

Mental Health Matters

October 2020



10 Mental Health Tips for Teachers Balancing Life and Remote Teaching

Control the Controllable

Carve Out Time for Self-Care to Maintain Your Mental Health

Get Your Body Moving to Help Your Physical and Mental Wellness

Model Self-Compassion

Set Reasonable Expectations (for yourself and others!)

Communicate with Your Colleagues

Be Unapologetic About Your Self-Care

Keep Your Dedicated Work Space Clean and Organized

Set Office Hours While Remote Teaching

Reach Out and Stay Connected!

<https://everfi.com/blog/k-12/10-ways-educators-can-support-their-mental-health/>

Hispanic Heritage Month: September 15th- October 15th

From September 15 to October 15, Hispanic Heritage Month is a nationwide celebration that honors the cultural contributions, achievements, and identities of Hispanic and Latino people in the United States. In this month, we shed light on the multitude of mental health experiences within the Hispanic and Latino communities, including those who identify as Afro-Latino, Black, Indigenous, and more, as well as the disproportionate inequities they face due to systemic barriers and historical adversity.

Inspire others to raise awareness and take part in sharing information, resources and support for the mental health of minority communities. Visit the Mental Health Technology Transfer Center's (MHTTC) [Training and Events Calendar](#) and [Products and Resources Catalog](#) to access free training and resources with a focus on minority populations.

The National Hispanic and Latino MHTTC's mission is to provide high-quality training and technical assistance to improve the capacity of the workforce serving Hispanic and Latino communities in behavioral health prevention, treatment, and recovery. For more information on our national focus-area Center for the Hispanic and Latino population, visit their [home page](#).

During the COVID-19 pandemic, the MHTTC Network has also been developing events and resources specific to the differential effects of COVID-19 on mental health care for specific populations. You may access these events and resources on our webpage [here](#).

Other Organizations Offering Awareness Resources for the Hispanic and Latino Community:

[HHS Office of Minority Mental Health \(OMH\)](#)

[Mental Health America \(MHA\)](#)

[National Alliance on Mental Illness \(NAMI\)](#)

[National Child Traumatic Stress Network \(NCTSN\)](#)

[SAMHSA Office of Behavioral Health Equity](#)

Full article found at <https://mhttcnetwork.org/centers/mhttc-network-coordinating-office/hispanic-heritage-month>



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In case of an Emergency:

- 911 For Immediate Support
- Ventura County Crisis Team (866) 998-2243 – (24 hours)

Upcoming Event!

Join Ventura County for the *'Out of the Darkness' Suicide Prevention Walk*, hosted by the American Foundation for Suicide Prevention:

When: October 24th, 9am

Where: Anywhere! You can walk, run, bike, hike, or swim!

Registration: <https://afsp.donordrive.com/index.cfm?fuseaction=donorDrive.team&teamID=258035>

Kids may face mental health issues as school begins amid pandemic

Worry or anxiety during this period would be expected and is a normal response. Children’s adjustment to the new school format, whether it’s remote or hybrid, would vary a lot based on age and a child’s individual personality or temperament, as well as the family’s overall experience of the pandemic. Both the disease aspects of the pandemic and also the economic stressors—if a parent or caregiver has lost a job, if there has been income or residential instability—are all part of the child’s experience and will play a role in the child’s adjustment. Some children could be experiencing the pandemic as a traumatic event—for instance if they’ve lost a grandparent or a loved one to COVID complications.

Full article can be found at <https://www.hsph.harvard.edu/news/features/kids-may-face-mental-health-issues-as-school-begins-amid-pandemic/>

Mental Illness Awareness Week– Oct. 4-10

Each year, millions of Americans face the reality of living with a mental health condition. However, mental illness affects everyone directly or indirectly through family, friends or coworkers. Despite mental illnesses’ reach and prevalence, stigma and misunderstanding are also, unfortunately, widespread.

That is why each year, during the first week of October, NAMI and participants across the country raise awareness of mental illness. Each year, we educate the public, fight stigma and provide support. And each year, our movement grows stronger.

The theme of this year’s Mental Illness Awareness Week is, **“What People with Mental Illness Want You to Know.”** Throughout the week, we will be raising the voices of those with lived experience to talk about some of the conditions and symptoms that are most misunderstood.

Full article can be found at <https://www.nami.org/Get-Involved/Awareness-Events/Mental-Illness-Awareness-Week>

World Mental Health Day– Oct. 10, 2020

This year’s World Mental Health Day, on 10 October, comes at a time when our daily lives have changed considerably as a result of the COVID-19 pandemic. The past months have brought many challenges: for health-care workers, providing care in difficult circumstances, going to work fearful of bringing COVID-19 home with them; for students, adapting to taking classes from home, with little contact with teachers and friends, and anxious about their futures; for workers whose livelihoods are threatened; for the vast number of people caught in poverty or in fragile humanitarian settings with extremely limited protection from COVID-19; and for people with mental health conditions, many experiencing even greater social isolation than before. And this is to say nothing of managing the grief of losing a loved one, sometimes without being able to say goodbye.

Full article can be found at: <https://www.who.int/campaigns/world-mental-health-day/world-mental-health-day-2020>