

A watercolor-style illustration of a human brain, rendered in shades of blue, cyan, and green. The brain is outlined in white and set against a background of soft, blended watercolor washes in the same color palette.

*Whole Health begins with
Mental Health*

A TIME TO PRESS RESET

ORANGE COUNTY MENTAL HEALTH
EVENTS CALENDAR

MAY 2022



StigmaFreeOC



May is National Mental Health Awareness Month: A Time to Press Reset

Mental health has become a central topic in our lives. In fact, “How to maintain mental health” was among the most searched terms on Google around the globe in 2021.

But while we know how important mental health is, much of what we hear reported about mental health often focuses on the negative – on mental health crises or a rise in mental health disorders. The challenges of a multi-year COVID pandemic and the toll of illness and personal isolation, now compounded by war overseas and rising economic stress at home, have also added to the burdens many of us carry, including our youth.

May is National Mental Health Awareness Month, it is time to press reset and focus on how we can care for our well-being and find new opportunities to build mental wellness and resilience in an uncertain world. Just as the days are getting longer, let us take this month to intentionally seek new ways to bring light and hope into our own lives and the lives of those around us. The changes we make now can help renew our outlook not only for the long days of summer but also into the fall and winter months. The month of May can truly become the catalyst to change the coming year.

Already, we see that change around us. Our students are openly discussing mental health and the need for mental health resources in schools. The Community Networking Project recently hosted a youth-led conference entitled “Making Wellness a Part of Every Student’s School Day.” Educational leaders are responding, and reimagining schools as a place for social-emotional wellness, as well as for academics.

County and state supports for mental health are expanding for all residents in Orange County (OC). The OC Health Care Agency (HCA) is debuting a new set of tools that can be accessed online. Private workplaces are increasingly recognizing the need for mental health options. And we are learning that caring for our mental health does not always have to come from a clinic or medical professional. We can call upon community resources and individuals with lived experience who can help guide those in need.

Even small changes that we make ourselves can create new opportunities for wellness: we can practice gratitude, we can spend time in nature, we can incorporate five minutes of mindfulness, we can find ways to step away from electronics and screens, we can renew friendships, and we can develop a more balanced approach to news consumption, to name a few changes. Research shows that it takes 66 days, or roughly two months, for a new habit to take hold. If we dedicate May to finding one new habit to better our mental well-being, we will be halfway there.

This 2022 **May is National Mental Health Awareness Month** is a special opportunity for us to focus on positive developments in mental health and well-being, from large community initiatives to small, individual steps. All have a role to play in this season of revitalization and the creation of a healthier, more hopeful, and more resilient tomorrow.

*By Colleen Reilly and Gabriela Rodriguez
As part of the Community Networking Project*

SOCIAL MEDIA CAMPAIGNS



Mental Health Awareness Month Kick-Off

TIME: Ongoing throughout the month of May.

WHERE: Laguna Playhouse Facebook & Instagram accounts:
▪ <https://www.facebook.com/thelagunaplayhouse>
▪ <https://www.instagram.com/lagunaplayhouse/>

The Laguna Playhouse will launch a social media campaign on May 1st in celebration of Mental Health Awareness Month and will share mental health resources for Transitional Age Youth in OC on Instagram, IG Stories, and Facebook. The outreach will continue through these channels throughout the month.

Please contact Erin O’Flaherty if you have any questions:
(949) 500-0508 Email: eoflaherty@lagunaplayhouse.com.

Connect-OC Mental Health Month Social Media Campaign

TIME: Ongoing throughout the month of May.

WHERE: Posts will be made on Instagram, Facebook and Twitter.
Several posts will be made per week.
Connect-OC social media pages

- Instagram: https://www.instagram.com/connect_oc/
- Facebook: <https://www.facebook.com/ConnectOCCoalition>
- Twitter: https://twitter.com/connect_oc

Connect-OC will be kicking off a social media campaign to support Mental Health Month. Content will incorporate positive affirmations, quotes, statistics, Directing Change content, and Take Action for Mental Health information that seek to reduce the stigma associated with mental health and promote #TakeAction4MH. Special posts will highlight National Mental Health Awareness week (May 10 – 16) and National Women’s Health Week (May 8 – 14).

For more information or if you have any questions please contact Sarah Petrus
Email: spetrus@p4w.org

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

unknown

SOCIAL MEDIA CAMPAIGNS

Don't be
ashamed
of your
story.
It will
inspire
others.

anonymous

Social Media Campaign

TIME: Throughout the month of May.

WHERE: COASC Social Media Platforms:

- Facebook: @Council on Aging-Southern California
- Instagram: @councilonagingsocal
- Twitter: @COA_SC
- LinkedIn: @Council on Aging- Southern California
- YouTube: @Council on Aging Southern California)

Promote May as Mental Health Awareness Month among all social media platforms. This effort will utilize the toolkits designed by Take Action for Mental Health and Mental Health America.

ReConnect EISOA Suicide Prevention Video

TIME: Throughout the month of May.

WHERE: COASC Social Media Platforms:

- Facebook: @Council on Aging-Southern California
- Instagram: @councilonagingsocal
- Twitter: @COA_SC
- LinkedIn: @Council on Aging- Southern California
- YouTube: @Council on Aging Southern California)

Promote ReConnect EISOA video highlighting suicide awareness and prevention.

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

MAY
IS NATIONAL MENTAL
HEALTH AWARENESS MONTH

SOCIAL MEDIA CAMPAIGNS

Waymakers Social Media Campaign

TIME: Ongoing throughout the month of May.

WHERE: Waymakers Social Media Platforms (Instagram, Facebook)

- <https://www.instagram.com/waymakersoc/>
- <https://m.facebook.com/WaymakersOC/>

Please contact Christina Benavides if you have any questions:
(562) 367-3891 cbenavides@waymakersoc.org

Promote May as a Mental Health Awareness Month amongst social media platforms. This effort will utilize the toolkit designated by Stigma Free OC.

https://www.stigmfreeoc.com/wp-content/uploads/2020/12/200MH103_Stigma-Free_Social-Post_1080x1080_v3b.jpg

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

Emery Lord

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>

SOCIAL MEDIA CAMPAIGNS

Student Advocates for Mental Health Social Media Campaign

TIME: Ongoing throughout the month of May.

WHERE: Student Advocates for Mental Health, Orange County Friday Night Live Partnership, and Peer Assistance Leadership Program Social Media Platforms (Instagram, Facebook)

Facebook:

<https://www.facebook.com/orangecountyfnl>

<https://www.facebook.com/OCDEPAL/>

Instagram:

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

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

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

The Orange County Department of Education's Student Advocates for Mental Health program will be posting weekly messages on social media. The messages will support Mental Health Awareness Month with an emphasis on having open conversations about mental health, sharing healthy coping and self-care strategies, and promoting community resources.

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

WILL ROGERS

FIND QUICK FACTS AND STATISTICS ABOUT MENTAL
HEALTH HERE:

<https://mhanational.org/mentalhealthfacts>

2

"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

Homework Halftime – Make Time for Self-Care

TIME: 12:00 p.m. – 12:20 p.m.

WHERE: Instagram Live - @nami_oc

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

Finals are stressful but study breaks aren't! Take a short study break with NAMI-OC. Take part in a variety of stress busting activities and put your mental health first this study season!

Join us on Instagram Live to learn how to make your own self-care plan. Making self-care a priority doesn't need to be hard. Learn some easy ways to implement self-care into your routine.

Social Media and Mental Health Webinar

TIME: 1:00 p.m. – 2:00 p.m.

WHERE: OCAPICA – Zoom

Registration link:

<https://hipaa.jotform.com/wellnesscity400/social-media-mental-health-may-1>

For more information, please visit the website at:
<https://www.ocapica.org/>

Please email Denisse Castro for any questions
Email: dcastro@ocapica.org

Many of us rely on social media platforms to find and connect with each other. While each has its benefits, it's important to remember that social media can never be a replacement for real-world human connection. Since it's a relatively new technology, there's little research to establish the long-term consequences, good or bad, of social media use. However, multiple studies have found a strong link between heavy social media and an increased risk for depression, anxiety, loneliness, self-harm, and even suicidal thoughts. Join us as we discuss about these topics.

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

2

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

Walt Disney

Homework Halftime – Mugs and Micros

TIME: 12:00 p.m. – 12:20 p.m.

WHERE: Instagram Live - @nami_oc

For more information, please visit the website at:

<https://www.namioc.org/teens-young-adults>

Please call Breann if you have any questions: (714) 544-8488

Email: bdurham@namioc.org

Finals are stressful but study breaks aren't! Take a short study break with NAMI-OC. Take part in a variety of stress busting activities and put your mental health first this study season!

Join us on Instagram Live as we whip up our favorite study comfort foods. Don't have access to a full kitchen, no problem! Only equipment needed is a mug and a microwave.

Social Media and Mental Health Webinar

TIME: 1:00 p.m. – 2:00 p.m.

WHERE: OCAPICA – Zoom

Registration link:

<https://hipaa.jotform.com/wellnesscity400/social-media-mental-health-may-1>

For more information, please visit the website at:

<https://www.ocapica.org/>

Please email Denisse Castro for any questions

Email: dcastro@ocapica.org

Many of us rely on social media platforms to find and connect with each other. While each has its benefits, it's important to remember that social media can never be a replacement for real-world human connection. Since it's a relatively new technology, there's little research to establish the long-term consequences, good or bad, of social media use. However, multiple studies have found a strong link between heavy social media and an increased risk for depression, anxiety, loneliness, self-harm, and even suicidal thoughts. Join us as we discuss about these topics.

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

Unknown

2

“there is
nothing
to be
embarrassed
about.”

ISAIAH WILKINS

Sex Education, Substance Use and Mental Health within the LGBTQ+ Community Webinar

TIME: 11:00 a.m. – 12:30 p.m.

WHERE: APAIT – Zoom
12832 Garden Grove Blvd., Suite E
Garden Grove, CA 92843

For more information and to sign up, please visit the website at: <https://www.eventbrite.com/o/apait-outreach-and-engagement-30748861812>

Please call Brianna if you have any questions (714) 636-1349
Email: briannad@apaitonline.org

The O&E Team will be partnering with the APAIT LA Office to host a 60-minute presentation which aims to promote positive and healthy outcomes relating to risks on substance use and sexual health within the LGBTQ+ community. The O&E team will discuss the impact that sex and substance use can have on our mental health. 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 skill building as needed/requested by participants.

Mental Health School Outreach

TIME: 1:30 p.m. – 2:30 p.m.

WHERE: Clara Barton Elementary
1926 W. Clearbrook Ln.
Anaheim, CA 92804

For more information, please visit
www.westernyouthservices.org

Please call Outreach and Engagement at
(714) 517-7107 or email o&erequests@wysoc.org

The O&E Team will be going out to elementary schools to inform the community about MHA month and the benefits of practicing self-care. The specialist will also invite participants to visit the resource center in order to gather additional support resources. The O&E team will answer any questions and conduct one-on-ones for skill building as needed/requested by participants.

2

Mommy & Me (Spanish Presentation)

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

WHERE: Contact us to register: www.hoag.org/mental-health

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

In-person workshop for moms & children ages 5-8 years old. Participants will learn child and adult-friendly self-care & coping skills for the whole family to use to manage stress and difficult emotions.

"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>

2

Social Post from CalMHSa: May is Mental Health Matters Month

TIME: 10:00 a.m.

WHERE: Orange County Student Mental Health social media

- Facebook: <https://www.facebook.com/oc.smh/> (@oc.smh)
- Twitter: https://twitter.com/oc_smh (@oc_smh)

Instagram: https://www.instagram.com/oc_smh/ (oc_smh)

FOLLOW WITH: [Positive Self-Talk Coping Cards](#) – “Start Mental Health Matters Month off right by arming yourself with self-affirmations! The OC Resource Directory’s Positive Self-Talk Coping Cards offer concrete strategies for dealing with anxiety, fear, anger, phobias, and more. Free printing and shipping available!”



“I just was in a funk. Mostly, I felt like I was not a good mom. I read several articles that said postpartum emotions can last up to 3 years if not dealt with. And I like communication best. Talking things through with my sisters, my friends, let me know that my feelings are totally normal. It’s totally normal to feel like I’m not doing enough for my baby.”

SERENA WILLIAMS

2

Stigma Reduction Artist Podcast

TIME: 10:00 a.m.

WHERE Spotify and NAMI-OC website

To listen to our podcast, you can click here <https://www.namioc.org/podcast-anxiety-survival> and access our website and the direct link to listen on whichever platform. For more information on the podcast, contact bdurham@namioc.org

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)

"I can slip in and out of depression quite easily. I had really bad postpartum depression after I had my son. It frightened me and I didn't talk to anyone about it. I was very reluctant...Four of my friends felt the same way I did, and everyone was too embarrassed to talk about it."

ADELE

3

I'M STILL
ME
NO MATTER MY
MENTAL HEALTH.

NIKI MCBAIN

Race, Asian Americans, and Mental Health Workshop

TIME: 1:00 p.m. – 2:00 p.m.

WHERE: OCAPICA – Zoom

Registration link:

<https://hipaa.jotform.com/wellnessesity400/race-aa-mental-health-may-3>

Please email Nancy if you have any questions:

ntang@ocapica.org

OCAPICA Well(ness)esity will be hosting a 1-hour educational workshop discussing a brief history of race in the United States and the implication of racism on Asian Americans' mental health.

Mental Health School Outreach

TIME: 1:30 p.m. – 2:30 p.m.

WHERE: Benjamin Franklin Elementary

521 W. Water St.

Anaheim, CA 92805

For more information, please visit

www.westernyouthservices.org

Please call Outreach and Engagement at

(714) 517-7107 or email orequests@wysoc.org

The O&E Team will be going out to elementary schools to inform the community about MHA month and the benefits of practicing self-care. The specialist will also invite participants to visit the resource center in order to gather additional support resources. The O&E team will answer any questions and conduct one-on-ones for skill building as needed/requested by participants.

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

3

Directing Change IG Live Event with Connect-OC and NAMI-OC

TIME: 3:00 p.m. – 5:00 p.m.

WHERE: Connect-OC, NAMI-OC, and Laguna Playhouse Instagram Live

Please call Erin O’Flaherty if you have any questions: (949) 500-0508 or email: eoflaherty@lagunaplayhouse.com

In celebration of the first two Directing Change submissions through Laguna Playhouse workshops, this IG Live event will be a powerful representation of the work of the participants. The PSA’s will be viewed and the Teaching Artist and participants will speak on the experience, as well as other speakers provided through Connect-OC and NAMI-OC.

WELLNESS
IS A
CONNECTION OF
PATHS:

KNOWLEDGE
AND ACTION.

JOSHUA WELCH

Reimaging Mental health in our Communities Through Poetry

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

WHERE: Via Zoom

For more information, please visit our IG @c19RecoveryProject Please call Felipe if you have any questions: (626) 419- 5002. Email: Feliramirez@altamed.org.

Alta Med’s Institute for Health Equity will be hosting an art mental health workshop titled “Reimaging Mental health in our Communities Through Poetry” where we will be bringing in a writing expert to walk us through how to describe our thoughts using written words and poems. Every attendee will walk away with their own zine or poem describing their experience during the COVID-19 pandemic. In addition, they will be provided with a toolkit that offers them with resources to help support their mental health through the COVID-19 pandemic.

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/>

3

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

Unknown

Knowledge Forum: A Clinician's Perspective – Psychosis and Substance Abuse

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

WHERE: Virtual Presentation: To sign up, visit namiocevents.eventbrite.com or contact Chris Pionke at cpionke@namioc.org or (714) 544-8488
Dr. Lawrence Faziola, Director, Acute Adult Psychiatry, Tibor Rubin VA Medical Center, will provide his expertise on Psychosis, Substance Use, and the intersection of both conditions.

Healthy Steps (Bilingual Presentation in English/Spanish):

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

WHERE: Contact us to register: www.hoag.org/mental-health
Hoag Mental Health Center
(949) 764-6542
307 Placentia Ave.
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 an in-person group that will meet every Tuesday in May. Participants will meet at the Center and walk to a nearby park.



4

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

Vince Lombardi

NAMI-OC's Declassified Anxiety Survival Guide Podcast

TIME: For more information, please visit the website at:
<https://www.namioc.org/podcast-anxiety-survival>

WHERE: Please call Breann if you have any questions: (714)544-8488. Email: bdurham@namioc.org
Spotify, Apple Podcasts, Google Podcasts, or your favorite podcast listening app
NAMI-OC's Declassified Anxiety Survival Guide podcast is created by young adults for young adults to chat about mental health, pop culture, share self-care tips and more!

On this episode our hosts share how we can be there for a friend or loved one in need. Sometimes one of the biggest things we can do is lend a listening ear!

Mental Health School Outreach

TIME: 1:00 p.m. – 2:00 p.m.

WHERE: Thomas Edison Elementary
1526 E. Romneya Dr.
Anaheim, CA 92805

For more information, please visit
www.westernyouthservices.org

Please call Outreach and Engagement at
(714) 517-7107 or email orequests@wysoc.org

The O&E Team will be going out to elementary schools to inform the community about MHA month and the benefits of practicing self-care. The specialist will also invite participants to visit the resource center in order to gather additional support resources. The O&E team will answer any questions and conduct one-on-ones for skill building as needed/requested by participants.

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>

4

Your best
is
enough
no matter
what
your
best
looks
like.

Jacqueline Whitney

OC Safe from the Start

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

WHERE: Virtual Presentation: Join Zoom Meeting
<https://ocde.Zoom.us/j/84856764673>

Meeting ID: 848 5676 4673

One tap mobile

+16699006833,,84856764673# US (San Jose)

+13462487799,,84856764673# US (Houston)

Meeting ID: 848 5676 4673

Find your local number:

<https://ocde.Zoom.us/u/kbAh9Sp586>

For more information, please visit the website at:

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

Please call Alex Yang if you have any questions:

(714) 966-4264. Email: ayang@ocde.us

Safe from the Start is a presentation that educates participants on the effects of violence on the developing brain. Content is research-based with a focus on how exposure to violence impacts the developing brain during the first five years of life. This training provides an understanding of brain development and how the brain can be rewired and healed and providing a message of HOPE.



4

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

Fixed Mindset vs. Growth Mindset Workshop

TIME: 2:00 p.m. - 3:00 p.m.

WHERE: Access California Services
631 S. Brookhurst St., Suite 107
Anaheim, CA 92804

This class will take place virtually at:
[Fixed vs. Growth Mindset Workshop](#)

For more information, please visit the website at:
<https://www.ocmecca.org/events/fixed-mindset-vs-growth-mindset/>

Please call Nadia Abdalla directly if you have any questions at: (714) 971-0440 or Email: nadiaa@accesscal.org

AccessCal is following this year's Mental Health Awareness Month's theme of "Growth Mindset." To start off Mental Health Awareness, AccessCal's team will be conducting a workshop to provide an open space for participants to learn about how what you think affects what you achieve and the difference of a fixed mindset versus growth mindset. Additionally, the facilitator will provide materials and resources to allow attendees to explore and learn more about differences in mindsets. There will also be time allocated for attendees to discuss this topic.

DID YOU KNOW?

Suicide is the 10th leading cause of death in the U.S., and the 2nd 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>

4

Homework Halftime – Caffeine Break

TIME: 12:00 p.m. – 12:20 p.m.

WHERE: Instagram Live - @nami_oc

For more information, please visit the website at:

<https://www.namioc.org/teens-young-adults>

Please call Jasmine if you have any questions: (714) 544-8488. Email: jtrott@namioc.org

Finals are stressful but study breaks aren't! Take a short study break with NAMI-OC. Take part in a variety of stress busting activities and put your mental health first this study season!

Join us on Instagram Live for a caffeine break! Our barista extraordinaire will share her tips and tricks for whipping up tasty lattes to help you power through finals week.

BE WELL WEDNESDAY SERIES: Healing from Grief & Trauma

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

WHERE: Join us for week one of our four-part webinar series.

In recognition of May as Mental Health Month, Be Well OC and the OC Health Care Agency invite you to the second annual Be Well Wednesdays webinar series. Over four weeks in May, we are hosting an array of panelists and speakers to discuss important nuances of mental health and to teach you practical steps toward wellness for yourself and others.

Register here: [https://us02web.zoom.us/webinar/Healing from Grief and Trauma](https://us02web.zoom.us/webinar/Healing-from-Grief-and-Trauma)

For the first session, Susan Hannifin-MacNab MSW, PPSC, founder of A2Z Healing Toolbox and award-winning author, will share practical tools proven to help respond to grief and rekindle hope, healing, and connection. CEUs are available for this session.

Please email Brandan Soltes at brandan.soltes@mind-oc.org if you have any questions.

*"Your illness
is not your
identity.*

*Your
chemistry is
not your
character."*

Rick Warren

Todos tenemos cicatrices,

Todos tenemos historias.

5

Community Resources Expo: Partnership with Applied Medical

TIME: 10:00 a.m. – 2:00 p.m.

*In the event of extreme weather, the event date will be moved to May 12, 2022 from 10 a.m. to 2 p.m.

WHERE: Applied Medical

Building R100

29977 Avenida de las Banderas

Rancho Santa Margarita, CA 92688

Please contact Emily if you have any questions: (949) 595-8610 or email: emily.wang@westernyouthservices.org

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

Dr. Henry Link

We are will also be partnering with Applied Medical in celebration of MHA Month. This event will be hosted at their Rancho Santa Margarita campus and is open to not only their team members and families but also the public. The WYS O&E team will host a table with SWAG Bags with items to support and enhance learning of adaptive coping skills, Zones of Regulation bean bag toss for feelings identification, highly engaged providers to connect with community members to assess for needs and link to internal and external agency resources, flyers for our program provided to participants for ease of connecting to our services, coloring pages as catalyst to engage younger populations in conversation about emotions identification and expression, kindness wall for positive quotes to inspire others. We have also invited Didi Hirsch and Latino Health Access to partner with us for this opportunity.

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

--Audrey Hepburn

5

Social Post from CalMHSa: Pledge to Take Action for Mental Health

TIME: 10:00 a.m.

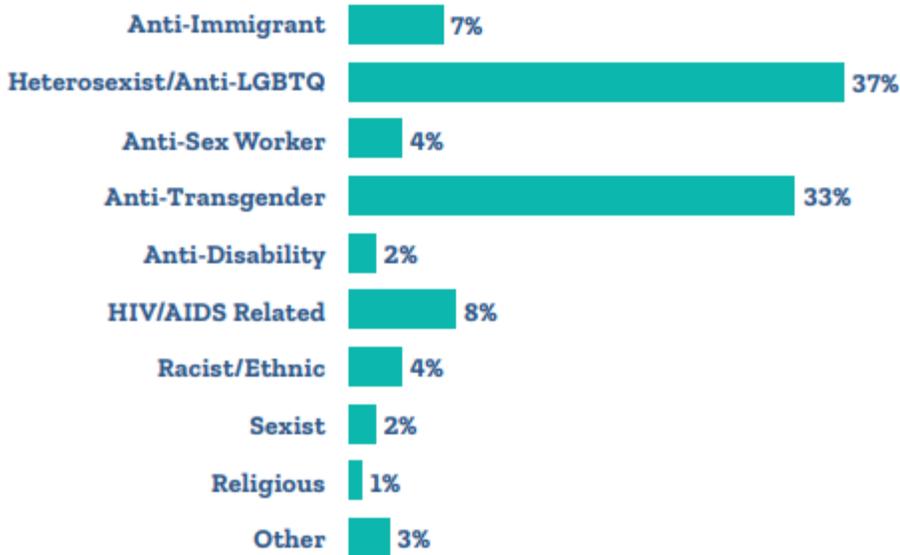
WHERE: Orange County Student Mental Health Social media

- Facebook: <https://www.facebook.com/oc.smh/> (@oc.smh)
- Twitter: [@oc_smh](https://twitter.com/oc_smh)

Instagram: https://www.instagram.com/oc_smh/ (oc_smh)

FOLLOW WITH: [Mental Health Spirit Day Flyer](#) – “May 7 is Mental Health Spirit Day! Join others across the state in completing a spirit day activity, then submit proof of participation by May 7 to win a Mental Health Trivia Kit and other prizes. Check out the details here!: <https://www.emmresourcecenter.org/system/files/2022-02/MHMM%20Spirit%20Day%20Flyer.pdf>”

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>

5

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

SOURCE: <https://up2sd.org>

Mental Health School Outreach

TIME: 3:00 p.m. – 4:00 p.m.

WHERE: Melbourne A. Gauer
810 N. Gilbert St.
Anaheim, CA 92801

For more information, please visit
www.westernyouthservices.org

Please call Outreach and Engagement at
(714) 517-7107 or email orequests@wysoc.org

The O&E Team will be going out to elementary schools to inform the community about MHA month and the benefits of practicing self-care. The specialist will also invite participants to visit the resource center to gather additional support resources. The O&E team will answer any questions and conduct one-on-ones for skill building as needed/requested by participants.

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 24th Annual Report on the Conditions of Children in Orange County.

6

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

Source:
CDC/Adolescent Health

Mental Health Vision Board (Spanish Presentation)

TIME: 3:00 p.m. – 4:00 p.m.

WHERE: Zoom Virtual Meeting

Please RSVP with Jess Bautista to receive link
jbautista@coasc.org
(714) 352-8820

Participants are welcomed to bring supplies such as paper, magazines, pencils, markers etc. to create a vision board of items that may benefit their own mental health, along with things they wish to implement in their everyday lives.

Mental Health Jeopardy and Bingo (Spanish Presentation)

TIME: 2:00 p.m. – 3:00 p.m.

WHERE: Zoom Virtual Meeting

Please RSVP with Jess Bautista to receive link
jbautista@coasc.org
(714) 352-8820

Participants will enjoy a chat regarding mental health and what it means to them. Attendees will also participate in a game of jeopardy where they will get to answer questions related to mental health topics, as they interact with one another and learn the importance of mental health care.

Mental Health School Outreach

TIME: 1:30 p.m. – 2:30 p.m.

WHERE: James Guinn Elementary
1051 Sunkist St.
Anaheim, CA 92806

For more information, please visit
www.westernyouthservices.org

Please call Outreach and Engagement at
(714) 517-7107 or email o&erequests@wysoc.org

The O&E Team will be going out to elementary schools to inform the community about MHA month and the benefits of practicing self-care. The specialist will invite participants to visit the resource center in order to gather additional support resources. The O&E team will answer any questions and conduct one-on-ones for skill building as needed/requested by participants.

7

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

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

Una Comunidad de Apoyo:

Un Taller Virtual sobre cómo Ayudar a Personas con Pensamientos Suicidas
(Spanish Workshop)

TIME: 9:00 a.m. - 11:00 a.m.

WHERE: Via Zoom – link provided upon registration

CONTACT For questions or to register, please contact:
Joanna Constanza, Bilingual Training & Outreach Coordinator
Direct Line: (714) 989-8309
Email: jconstanza@didihirsch.org

DHMHS team is hosting a workshop for the Spanish speaking community to provide support for caregivers of community members living with suicidal ideation. The workshop will consist of a short presentation followed by a panel composed by two Didi Hirsch MHS therapists and two survivors of a loss to suicide.

Photovoice Art Show & Mental Health Panel Discussion on the benefits of the Arts and Mental Health

TIME: 3:00 p.m. - 6:00 p.m.

WHERE: The Mission Viejo Mall Shane Townley Gallery

Please call Erin O’Flaherty if you have any questions: (949) 500-0508 Email: eoflaherty@lagunaplayhouse.com

The Laguna Playhouse is excited to engage with the Photovoice platform by working with TAY participants at the Mission Viejo Mall Shane Townley Gallery. The participants will meet for three workshops at the gallery with the LP Fine Arts Teaching Artist and will develop a piece of art that expresses their individual stories. At the conclusion of the workshops, the participants will show their Art creations in the gallery along with their Photovoice story. The participants, gallery owner, mental health professional, and artists from the gallery will present a mental health panel discussion on May 7th that will be streamed through LP Facebook Live. An added element is the presentation of the Photovoice works in the MV mall to give a greater marketing scale to the program.

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

--Khalil Gibran

7

Nurture in Nature

TIME: 5:30 p.m. – 6:30 p.m.

WHERE: University Community Park
1 Beech Tree Lane
Irvine, CA 92612

Join Connect-OC, UPLIFT Yoga, and Laguna Playhouse for a fun, relaxing event at the park! Learn to nurture your soul through art, yoga, and meditation and engage with local mental health resources.

For young adults 16 -24.

No cost to attend. Registration is required.

REGISTER NOW: <https://bit.ly/37LNykp>

For more information or if you have any questions please contact Sarah Petrus at email: spetrus@p4w.org

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

9

The most
violent
element in
society is
ignorance.

EMMA GOLDMAN

Homework Halftime – Guided Meditation

TIME: 12:00 p.m. – 12:20 p.m.

WHERE: Instagram Live: @nami_oc

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

Please call Philip if you have any questions: (714) 544-8488.
Email: pvogel@namioc.org

Finals are stressful but study breaks aren't! Take a short study break with NAMI-OC. Take part in a variety of stress busting activities and put your mental health first this study season!

Join us on Instagram Live for a guided meditation. Take a moment to re-center yourself and let go of any stress, anxiety, and overthinking.

Minority Mental Health

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

WHERE: OCAPICA – Zoom

Registration link:

<https://hipaa.jotform.com/wellnessesity400/minority-mental-health-may-9>

To sign up, please visit the website at:
<https://www.ocapica.org/workshops.html>

If you have any questions, please contact Jazmine Garcia at
jgarcia@ocapica.org

The O&E Team will be hosting a 30-minute presentation on learning how we can foster a safe space for our communities. This workshop will focus on how we can continue to support our communities of color, learn information on how we can support our communities and learn how we can help make a difference!

Self-care isn't selfish

9

Wellness is
the
natural state
of my body.

LOUISE HAY

Mental Health School Outreach

TIME: 1:30 p.m. – 2:30 p.m.

WHERE: Patrick Henry Elementary
1123 W. Romneya Dr.
Anaheim, CA 92801

For more information, please visit
www.westernyouthservices.org

Please call Outreach and Engagement at
(714) 517-7107 or email orequests@wysoc.org

The O&E Team will be going out to elementary schools to inform the community about MHA month and the benefits of practicing self-care. The specialist will also invite participants to visit the resource center in order to gather additional support resources. The O&E team will answer any questions and conduct one-on-ones for skill building as needed/requested by participants.

Mental Health Discussion and Video

TIME: 10:30 a.m. – 11:00 a.m.

WHERE: Zoom
Join Zoom Meeting
<https://us02web.zoom.us/j/88678505926>

Meeting ID: 886 7850 5926

For more information or if you have questions, please contact Sreyroth Loa: (714) 591-6439 or email: sreyrothl@cambodianfamily.org

The O&E Team will be hosting a 30-minute discussion on how to take care of your mental health. We will show a 5 minute video on how our TCF case manager takes care of their mental health and allow participants to share their way of taking care of mental health.

FIND MENTAL HEALTH INFORMATION AND STATISTICS HERE:

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

9

Multi-Cultural Mental Health Workshop

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

WHERE: This class will take place virtually at:
Zoom Meeting ID: 849 214 2017 Passcode: 435710

For more information, please visit the website at:

<https://www.ocmecca.org/events/multi-cultural-mental-health-2/>

Please call Hoang Khang Nguy directly if you have any questions at: (714)620-7062 or email:

hknguy@southlandintegrated.org

Southland Integrated Services (SIS)
9862 Chapman Ave.
Garden Grove, CA 92841

The team at Southland will be conducting a workshop discussing the topic of multi-cultural mental health. In this workshop, participants will develop an understanding of the stigma associated with mental illness, develop awareness of mental health conditions, and gain knowledge of the mental health resources available in Orange County. Additionally, the facilitator will go over discussion topics with the group and provide helpful resources that participants can access.

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

Maya Angelou

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>

9

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

Mommy & Me

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

WHERE: Contact us to register: www.hoag.org/mental-health

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

In-person workshop for moms with children ages 5-8 years old. Participants will learn child and adult-friendly self-care & coping skills for the whole family to use to manage stress and difficult emotions.

Surface Pressure

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

WHERE: Contact us to register: www.hoag.org/mental-health

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

In-person workshop for adults to bring awareness to trauma and resiliency.

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

Winston Churchill

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>

*"Creativity Is Intelligence
Having Fun."*

Albert Einstein

10

The Important of Mindfulness and Supporting Network (Vietnamese Presentation)

TIME: 1:00 p.m. - 3:00 p.m.

WHERE: Zoom Virtual Meeting

For more information, please visit the website
Evenbrite page:

<https://www.eventbrite.com/e/mental-health-awareness-the-important-of-mindfulness-supporting-network-tickets-306003634107>

DID
YOU
KNOW?

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

Please email if you have any questions: vvo@coasc.org

Participants will engage in an education and social component with this group. In the educational piece, participants will learn about the importance of mental health and how it affects society, based on given data, facts, and videos. Participants will also get a chance to understand the importance of staying connected and ways to develop a connecting network among them (i.e., whether it's a person, a place, an object or a memory). A social activity will follow in which attendees will build a supporting network tree project. Participants will be asked to draw trees with branches. Each branch will signify memories, coping techniques, places or objects that have helped them overcome emotional challenges. Everyone will then share the significance of their branches.



THANK YOU
TO ALL VETERANS
— AND THOSE —
CURRENTLY SERVING
— IN THE ARMED FORCES —

10

Giving Gratitude (Mandarin Presentation)

TIME: 3:00 p.m. – 4:00 p.m.

WHERE: Virtually via Zoom

Email: hwu@coasc.org

Phone: (714) 619-4357

Zoom Meeting ID: 578 724 4669

Passcode: 12345

<https://us04web.zoom.us/j/5787244669?pwd=ZC9HN1kxUkgyTW5uaGJETGZ6V3JyUT09>

Attendees will participate in a 60-minute, two-part group to promote the act of giving gratitude to oneself, loved ones, and those around them. The first part of the group will consist of a presentation on the benefits of giving gratitude. After the presentation, the group will read a short story about gratitude. The second half of the group will include a gratitude-themed trivia game and a discussion circle where the participants/contacts will share about their experiences of being grateful for others. Participants will also have time to share how they can achieve more in terms of being appreciative of their surroundings.

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

Charles Spurgeon

“Failure Will Never Overtake Me If My Determination To Succeed Is Strong Enough.”
Og Mandino

It's Okay To Talk About Suicide

- Suicide is the [2nd](#) leading cause of death among people aged 10-34 in the U.S.
- Suicide is the [10th](#) 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.*

10

The Important of Mindfulness and Supporting Network (Vietnamese Presentation)

TIME: 1:00 p.m. – 3:00 p.m.

WHERE: Zoom Virtual Meeting

For more information, please visit the Eventbrite page:

<https://www.eventbrite.com/e/mental-health-awareness-the-important-of-mindfulness-supporting-network-tickets-306003634107>

Please email if you have any questions: vvo@coasc.org

Participants will engage in an educational and social component with this group. In the educational piece, participants will learn about the importance of mental health and how it affects society, based on given data, facts, and videos. Participants will also get a chance to understand the importance of staying connected and ways to develop a connecting network among them (i.e., whether it's a person, a place, an object or a memory). A social activity will follow in which attendees will build a supporting network tree project. Participants will be asked to draw trees with branches. Each branch will signify memories, coping techniques, places or objects that have helped them overcome emotional challenges. Everyone will then share the significance of their branches.

"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

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>)

10

Healthy Steps (Bilingual Presentation in English/Spanish)

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

WHERE: Contact us to register: www.hoag.org/mental-health
Hoag Mental Health Center
(949) 764-6542
307 Placentia Ave.
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 an in-person group that will meet every Tuesday in May. Participants will meet at the Center and walk to a nearby park.

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>



10

Social Post from CalMHSA: Check in on others and look at the website

TIME: 10:00 a.m.

WHERE: Orange County Student Mental Health Social media

- Facebook: <https://www.facebook.com/oc.smh/> (@oc.smh)
- Twitter: https://twitter.com/oc_smh (@oc_smh)

Instagram: https://www.instagram.com/oc_smh/ (oc_smh)

FOLLOW WITH: [Identity Support Plan](#) – “Trans and non-binary youth can be uniquely vulnerable. During Mental Health Matters Month, make the commitment to begin using the OC Resource Directory Team’s Identity Support Plan to safeguard the trans and non-binary students in your life. This resource will help craft a plan to protect students’ safety, identity, and success at school. Free printing and shipping available!”



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

10

MENTAL
ILLNESS CAN
BE TREATED.

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

SOURCE: CDC/MENTAL
HEALTH

Taking Measures in Reducing Factors of Developing Cognitive Memory Loss in the Elderly Population Workshop

TIME: 3:30 p.m. - 5:00 p.m.

WHERE: OMID Multi-Cultural Institute of Development (OMID)
2101 Business Center Dr., Ste. 150
Irvine, CA 92612

This class will take place virtually at:
[Taking Measures Workshop](#)

For more information, please visit the website at:
<https://www.ocmecca.org/events/taking-measures-in-reducing-risk-factors-of-developing-cognitive-memory-loss-in-the-elderly/>

Please call Halleh Nia directly if you have any questions at:
Phone: (949) 502-4721 or email: hnia@omidinstitute.org

The team at OMID will be conducting a workshop that discusses taking measures in reducing factors of developing cognitive memory loss in the elderly. Participants will learn about the risk factors that enhance early memory loss and how to improve their brain health through measures taken such as diet, physical activity, cognitive memory exercises, etc. In addition, the facilitator will go over discussion topics with the group and provide resources that participants can utilize.

Mental Health School Outreach

TIME: 1:30 p.m. – 2:30 p.m.

WHERE: Thomas Jefferson Elementary
504 E. South St.
Anaheim, CA 92805

For more information, please visit www.westernyouthservices.org

Please call Outreach and Engagement at
(714) 517-7107 or email o&erequests@wysoc.org

The O&E Team will be going out to elementary schools to inform the community about MHA month and the benefits of practicing self-care. The specialists will invite participants to visit the resource center in order to gather additional support resources. The O&E team will answer any questions and conduct one-on-ones for skill building as needed/requested by participants.

11

Homework Halftime – Creating a Calm Box

TIME: 12:00 p.m. – 12:20 p.m.

WHERE: Instagram Live: @nami_oc

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

Please call Philip if you have any questions: (714) 544-8488 or email:
pvogel@namioc.org

Finals are stressful but study breaks aren't! Take a short study break with NAMI-OC. Take part in a variety of stress busting activities and put your mental health first this study season!

Join us on Instagram Live for a live demo of how to create your own calm box. Calm boxes are known to promote relaxation and reduce anxiety and inspire peace, positivity, and calm.

Mental Health School Outreach

TIME: 1:00 p.m. – 2:00 p.m.

WHERE: Benito Juarez Elementary
841 Sunkist St.
Anaheim, CA 92806

For more information, please visit www.westernyouthservices.org

Please call Outreach and Engagement at
(714) 517-7107 or email o&erequests@wysoc.org

The O&E Team will be going out to elementary schools to inform the community about MHA month and the benefits of practicing self-care. The specialists will invite participants to visit the resource center in order to gather additional support resources. The O&E team will answer any questions and conduct one-on-ones for skill building as needed/requested by participants.

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

Steve Jobs

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

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>

11

Hub of Hope

TIME: 1:00 p.m. – 4:00 pm.

WHERE: Hub of Hope
611 Ford Ave.
Fullerton, CA 92832

For more information, please visit the website at: www.ocapica.org

Please call Joanne Chung if you have any questions: (844) 530-0240
or jchung@ocapica.org

OIS Joanne Chung and OIS Randy Ear will be at a food distribution site offering program flyers, coping skill activities and community resources.

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

Motivational
Quote By Franklin
D. Roosevelt

Myths and Stigma Surrounding Depression Webinar

TIME: 12:00 p.m. – 1:30 p.m.

WHERE: APAIT - Zoom
12832 Garden Grove Blvd., Suite E
Garden Grove, CA 92843

For more information and to sign up, please visit the website at:
<https://www.eventbrite.com/o/apait-outreach-and-engagement-30748861812>

Please call Brianna if you have any questions at
(714) 636-1349 or
Email: briannad@apaitonline.org

During Mental Health Awareness Month, the APAIT O&E Team will be hosting a 60-minute presentation focusing on the common myths and beliefs surrounding depression. The O&E specialist will address myths and present the facts of depression. The O&E specialist will assist participants in challenging harmful myths surrounding depression. The O&E Specialist will lead a discussion with participants on how to check in with their own mental health and effectively communicate their needs to others. 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.

You will smile again!!

11

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

Buddha

How and Why to Develop a Growth Mindset (as an Older Adult) Workshop

TIME: 2:00 p.m. - 3:00 p.m.

WHERE: Access California Services
631 S. Brookhurst St., Suite 107
Anaheim, CA 92804

This class will take place virtually at:

[How and Why to Develop a Growth Mindset Workshop](#)

For more information, please visit the website at:

<https://www.ocmecca.org/events/how-why-to-develop-a-growth-mindset-as-an-older-adult/>

Please call Nadia Abdalla directly if you have any questions at: (714) 971-0440 or email: nadiaa@accesscal.org

The AccessCal team will conduct a workshop on learning to develop a growth mindset as an older adult. This workshop will teach the attendees how to maintain their brain to keep it healthy- just like you would any other muscle. The facilitator will teach that you are designed to learn new things as you age. AccessCal will provide materials and resources for the participants to use for their own time. There will also be time at the end of the workshop to allow participants to discuss their own ways of developing a growth mindset.

NAMI-OC's Declassified Anxiety Survival Guide Podcast

TIME: For more information, please visit the website at:

<https://www.namioc.org/podcast-anxiety-survival>

Please call Breann if you have any questions: (714) 544-8488 or email: bdurham@namioc.org

WHERE: Spotify, Apple Podcasts, Google Podcasts, or your favorite podcast listening app

NAMI-OC's Declassified Anxiety Survival Guide podcast is created by young adults for young adults to chat about mental health, pop culture, share self-care tips and more!

On this episode our hosts tackling the feelings that arise from being homesick! Join our hosts and guests as they share what has helped them through those times.

11

“Worry is like a rocking chair: It gives you something to do but never gets you anywhere.”

Erma Bombeck.

BE WELL WEDNESDAY SERIES: Community –Based Efforts to Support Youth Mental Health

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

WHERE: In recognition of May as Mental Health Month, Be Well OC and the OC Health Care Agency invite you to the second annual Be Well Wednesdays webinar series. Over four weeks in May, we are hosting an array of panelists and speakers to discuss important nuances of mental health and to teach practical steps toward wellness for yourself and others.

Register here:

[https://us02web.zoom.us/webinar/register/Community-Based Efforts](https://us02web.zoom.us/webinar/register/Community-Based+Efforts)

At the second session, hear from various community partners about grassroots efforts (and funding opportunities!) that support youth mental health through mentorship, creative arts, workforce and leadership development.

Please email Brandan Soltes at Brandan.soltes@mind-oc.org if you have any questions.

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>

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 health care coverage upon release from incarceration are [more likely](#) to engage in services that reduce recidivism.

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

11

Evening of the Arts

TIME: 6:00 p.m.

WHERE: The District at Tustin Legacy in front of
Union Market
2437 Park Ave.,
Tustin, CA 92782

For more information on the event, contact jtrott@namioc.org. Register for the event via [Eventbrite.com](https://www.eventbrite.com)

START WHERE

YOU ARE,
USE WHAT
YOU HAVE,
AND DO
WHAT YOU
CAN.

In Celebration of Mental Health month we have commissioned three up and coming artists to create a special art piece to help reduce stigma surrounding mental health.

Be the first to see this community Stigma Reduction art piece and meet the artists. Featuring a short performance of Compassion theater, Musical guest, Dance performances and a special showing Directing Change PSA. Plus treats and giveaways!



12

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

Glenn Close

Mental Health Workshop

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

WHERE: Orange County Children’s Therapeutic Arts Center (OCCTAC)
2215 N. Broadway, #1
Santa Ana, CA 91706

This will take place virtually at:
Zoom - Meeting ID: 310 982 1201

For more information, please visit the website at:
<https://www.ocmecca.org/events/mental-health-workshop/>

Please call Rosa Garcia directly if you have any questions at: (714) 264-5385 or email: rosag@occtac.org

OCCTAC will collaborate with their Mental Health & Emotional Wellness Coordinator to conduct a workshop in lieu of May Mental Health Awareness Month. The facilitator will be discussing the importance of mental health and well-being. This discussion will be the beginning of conversations within their community to bring awareness to mental health. They will provide materials and resources available around Orange County that the attendees can use. The facilitator will educate on how an individual can involve their own mental health with their own time.

DID YOU KNOW?

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

12

Facts About Mental Health Workshop (Spanish Presentation)

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

WHERE: Abrazar, Inc., Midway City Community Center
14900 Park Ln.
Midway City, CA 92655

This activity will take place virtually at:

meet.google.com/sxq-vycv-kmu

For more information, please visit the website at:

<https://www.ocmecca.org/events/mental-health-awareness-month-spanish/>

Please call Martha Sanchez directly if you have any questions at: (714) 898-0203 or email: m.sanchez@abrazarinc.com

Abrazar is proud to be hosting a Mental Health Awareness workshop by starting off with this workshop in Spanish. During this workshop, the participants will learn about important facts and statistics to raise awareness about mental health, reduce stigma associated with mental illness and promote healthy seeking behaviors. This is a great time for the participants to discuss their own mental health and the facilitators will provide resources for those in attendance.

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

UNKNOWN

"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

12

Facts About Mental Health Workshop

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

WHERE: Abrazar, Inc., Midway City Community Center
14900 Park Ln.
Midway City, CA 92655

This activity will take place virtually at:

meet.google.com/roi-dgzk-ggo

For more information, please visit the website at:

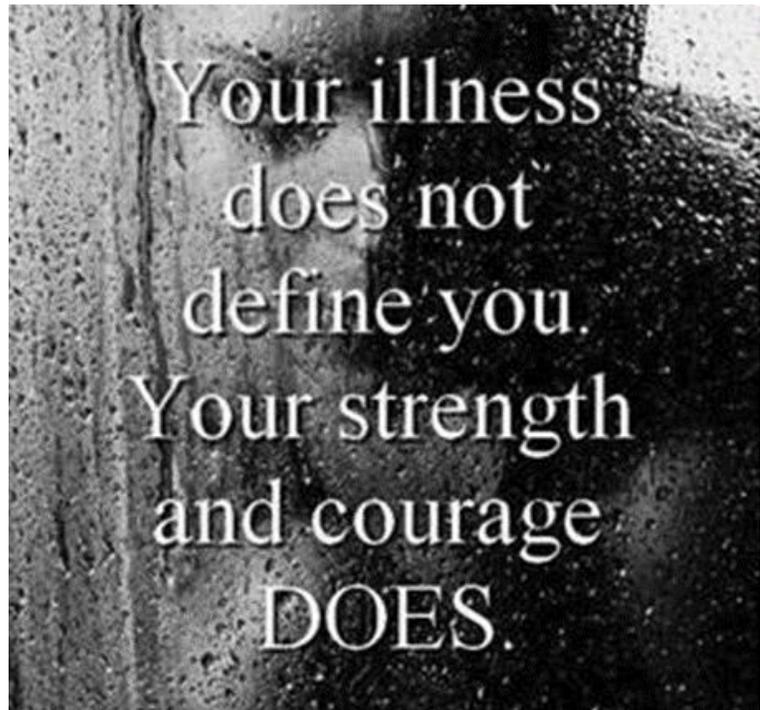
<https://www.ocmecca.org/events/mental-health-awareness-month-english/>

Please call Martha Sanchez directly if you have any questions at: (714) 898-0203 or email: m.sanchez@abrazarinc.com

Abrazar is proud to be hosting a Mental Health Awareness workshop by starting off with this English based workshop. During this workshop, participants will learn about important facts and statistics to raise awareness about mental health, reduce stigma associated with mental illness, and promote healthy seeking behaviors. This is a great time for the participants to discuss their mental health and the facilitators will provide resources for those in attendance.

“No matter how much it gets abused, the body can restore balance. The first rule is to stop interfering with nature.”

DEEPAK CHOPRA



12

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

Selena Gomez

Social Media and Mental Health

TIME: 1:00 p.m. – 2:00 p.m.

WHERE: OCAPICA – Zoom

Registration link:

<https://hipaa.jotform.com/wellnessesity400/social-media-mental-health-may-11>

For more information, please visit the website at
www.ocapica.org

Please email Alysha if you have any questions:
akim@ocapica.org

The O&E Team will be hosting a virtual presentation on the topic of Social Media and Mental Health during Mental Health Awareness Month. The facilitator will explore the benefits and challenges that social media presents to our mental health and overall well-being through the ongoing pandemic, as well as tips and strategies to leverage social media usage for healthier and stronger social connections.

Mental Health School Outreach

TIME: 3:00 p.m. – 4:00 p.m.

WHERE: Paul Revere Elementary
140 W. Guinida Ln.
Anaheim, CA 92805

For more information, please visit
www.westernyouthservices.org

Please call Outreach and Engagement at
(714) 517-7107 or email o&erequests@wysoc.org

The O&E Team will be going out to elementary schools to inform the community about MHA month and the benefits of practicing self-care. The specialists will invite participants to visit the resource center in order to gather additional support resources. The O&E team will answer any questions and conduct one-on-ones for skill building as needed/requested by participants.

FOR MENTAL HEALTH & SUBSTANCE USE DISORDER RESOURCES AND SERVICES

<https://ocovid19.ochealthinfo.com/mental-health-support>

May is Mental Health Awareness month. Learn more at OCNavigator.org

12

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

Elyn R. Saks

Platicando con Promotores: Apoyando la salud mental de su hijx LGBTQIA+
(Chatting with Promotores: Supporting your LGBTQIA+ Child’s Mental Health)

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

WHERE: Virtual Event

Join Zoom Meeting

[Platicando con Promotores: apoyando la salud mental de su hijx](#)

Meeting ID: 816 2865 5173

Passcode: 144347

Facebook Live: @LatinoHealthAccess

For more information, please visit our Facebook and Instagram pages @LatinoHealthAccess

Please contact Lalo Perez if you have any questions:
(714) 542-7792 Ext. 1047 or
Email: lperez@latinohealthaccess.org

Latino Health Access will be hosting Khloè Ríos-Wyatt, CEO/Founder of Alianza Translatinx, to present on the common mental health challenges that exist among our LGBTQIA youth, especially after having experienced a worldwide pandemic. Most importantly this presentation will highlight what you can do as a parent, peer, teacher, mentor, etc. to support youth in identifying these challenges and seeking support.

The facilitators will offer a Q&A at the end of the presentation to answer any questions, needed/requested by participants.

Presentation will be in Spanish. English translation will be offered in the Zoom room.

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>

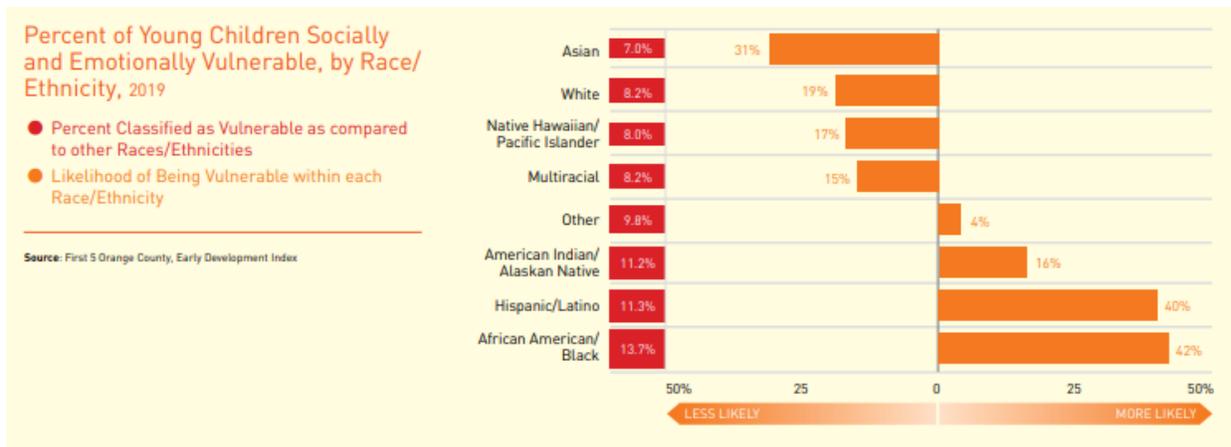
13

Chorus Line Mental Health Panel

TIME: 3:00 p.m. – 4:00 p.m.

WHERE: <https://www.facebook.com/thelagunaplayhouse>

A mental health discussion concerning the themes of TAY mental wellness involving body image, self-esteem, creative and professional perfection, and pressure from family expectation. The panel will include a counselor from Vera’s Sanctuary, some TAY representatives, and additional participants still in the works.



SOURCE: The 27th Annual Report on the CONDITIONS of CHILDREN in Orange County, page 37.
https://www.ssa.ocgov.com/sites/ssa/files/2021-11/27th%20Annual%20Conditions%20of%20Children_With%20Supplemental%20Tables_0.pdf

“We just need to be kinder to ourselves. If we treated ourselves the way we treat our best friend, can you imagine how much better off we would be?”

MEGHAN MARKLE

13

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

NOAM
SHPANCER
PHD

Finding peace in the practice of mindfulness

TIME: 11:00 a.m. - 12:30 p.m.

WHERE: Virtually on Zoom: [https://us06web.Zoom.us/Finding Peace](https://us06web.zoom.us/j/8441111111)

This workshop will establish different strategies that will be used to bring about a peaceful mind through the practice of mindfulness. Points of reference will be noted based on the practice of yoga and the essential parts of the practice and of its contributions to a healthy mind. Reducing anxiety strategies and concentration will be discussed in this workshop. The last 15 minutes will be a Q&A session responding to any interest from the audience.

Please contact Halleh if you have any questions:
hnia@omidinstitute.org

Mental Health School Outreach

TIME: 3:00 p.m. – 4:00 p.m.

WHERE: Westmont Elementary
1525 W. Westmont Dr.
Anaheim, CA 92801

For more information, please visit
www.westernyouthservices.org

Please call Outreach and Engagement at
(714) 517-7107 or email o&erequests@wysoc.org

The O&E Team will be going out to elementary schools to inform the community about MHA month and the benefits of practicing self-care. The specialists will invite participants to visit the resource center in order to gather additional support resources. The O&E team will answer any questions and conduct one-on-ones for skill building as needed/requested by participants.

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

Rupi Kaur

13

Social Post from CalMHSAs: Learn more by looking at the website.

TIME: 10:00 a.m.

WHERE: Orange County Student Mental Health Social media

- Facebook: <https://www.facebook.com/oc.smh/> (@oc.smh)
- Twitter: https://twitter.com/oc_smh (@oc_smh)

Instagram: https://www.instagram.com/oc_smh/ (oc_smh)

FOLLOW WITH: [Tip Sheet for Families: Youth Suicide and Mental Health Concerns During Covid-19](#) – “Use the OC Resource Directory’s Tip Sheet for Families to learn the signs and symptoms of mental distress and help prevent suicide in a time of increased stress. Take positive, preventative action to protect mental health! Free printing and shipping available!”

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>)

13

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

UNKNOWN

Mental Health Awareness Month Outreach

TIME: 9:00 a.m. – 1:00 p.m.

WHERE: Mile Square Park Farmers’ Market
16801 Euclid St.
Fountain Valley, CA 92708

Please call Brianna if you have any questions at
(714) 636-1349 or
Email: briannad@apaitonline.org

For Mental Health Awareness month, the O&E Team will table at the Farmers’ Market at Mile Square Park. At the table, the O&E specialists will offer mental health screenings at no-cost, and provide psychoeducation for participants about mental health related topics. Additionally, the O&E specialists will be providing promotional give-aways related to mental health as well as COVID-19 Antigen Rapid Tests. The specialists will also conduct one-on-ones for skills-building as needed/requested by participants.

“Open Mic” Night – Spoken Word Presentations with the Laguna Playhouse

TIME: 7:00 p.m. - 9:00 p.m.

WHERE: The Laguna Playhouse Brick Room

Please call Erin O’Flaherty if you have any questions: (949) 500-0508 or email: eoflaherty@lagunaplayhouse.com

The ‘Open Mic’ Night Event will begin with two workshops led by Laguna Playhouse Teaching Artist Arizsia Staton. Through the workshop process, the participants will develop spoken word pieces of 1 to 2 pages. These pieces will be presented to the OC Health Care Agency before the presentation night on May 13. The workshops will take place on April 29 and May 6 from 5 to 7 pm at the Laguna Playhouse. Coffee and pastries will be served for participants and guests.

Elderly LGBTQ people experience
increased isolation and lack of services.

SOURCE:

http://www.ocalthiertogether.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 OCNavigator.org

14



Take Action for Mental Health

TIME: 11:00 a.m. – 1:00 p.m.
WHERE: Santa Ana Zoo
1801 E. Chestnut Avenue
Santa Ana, CA 92701

For more information or questions/concerns, please contact Tatiana Restrepo
Phone: (714) 361-4381
Email: Tatiana-Restrepo@olivecrest.org

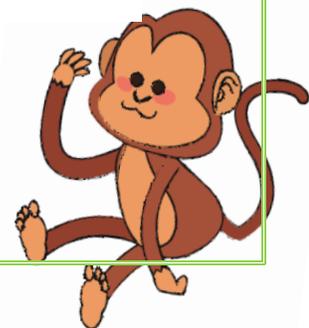
Olive Crest's Parenting Education Program will be hosting a Mental Health resource fair and fun for the whole family at the Santa Ana Zoo. There will be various agencies providing resources, mental health activities for all ages, games, giveaways, and guest speakers who will present on the importance of mental health in ourselves and how we can be better equipped to talk about mental health with our family and loved ones. There will be a no-cost admission to the zoo for up to 500 people.

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>



14

Talk Saves Lives (Spanish Presentation)

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

WHERE: Contact us to register (Zoom links for virtual presentations will be provided after you register)

www.hoag.org/mental-health

Hoag Mental Health Center
(949) 764-6542

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.

Unlocking Stigma Fair

TIME: 11:30 a.m. – 3:00 p.m.

WHERE: Bowers Museum, 2002 N. Main St, Santa Ana, CA 92706

The Priority Center's O&E program will be partnering with Norooz Clinic to celebrate Mental health Awareness month for its no-cost fair on stigma reduction.



"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

14

2022 Virtual LGBTQ Youth Convening

TIME: 11:00 a.m. – 2:00 p.m.

WHERE: Virtual – Registration is available here: bit.ly/lgbtqconvening22

Please call Stephanie if you have any questions: (714) 953-5428.
Email: stephanie.vandyke@lgbtqcenteroc.org

The LGBTQ Center OC is excited to announce its upcoming 2022 Virtual LGBTQ Youth Convening, a free two-day online conference that is organized and led by youth leaders from Youth Empowered to Act, a coalition of lesbian, gay, bisexual, transgender, and queer (LGBTQ) student leaders and their allies devoted to gender, racial, reproductive, and restorative justice issues in Orange County.

This year's theme is Comm(Unity)!

The 2022 Virtual LGBTQ Youth Convening will take place over two consecutive Saturdays in May (May 14 and May 21). Each conference session will have a dedicated topic of the day, focused on mental health and education (May 14) and intersectionality and equity (May 21). Each day will take place 11:00 a.m. - 2:00 p.m. Pacific Time.

This event is open to all ages and backgrounds, such as but not limited to: youth, students, parents, guardians, families, school staff and administrators, counselors, professionals, and community members and organizers. Each day, we will provide three tracks with educational workshops geared towards youth, parents and families, and educators and professionals.

We invite the entire community—whether at the local, state-wide, and national level—to experience two webinars complete with influential speakers, workshop presenters, and organizations working to provide affirming practices to create inclusive and intersectional spaces for LGBTQ youth in Orange County and beyond.

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

Lemony Snicket
The Blank Book

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

SOURCE: [CDC: U.S. Adult Mental Illness Surveillance Report](https://www.cdc.gov/mmwr/rr/rr201901a1.htm)

14

Viet-Am Community Mental Health and AAPI Heritage Event

TIME: 10:00 a.m. – 11:30 a.m.

WHERE: Mile Square Park – Freedom Hall
16801 Euclid St.
Fountain Valley, CA 92708

For more information, please email or call Rebecca Park

Email: rpark@ocapica.org

Phone: (714) 499-4623

Join us for a mental health event in where we will be joined by Dr. Mai-Phuong Nguyen and Dr. Suzie Xuyen Dong-Matsuda, facilitated by Dr. Clayton Chau. Dr. Mai-Phuong Nguyen will speak on her own personal journey navigating mental health services.

This event will be conducted in Vietnamese. All are welcome!

“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

16

**Apoyando a sus jóvenes en las transiciones Universitarias/Profesionales
(Supporting your youth during College/Career transitions)**

TIME: 9:00 a.m. - 12:00 p.m.

WHERE: Latino Health Access
450 W. 4th St.
Santa Ana, CA 92701

For more information, please visit our Facebook and Instagram pages @LatinoHealthAccess

Please contact Lalo Perez if you have any questions:
(714) 542-7792 Ext. 1047 or
Email: lperez@latinohealthaccess.org

Latino Health Access will be partnering with local college access nonprofit, Achievement Institute for STEM Scholars (AISS), in a presentation to families and caregivers on the most common challenges for youth transitioning from high school to college and how they can seek support for their youth during this integral time. Most importantly, the topic of mental health will be highlighted as a primary focus area.

Additionally, US Bank will be providing families an opportunity to engage in conversations of financial literacy to prepare for college.

The facilitators will offer a Q&A at the end of the presentation to answer any questions, needed/requested by participants.

Presentation will be in Spanish. Simultaneous English translation will be offered.

*“Tough love
doesn’t work.
Turns out
that just good
old ‘love’
is enough.”*

Matt Haig
Reasons to Stay Alive

“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

16

**“In the midst of
chaos, there is also
opportunity.”**

SUN TSU

Homework Halftime – See the Sights

TIME: 12:00 p.m. – 12:20 p.m.

WHERE: Instagram Live: @nami_oc

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

Please call Breann if you have any questions: (714)544-8488 or email: bdurham@namioc.org

Finals are stressful but study breaks aren't! Take a short study break with NAMI-OC. Take part in a variety of stress busting activities and put your mental health first this study season!

Join Breann on Instagram Live as she takes us on a stroll through New York City. Get a bird's eye view of her favorite study break spots in the big city.

Stressors in the API Community

TIME: 10:00 a.m. – 11:00 a.m.

WHERE: OCAPICA – Zoom

Registration link:

<https://hipaa.jotform.com/wellnesscity400/stressors-api-community-may-16>

For more information, please visit the website at:
<https://www.ocapica.org/>

Please call Randy Ear if you have any questions
Email: rear@ocapica.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

“The only journey is the journey within.”

Rainer Maria Rilke



16

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

ADAM ANT

Mental Health School Outreach

TIME: 2:15 p.m. – 3:15 p.m.
WHERE: Adelaide Price Elementary
1516 W. North St.
Anaheim, CA 92801

For more information, please visit
www.westernyouthservices.org

Please call Outreach and Engagement at
(714) 517-7107 or email o&erequests@wysoc.org

The O&E Team will be going to elementary schools to inform the community about MHA month and the benefits of practicing self-care. The specialists will invite participants to visit the resource center in order to gather additional support resources. The O&E team will answer any questions and conduct one-on-ones for skill building as needed/requested by participants.

Homework Halftime – See the Sights

TIME: 12:00 p.m. – 12:20 p.m.
WHERE: Instagram Live - @nami_oc

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

Please contact Breann if you have any questions: (714) 544-8488 or email: bdurham@namioc.org
Finals are stressful but study breaks aren't! Take a short study break with NAMI-OC. Take part in a variety of stress busting activities and put your mental health first this study season!

Join Breann on Instagram Live as she takes us on a stroll through New York City. Get a bird's eye view of her favorite study break spots in the big city.

**“When ‘I’ is replaced by ‘we’
even ‘illness’ becomes ‘wellness.’”**

—Malcolm X

17

“Health
is a state
of body.

Wellness
is a state of
being.”

J. STANFORD

Contigo: Together in Rising – Virtual Faire in Partnership with TPC and OCAPICA

TIME: 3:00 p.m. – 7:00 p.m.

WHERE: Online at
<http://contigo-together-in-rising.easyvirtualfair.com>

Please contact Emily if you have any questions: (949) 595-8610 or

Email: emily.wang@westernyouthservices.org

The O&E Collaborative will be hosting a two-day virtual conference at no-cost to Orange County community members to celebrate Mental Health Awareness Month. The theme of the event will be RESILIENCY, and we will be actively engaging our communities through this virtual platform with a variety of offerings that include but are not limited to: 3-4 live workshops per day, live conversations with staff at virtual booths, referrals/linkages, and more!

The virtual event will be focused on stigma reduction through virtual live educational interactive webinars, 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.

Healthy Steps (Bilingual Presentation in English/Spanish):

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

WHERE: Contact us to register: www.hoag.org/mental-health
Hoag Mental Health Center
(949) 764-6542

307 Placentia Ave.
Newport Beach, CA 92663

Stroller walk with other parents and caregivers for children ages (infants-3 years old). Group will focus on the benefits of exercise and mental health. This is an in-person group that will meet every Tuesday in May. Participants will meet at the Center and walk to a nearby park.

17

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

C.S. Lewis

Gardening Workshop

TIME: 3:30 p.m. - 6:30 p.m.

WHERE: Orange County Children’s Therapeutic Arts Center
(OCCTAC)
2215 N. Broadway, #1
Santa Ana, CA 91706

This workshop will take place in-person.

For more information, please visit the website at:

<https://www.ocmecca.org/events/gardening-workshop-8/>

Please call Rosa Garcia directly if you have any questions at: (714) 264-5385 or email: rosag@occtac.org

The OCCTAC team will conduct an in-person gardening workshop for their participants. This will take place at their location. They will work together to plant the gardening kits while educating the participants on how planting can increase the quality of life, better mindset and other benefits of mental health for an individual. By doing this activity together, the participants can also socialize with others. After this workshop, the participants will bring the plant home and continue to care for it in the comfort of their own home, while practicing mental health care.

*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

17

So You're Thinking About Therapy

TIME: 2:00 p.m. - 3:00 p.m.

WHERE: Zoom Webinar

Come explore with Connect-OC and Dr. Jacqueline Mack-Harris what you can expect from therapy and the therapeutic process.

- What to know about selecting a therapist
- How you can advocate for yourself in therapy
- We'll also explore the intersection of therapy and culture, and why it's important for your therapist to be culturally competent and responsive.
- Learn what you can bring to therapy to get the most out of it.

For young adults 16 -24.

No cost to attend. Registration is required.

To register and receive the Zoom link or if you need more information or have questions please email David Paddison: dpaddison@p4w.org

*"Loving yourself
isn't vanity.
It's sanity."*

KATRINA MAYER

Young people are struggling most with their mental health. The proportion of youth ages 11-17 who accessed screening was 9% 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>

17

Directing Change California: The Tenth Annual Directing Change Screening and Award Ceremony

TIME: 7 p.m.

WHERE: Facebook Live: <https://fb.me/e/4iB3XD33p>
CalMHSA will be announcing and recognizing the statewide winning films in the Suicide Prevention and Mental Health Matters category at our 10th Annual Award Ceremony. Across the state, 22 films advanced to a second statewide round of judging. The first, second, and third place winners in each category will be announced and screened at the event. In addition, CalMHSA will also be screening and recognizing the 1st place statewide winners in our specialty categories: Through the Lens of Culture, Animated Short, Walk in Our Shoes, and Hope and Justice.

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>

17

“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

Mental Health School Outreach

TIME: 2:15 p.m. – 3:15 p.m.
WHERE: Horace Mann Elementary
600 W. La Palma Ave.
Anaheim, CA 92801

For more information, please visit www.westernyouthservices.org

Please call Outreach and Engagement at (714) 517-7107 or email orequests@wysoc.org

The O&E Team will be going out to elementary schools to inform the community about MHA month and the benefits of practicing self-care. The specialist will also invite participants to visit the resource center in order to gather additional support resources. The O&E team will answer any questions and conduct one-on-ones for skill building as needed/requested by participants.

Breaking Generational Trauma (Spanish Presentation)

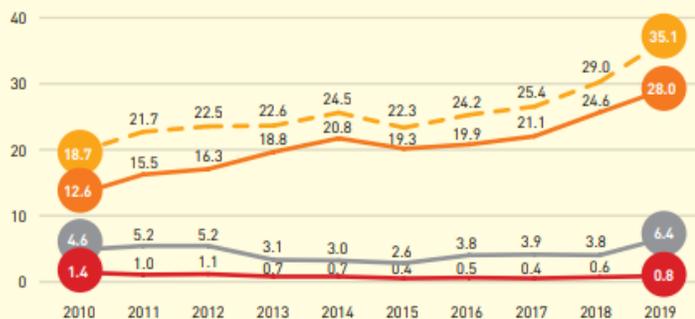
TIME: 5:30 p.m. - 7:00 p.m.
WHERE: Contact us to register: www.hoag.org/mental-health
Hoag Mental Health Center
(949) 764-6542
307 Placentia Ave.
Newport Beach, CA 92663

In-person workshop for adults to bring awareness to trauma and resiliency.

Mental Health and Substance Abuse-Related Hospitalizations, Rate per 10,000 Children, 2010 to 2019

--- Total
● Mental Illness
● Other
● Substance Abuse

Note: 'Other' includes mental disorders such as other unspecified mood disorders, conduct disorders and disorders related to sleep, eating, elimination and pain.
Source: Orange County Health Care Agency, Health Policy - Research



SOURCE: The 27th Annual Report on the CONDITIONS of CHILDREN in Orange County, page 37.
https://www.ssa.ocgov.com/sites/ssa/files/2021-11/27th%20Annual%20Conditions%20of%20Children_With%20Supplemental%20Tables_0.pdf

17

Cyberbullying and Digital Drama Plugged-in Parents: How to Keep Our Kids Safe, Happy and Healthy in the Digital Age

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

WHERE: Virtual
Zoom information below:

Join Zoom Meeting
<https://ocde.Zoom.us/j/85139905541>

Meeting ID: 851 3990 5541
Passcode: 450646

For more information, please visit the website at:
<https://ocde.us/PEI/Pages/Bullying-Prevention-Program.aspx>

Please call Jacquie Johnson if you have any questions:
(714) 966-4473 or email: jacquiejohnson@ocde.us

Orange County Department of Education will be hosting a 45-minute parent presentation on cyberbullying and digital drama. This training focuses on areas which include social media trends, information literacy, privacy and security, addressing and reporting cyberbullying and parent/child communication. Strategies and resources will be provided to navigate parenting in the digital age.

The facilitators will also offer an additional 15 minutes at the end of the training to answer any questions.

"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

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

Theodore Roosevelt

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“Contigo: Together in Rising” MHA Conference and Resource Fair

TIME: 8:30 a.m. – 12:00 p.m.

WHERE: Online at
<http://contigo-together-in-rising.easyvirtualfair.com>

The O&E Collaborative will be hosting a second day of virtual conference at no-cost to Orange County community members to celebrate Mental Health Awareness Month.

The virtual event will be focused on stigma reduction through virtual live educational interactive webinars, 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.

“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

Homework Halftime – Origami Making

TIME: 12:00 p.m. – 12:20 p.m.

WHERE: Instagram Live - @nami_oc

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

Please call Breann if you have any questions: (714)544-8488.

Email: bdurham@namioc.org

Finals are stressful but study breaks aren’t! Take a short study break with NAMI-OC. Take part in a variety of stress busting activities and put your mental health first this study season!

Join us on Instagram Live for origami making. You have all those notes from the end of the semester and what do you do with them? Well turn them into origami! Amy and Breann will walk you through how to repurpose your notes into origami works of art.

DID YOU KNOW:

Students who identified as gay, lesbian, or bisexual were more than twice as likely to report depression related feelings than their heterosexual classmates (63.5% to 27.0%).

SOURCE: The 27th Annual Report on the CONDITIONS of CHILDREN in Orange County.

[https://www.ssa.ocgov.com/sites/ssa/files/2021-](https://www.ssa.ocgov.com/sites/ssa/files/2021-11/27th%20Annual%20Conditions%20of%20Children%20With%20Supplemental%20Tables%200.pdf)

[11/27th%20Annual%20Conditions%20of%20Children%20With%20Supplemental%20Tables%200.pdf](https://www.ssa.ocgov.com/sites/ssa/files/2021-11/27th%20Annual%20Conditions%20of%20Children%20With%20Supplemental%20Tables%200.pdf)

May is Mental Health Awareness month. Learn more at OCNavigator.org

18

“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

Honest Hour – Stress vs Anxiety

TIME: 7:00 p.m. – 8:00 p.m.

WHERE: Instagram Live - @nami_oc

For more information, please visit the website at:

<https://www.namioc.org/honest-hour>

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

Honest Hour is a safe space to seek answers to your mental health questions and connect through shared experiences. This month our panel will share insights into the differences between stress and anxiety.

NAMI-OC’s Declassified Anxiety Survival Guide Podcast

TIME: For more information, please visit the website at:

<https://www.namioc.org/podcast-anxiety-survival>

Please call Breann if you have any questions: (714)544-8488. Email: bdurham@namioc.org

WHERE:

Spotify, Apple Podcasts, Google Podcasts, or your favorite podcast listening app

NAMI-OC’s Declassified Anxiety Survival Guide podcast is created by young adults for young adults to chat about mental health, pop culture, share self-care tips and more!

On this episode our hosts talk navigating the unknown! The older we get, there are more life changing decisions we must decide between. Yes, it can be scary but it fills our lives with all kinds of possibilities! Tune as we share some of the ways we have handled big life changes.

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

18

LGBTQ+ Identities and Mental Health Webinar

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

WHERE: APAIT - Zoom
12832 Garden Grove Blvd., Suite E
Garden Grove, CA 92843

For more information and to sign up, please visit the website at: <https://www.eventbrite.com/o/apait-outreach-and-engagement-30748861812>

Please call Brianna if you have any questions: (714) 636-1349 or email: briannad@apaitonline.org

During Mental Health Awareness Month, the APAIT O&E Team will be hosting a 60-minute presentation addresses LGBTQ identities and terminologies while discussing how these identities are impacted by trauma and social stressors. The O&E specialist will provide psychoeducation regarding this marginalized community. Participants will be encouraged to share their knowledge about the LGBTQ+ population and their experiences. In addition, the O&E Specialists and participants will work on how to effectively communicate with the LGBTQ+ community in an affirming and trauma-informed manner. 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.

*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

“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

18

Never let the opinions of others become the measure of your self-worth.

Intro to Mental Health and Navigating Resources

TIME: 11:00 a.m. – 12:00 p.m.

WHERE: OCAPICA – Zoom

Registration link:

<https://hipaa.jotform.com/wellnessesity400/mental-health-resources-may-18>

For more information, please visit the website at:

www.ocapica.org

Please call Joanne Chung if you have any questions: (844) 530-0240 or Jchung@ocapica.org

OIS Joanne Chung will be facilitating a virtual presentation about navigating mental health services to better educate community members about utilizing mental health resources.

Mental Health School Outreach

TIME: 1:00 p.m. – 2:00 p.m.

WHERE: John Marshall Elementary
2066 W. Falmouth Ave.
Anaheim, CA 92801

For more information, please visit

www.westernyouthservices.org

Please call Outreach and Engagement at

(714) 517-7107 or email orequests@wysoc.org

The O&E Team will be going out to elementary schools to inform the community about MHA month and the benefits of practicing self-care. The specialist will also invite participants to visit the resource center in order to gather additional support resources. The O&E team will answer any questions and conduct one-on-ones for skill building as needed/requested by participants.

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>

18

How to Cope with Loneliness and Depression

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

WHERE: This workshop will take place virtually at:
[https://us06web.Zoom.us/j/81993241695](https://us06web.zoom.us/j/81993241695)

For more information, please visit the website at:
<https://www.ocmecca.org/events/how-to-cope-with-loneliness-and-depression/>

Please call Susan Lee directly if you have any questions at: (714) 449-1125 or email: sulee@kcsinc.org

Korean Community Services (KCS)
7212 Orangethorpe Ave., Suite 8
Buena Park, CA 90621

The KCS team will host a workshop that talks about how to cope with loneliness and depression in elderly adults. Participants will engage in discussion topics about depression and learn how to recognize it, and ways to cope such as volunteering, strengthening existing relationships, and practicing self-care. Participants can discuss and help each other with tips on things they can do to uplift their moods. The facilitator will provide helpful resources that participants can utilize after the workshop.

“Wellness encompasses a healthy body, a sound mind and a tranquil spirit. Enjoy the journey as you strive for wellness.”

LAURETTE GAGNON
BEAULIEU

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>

18

Gardening Workshop

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

WHERE: This workshop will take place virtually at:
[https://us06web.Zoom.us/j/81993241695](https://us06web.zoom.us/j/81993241695)

For more information, please visit the website at:
<https://www.ocmecca.org/events/gardening-workshop-9/>

Please call Susan Lee directly if you have any questions at:
(714) 449-1125 or email: sulee@kcsinc.org

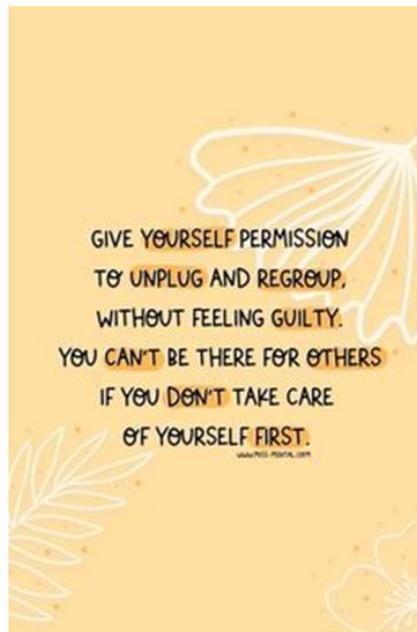
Korean Community Services (KCS)
7212 Orangethorpe Ave., Suite 8
Buena Park, CA 90621

KCS will be hosting a gardening workshop for their participants. They will provide gardening kits and identify how gardening promotes positive mental health. Interacting with nature puts the mind more in touch with the community, improves the human perceptions of emotional, psychological, and social benefits. Participants will also improve their motor skills by engaging in activities such as digging, pulling, and planting. Being outdoors and exposed to sunshine and Vitamin D will synthesize serotonin, which can induce happiness.

**Mental illness
matters.
Talking about it
matters.
Warning signs
matter.
Addressing your
ghosts matters.**

**YOU matter. And
you are precious**

UNKNOWN



18

Never
let a stumble
in the road
be the end
of the
journey

Gardening for Mental Well-being Workshop

TIME: 11:00 a.m. - 2:00 p.m.
WHERE: Access California Services
631 S. Brookhurst St., Suite 107
Anaheim, CA 92804

This workshop will take place in-person.

For more information, please visit the website at:
<https://www.ocmecca.org/events/gardening-workshop-gardening-for-mental-wellbeing/>

Please call Nadia Abdalla directly if you have any questions at: (714) 971-0440 or email: nadiaa@accesscal.org

The team at AccessCal will host a gardening workshop for mental well-being. Gardening can improve many aspects of mental health, focus, and concentration. It also improves mood by being in the sun and nature and soaking up Vitamin D. It can make participants feel at peace and content and reduce negative thoughts and feelings. Participants will also be able to improve their fine motor skills through digging, pulling, and planting their flowers. At the end of the workshop, participants will be able to take home their newly planted flowers.

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>

18

Gardening Kit Workshop

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

WHERE: This class will take place virtually at:
Zoom Meeting ID: 849 214 2017 Passcode: 435710

For more information, please visit the website at:
<https://www.ocmecca.org/events/gardening-workshop-10/>

Please call Hoang Khang Nguy directly if you have any questions at: (714) 620-7062 or email:
hknguy@southlandintegrated.org

Southland Integrated Services (SIS)
9862 Chapman Ave.
Garden Grove, CA 92841

The team at Southland will be hosting a gardening kit workshop. This workshop will help participants explore the many interventions from gardening to mental health. Gardening can improve gross and fine motor skills by building endurance and dexterity while digging, pulling weeds, planting seeds, and moving dirt. In addition, gardening can improve many aspects of mental health, focus, and concentration. It will help improve participants' moods as they feel more peaceful and content while also reducing negative thoughts and feelings.

Sometimes the people
around you won't
understand your journey.

They don't need to, it's not
for them.

- JOUBERT BATHA

FULLS flourishing

*"Feelings come and go like clouds in a windy sky.
Conscious breathing is my anchor."*
Thich Nhat Hanh

18

**YOUR
FEAR
OF**
stigma
**IS PART
OF THE
ILLNESS**

Achievement Tracking

TIME: 1:00 p.m. – 3:00 p.m.

WHERE: Virtually on Zoom

Join Zoom Meeting

Meeting ID: 871 8363 5142

Passcode: 223677

For more information and to RSVP, please reach out to Carolin Zavalza at czavalza@coasc.org or (714) 352-8825

This group will begin with an informative presentation focused on the importance of recognizing personal achievements and how these correlates to mental health. Participants will then talk about the achievements they are most proud of, whether it be an achievement of their day, week or a life. Group facilitator will ask attendees to highlight what they felt after completing the achievement(s) and remind them of their capabilities. At the end, participants will add one positive comment, with the goal of uplifting their mood and spread kindness, which is instrumental to mental health.

Chair Yoga for Mental Wellness

TIME: 11:00 a.m. - 12:00 p.m.

WHERE: Virtually on Zoom

Join Zoom Meeting

<https://us06web.zoom.us/j/83669150886>

Meeting ID: 836 6915 0886

For more information and to RSVP, please reach out to Christine Tran-Le at ctranle@coasc.org or (714) 352-8836

Staff will facilitate chair yoga exercises and share breathing methods to attendees whilst relating to mental health concerns so that they can utilize the chair yoga exercises and breathing methods to cope with their mental health.

18

THE ORANGE FOLDER

TIME: 10:00 a.m.

WHERE: Orange County Student Mental Health social media

- Facebook: <https://www.facebook.com/oc.smh/> (@oc.smh)
- Twitter: https://twitter.com/oc_smh (@oc_smh)

Instagram: https://www.instagram.com/oc_smh/ (oc_smh)

Social Post from CalMHSA: Look at the website for resources; [The Orange Folder](#) – “Not sure what to do when you see a student in distress? Check out the OC Resource Directory’s recently released tool, the Orange Folder. The Orange Folder helps you make an action plan to support students in distress. Free printing and shipping available!”

“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

18

OC Student Mental Health Orange Folder for MHA Month Announcement

TIME: 10:00 a.m.

WHERE: *The HUB newsletter* - <https://ocstudentmentalhealth.org/the-hub-community-networking-newsletter/>
Subscribe [here](#)

FOR MORE
RESOURCES
VISIT



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

This May, as part of our month-long campaign to Take Action for Mental Health, the Orange County Student Mental Health Project invites you to use the Orange Folder to promote well-being within your school community. The Orange Folder is a comprehensive tool to help educators, school staff, and administrators identify students who may be experiencing mental health challenges and get them the services they need.

Designed to be printed out and used in educational settings, the Orange Folder contains:

- Essential information on recognizing warning signs
- Decision trees for determining next steps
- Tips and scripts for communicating effectively with students

In addition to offering standardized guidance, the Orange Folder can also be customized to include tailored information about:

- Your school or district's referral process
- Specific resources available in your district and community

A mental health crisis can be prevented by identifying early signs of distress and connecting students to the appropriate supports. Use the Orange Folder to learn the signs, start conversations, and intervene successfully.

[ACCESS THE ORANGE FOLDER INITIATIVE >](#)

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

Brian Tracy

18

“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

BE WELL WEDNESDAY SERIES: Recovery & Resiliency Panel

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

WHERE: Join us for week three of our four-part webinar series. In recognition of May as Mental Health Month, Be Well OC and the OC Health Care Agency invite you to the second annual Be Well Wednesdays webinar series. Over four weeks in May, we are hosting an array of panelists and speakers to discuss important nuances of mental health and to teach you practical steps toward wellness for yourself and others.

Register here:

[https://us02web.zoom.us/webinar/register/Recovery and Resiliency](https://us02web.zoom.us/webinar/register/Recovery%20and%20Resiliency)

This week of Be Well Wednesdays highlights those who have lived experience of behavioral health-related issues. A panel of special guests share their stories of resiliency and what helped them out of darkness.

Please email Brandan Soltes at Brandan.soltes@mind-oc.org if you have any questions.



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Gardening Workshop (Spanish Presentation)

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

WHERE: Abrazar, Inc., Midway City Community Center
14900 Park Ln.
Midway City, CA 92655

This activity will take place virtually at:

meet.google.com/ggg-vznc-dyb

For more information, please visit the website at:

<https://www.ocmecca.org/events/gardening-spanish/>

Please call Martha Sanchez directly if you have any questions at: (714) 898-0203 or email: m.sanchez@abrazarinc.com

The Abrazar team will host a gardening workshop in Spanish. In this workshop, participants will learn about gardening and its benefits to reduce and improve their mental health. They will engage in potting soil activity that will help in promoting a “growth mindset.” This workshop will help improve participants’ moods as it is a social activity and being around nature and soaking up Vitamin D from the sun. They will also improve their fine motor skills through the planting activity. After, participants will be able to take home their newly potted plants.



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.ochealthiertogether.org/content/sites/ochca/Local_Reports/Kaiser_OC_Mental_Health_Convening_Summary_Report_2017-11-17.pdf

19

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

Cammie McGovern

Mental Health Video and Discussion

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

WHERE: This workshop will take place virtually at:
[https://us02web.Zoom.us/j/88678505926](https://us02web.zoom.us/j/88678505926)

For more information, please visit the website at:
<https://www.ocmecca.org/events/mental-health-video-and-discussion/>

Please call Sokol Roeun directly if you have any questions at: (714) 571-1966 Ext. 112 or email:
sokolr@cambodianfamily.org

The Cambodian Family (TCF)
1626 E. 4th St.
Santa Ana, CA 92701

The EISOA team at TCF will be hosting a 7-minute video of how case managers take care of mental health during May Mental Health Awareness month. After sharing the video, the team will provide discussion time for the participants to share their way of taking care of their mental health. This will open conversations on mental health and how they can take care of themselves. The facilitator will also offer a questions and answer section and resources at this time.

“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

19

“You miss
100% of the
shots you
don’t take.”

Michael Jordan

Gardening Workshop

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

WHERE: This activity will take place virtually at:
meet.google.com/vdn-npck-rir

For more information, please visit the website at:
<https://www.ocmecca.org/events/gardening-english/>

Please call Martha Sanchez directly if you have any questions
at: (714) 898-0203 or email: m.sanchez@abrazarinc.com

The Abrazar team will host a gardening workshop in English. In this workshop, participants will learn about gardening and its benefits to reduce and improve their mental health. They will engage in potting soil activity that will help in promoting a “growth mindset.” This workshop will help improve participants’ moods as it is a social activity and being around nature and soaking up Vitamin D from the sun. They will also improve their fine motor skills through the planting activity. After, participants will be able to take home their newly potted plants.



19

“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

Mental Health School Outreach

TIME: 2:15 p.m. – 3:15 p.m.

WHERE: Olive Crest Elementary
890 S. Olive St.
Anaheim, CA 92805

For more information, please visit
www.westernyouthservices.org

Please call Outreach and Engagement at
(714) 517-7107 or email orequests@wysoc.org

The O&E Team will be going out to elementary schools to inform the community about MHA month and the benefits of practicing self-care. The specialist will also invite participants to visit the resource center in order to gather additional support resources. The O&E team will answer any questions and conduct one-on-ones for skill building as needed/requested by participants.

Knowledge Forum: How to Support Your Loved One with a Mental Health Condition

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

WHERE: Virtual Presentation via Zoom.

To sign up, visit namiocevents.eventbrite.com or contact Chris Pionke at cpionke@namioc.org or (714) 544-8488

Dave Dicken, Crisis Counselor at Crisis Text Line and Director of Recruiting at Rockside Ranch, offers insight on best practices for communicating, empathizing, and understanding your loved one with a mental health condition and ways you can find connection and peace with your loved one.

“Tough times never last, but tough people do!”
Robert Schuller

19

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

Confucius

Kindness ROCKS tabling

TIME: 1:00 p.m. ~ 3:00 p.m.

WHERE: Boys & Girls Club of Santa Ana
950 W. Highland St.
Santa Ana, CA 92703

Participants will receive a list of local resources and have an opportunity to decorate a "kindness" rock to either keep or place in a public area for others to find. As a random act of kindness, they will be encouraged to paint inspirational messages or pictures on the rocks.



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>

20

You are
not
your illness.
You have a name,
a history,
a personality.
Staying yourself is
the battle.

Food Distribution with Mix Academy

TIME: 1:30 p.m. – 4:00 p.m.

WHERE: 1010 W. 17th Street
Santa Ana, CA 92706

The Priority Center’s O&E program will be partnering with Mix Academy to celebrate Mental health Awareness month through a food distribution open to all Orange County residents.

Mental Health School Outreach

TIME: 2:15 p.m. – 3:15 p.m.

WHERE: Orange Grove Elementary
1000 S. Harbor Blvd.
Anaheim, CA 92805

For more information, please visit
www.westernyouthservices.org

Please call Outreach and Engagement at
(714) 517-7107 or email o&erequests@wysoc.org

The O&E Team will be going out to elementary schools to inform the community about MHA month and the benefits of practicing self-care. The specialist will also invite participants to visit the resource center in order to gather additional support resources. The O&E team will answer any questions and conduct one-on-ones for skill building as needed/requested by participants.

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

Brian Tracy

21

Just Dance

TIME:

11:00 a.m. – 12:00 p.m.

WHERE:

Orangethorpe Elementary School
1400 S. Brookhurst Rd.
Fullerton, CA 92833

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

Join us at Orangethorpe Elementary School for a day of self-care and movement. Learn different dance styles from local crews and studios. Three groups will guide us step by step to learn the basics. Afterward show off what you learned during our freestyle dance off! This is perfect for beginners to experienced dancers. Let have fun and just dance!



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>

21

2022 Virtual LGBTQ Youth Convening

TIME: 11:00 a.m. – 2:00 p.m.

WHERE: Virtual – Registration is available here: bit.ly/lgbtqconvening22

Please call Stephanie if you have any questions: (714) 953-5428.
Email: stephanie.vandyke@lgbtqcenteroc.org

The LGBTQ Center OC is excited to announce its upcoming 2022 Virtual LGBTQ Youth Convening, a free two-day online conference that is organized and led by youth leaders from Youth Empowered to Act, a coalition of lesbian, gay, bisexual, transgender, and queer (LGBTQ) student leaders and their allies devoted to gender, racial, reproductive, and restorative justice issues in Orange County.

This year's theme is Comm(Unity)!

The 2022 Virtual LGBTQ Youth Convening will take place over two consecutive Saturdays in May (May 14 and May 21). Each conference session will have a dedicated topic of the day, focused on mental health and education (May 14) and intersectionality and equity (May 21). Each day will take place 11:00 a.m. - 2:00 p.m. Pacific Time.

This event is open to all ages and backgrounds, such as but not limited to: youth, students, parents, guardians, families, school staff and administrators, counselors, professionals, and community members and organizers. Each day, we will provide three tracks with educational workshops geared towards youth, parents and families, and educators and professionals.

We invite the entire community—whether at the local, statewide, and national level—to experience two webinars complete with influential speakers, workshop presenters, and organizations working to provide affirming practices to create inclusive and intersectional spaces for LGBTQ youth in Orange County and beyond.

“Don’t you
ever let a
soul in the
world tell you
that you can’t
be exactly
WHO YOU
ARE.” *Lady Gaga*

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>

21

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

John Green

Self-Care Olympics

TIME: 11:00 a.m. - 2:00 p.m.
WHERE: Orangethorpe Elementary School
1400 S. Brookhurst Rd.
Fullerton, CA 92833

For more information, contact Jordan Koehnke at jkoehnke@namioc.org or (714) 544-8488

This event is hosted by NAMI-OC, The Priority Center, and the Empowering Lives Foundation, all at no-cost to the community! This will be an event focusing on varying self-care practices, ranging from yoga, to dance lessons, and all the way to a chalk walk. The event is open for all outside community partners to attend, as we will host a space to provide resources.

Re-picturing Mental Health in our Community

TIME: 11:00 a.m. - 1:30 p.m.
WHERE: Carl Thornton Park
801 W. Sergerstrom Avenue
Santa Ana, California 92704

For more information, please visit our IG @c19RecoveryProject. Please call Felipe if you have any questions: (626) 603-5726. Email: Feliramirez@altamed.org

AltaMed’s Institute for Health Equity will be hosting an art mental health workshop titled “Re-picturing Mental Health in Our Communities” where individuals will learn about photography and how to re-picture mental health in their communities. A photographer will be brought in to walk youth through the creative process of developing art through photographs. The photographer will also talk about their own journey with mental health. Students will be able to walk away with an image that will be sent to print for them to keep for themselves. Students will walk away with a better understanding of how to reduce mental health stigmas within their own network and at their schools.

21

*"The secret of
change is to focus
all of your energy,
not on fighting the
old,
but on building the
new."*

SOCRATES

Angels Baseball Country Weekend Post-Game Concert with Josh Turner

TIME: Gates open 1.5- 2 hours before the game.
Game starts at 6:07 p.m.
Concert will start -30 minutes after end of game
Concert duration 45 minutes – 1 hour

WHERE: Angel Stadium
2000 Gene Autry Way
Anaheim, CA 92806

For more information to purchase tickets to the game and gain access to the post-game concert, please visit the website at: [Los Angeles Angels Schedule](#) | [Los Angeles Angels \(mlb.com\)](#)

OC HCA and OC4Vets are proud to present the Josh Turner Post-Game Concert at Angel Stadium on May 21st when the Angels take on the Oakland A's. People who purchase tickets to this game will be granted access to attend the post-game concert. Help show your support for the health and wellness of our country's Vets by stopping by one of the booths inside Angel Stadium during the game.

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

23

DID YOU
KNOW?

ADULTS
LIVING
WITH
SERIOUS
MENTAL
ILLNESS DIE
ON
AVERAGE
25 YEARS
EARLIER

Homework Halftime – DJ Study Jams

TIME: 12:00 p.m. – 12:20 p.m.

WHERE: Instagram Live - @nami_oc

For more information, please visit the website at:

<https://www.namioc.org/teens-young-adults>

Please call Breann if you have any questions: (714) 544-8488.

Email: bdurham@namioc.org

Finals are stressful but study breaks aren't! Take a short study break with NAMI-OC. Take part in a variety of stress busting activities and put your mental health first this study season!

Music is a great way to unwind and lift your spirits while cramming for finals. Not only that, but it can also help improve focus and give you the motivation needed to get through a long study session. Join Breann on Instagram Live as she demos how to put together the ultimate study time playlist. Get ready to share your top study tracks!

Minority Mental Health

TIME: 10:00 a.m. – 11:00 a.m.

WHERE: OCAPICA – Zoom

Registration link:

<https://hipaa.jotform.com/wellnessesity400/minority-mental-health-may-23>

To sign up, please visit the website at:

<https://www.ocapica.org/workshops.html>

If you have any questions, please contact Jazmine Garcia at jgarcia@ocapica.org

The O&E Team will be hosting a 30-minute presentation on learning how we can foster a safe space for our communities. This workshop will focus on how we can continue to support our communities of color, learn information on how we can support our communities and learn how we can help make a difference!

*You can cure stigma with compassion,
empathy and understanding.*

23

THE
BODY
ACHIEVES
THAT
WHICH THE
MIND
BELIEVES.

Stress Management and Positive Coping Skills Webinar

TIME: 1:00 p.m. – 2:00 p.m.

WHERE: OCAPICA – Zoom

Registration link:

<https://hipaa.jotform.com/wellnessesity400/stress-mgmt-coping-skills-may-23>

For more information, please visit the website at:

<https://www.ocapica.org/>

Please email Denisse Castro for any questions

Email: dcastro@ocapica.org

Join us today to learn 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!

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>

23

Stress and Anxiety: Coping During COVID-19 Webinar

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

WHERE: APAIT - Zoom
12832 Garden Grove Blvd., Suite E
Garden Grove, CA 92843

For more information and to sign up, please visit the website at:
<https://www.eventbrite.com/o/apait-outreach-and-engagement-30748861812>

Please call Brianna if you have any questions: (714) 636-1349.
Email: briannad@apaitonline.org

The O&E Team will be hosting a 60-minute presentation that addresses the importance of mental health during a pandemic, and adopting and/or maintaining healthy self-care practices. The O&E specialist will educate participants on the benefits of healthy coping skills and provide examples of physical, emotional, mental, and spiritual coping skills. Participants will be encouraged to identify different coping skills and self-care practices they can implement into their daily and/or weekly routine. 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.

"If your body's not right, the rest of your day will go all wrong. Take care of yourself."

V.L. ALLINEARE

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 24th Annual Report on the Conditions of Children in Orange County report.

23

MENTAL
ILLNESS CAN
BE TREATED.

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

SOURCE: CDC/MENTAL
HEALTH

Open Virtual ADULT Suicide Prevention Training

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

WHERE: Via Zoom – link provided upon registration

For questions or to register, please contact:

Joanna Constanza, Bilingual Training & Outreach Coordinator

Direct Line: (714) 989-8309

Email: jconstanza@didihirsch.org

Didi Hirsch Mental Health Services (DHMHS) Training & Outreach team will virtually host their ongoing monthly open virtual trainings. Our adult suicide prevention training is 90 minutes in length and is designed for adults by providing an overview of suicide prevention. Participants learn about the nature of suicide, suicide-related statistics, suicide risk factors and identifying invitations.



23

“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

Mental Health School Outreach

TIME: 1:30 p.m. – 2:30 p.m.

WHERE: Ponderosa Elementary
2135 S. Mountain View Ave.
Anaheim, CA 92802

For more information, please visit
www.westernyouthservices.org

Please call Outreach and Engagement at
(714) 517-7107 or email orequests@wysoc.org

The O&E Team will be going out to elementary schools to inform the community about MHA month and the benefits of practicing self-care. The specialist will also invite participants to visit the resource center in order to gather additional support resources. The O&E team will answer any questions and conduct one-on-ones for skill building as needed/requested by participants.

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>)

23

Calm Box

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

WHERE: Contact us to register: www.hoag.org/mental-health
Hoag Mental Health Center
(949) 764-6542
307 Placentia Ave.
Newport Beach, CA 92663

In-person workshop for children ages 6-12 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.

Suicide By The Numbers

- Suicide is the tenth leading cause of death in the U.S., 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 of out 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 use disorders are six times more likely to complete suicide than those without. The rate of completed suicide among men with alcohol/drug use problems is 2-3 times higher than among those without a problem. Women who misuse 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>

23

Social Post from CalMHSa: National Suicide Prevention Lifeline

TIME: 10:00 a.m.

WHERE: Orange County Student Mental Health social media

- Facebook: <https://www.facebook.com/oc.smh/> (@oc.smh)
- Twitter: https://twitter.com/oc_smh (@oc_smh)

Instagram: https://www.instagram.com/oc_smh/ (oc_smh)

FOLLOW WITH: [OC Crisis Resources](#) – “If you’re experiencing mental distress or worried for someone you care about, look no further—use the OC Resource Directory Team’s list of no-cost resources to get support during a crisis. Free printing and shipping available!”



Courage is not the absence of fear but doing something in spite of fear.

Unknown

23

Coping Plus (Spanish Presentation)

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

WHERE: Contact us to register: www.hoag.org/mental-health

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

In-person workshop for adults to learn healthy coping skills to manage stress and difficult emotions.

Don't let anyone
Dull
your

Sparkle!

KidshelPhone.ca

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>

24

“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*

The Impact of COVID on Long Term Mental Health Workshop

TIME: 3:30 p.m. - 5:00 p.m.

WHERE: OMID Multi-Cultural Institute of Development (OMID)
2101 Business Center Dr., Ste. 150
Irvine, CA 92612

This class will take place virtually at:
[Impact of COVID on MH](#)

For more information, please visit the website at:
<https://www.ocmecca.org/events/the-impact-of-covid-on-long-term-mental-health/>

Please call Halleh Nia directly if you have any questions at:
(949) 502-4721 or email: hnia@omidinstitute.org

The OMID team will be hosting a workshop discussing the impact of COVID on long term mental health workshop. In this workshop, participants will learn about different long-term effects on mental health due to COVID, depression, anxiety, insomnia, and other mental health disorders that have been extended through these times, and what they can do about it. Participants will engage in discussion topics together and the facilitator will provide mental health resources that participants can utilize.

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.ochealthiertogether.org/content/sites/ochca/Local_Reports/Kaiser_OC_Mental_Health_Convening_Summary_Report_2017-11-17.pdf

24

“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 School Outreach

TIME: 2:15 p.m. – 3:15 p.m.

WHERE: Betsy Ross Elementary
535 S. Walnut St.
Anaheim, CA 92802

For more information, please visit
www.westernyouthservices.org

Please call Outreach and Engagement at
(714) 517-7107 or email o&erequests@wysoc.org

The O&E Team will be going out to elementary schools to inform the community about MHA month and the benefits of practicing self-care. The specialist will also invite participants to visit the resource center in order to gather additional support resources. The O&E team will answer any questions and conduct one-on-ones for skill building as needed/requested by participants.

Healthy Steps (bilingual English/Spanish)

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

WHERE: Contact us to register: www.hoag.org/mental-health
Hoag Mental Health Center
(949) 764-6542
307 Placentia Ave.
Newport Beach, CA 92663

Stroller walk with other parents and caregivers of children ages (Infants-3 years old). Group will focus on the benefits of exercise and mental health. This is an in-person group that will meet every Tuesday in May. Participants will meet at the Center and walk to a nearby park.

“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

24

Talk Saves Lives (Spanish Presentation)

TIME: Virtual presentation 5:00 p.m. - 6:00 p.m.

WHERE: Contact us to register (Zoom links for virtual presentations will be provided after you register).

www.hoag.org/mental-health

Hoag Mental Health Center
(949) 764-6542
307 Placentia Ave.
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.

5 Action Steps for Helping Someone in Emotional Pain

 ASK "Are you thinking about killing yourself?"	 KEEP THEM SAFE Reduce access to lethal items or places.	 BE THERE Listen carefully and acknowledge their feelings.	 HELP THEM CONNECT Save the National Suicide Prevention Lifeline number 1-800-273-8255.	 STAY CONNECTED Follow up and stay in touch after a crisis.
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National Institute of Mental Health
www.nimh.nih.gov/suicideprevention

FOR MORE INFORMATION, VISIT:

<https://www.nimh.nih.gov/health/topics/suicide-prevention/index.shtml>

25

Gardening Kit Workshop

TIME: 2:00 p.m. - 4:00 p.m.

WHERE: This workshop will take place virtually at:
[https://us02web.Zoom.us/j/89845868482](https://us02web.zoom.us/j/89845868482)

For more information, please visit the website at:
<https://www.ocmecca.org/events/gardening-kit-workshop/>

Please call Sokol Roeun directly if you have any questions
at: (714) 571-1966 Ext. 112 or

Email: sokolr@cambodianfamily.org

The Cambodian Family (TCF)

1626 E. 4th St.

Santa Ana, CA 92701

The team at TCF will conduct a gardening kit workshop. The team will provide each attendee with a gardening kit that will assist them with planting flowers. In addition, participants will be able to paint their own flower points and discuss how gardening can help with their mental health such as improving their moods by being in nature and socializing with other participants. Gardening will also help strengthen the participants' fine motor skills by building endurance and dexterity.

mental illnesses
are

not

adjectives



FOR MORE INFORMATION,
VISIT: <https://directingchange.org/orangecounty>

25

“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

Group Therapy: Emotional Wellness

TIME: 1:00 p.m. - 3:00 p.m.

WHERE: This activity will take place virtually at:
[Emotional Wellness](#)

For more information, please visit the website at:
<https://www.ocmecca.org/events/group-therapy-emotional-wellness/>

Please call Nadia Abdalla directly if you have any questions at: (714) 971-0440 or email: nadiaa@accesscal.org
Access California Services
631 S. Brookhurst St., Suite 107
Anaheim, CA 92804

AccessCal will hold a group therapy session focused on Emotional Wellness. Emotional wellness is also known as emotional health. During this group therapy session, the facilitator will guide the attendees in their ability to successfully navigate the stress they face in a healthy and positive way. The facilitator will teach individuals to adapt and course-correct during difficult times such as loss, love and grief. This is a safe space for individuals to sit in the conversation, learn more and share their own challenges.

Race, Asian Americans, and Mental Health Workshop

TIME: 2:00 p.m. - 3:00 p.m.

WHERE: OCAPICA - Zoom
Registration link:
<https://hipaa.jotform.com/wellnessesity400/race-aa-mental-health-may-25>

Please email Nancy if you have any questions:
ntang@ocapica.org

OCAPICA Well(ness)esity will be hosting a 1-hour educational workshop discussing a brief history of race in the United States and the implication of racism on Asian Americans' mental health.

25

“Two things
can be true.
You can love
your family
and have
deep wounds
as a result of
your family
experiences.”

Nedra Glover Tawwab

Post-Traumatic Stress Responses and Coping Webinar

TIME: 1:00 p.m. – 2:30 p.m.

WHERE: APAIT - Zoom
12832 Garden Grove Blvd., Suite E
Garden Grove, CA 92843

For more information and to sign up, please visit the website at:
<https://www.eventbrite.com/o/apait-outreach-and-engagement-30748861812>

Please call Brianna if you have any questions at
(714) 636-1349 or
Email: briannad@apaitonline.org

During Mental Health Awareness Month, the APAIT O&E Team will be hosting a 60-minute presentation to discuss post-traumatic stress responses and how to cope with them. The O&E Specialist will define post-traumatic stress responses and identify coping skills that participants implement into their daily and/or weekly routines to reduce mental and emotional impact. The O&E specialist will coach participants on deep-breathing exercises. 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.

Intro to Mental Health and Navigating Resources

TIME: 10:30 a.m. – 11:30 p.m.

WHERE: OCAPICA – Zoom
Registration link:
<https://hipaa.jotform.com/wellnessesity400/mental-health-resource-may-25>

For more information, please visit the website at:
www.ocapica.org

Please call Joanne Chung if you have any questions: (844) 530-0240 or Jchung@ocapica.org

OIS Joanne Chung will be facilitating a virtual presentation about navigating mental health services to better educate community members about utilizing mental health resources.

25

“You don’t
need to find
a lesson in
your
trauma.”

*Jordan Pickell,
MCP RCC*

Mental Health School Outreach

TIME: 1:00 p.m. – 2:00 p.m.

WHERE: Stoddard Elementary
1841 9th St.
Anaheim, CA 92802

For more information, please visit
www.westernyouthservices.org

Please call Outreach and Engagement at
(714) 517-7107 or email orequests@wysoc.org

The O&E Team will be going out to elementary schools to inform the community about MHA month and the benefits of practicing self-care. The specialist will also invite participants to visit the resource center in order to gather additional support resources. The O&E team will answer any questions and conduct one-on-ones for skill building as needed/requested by participants.

Hub of Hope

TIME: 1:00 p.m. – 4:00 pm.

WHERE: Hub of Hope
611 Ford Ave.
Fullerton, CA 92832

For more information, please visit the website at:
www.ocapica.org

Please call Joanne Chung if you have any questions:
(844) 530-0240 or email jchung@ocapica.org

Outreach and Engagement team will table at a food distribution site offering program flyers, coping skill activities and community resources.

*“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

25

"In any given moment, we have two options: to step forward into growth or to step back into safety."

Abraham Maslow

Open Virtual SPANISH ADULT Suicide Prevention Training

TIME: 5:00 p.m. - 6:30 p.m.

WHERE: Via Zoom – link provided upon registration

CONTACT: For questions or to register, please contact:
Joanna Constanza, Bilingual Training & Outreach Coordinator
Direct Line: (714) 989-8309
Email: jconstanza@didihirsch.org

Didi Hirsch Mental Health Services (DHMHS) Training & Outreach team will virtually host their ongoing monthly open virtual trainings. Our Spanish adult suicide prevention training is 90 minutes in length and designed for adults by providing an overview of suicide prevention. Participants learn about the nature of suicide, suicide related statistics, suicide risk factors, and identifying invitations.

DHMHS: Open Virtual CLINICAL Suicide Prevention Training

TIME: 10:00 a.m. - 1:00 p.m.

WHERE: Via Zoom – link provided upon registration

For questions or to register, please contact:
Lauren Delfin, Training & Outreach Coordinator
Direct Line: (714) 989-8301 or
Email: ldelfin@didihirsch.org

DHMHS Training & Outreach team will virtually host their ongoing monthly open virtual trainings. The clinical suicide prevention training is 3 hours in length and is recommended for individuals who work in any clinical capacity such as mental health, medical or educational settings. The training focuses on identifying invitations, risk assessment, suicide intervention model, safety planning and transfer of care.

"Being able to be your true self is one of the strongest components of good mental health."

Dr. Lauren Fogel Mersy

25

"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

Gardening Kit Workshop

TIME: 2:00 p.m. - 4:00 p.m.

WHERE: Zoom
Join Zoom Meeting
<https://us02web.zoom.us/j/82593762591>

Meeting ID: 825 9376 2591

For more information, please contact Sreyroth Loa if you have any questions: (714) 591-6439
Email: sreyrothl@cambodianfamily.org

The O&E Team will host a 2-hour gardening and socializing workshop to educate participants on how to properly plant flowers. We will provide gardening kit materials. We also educate participants on how gardening can help with mental health.

NAMI-OC's Declassified Anxiety Survival Guide Podcast

TIME: For more information, please visit the website at:
<https://www.namioc.org/podcast-anxiety-survival>

Please call Breann if you have any questions: (714) 544-8488
Email: bdurham@namioc.org

WHERE: Spotify, Apple Podcasts, Google Podcasts, or your favorite podcast listening app
NAMI-OC's Declassified Anxiety Survival Guide podcast is created by young adults for young adults to chat about mental health, pop culture, share self-care tips and more!

Warning: exercise has been known to cause health and happiness! On this episode we are talking fitness and its benefits for our mental health.

*"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

25

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*

BE WELL WEDNESDAY SERIES: Student Athletes & Mental Health Panel

TIME: 5:00 p.m. - 6:30 p.m.

WHERE: Virtual Webinar:

Join us for the final week of our four-part webinar series. In recognition of May as Mental Health Month, Be Well OC and the OC Health Care Agency invite you to the second annual Be Well Wednesdays webinar series. Over four weeks in May, we are hosting an array of panelists and speakers to discuss important nuances of mental health and to teach you practical steps toward wellness for yourself and others.

Register here:

https://us02web.zoom.us/webinar/register/WN_hQUZ88JUTZG0a2Zam8FHHQ

Tune in for a robust discussion focusing on the mental health needs of student athletes from a panel composed of clinicians, young athletes, and athletic coaches.

Please email Brandan Soltes at Brandan.soltes@mind-oc.org if you have any questions.

Calm Box

TIME: 5:00 p.m. - 6:30 p.m.

WHERE: Contact us to register: www.hoag.org/mental-health
Hoag Mental Health Center
(949) 764-6542
307 Placentia Ave.
Newport Beach, CA 92663

In-person workshop for children ages 6-12 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.

“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

25

Coping Skills for Teens

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

WHERE: Contact us to register: www.hoag.org/mental-health
Hoag Mental Health Center
(949) 764-6542
307 Placentia Ave.
Newport Beach, CA 92663

In-person 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.



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

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Social Post from CalMHSa: Grow the Movement by Sharing this Post

TIME: 10:00 a.m.

WHERE: Orange County Student Mental Health social media

- Facebook: <https://www.facebook.com/oc.smh/> (@oc.smh)
- Twitter: https://twitter.com/oc_smh (@oc_smh)

Instagram: https://www.instagram.com/oc_smh/ (oc_smh)

FOLLOW WITH: Two new factsheets on eating disorders and substance use (currently pending, but should be available by then) – “This May, learn more about eating disorders and substance use, and the way both can impact one’s mental health. Check out the OC Resource Directory’s recent factsheets on eating disorders and substance use—then, share these widely. Free printing and shipping available!”



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>

26

“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

Mindfulness & Joy (Spanish Presentation)

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

WHERE: This activity will take place virtually at:
meet.google.com/ezc-jqys-ijm

For more information, please visit the website at:
<https://www.ocmecca.org/events/mental-health-awareness-class-spanish/>

Please call Martha Sanchez directly if you have any questions at: (714) 898-0203 or email: m.sanchez@abrazarinc.com

Abrazar, Inc., Midway City Community Center
14900 Park Ln.
Midway City, CA 92655

Come join the Abrazar team in celebrating Mental Health Awareness Month. This workshop is about mindfulness and joy and will be held in Spanish. Participants will learn about mindfulness practices to reduce mental health symptoms and increase their well-being. During the course, participants will be given time to engage and discuss meditation activities about meditation activities in order to cultivate and practice joy. They will be able to learn these skills to utilize in their everyday lives.

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>

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Mindfulness & Joy

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

WHERE: This activity will take place virtually at:
meet.google.com/ggg-vznc-dyb

For more information, please visit the website at:
<https://www.ocmecca.org/events/mental-health-awareness-class-english/>

Please call Martha Sanchez directly if you have any questions at: (714) 898-0203 or email: m.sanchez@abrazarinc.com

Abrazar, Inc., Midway City Community Center
14900 Park Ln.
Midway City, CA 92655

Come join the Abrazar team in celebrating Mental Health Awareness Month. Abrazar is conducting a workshop about mindfulness and joy. This workshop will be held in English and attendees will learn some mindfulness practices to reduce mental health symptoms and increase mental well-being. During the course, participants will be given time to engage in meditation activities to cultivate and practice joy. They will be able to bring what they learned and utilize it in their home.

“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

26

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.

Mental Health School Outreach

TIME: 1:30 p.m. – 2:30 p.m.

WHERE: Theodore Roosevelt Elementary
1600 E. Vermont Ave.
Anaheim, CA 92805

For more information, please visit
www.westernyouthservices.org

Please call Outreach and Engagement at
(714) 517-7107 or email orequests@wysoc.org

The O&E Team will be going out to elementary schools to inform the community about MHA month and the benefits of practicing self-care. The specialist will also invite participants to visit the resource center in order to gather additional support resources. The O&E team will answer any questions and conduct one-on-ones for skill building as needed/requested by participants.

Healthy Boundaries and Relationships

TIME: 1:00 p.m. – 2:00 p.m.

WHERE: OCAPICA – Zoom
Registration link:
<https://hipaa.jotform.com/wellnesscity400/relationships-boundaries-may-26>

For more information, please visit the website at
www.ocapica.org

Please email Alysha if you have any questions:
akim@ocapica.org

The O&E Team will be hosting a virtual presentation on the topic of Healthy Boundaries and Relationships during Mental Health Awareness Month. The facilitator will engage participants in experiential activities to assist them in developing an understanding of their own personal boundaries as well as providing strategies and tips to implement these boundaries to reduce stress and improve overall mental health and well-being through the ongoing pandemic.

26

“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

In Our Own Voice

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

WHERE: Zoom

To sign up, visit namiocevents.eventbrite.com or contact Chris Pionke at cpionke@namioc.org or (714) 544-8488.

In Our Own Voice presentations change attitudes, assumptions, and stereotypes about people with mental health conditions. These presentations provide a personal perspective of mental illness, as presenters with lived experience share their stories. Our trained presenters humanize the misunderstood, highly stigmatized topic of mental illness by showing that it is possible, and common, to live well with a mental health condition.

Crisis Response Network Presentation ~ Mental Health & Emotional Well-being: Preparing for Critical Moments in our Students’ Lives

TIME: 5:30 p.m. – 6:30 p.m.

WHERE: Virtual – Join Zoom Meeting

<https://ocde.Zoom.us/j/86462729899>

For more information or if you have questions please call or email Jennifer Ponce: (714) 966-4290 or email: jponce@ocde.us

The Orange County Department of Education Crisis Response Network will hold a presentation to help parents, teachers, and the community understand how to support their child(ren) when they are coping with an impactful event in their lives.

When a child experiences a crisis or a death, it can be difficult to know how to help your child cope. How much children understand about a crisis and loss depends largely on their age, life experiences and personality. Some children appear to cope well independently or with their own support networks; others are at risk for not coping at all.

Through this presentation, we bring light to the importance of teaching our children resilience and provide tools to support them as they return to a functional well-being or new “normal” after a crisis.

26

Healthy Boundaries and Relationships

TIME: 1:00 p.m. – 2:00 p.m.

WHERE: OCAPICA – Zoom

Registration link:

<https://hipaa.jotform.com/wellnesscity400/relationships-boundaries-may-26>

For more information, please visit the website at www.ocapica.org

Please email Alysha if you have any questions: akim@ocapica.org

The O&E Team will be hosting a virtual presentation on the topic of Healthy Boundaries and Relationships during Mental Health Awareness Month. The facilitator will engage participants in experiential activities to assist them in developing an understanding of their own personal boundaries as well as providing strategies and tips to implement these boundaries to reduce stress and improve overall mental health and well-being through the ongoing pandemic.



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%, from 9% of screeners in 2019 to 16% in 2020.

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

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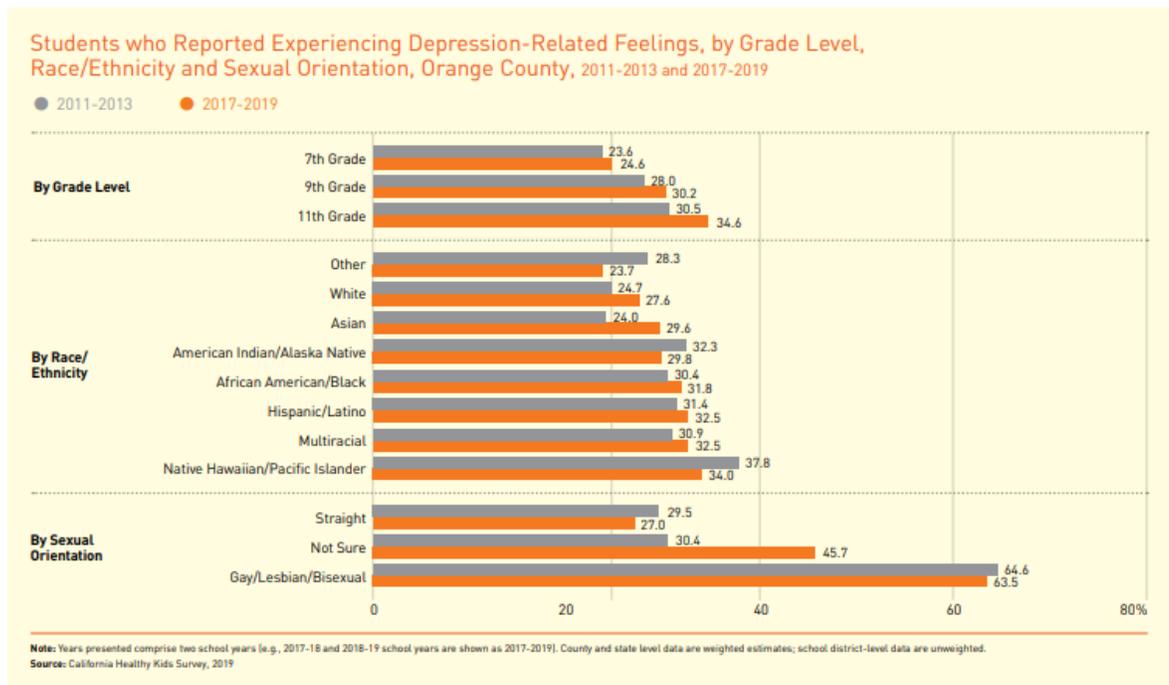
Chorus Line Performance Dates

TIME: Multiple show dates from May 26th to June 12th, several times available include evening and matinee. More information at [A Chorus Line | The Laguna Playhouse](#).

WHERE: Laguna Playhouse
606 Laguna Canyon Road
Laguna Beach, CA 92651

The Playhouse will be sharing free tickets for TAY involved in their outreach programs and community organization partnerships. The production centers around a group of dancers all auditioning for a Broadway show, with each dancer dealing with personal circumstances and struggles including accepting their sexuality, family expectation, body image and self-esteem, and the need for artistic perfection. The TAY team will share the TAY webpage once it is up on the website.

Please contact eoflaherty@lagunaplayhouse.com or bholt@lagunaplayhouse.com for further information on Chorus Line production tickets for community partners.



SOURCE: The 27th Annual Report on the CONDITIONS of CHILDREN in Orange County, page 37.
https://www.ssa.ocgov.com/sites/ssa/files/2021-11/27th%20Annual%20Conditions%20of%20Children_With%20Supplemental%20Tables_0.pdf

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Kindness ROCKS tabling

TIME: 12:00 p.m. - 3:00 p.m.

WHERE: Northgate Gonzalez Market
2030 E. Lincoln Ave.
Anaheim, CA 92806

Participants will receive a list of local resources and have an opportunity to decorate a "kindness" rock to either keep or place in a public area for others to find. As a random act of kindness, they will be encouraged to paint inspirational messages or pictures on the rocks.

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

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

Winston Churchill

Connect-OC Coalition Meeting

TIME: 10:00 a.m. – 11:30 a.m.

WHERE: Zoom

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 link to receive coalition meeting invites, meeting summaries, and more please email info@connect-oc.org or visit our [website](#).

For more information or if you have any questions please contact Blair Veraza: bveraza@p4w.org

Mental Health School Outreach

TIME: 3:00 p.m. – 4:00 p.m.

WHERE: Loara Elementary
1601 W. Broadway Ave.
Anaheim, CA 92802

For more information, please visit www.westernyouthservices.org

Please call Outreach and Engagement at (714) 517-7107 or email o&erequests@wysoc.org

The O&E Team will be going out to elementary schools to inform the community about MHA month and the benefits of practicing self-care. The specialist will also invite participants to visit the resource center in order to gather additional support resources. The O&E team will answer any questions and conduct one-on-ones for skill building as needed/requested by participants.

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

Adam Ant

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“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

Mental Health School Outreach

TIME: 1:30 p.m. – 2:30 p.m.

WHERE: James Madison Elementary
1510 S. Nutwood St.
Anaheim, CA 92804

For more information, please visit
www.westernyouthservices.org

Please call Outreach and Engagement at
(714) 517-7107 or email o&erequests@wysoc.org

The O&E Team will be going out to elementary schools to inform the community about MHA month and the benefits of practicing self-care. The specialist will also invite participants to visit the resource center in order to gather additional support resources. The O&E team will answer any questions and conduct one-on-ones for skill building as needed/requested by participants.

Compression Vs Compassion

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

WHERE: Contact us to register (Zoom links for virtual presentations will be provided after you register)

www.hoag.org/mental-health

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

Workshop for adults to help understand compassion fatigue and strategies to self-regulate.

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

Mokokoma Mokhonoana

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MENTAL
HEALTH IS
SERIOUS
STUFF, MAN.
NOTHING TO
JUST LOOK
OVER.

Mike Trout
Los Angeles Angels

Colors of Wellness Community Fair/ Feria Comunitaria Colores del Bienestar

TIME: 10:00 a.m. – 1:00 p.m.

WHERE: Latino Health Access Parking Lot
450 W. 4th St., Santa Ana, CA 92701

For more information, please visit our Facebook and Instagram pages @LatinoHealthAccess

Please contact Lalo Perez if you have any questions: (714) 542-7792 Ext. 1047 or email: lperez@latinohealthaccess.org

Latino Health Access will be hosting a community resource fair in partnership with our youth leaders. Local community organizations will be onsite to present the services they offer. Additionally, fun family activities will be offered during the event that promote positive coping skills and mental health.



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

Albert Camus

A Day in the Park- Gardening

TIME: 11:00 a.m. - 2:00 p.m.

WHERE: OMID Multi-Cultural Institute of Development (OMID)
2101 Business Center Dr., Ste. 150
Irvine, CA 92612

This class will take place in-person at La Paz Park:
28241 La Paz Rd., Laguna Niguel, CA 92677

For more information, please visit the website at:
<https://www.ocmecca.org/events/a-day-in-the-park-gardening-activities-and-cognitive-memory-games/>

Please call Halleh Nia directly if you have any questions at:
(949) 502-4721 or email: hnia@omidinstitute.org

The OMID team will hold a gardening activity at the park for the elders. This activity will encourage participants to enjoy the outdoors together and play games, and plant flowers using a gardening kit. This will essentially improve mood and motor skills and help with memory and brain health development. Being in nature and outdoors creates a calm while being with other people to socialize will make participants feel happy and less stressed. Afterwards, participants will be able to take their newly potted plants home.

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).

31

“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*

Social Post from CalMHSA: Mental health scavenger hunt to discover tips for self-care

TIME: 10:00 a.m.

WHERE: Orange County Student Mental Health social media

- Facebook: <https://www.facebook.com/oc.smh/> (@oc.smh)
- Twitter: https://twitter.com/oc_smh (@oc_smh)

Instagram: https://www.instagram.com/oc_smh/ (oc_smh)

FOLLOW WITH: Find a Therapist Resource (pending but should be available by then) – “As Mental Health Matters Month comes to a close, perhaps you want to continue focusing on your mental health and well-being. Consider using the OC Resource Directory’s Find a Therapist tool to continue your mental health journey. Free printing and shipping available!”

"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

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

Leonard Cohen

Mental Health School Outreach

TIME: 1:30 p.m. – 2:30 p.m.

WHERE: Abraham Lincoln Elementary
1413 E. Broadway
Anaheim, CA 92805

For more information, please visit www.westernyouthservices.org

Please call Outreach and Engagement at (714) 517-7107 or email o&erequests@wysoc.org

The O&E Team will be going out to elementary schools to inform the community about MHA month and the benefits of practicing self-care. The specialist will also invite participants to visit the resource center in order to gather additional support resources. The O&E team will answer any questions and conduct one-on-ones for skill building as needed/requested by participants.

Mental Health School Outreach

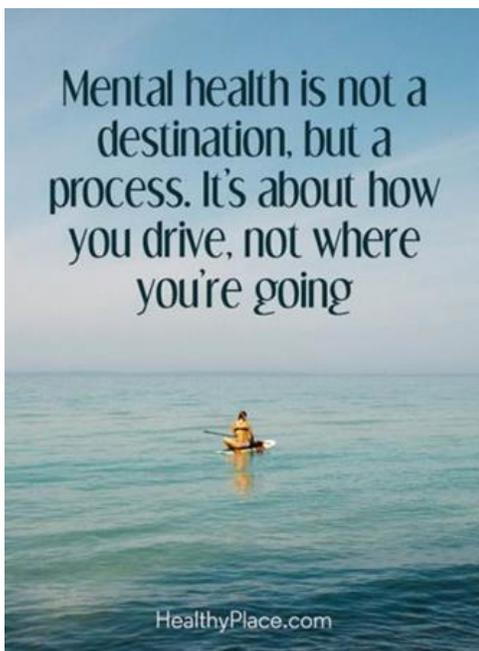
TIME: 3:00 p.m. – 4:00 p.m.

WHERE: Sunkist Elementary
500 Sunkist St.
Anaheim, CA 92806

For more information, please visit www.westernyouthservices.org

Please call Outreach and Engagement at (714) 517-7107 or email o&erequests@wysoc.org

The O&E Team will be going out to elementary schools to inform the community about MHA month and the benefits of practicing self-care. The specialist will also invite participants to visit the resource center in order to gather additional support resources. The O&E team will answer any questions and conduct one-on-ones for skill building as needed/requested by participants.



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“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

Good Life Fair

TIME: 12:00 p.m. – 5:00 p.m.

WHERE: Gomez Center
1701 Atwood Ave.
Placentia, CA 92870

For more information, please email Carrie Buck at info.placentiacollaborative@gmail.com

You can also contact Jazmine Garcia at jgarcia@ocapica.org

The Memorial Day GOOD LIFE CELEBRATION held this year at the Gomez Center in Placentia. The event will have activities and resources for the whole family including a Health & Wellness Fair, Games and Carnival Rides, Food Trucks, Community Yard Sale, and SO much more! This will be ON Memorial Day 5/30/22 from 12-5 pm at the Gomez Center at 1701 Atwood Ave. Placentia.

Healthy Steps (Bilingual Presentation English/Spanish):

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

WHERE: Contact us to register: www.hoag.org/mental-health
Hoag Mental Health Center
(949) 764-6542
307 Placentia Ave.
Newport Beach, CA 92663

Stroller walk with other parents and caregivers of children ages (Infants-3 years old). Group will focus on the benefits of exercise and mental health. This is an in-person group that will meet every Tuesday in May. Participants will meet at the Center and walk to a nearby park.

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

Amy March, from Little Women

31

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

Henry David Thoreau

Finding Happiness (Farsi Presentation)

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

WHERE: Contact us to register: www.hoag.org/mental-health
Hoag Mental Health Center
(949) 764-6542
307 Placentia Ave.
Newport Beach, CA 92663

In-person workshop for adults to learn the basics of maintaining mental wellness and strategies to cultivate happiness.

The 4th Trimester: Postpartum Preparation (Spanish Presentation)

TIME: 5:00 p.m. - 6:30 p.m.

WHERE: Contact us to register: www.hoag.org/mental-health
Hoag Mental Health Center
(949) 764-6542
307 Placentia Ave.
Newport Beach, CA 92663

In-person workshop designed to prepare couples for life with a baby. Couples will learn research-based strategies to help them prepare to have a healthy adjustment to life with a newborn baby. This class will help you learn how to prepare for the postpartum period and foster healthy development for your baby. Couples will learn strategies to prepare them for the adjustment of baby's arrival and learn healthy communication skills to improve their relationship. This class is best taken during pregnancy but is open to families with babies under one year as well.

“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

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Yoga Mindfulness and Growth Mindset Class

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

WHERE: This activity will take place virtually at:
[Yoga mindfulness](#)

For more information, please visit the website at:
<https://www.ocmecca.org/events/yoga-mindfulness-and-growth-mindset/>

Please call Nadia Abdalla directly if you have any questions at: (714) 971-0440 or email: nadiaa@accesscal.org

Access California Services
631 S. Brookhurst St., Suite 107
Anaheim, CA 92804

Join the fun AccessCal team in their yoga class they are holding during Mental Health Awareness Month. Yoga will help participants cultivate a growth mindset, which means that anyone can develop new abilities with practice and perseverance. Yoga's incorporation of meditation and breathing can help improve participants' mental well-being by creating clarity and calmness, increasing body awareness, relieves chronic stress patterns, relaxes the mind, centers attention, and sharpens concentration. Participants at this workshop will improve both their body and minds.

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

Ovid



Orange County Schools Join with Children’s Hospital to Address Student Mental Health Needs

The COVID-19 pandemic accelerated the past decade’s increase in mental-health related hospitalizations of children and youth. According to the Community Suicide Prevention Initiative, “[t]he youth suicide rate in Orange County increased by 11 percent from 2010 to 2018, the sharpest increase among the 20 most populous counties in the U.S. Reflecting a national trend, suicide is the second-leading cause of death among adolescents in Orange County.” In response to this trend, Children’s Hospital of Orange County (CHOC) and the Orange County Department of Education have partnered to provide connections between classrooms and mental health services and to create “well spaces” on all campuses where students can visit counselors, meditate, and relax. The first “well spaces” opened in August 2020 and are staffed by counselors, psychologists, or social workers with whom students can book meetings. CHOC and the OCDE plan to provide access to virtual health checkups and counseling sessions with CHOC doctors and nurses at these spaces.

Source: EDSOURCE, Orange County Schools Join with Children’s Hospital to Address Student Mental Health Needs, June 8, 2021

TO LEARN MORE: Orange County Community Indicators 2021-2022 Report

https://www.ochealthiertogether.org/content/sites/ochca/Local_Reports/2021-OC-Community-Indicators-Report.pdf

RESOURCES

OC Links

Phone: (855) OC-LINKS (855-625-4657)

Website: www.uchealthinfo.com/oclinks

Languages: English, Spanish, Vietnamese, Farsi, Arabic, Korean; Interpretation for other languages is available via a language translation service.

Hours: 24/7.

OC Links is a 24/7 information and referral and Crisis Assessment phone line and online chat service to help navigate the Behavioral Health Services (BHS) system within the OC Health Care Agency. Callers are connected to clinical Navigators who are knowledgeable in every mental health as well as drug and alcohol abuse program within the BHS system. This includes children and adult mental health, alcohol and drug inpatient and outpatient programs, crisis services, outreach and engagement, and prevention/early intervention programs. Once a program is identified, the Navigator will make every effort to link the caller directly to that program while still on the call.

Suicide Prevention Lifeline

Phone: 800 273-8255 (TALK)

Deaf and Hard of Hearing Text Line: TEXTME

Website: www.didihirsch.org/warning_signs

Languages: English and Spanish; Interpretation for other languages is available via a language translation service.

Hours: 24 hours a day, 7 days a week

The Suicide Prevention Line provides 24-hour, immediate, confidential over-the-phone suicide prevention services to anyone who is in crisis or experiencing suicidal thoughts. The line is also available to support those concerned about others who may be at risk.

Survivor's Support Services

Phone: (714) 547-0885

Website: www.didihirsch.org/suicide-prevention/survivor-support-services-orange-county

Languages: English, Spanish, Korean, Vietnamese and Arabic

The Survivor Support Services program provides support for those who have lost a loved one to suicide and those who have survived a suicide attempt. The program educates the community on suicide prevention and intervention. These services include crisis support bereavement groups.

Know the Signs/National Suicide Prevention Lifeline

Phone: (800) 273-TALK (800-273-8255)

Website: www.suicideispreventable.org (website information is also in Spanish)

Hours: 24 hours a day, 7 days a week

Learn about more signs of suicide, the words to use to voice concern to those who may be thinking of suicide, and how to get help at www.suicideispreventable.org/

NAMI WarmLine (Orange County)

Phone: (877) 910-WARM (877-910-9276)

Website: www.namioc.org/

Languages: Services are available in English, Spanish, Vietnamese, Farsi and other languages.

Hours: 24/7

The NAMI WarmLine provides telephone-based, non-crisis support for anyone struggling with mental health and/or substance abuse issues.

Crisis Assessment Team (Health Care Agency)

This is now provided by OC Links (855) 625-4657

Children's CAT Website: http://ohealthinfo.com/bhs/about/cys/crisis_services

Adult CAT Website: <http://www.ohealthinfo.com/bhs/about/aoabh/catpert>

Languages: Spanish, Vietnamese, Korean and Farsi languages available

Hours: 24 hours a day, 7 days a week

The Crisis Assessment Team (CAT) assists individuals of all ages who are having a psychiatric emergency, are at psychiatric risk, as well as anyone needing psychiatric hospitalization. It's comprised of licensed clinical social workers, marriage and family therapists, and behavioral health specialists who respond to any psychiatric emergency call throughout Orange County. The team can respond to private residences, police stations, clinics, private medical offices, on the street and in the community. Its staff is available to both law enforcement and hospital emergency rooms for intervention with the seriously mentally ill. In addition, CAT members provide information and referrals for family members to community support services.