



Presented by, Stanley C. Mantooth, Ventura County Superintendent of Schools  
Coordinated by Comprehensive Health and Prevention Programs

# UNDERSTANDING TRAUMA

## Workshop Day 2

### A Free Training

Friday, January 15, 2021

from 8:30am to 10:00am

Registration Link:

<https://bit.ly/3amocbk>

### Intended Audience:

Administration, School Staff,  
Counselors, Teachers, and  
Mental Health Providers.

In collaboration with Black Mental Wellness, an agency founded by clinical psychologists, this workshop will help participants understand the impact of trauma on adolescence development and highlight the importance of self-care. By the end of this training, participants will:

- Learn the impact of trauma on adolescent development, behaviors, relationships, academic performance, etc.
- Explore the often-ignored link between physical and mental health.
- Recognize the indirect impact of trauma on the staff.



Black Mental  
Wellness

"Made possible through the California Mental Health  
Services Act and Ventura County Behavioral Health."



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BEHAVIORAL HEALTH  
A Department of Ventura County Health Care Agency