity, Each Mind Matters merchandise, a bilingual book for the family, raffle tickets, and literature on resources in the community. The event will be hosted through Zoom. During the event, families will complete a Mental Health related painting activity, talk about self-care while they play bingo, and participate in raffles.

**TikTok Food Trends Happy Hour**

TIME:

4 p.m. ~ 5 p.m.

WHERE:

Zoom link: <https://us02web.zoom.us/j/838076978>

For more information, please visit the website at:  
<https://www.namioc.org/nami-happy-hour>

Please call Amanda if you have any questions:  
(714) 544-8488.  
Email: [awilson@namioc.org](mailto:awilson@namioc.org)

Jump on the latest TikTok food trends with Hailey and Mikaela! They will guide you step by step on how to recreate recipes from TikTok and Instagram videos. Download our ingredient list so you can cook along!

**DID YOU KNOW?**

It is estimated that 20% of people age 55 years or older experience some type of mental health concern.

SOURCE: [https://www.cdc.gov/aging/pdf/mental\\_health.pdf](https://www.cdc.gov/aging/pdf/mental_health.pdf)

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 29

*"Loving yourself  
isn't vanity.  
It's sanity."*

KATRINA MAYER

## Pledge to Your Mental Health—Resource Drive-Thru

TIME: 10 a.m.

WHERE: Phoenix House BHIS parking lot—1901 E. 4<sup>th</sup> St., Santa Ana, CA 92705

Drive-thru resource fair will offer attendees several stations with activities to illustrate how positive coping skills can impact mental health and resources regarding said skill.

Participants will receive a small incentive.

For more information, please contact Giovanna Sanguinetti at: (657) 250-2360 or via email:

[gsanguinetti@phoenixhouseca.org](mailto:gsanguinetti@phoenixhouseca.org)

Or Email: [bhisleadership@phoenixhouseca.org](mailto:bhisleadership@phoenixhouseca.org)

## Youth Convening: Intersect and Connect

TIME: 11 a.m. ~ 1 p.m.

WHERE: Register at: [bit.ly/convening21](http://bit.ly/convening21)

For more information please contact

Stephanie Camacho-Van Dyke:

[stephanie.vandyke@lgbtqcenteroc.org](mailto:stephanie.vandyke@lgbtqcenteroc.org)

A free multi-day (May 15, 22 and 29) online conference that is organized and led by youth leaders from Youth Empowered to Act (YETA), a coalition of LGBTQ Student leaders and their allies.

## Elderly LGBTQ people experience increased isolation and lack of services.

SOURCE:

[http://www.ochalthiertogether.org/content/sites/ochca/Local\\_Reports/Kaiser\\_OC\\_Mental\\_Health\\_Convening\\_Summary\\_Report\\_2017-11-17.pdf](http://www.ochalthiertogether.org/content/sites/ochca/Local_Reports/Kaiser_OC_Mental_Health_Convening_Summary_Report_2017-11-17.pdf)

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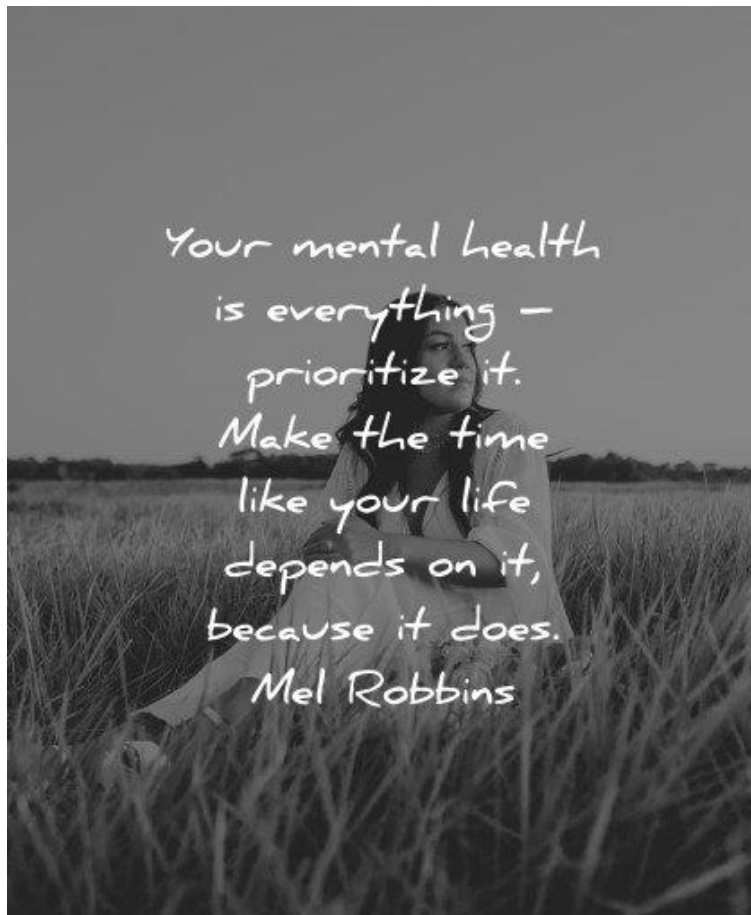
**SEL Care Kit Distributions**

**START WHERE  
YOU ARE,  
USE WHAT  
YOU HAVE,  
AND DO  
WHAT YOU CAN.**

**TIME:** Please email Emily Wang for details: [emily.wang@wysoc.org](mailto:emily.wang@wysoc.org)  
**WHERE:** Key School Site Partners at SVUSD, IUSD and TUSD

WYS-BHIS will partner with O&E for outreach to SVUSD, IUSD, and TUSD students and families for Family SEL Care Kit Distributions. WYS-BHIS is creating and will distribute coping kits with SEL materials for families, which feature wellness and mindfulness activities for families to learn and practice together. Our SEL Care Kits will be paired with our WYS-BHIS MHA Month flyers as a part of school-based outreach efforts to increase public awareness of MHA Month as well as to inspire interest and participation in our MHA Month virtual SEL workshops.

If you have any questions, please feel free to reach Emily Wang at: [emily.wang@wysoc.org](mailto:emily.wang@wysoc.org) or call (949) 900-5380.



MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)