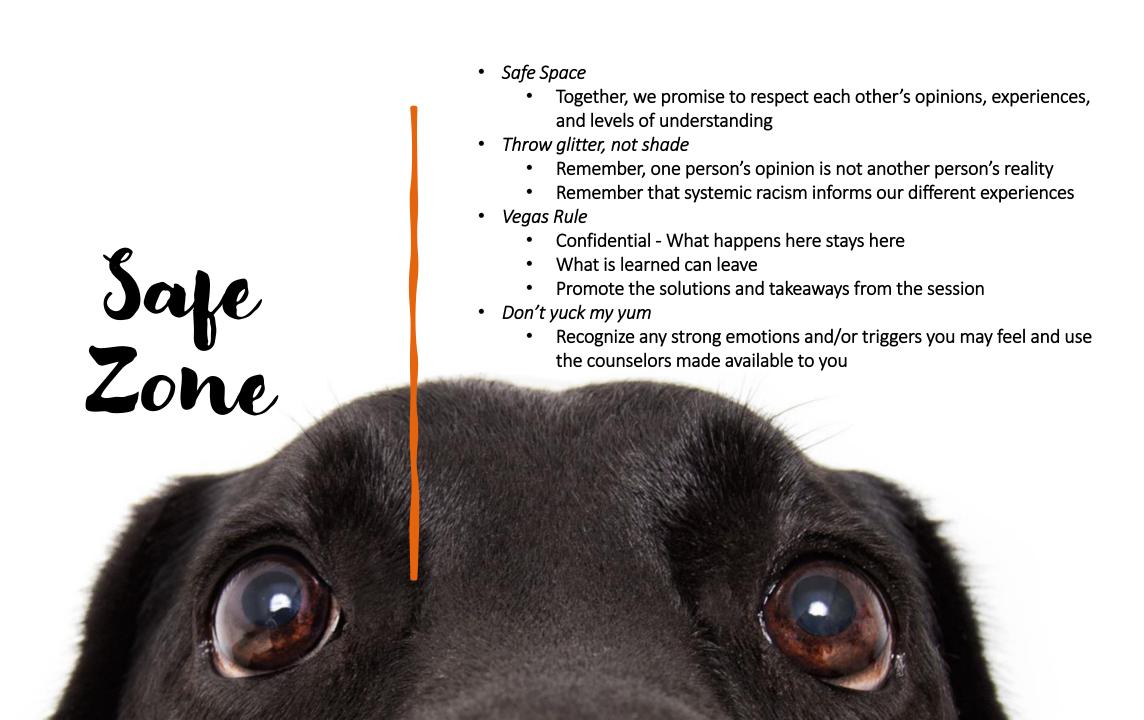




Kalyn Jones

- Shasta College Alumni
- BA Psychology from Chico State
- Shasta Co. Mental Health Drug and Alcohol Board Member.
- Advocate
 - mental health prevention/intervention in education
 - Current and former foster care rights



Zoom Etiquette

- Embrace the awkwardness
- Please mute yourself when you're not speaking
- Please minimize phone use
- Please do not interrupt others; Use the "raise hand" and chat box features to provide feedback
- Appearing on camera is not mandatory but is very appreciated.
- We welcome positive body language, such as eye contact, head nodding, thumbs up, and use of the chat feature.
 - Sitting up, not laying on bed
 - Whole face visible, not selfie view



Identifying Barriers with Mental Health Services. Recognizing mental health needs and assessing appropriate services

- Resources/ service in schools, communities and families.
- Current service and systems supporting all parts of the population in the communities (Children, youth, adult and elderly)
- 'matchmaker role' when seeking resources.

Describe helpful and harmful factors in your communities that affect mental well-being

- Access and awareness communities take to better mental health services/ resources
- Navigating medical insurance for obtaining services/resources.
- SWOT Analysis

Describe helpful and harmful factors in your communities that affect mental well-being

- S —helpful factors in the community that affect mental well-being
- W Harmful factors that hold the community back when it comes to mental well-being
- O Opportunity the community has regarding mental health resources, services or potential for new resources.
- T Things / challenges that can get in the way of the community in supporting mental well-being (ex: programs loosing funding)

Identify possible action the state can take to advance prevention and early intervention in your communities.

- Actions the state, communities, schools, and families can for better awareness of resources
- Existent services that can be improved, the facilitation of services is important.
- Obstacles as opportunities- failure/ missed opportunity allows opportunities to learn, maybe the mistake made them think differently later down the road.

Resources

- Feeling stressed by COVID-19?
 Help is just a phone call away!
- CalHOPE Warm Line: (833) 317–HOPE (4673)

. 211

- · 211 connects you to expert, caring help. Every call is completely confidential.
- Simply call 211 to speak to someone now, or search by location for online resources and more contact information.

NATIONAL SUICIDE PREVENTION LIFELINE

- The National Suicide Prevention Lizeline is a 24-hour, toll-gree, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress.
 - National Suicide Prevention Ligeline: 1-800-273-TALK (8255)
 - Lifeline Crisis Chat: www.suicidepreventionlifeline.org
 - · Need help now? Text "START" to 741-741

