

Session Five: 5/5/20

4:45-6:15pm

Facilitator: Nuvia C. Ruland

Online via Zoom.com Meeting ID **525-183-989**, Password: **278688**

[Presentation Slides](#)

Pre-work: 90 min

Flipgrid: Brain Health & Social Emotional Development

flipgrid.com/ted536session7

Password: TeachSEL1^

4:45-4:50pm Welcome & Online Meeting Facilitation
(2 min) Zoom Meeting Roles
(3 min) Group Norms

4:50-5:00pm **Attending to the self - Brain Health Check**

- Resource: [Brain Health Is Important To Me...](#)

(5 min) Being a voice for brain health

5:00-5:30pm **In conversation with Sarah Archer, UCSD Adolescent Center**
Common Mental Health Disorders in Youth, Anxiety & Depression

- When do young people experience symptoms?
- What can educators look out for to best support young people?
- How is the stress of COVID19 impacting students' mental health?
 - Watch video for youth: [How to cope with COVID19?](#)

Q&A

5:30-5:35pm Break - 5 minute Dance Party

5:35-6:05pm **Advocating for Student Well Being**
State-Policy that support Student Well-Being

- [California AB1432](#): Mandated reporting 858-560-2191 or 800-344-6000
- [California AB2246](#): Youth Suicide Prevention
- CA Surgeon General within one generation goal of ACE Screening & training for teachers
- Vulnerable communities: LGBTQ, Immigrant/First-Gen, Students w/ Disability

Know the steps in your context

- Who should you contact immediately?
- Meet your school psychologists

6:05-6:15pm Announcements & Exit Card

(5 min) Announcements

- How did we do our norms and roles?
- Clarify final project draft presentations
- PITP: Know the steps to for supporting students in mental health crisis
 - Dr. Nadine Burke-Harris - The Deepest Well [Ch.11 Rising Tide & ACE Test](#)
 - Youth Mental Health Disorders - Pick the resource of interest
 - [Child Mind Institute](#) Educator resources

Commented [1]: <https://drive.google.com/open?id=0B6zGIUAuZ49dVHZmcEJUMFpYRHh0Wkw2b1JmSnJuMDN3dEdV>

- [BrainFacts.org](https://www.brainfacts.org) Childhood Disorders resource
- [EachMindMatters.org](https://www.eachmindmatters.org) CA resource to Support Youth

(5 min) Exit Card: Feedback on Today's Content & Facilitation (shorturl.at/cNPO9)

