

Mental Health Subcommittee of SELPA 1

www.selpa1cac.org

Instagram: mentalhealthSELPA1

Presentation will cover:

- History
- Goals
- Current Members
- Other organizations we are active with
- Programs we have developed

History

- Part of SELPA 1 CAC, Special Education Local Plan Area 1 Community Advisory Committee, Area 1 includes public schools in Los Altos, Mountain View & Palo Alto
- Mental Health Subcommittee began March 2015

Goals

- Ensure 5150 holds are compassionate
- Adolescent mental health inpatient hospital beds for Santa Clara County
...THERE ARE CURRENTLY NONE IN OUR COUNTY
- Wellness support group for adolescents with depression and anxiety & support for parents

Current members

- Trudy Palmer
- Sarah Gentile
- Courtney Eltherington
- Donna Soo
- Monique Kane

Other organizations we are active with

- Board of Supervisors, including task force for adolescent inpatient mental health beds
- BHB, Behavioral Health Board of SCC
- SCC Suicide Prevention: Intervention Workgroup
- EMQ
- Palo Alto Police
- Los Altos Police
- PSN

Programs we have developed

- Instagram: mentalhealthSELPA1
- Free the Teens, a support group for adolescents with depression & anxiety, developed with CHAC
- Parent Chat, a parent peer-to-peer support group for parents worried about the emotional health of their children age 14 to 24yrs



153 posts 32 followers 0 following

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mentalhealthSELPA1
The mental health subcommittee of SELPA1CAC (Palo Alto, Mountain View, Los Altos in CA, USA) working on suicide prevention and teen mental health
selpa1cac.org



New post on Happiness, Love and Light

She, The Uninvited Visitor
by courtneybridgman

I know what it's like to be afraid of your own mind.
- Dr. Spencer Reid, Criminal Minds

Darrell Steinberg to speak Friday!

2016 Parents of Vision - Feb 21
February 21, 2016 at 10:00 PM

Dear Friends,
Here are the details for our first Parents of Vision (POV) Meeting for this year.
Date: Feb 21st, Sunday
Time: 10:00am
Venue: Palo Alto Men's Library, Eisenhower Room, 1213 Hewell Road, Palo Alto, CA 94301
Lunch (finger foods) will be provided.
Kindly RSVP so that we can plan for the lunch.
Parents Of Vision is a monthly parent support group for parents of children with mental health challenges.
We use inspiration from the Bible for hope, strength, and encouragement. This group is designed to provide support between parents in their Area communities. Let your own follow the guidelines from United Abolition for Children & Family (UACF) to learn about mental health and resources available.
This year, the format of our meetings has been changed to include more fellowship and discussion. We will meet on the **Third Sunday** of the month (Feb. 21, **Quarter 1** 2016). We will be meeting in Palo Alto Library for the first meeting only.
Looking forward to a year of growth and friendship!

New post on Happiness, Love and Light

Youth Drama For All presents HAIRGEL
MUSIC BY: MICKY O'NEILL

THE LOVING PUSH
How parents and professionals can help spectrum kids become successful adults.
TEMPLE GRANBERG, Ph.D.
L. EBERLE, M.D., Ph.D.

Hope
At the age of 18 I was hit with Major Depression.
Since I was in college at that time having no prior education or awareness around what I was experiencing.

Whitlow Special Education Law and Advocacy Conference
with Peter Wright, Esq.
San Jose, CA
Thursday, February 25, 2016

Are California's Mental Health Dollars Helping Kids?
California schools get hundreds of millions of dollars a year from the state to identify and assist disabled children who have mental health problems.
But we don't know how the money is spent or if it's helping the kids perform better in school.
What's the story behind all of this?

NEWS & POLITICS
Out of Options, California Ships Hundreds of Troubled Children Out of State
One 14-year-old boy's search for care takes him to Utah as his home state struggles to safeguard its most challenging children.



Darrell Steinberg to speak Friday!

It brings us great pleasure to announce that Senator Darrell Steinberg, Founder and Board Chair of The Steinberg Institute for Advancing Mental Health Policy, will address the future of mental illness treatment at TEDxSacramento2016: What's Next on **February 12, 2016**.

State Senator President pro Tem (ret) Steinberg has worked to bring awareness and solutions for what he calls "the under-attended issue of our time and in our society." Steinberg's commitment to improving mental health services over the years has served to provide integrated services to the homeless; increase funding of "whatever-it takes" services for individuals with the most severe mental illnesses via



♥ donttellmetochill
mentalhealthselpa1 Sacramento mayoral candidate to speak at Tedx talk this Friday. For details, go to: <http://tedxsacramento.ticketleap.com/2016/>
#mentalhealth #california #february #talk

Feeling Sad and Lonely?

Text to 741741 to start a conversation w/ a counselor.



Sign up for ongoing therapy with an active listener at 7cupsoftea.com.

Read about relationships at helpguide.org.



♥ pamela.atwood, sociopathic.tendencies, _empty.emotions_, courtneybridgman, resetyourworld, x_broken._generation_x
mentalhealthselpa1 #depression #depressed #anxiety #bipolar #suicide #school #relationship #friends #sad #lonely #alone #talk #help



(* Above group name subject to change if the group decides)

What is “Free the Teens”?

“Free the Teens” is a uniquely designed group for teens combining group therapy with creative art based expression. Teens will also be given the space to express the issues they are facing, develop problem-solving skills and learn to build a sense of community within the group.

Who can attend?

High School age students ages 14-17yrs. CHAC will have 10 spots available for teens.

How long will “Free the Teens” run for?

October 1st till December 3rd 2015

Where/When will the group meet?

~~Thursdays 6:00 – 7:30~~ CHAC office at 590 W El Camino Real, Mountain View

How much? \$10 per group session, sliding scale

How to sign up?

Intake screenings for teens commence September 2015. Please call Elizabeth Wilson @ (650) 965-2020 to schedule an intake interview for this group

Are you concerned about the emotional wellness
of your child? JOIN:

Parent Chat

Peer to Peer Support

Tuesday February 23

A new support group hosted by the Mental
Health Subcommittee of SELPA 1 CAC

All Parents Welcome to talk about
children age 14+

Professional guidance by Monique Kane, LMFT

Questions?

Contact Donna Soo (650) 823-0997

Trudy Palmer (650) 208-9116



Los Altos Library Orchard Room
13 S. San Antonio Road, Los Altos
7:00-8:30PM, every second and fourth
Tuesday

SELPA 1 CAC 2015 – 2016 Coffees

- Our coffees (speakers) are focused on mental health this current year
- All coffees are free & open to the public

2015 – 2016 SELPA 1 CAC Coffee Schedule

Coffees will be held at:

CSM - Covington School Multi 205 Covington, Los Altos 94024

SR - Santa Rita School Multi, 700 Los Altos Ave, Los Altos, CA 94022

Hospitality begins at 6:45 pm all of these talks are on **Wednesdays**

Sept 16th 7 – 9 PM **Emotional Health and Well-being of our Children** Schools in our area are competitive. This is hard on typical students, and doubly hard on learning challenged students. This can lead to stress, depression, high risk behaviors and self-injury. How do we as parents support our children and give them the tools to not only survive but thrive? **CSM**

October 21st 7 – 9 PM **Suicide Prevention and Grieving** presented by Charlotte Ross Fisher, who was the founding CEO at the Suicide Prevention & Crisis Center of San Mateo County for over 22 years and was Executive Director of Youth Suicide National Center in Washington, DC. **CSM**

November 18th 7 – 9 PM **Alternative Pathways Through High School** Students with unusual learning, social, or emotional needs often need "customized" high school programs in order to succeed. Come and hear about some options in our community. Speakers will include: Dr. Richard Gowers, Principal of the School for Independent Learners; Christiana Martinez, Head of School of Fusion Academy Palo Alto; Leo Florendo, Program Coordinator of Freestyle Academy; and Kim Jackson on Alta Vista. **CSM**

January 20th 7 – 9 PM **Emotional Regulation** Do you experience intense emotions and wish you could cope better? You are invited to attend Dr. Yael Enav discuss emotional regulation in the parents of children with autism. She will present evidence based strategies to help parents regulate both their emotions as well as their children's. She will cover parental emotion regulation, adaptive and maladaptive emotion regulation strategies, acknowledging the mind of the child, and the complexity of understanding the mind of children with autism. **CSM**

March 16th 7 to 9 pm **Anxiety and Mindfulness** Challenging academic expectations, advances in technology, and social pressure are all contributing to an increase in anxiety among our children. As a result we are seeing a rise in behavioral issues, poor social interactions and an inability to function at school. There several strategies that can help relieve stress, decrease anxiety, and increase calm feelings. In a world that is constantly evolving, having the ability to manage the anxiety that comes with change is becoming an essential life skill. **SR**

April 20th 7 – 9 PM **Parenting Fatigue / Stress** Having a child with learning challenges or special needs puts stress on the entire family. This stress can lead to exhaustion and burn-out and increase conflict in the family. Come learn how to notice your body's stress response and build a list of strategies for healthy stress maintenance. Our speaker is stress expert Brandy Vanderheiden, MFT, from the CHAC Family Resource Centers. **SR**

These parent education events are sponsored by the SELPA 1 CAC (www.selpa1cac.org) an all-volunteer group of parents of children with special needs. Our service area includes all public school districts in Los Altos, Mountain View, and Palo Alto. All of our events are free and open to anyone who feels they might benefit. No registration is necessary.

Trudy Palmer

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