



UPCOMING & **FREE**

CHOC MENTAL HEALTH EDUCATION PROGRAM WEBINAR PRESENTATIONS

September 2021

Launched in July 2017, CHOC's Mental Health Education Program (MHEP) and our team of pediatric mental health specialists have provided hundreds of educational sessions to thousands of community members, including youth, parents, educators, and providers. Through our presentations and trainings, we strive to partner with and equip our community stakeholders with the needed knowledge, tools, and resources to support the wellness of our County's children, adolescents, and young adults. If you have any questions about our educational offerings, please contact our MHEP team at MHEP@choc.org

NOW THAT SCHOOLS ARE OPENING, HOW CAN I PREPARE MY CHILD FOR RETURN?

Audience: Parents/General Community + School Staff | **Languages Available:** English
Topic Age Range: Pre-K to 12th Grade

Wednesday
September 8
5:30pm to
6:30pm (PST)

This course will discuss how changes in routine/structure impact students' mental health and can limit their ability to learn. Participants will learn how to establish realistic expectations of students and how they can be supportive.

To register, click here:
<https://chocchildrens.zoom.us/j/91234567890>

THE IMPACT OF THE COVID-19 PANDEMIC ON PEDIATRIC MENTAL HEALTH

Audience: Parents/General Community | **Languages Available:** English
Topic Age Range: Pre-K to 12th Grade

Tuesday
September 14
5:30pm to
6:30pm (PST)

This presentation will review trends and data related to the impact of the COVID-19 pandemic on children's mental health. As part of the presentation, a CHOC Pediatric Psychologist will also provide strategies that parents and caregivers can employ to help ease their children back into pre-pandemic life.

To register, click here:
<https://chocchildrens.zoom.us/j/12345678901>

HOW DO I KNOW WE'RE STILL FRIENDS? NAVIGATING PEER RELATIONSHIPS DURING COVID-19

Audience: Parents/General Community | **Languages Available:** English
Topic Age Range: Middle School (Ages 11-13 YO) | High School (Ages 13-18 YO)

Thursday
September 23
5:00pm to
6:00pm (PST)

The COVID-19 pandemic has changed the way that youth interact and interpret social relationships. This presentation will discuss the characteristics of positive peer relationships. Participants will explore common misperceptions that can occur when communicating through social media. Strategies to safely interact on social media will be reviewed. Parents will be introduced to techniques to help increase positive social interactions and breaks from technology.

To register, click here:
<https://chocchildrens.zoom.us/j/23456789012>

TRANSITIONING BACK TO SCHOOL AFTER A TRAUMA

Audience: Parents/General Community + School Staff | **Languages Available:** English
Topic Age Range: Pre-K to 12th Grade

Monday
September 27
5:00pm to
6:00pm (PST)

A CHOC Child and Adolescent Mental Health expert will focus on teaching parents and school staff signs and symptoms of trauma that their child/student may be experiencing in the context of current traumatic events, including the COVID-19 pandemic. The presentation will discuss ways parents and school staff can use trauma-informed strategies and emotional resilience-building skills to assist in managing their child/student's trauma responses. The presentation will conclude with ways parents and school staff can practice self-care in the context of taking care of their children/students and can manage compassion fatigue.

To register, click here:
<https://chocchildrens.zoom.us/j/34567890123>





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October 2021

Launched in July 2017, CHOC's Mental Health Education Program (MHEP) and our team of pediatric mental health specialists have provided hundreds of educational sessions to thousands of community members, including youth, parents, educators, and providers. Through our presentations and trainings, we strive to partner with and equip our community stakeholders with the needed knowledge, tools, and resources to support the wellness of our County's children, adolescents, and young adults. If you have any questions about our educational offerings, please contact our MHEP team at MHEP@choc.org

PREVENTING BURNOUT: SELF-CARE TIPS FOR PARENTS AND CAREGIVERS

Audience: Parents/General Community | **Languages Available:** English

Topic Age Range: Pre-K to 12th Grade

Friday
October 8
3:30pm to
4:30pm (PST)

A CHOC Pediatric Psychologist will discuss the importance of self-care from a psychologist's perspective and identify signs of burnout that may not be obvious. The presentation will also include the impact of the COVID-19 pandemic on burnout among parents in the community as well as tips to prevent burnout.

To register, click here:
<https://chocchildrens.zoom.us/j/94785423456>

DEPRESSION AND ANXIETY IN KIDS AND TEENS

Audience: Parents/General Community | **Languages Available:** English

Topic Age Range: Pre-K to 12th Grade

Monday
October 11
5:30pm to
6:30pm (PST)

A CHOC Child and Adolescent Mental Health expert will give a presentation about mental health awareness as well as signs and symptoms of anxiety and depression in children/adolescents. Special attention will be paid to how current stressors, such as the COVID-19 pandemic and other current events, are impacting children and teens. Attendees will learn warning signs to identify anxiety and depression symptoms in children and teens, coping skills for children and teens, and how parents can seek help.

To register, click here:
<https://chocchildrens.zoom.us/j/94785423456>

IS MY TEEN OK? HOW TO IDENTIFY ANXIETY AND DEPRESSION IN OUR ADOLESCENTS

Audience: Parents/General Community + School Staff | **Languages Available:** English

Topic Age Range: Middle School (Ages 11-13 YO) | High School (Ages 13-18 YO)

Tuesday
October 19
5:00pm to
6:00pm (PST)

A CHOC Child and Adolescent Mental Health expert will focus on teaching parents, teachers, and school staff how to identify common symptoms exhibited by pre-teens and teens who are struggling with depression and anxiety. The workshop will also focus on providing tips for how parents, teachers, and school staff can help teens and pre-teens manage and reduce anxious distress and depressive symptoms. The presentation will conclude with information on how parents, teachers, and school staff should intervene in high-risk situations (i.e., when a teen is expressing suicidal ideation or engaging in self-harm).

To register, click here:
<https://chocchildrens.zoom.us/j/94785423456>

HELPING YOUTH FIND THEIR VOICES IN A NEW SOCIAL LANDSCAPE: ANXIETY MANAGEMENT STRATEGIES DURING COVID-19

Audience: Parents/General Community + School Staff | **Languages Available:** English

Topic Age Range: Pre-K to 12th Grade

Thursday
October 28
5:00pm to
6:00pm (PST)

During COVID-19, children and adolescents experienced a surprising shift in their social relationships. For some youth, adjustment to extended periods of isolation led to self-doubt and a decreased sense of belonging. This presentation will discuss the signs and symptoms of social isolation in children and adolescents. The impact of social isolation on interpersonal relationships and school avoidance will be explored. Participants will be introduced to Cognitive Behavioral Therapy or CBT-informed interventions which target emotional resilience in youth. School personnel will be introduced to behavioral techniques that help foster peer social engagement in the school setting.

To register, click here:
<https://chocchildrens.zoom.us/j/94785423456>





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November 2021

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ADHD, A to Z

Audience: Parents/General Community + School Staff | **Languages Available:** English
Topic Age Range: K to 12th Grade

Wednesday
November 3
5:00pm to
6:00pm (PST)

A CHOC Child and Adolescent Mental Health expert will talk with parents and school staff about the current research on ADHD, separating the myths about the disorder from the facts, so parents and school staff can get their children the support that they need. This workshop will support identification and understanding of children with ADHD, outlining recommended strategies and treatment to improve outcomes and to help children, parents, and educators feel more effective and equipped.

To register, click here:
https://chocchildrens.zoom.us/webinar/register/WN_rUGTtdGMQUOIXbZjvAdw9A

OPTIMIZING SLEEP IN CHILDREN AND ADOLESCENTS

Audience: Parents/General Community | **Languages Available:** English
Topic Age Range: Pre-K to 12th Grade

Thursday
November 11
5:00pm to
6:00pm (PST)

A CHOC Pediatric Psychologist specializing in sleep medicine will provide an overview of the importance of sleep in children and adolescents as well as identify common issues and problems with sleep in children. The presentation will cover examples of how to implement healthy sleep habits as well as problem solve common childhood sleep issues in the home.

To register, click here:
https://chocchildrens.zoom.us/webinar/register/WN_2DTjZIPRMuPMT0kTbbudg

STRESS, TRAUMA, AND RESILIENCE: HOW TO SUPPORT YOUTH

Audience: Parents/General Community | **Languages Available:** English
Topic Age Range: Pre-K to 12th Grade

Monday
November 15
5:30pm to
6:30pm (PST)

A CHOC Child and Adolescent Mental Health expert will teach parents signs and symptoms of stress and trauma, particularly in the context of current events such as the COVID-19 pandemic. The presentation will additionally cover Adverse Childhood Experiences (ACEs) and their impact on health and development. Information will focus on the negative effects of stress and trauma in youth as well as ways to support children's resilience. The workshop will teach parents specific skills to help improve resilience in youth, themselves, and their families. The workshop will also include additional information about how to seek out support.

To register, click here:
https://chocchildrens.zoom.us/webinar/register/WN_oPikbGyNsyC0yUJZlqOWw

UNDERSTANDING AND SUPPORTING AUTISM SPECTRUM DISORDER

Audience: Parents/General Community | **Languages Available:** English
Topic Age Range: Pre-K to 12th Grade

Monday
November 22
6:00pm to
7:00pm (PST)

A CHOC Pediatric Neuropsychologist will talk with parents about autism spectrum disorder. This presentation will introduce the diagnosis of autism spectrum disorder, explore the relationship between autism spectrum disorder and the brain, and discuss how to support a child with autism spectrum disorder in the context of the family.

To register, click here:
https://chocchildrens.zoom.us/webinar/register/WN_bQJtWFhMT-KBYEJEssS1Yg





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December 2021

Launched in July 2017, CHOC's Mental Health Education Program (MHEP) and our team of pediatric mental health specialists have provided hundreds of educational sessions to thousands of community members, including youth, parents, educators, and providers. Through our presentations and trainings, we strive to partner with and equip our community stakeholders with the needed knowledge, tools, and resources to support the wellness of our County's children, adolescents, and young adults. If you have any questions about our educational offerings, please contact our MHEP team at MHEP@choc.org

HOW TO TALK TO KIDS ABOUT RACE/RACISM

Audience: Parents/General Community + School Staff | **Languages Available:** English
Topic Age Range: Early Childhood + Elementary School (Ages 2-10 YO)

Tuesday
December 7
5:00pm to
6:00pm (PST)

A CHOC Child and Adolescent Mental Health expert will focus on teaching parents and educators developmentally appropriate ways to engage their children/students in a dialogue about race and racism. The presentation will review developmental stages that a child/student is in and ways they are able to process and understand race/racism as well as other current sociopolitical events. The presentation will conclude with a review of racial socialization as an effective buffer in moderating the deleterious effects of discrimination.

To register, click here:
<https://chocchildrens.zoom.us/j/9kfbTKuZwfFGSPV75w>

WHY YOUTH RESORT TO SUBSTANCE USE

Audience: Parents/General Community + School Staff | **Languages Available:** English
Topic Age Range: Middle School (Ages 11-13 YO) | High School (Ages 13-18 YO)

Wednesday
December 15
5:30pm to
6:30pm (PST)

This course is designed to provide an overview of the explorative/addictive process and basic knowledge, attitudes, and skills in working with youth struggling with substance use disorders.

To register, click here:
<https://chocchildrens.zoom.us/j/06BCSpqcJ5NmwaqNCbg>

