As we go into summer continuing to practice physical distancing, continuous hand washing, and staying home, I invite you to practice a new strategy with me. I invite you to practice sending kind thoughts to family, friends, students, and neighbors.

For many of us our mental, physical and emotional health has taken a toll. And now more than ever we need to support each other through this new (temporary) normal. By sending positive thoughts you are not only supporting someone else's well being but your own as well.

With the help of the Greater Good Science Center, Mindful Schools, and staff from the Daniel Webster Elementary School a group of students created a short video on how to train your brain to be kinder. To watch the short clip click on the following link https://youtu.be/ccvFBGhBKg4

Parker, Jane (January 2020). Train Your Brain to be Kinder. Greater Good Science Center. Retrieved from https://greatergood.berkeley.edu/video/item/train_your_brain_to_be_kinder
Bringing Wellness

Recently we had the opportunity to virtually meet the Meaning Makers Collective Team, Judee Fernandez and Michelle Kurta, and had them host a Meaningful Monday's Training Series with us. This included the following:

- **Trauma Informed Healing Packages Training**, covering compassion satisfaction/compassion fatigue continuum and resourcing practices to support well-being
- **Trauma Informed Crisis Response**, covering physiology of stress and trauma plus the power of co-regulation
- **Centering the Needs of Priority Populations**, covering power over and power with dynamic plus universal human needs

Both of them are incredible trainers and we are excited to continue bringing them to you.

"Judee Fernandez is an educator, facilitator and coach who recently worked as a resilience and trauma informed practices coach for a national initiative focusing on school employee well-being...(She) is dedicated to creating an equitable world where people in under resourced communities have an opportunity to heal and thrive. She is an inspirational storyteller, a human rights advocate, and a lover of nature who resides in Los Angeles, California."

"Michelle Kurta is an educator, coach, facilitator working in the dynamic intersections between teaching/learning, healing, and justice...In her work as an educator and coach, Michelle hopes to share insights and tools for disrupting the explicit and unconscious patterns of systemic injustice and attending to the wisdom of our own bodies in service of personal and collective healing."

If you would like to learn more about the work that they do or about the training's they can offer to your staff please visit their website at [https://meaningmakerscollective.com/](https://meaningmakerscollective.com/)
Health & Prevention Superstars
After completing the review of all applications submitted in response to the Mental Health Student Services Act Request for Application (RFA), the Mental Health Services Oversight and Accountability Commission (MHSOAC) has selected to award the Ventura County Behavioral Health Department in partnership with VCOE’s CHPP Department to fund Wellness Centers in select high schools throughout the county. The purpose of these centers is to create a safe space where students can receive the support and resources they need when it comes to supporting their personal mental health. Stay tuned for more details.

Wellness Centers

Health & Prevention Wellness Centers

Health & Prevention on Social Media

During Fall 2020 we will be launching our social media platforms to increase awareness, share our stories, and stay connected during our mental health journey. Stay tuned for more details.

Professional Development

Upcoming Trainings

Although this year has come to a close, we are working diligently to bring you more professional development training’s during the upcoming year. If there are any training’s in particular you would like to see please let us know. In the meantime, stay tuned for all upcoming professional development training’s and dates.
As many of you prepare for the summer we want to extend our gratitude and appreciation for all the work you have done during the 2019-2020 academic school year. It is you who continues to make a difference in student's lives. Your hard work and dedication does not go unseen. Thank you for being that one person they can rely on.

From our team to yours, THANK YOU!
May is known as Mental Health Month. During this month we made an initiative to promote Mental Health Awareness Week (May 18th to May 24th, 2020). Our initiative consisted of a Self-Care Bingo card (seen below), in both English and Spanish, inserted in the free lunch bags distributed by school districts. All who received the bag were able to share the bingo card via a QR code and/or enter in a chance to win a prize by playing their bingo card and posting it on social media. A total of 16,000 Bingo cards were distributed throughout Ventura County.

We invite you to continue playing the Bingo card with us to promote our personal self-care.

<table>
<thead>
<tr>
<th>TOOK A SHOWER</th>
<th>GOT DRESSED</th>
<th>VIRTUALLY CAUGHT UP WITH FRIENDS</th>
<th>PROCESSED MY FEELINGS</th>
<th>COMPLIMENTED MYSELF</th>
</tr>
</thead>
<tbody>
<tr>
<td>MEDITATED</td>
<td>ATE GOOD FOOD</td>
<td>LISTENED TO MY BODY</td>
<td>HAD FUN</td>
<td>ASKED FOR HELP</td>
</tr>
<tr>
<td>TOOK A MUCH-NEEDED BREAK</td>
<td>DRANK WATER</td>
<td><strong>Free</strong></td>
<td>TAKE A SOCIAL MEDIA BREAK</td>
<td>TREATED MYSELF</td>
</tr>
<tr>
<td>COMPLIMENTED SOMEONE</td>
<td>GOT 8 HOURS OF SLEEP</td>
<td>TOOK STEPS TO TAME NEGATIVE THOUGHTS</td>
<td>VIRTUALLY HUGGED MY FAMILY &amp; FRIENDS</td>
<td>DROPPED A HABIT THAT IS NOT FOR ME</td>
</tr>
<tr>
<td>TOOK A MENTAL HEALTH DAY</td>
<td>SPENDING TIME WITH NATURE</td>
<td>DECLUTTERED MY SPACE</td>
<td>WROTE DOWN IN A JOURNAL</td>
<td>PRACTICED SELF-COMPASSION</td>
</tr>
</tbody>
</table>

#Wellness #MentalHealth
While we are working remotely, please know we are still here to serve you. You can reach us by email or by calling any of the numbers listed below.

Comprehensive Health and Prevention Program (CHPP)
805-437-1370  
Dawn Anderson
DaAnderson@vcoe.org
805-437-1371  
Maritza Martinez
MGarcia@vcoe.org
805-437-1372  
Cathy Puccetti
CPuccetti@vcoe.org
805-437-1378  
Suzanne Weist
SWeist@vcoe.org
805-437-1366  
Gabe Teran
GTeran@vcoe.org
805-437-1374  
Amber Macias
AMacias@vcoe.org
805-437-1365  
Alejandra Valencia
AValencia@vcoe.org
805-437-1367  
Daisey Lopez Valadez
DLopezValadez@vcoe.org
805-437-1390

If you would like to highlight a peer, student, or staff member for their hard work and dedication towards reducing stress and stigma around mental health please share with us.

To be added to the VCOE-CHPP newsletter subscription, follow the QR code (right) or the link below
http://eepurl.com/gU9rO1