

Mental Health Matters: Educating Youth about Mental Health

JULY 2021

ANN LIPPINCOTT, PhD

Mental Health Matters (MHM) is an innovative curriculum offered by the Mental Wellness Center in many Santa Barbara County schools.

This informative presentation will engage participants in accessing local mental health resources and referrals. Additionally, the three fundamental foci of MHM which include: recognizing signs and symptoms of major mental health disorders, de-stigmatization of same and wellness activities and practices will be addressed.

LEARNING OBJECTIVES:

1. Identify gaps in Mental Health Education in elementary, middle schools and high schools.
2. List the three cornerstone principles of best practices in mental health education.
3. Discuss the Mental Health Matters (MHM) curriculum and its application with youth.

ANN LIPPINCOTT, PHD, is emeritus faculty of the Teacher Education Program in the Gevirtz Graduate School of Education at UCSB. Before retiring, she also was adjunct faculty in the teacher credential programs at both Antioch-SB and Westmont College.

Dr. Lippincott is on the Board of Directors of both the Mental Wellness Center and Sanctuary Centers of Santa Barbara. She has served as chair of the Education Committee for the Mental Wellness Center since 2011, the committee responsible for the developing and teaching the Mental Health Matters curricula. She is certified to teach Mental Health First Aid and Youth Mental Health First Aid and also teaches the NAMI Family-to-Family courses under the auspices of the Mental Wellness Center.

Santa Barbara Cottage Hospital
Psychiatry and Addiction Medicine
Department invites you to virtually
attend its July 2021 presentation.

TUESDAY, JULY 27, 2021

Noon to 1:30 p.m.
No meals or breaks provided.

Please Register for
Mental Health Matters:
Educating Youth about
Mental Health at:

https://cottagehealth.zoom.us/webinar/register/WN_nJAgXf4wS9GkP_wSuMX48A

After registering you will receive a confirmation email containing information about joining the training.

CONTINUING EDUCATION

- Course meets the qualifications for 1 hour of continuing education (CE) credit for LMFTs, LCSWs, LPCCs, and LEPs as required by the California Board of Behavioral Sciences.
- Santa Barbara Cottage Hospital is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and LEPs (provider # 57341) and Santa Barbara Cottage Hospital maintains responsibility for the program/course and its content.
- Course approved by the California Board of Registered Nursing, Provider #00252 for 1 contact hour.
- Continuing Education: Attendance for the full hour is required to receive credit. CE credit is not offered for meals or breaks.

FEES: There is no charge to Cottage Health employees. There is a \$15 fee to Non-Cottage attendees who wish to receive continuing education credit.

CERTIFICATES: Cottage Health employees will complete evaluations in Compass Learning. Non-Cottage attendees will receive certificates within 10 business days of returning the evaluation and paying the \$15 fee. Detailed instructions will be provided at registration.

- Grievances may be addressed directly to the Education Department.
- If you are in need of special accommodation, please contact the Education Department at (805) 569-7325.

PROGRAM COORDINATORS

Carole Reynolds Ingraham, LMFT
Jasmin Juarez

EDUCATION CONSULTANT

Christine Block, MSN, RN, SCRNP

TARGET AUDIENCE

Addiction Counselors
Clinical Nurse Specialists
Counselors
Marriage & Family Therapists
Nurse Practitioners
Nurses
Occupational Therapists
Occupational Therapy Assistants
Other Mental Health Professionals
Pharmacists
Psychologists
Psychotherapists
Social Workers

Learn more about our Psychiatry and
Addiction Medicine services at:
cottagehealth.org/mentalhealth

Please register at:

https://cottagehealth.zoom.us/webinar/register/WN_nJAgXf4wS9GkP_wSuMX48A

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