



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

INTRODUCTION TO MENTAL HEALTH

A Free Training

Monday, January 11, 2021 | 10:00 am-11:00 am

Registration Link: <https://bit.ly/3p0eMqw>

Please join VCOE in welcoming Black Mental Wellness, a team of clinical psychologists passionate about addressing mental health and wellness concerns specific to the Black community.

Workshop Day 1

Participants will learn how to identify the signs and symptoms associated with mental health disorders, especially in African American and Latinx youth and their families. By the end of the training participants will:

- Understand the sign and symptoms associated with mental health disorders.
- Learn effective strategies to manage stress in a healthy manner.
- Learn brief strategic steps to identify high risk behaviors and strategies for brief management risk.



Intended Audience: Administration, School Staff, Counselors, Teachers, and Mental Health Providers.



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

