



# Mental Health Webinar Series

For Teachers, Administrators, Pupil Personnel Staff, and School Nurses

Click on event title or date to register

## Anxiety and Depression, and the Impact of COVID-19

Wednesday, March 10, 2021

10:30 am - 12:00 pm

Learn signs and symptoms of anxiety and depression in children/adolescents in the context of COVID-19, as well as strategies to support children in the classroom.

*Dr. Maricela Thordarson, Supervisor  
Intensive Outpatient Program, CHOC*

## Suicide Prevention and Suicide Risk Assessment - Clinical Perspective

Tuesday, April 13, 2021

10:00 am - 1:00 pm

In-depth clinical intervention training for individuals working in a clinical setting. Focuses on identifying invitations, risk assessment, suicide intervention model, safety planning and transfer of care.

*Didi Hirsch Mental Health Services*

## Suicide Prevention 101

Thursday, April 15, 2021

10:00 am - 11:30 am

General, non-clinical overview on suicide awareness. Focuses on basic suicide intervention skills, identifying invitations, assessing for suicide, de-escalation, and linkage to professional services.

*Didi Hirsch Mental Health Services*

## Trauma Informed Care

Friday, April 16, 2021

9:00 am - 9:45 am

Learn tools to manage traumatic stress. An overview of trauma, how it impacts students, and tips for how to engage with students in a trauma-informed manner will be shared.

*Dan Milliken, Nursing Director  
Mental Health Inpatient Center, CHOC*

## Anxiety and Stress Management: Coping Strategies

Thursday, April 22, 2021

10:00 am - 11:30 am

Gain strategies to help students express, soothe, and cope with anxiety. Learn tools for responding to a stressed or anxious child and practical strategies on how to support the mental health of your child.

*Stephanie Cariker, MSW  
Hoag Mental Health Center*

LCAP Bucket: Student Engagement | LCAP Priority: School Climate  
lcp: Mental Health and Social and Emotional Well-Being  
MTSS Domain: Inclusive Social-Emotional Instruction

## Contact Us

For content questions contact:

Luz Arellano

[larellano@ocde.us](mailto:larellano@ocde.us)

714-966-4476

or

Carly Bedard

[cbedard@ocde.us](mailto:cbedard@ocde.us)

714-668-7844

For registration questions contact:

Susan Guerrero

[sguerrero@ocde.us](mailto:sguerrero@ocde.us)

714-327-1087

[\*\*www.ocde.us\*\*](http://www.ocde.us)

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