BHCS Schedule/Agendas

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|  | ***Week 3 of HCSA’s program******July 13-15*** | ***Week 4 of HCSA’s program******July 20-22*** | ***Week 5******July 26-28 of HCSA’s program*** |
| ***Week 1/ BHCS***Cohort #1, 8-9 students | ***Wed, 7/13****Gail Steele Rm,* *2000 Bldg, 5th Fl.**Clinician(s) facilitating*: Rachelle Zemlok & Damon Eaves*WET Staff*: Stephanie Cardenas *(note: all 3 WET staff to attend in A.M for Intro/Welcome)* | ***Thurs, 7/14****Gail Steele Rm,* *2000 Bldg, 5th Fl.**Clinician(s) facilitating*: Rachelle Zemlok & Dulce Lopez *WET Staff:* Paul Takayanagi | ***Fri, 7/15****Alvarado-Niles Rm,* *2000 Bldg, 5th Fl.**Clinician(s) facilitating*: Rachelle Zemlok & Dulce Lopez *WET Staff*: Sanjida Mazid*(note: all 3 WET staff to attend in PM for Wrap up/Farewell)* |
| ***Week 2/******BHCS***Cohort #2, 8-9 new students  | ***Wed, 7/20****Gail Steele Rm**2000 Bldg, 5th Fl.**Clinician(s) facilitating*: Rachelle & Damon *WET Staff*: Sanjida*(note: all 3 WET staff to attend in A.M for Intro/Welcome)* | ***Thurs, 7/21****Gail Steele Rm**2000 Bldg, 5th Fl.**Clinician(s) facilitating*: Rachelle & Dulce *WET Staff*: Stephanie | ***Fri, 7/22****Gail Steele Rm**2000 Bldg, 5th Fl.**Clinician(s) facilitating*: Rachelle & Dulce *WET Staff*: Paul*(note: all 3 WET staff to attend in PM for Wrap up/Farewell)* |
| ***Week 3/******BHCS***Cohort #3, 8-9 new students | ***Tues, 7/26****Brooklyn Basin Rm.* *1900 Bldg.**Ground Floor – Ste 101**Clinician(s) facilitating*: Damon *WET Staff*: Paul*(note: all 3 WET staff to attend in A.M for Intro/Welcome)* | ***Wed, 7/27****Wildcat Canyon Rm.**1900 Bldg*, Second Floor, Ste 205*Clinician(s) facilitating*: Damon  *WET Staff:* Stephanie\*dismiss early for OUSD mastery demo | ***Thurs, 7/28****Brooklyn Basin Rm.**1900 Bldg.* *Ground Floor Ste 101**Clinician(s) facilitating*: Dulce *WET Staff*: Sanjida*(note: all 3 WET staff to attend in PM for Wrap up/Farewell)* |

*Logistical notes:*

* *HCSA Workforce coordinators: Kristin Boer*
* Team and S*tudent Contact: Milan Drake (will liaison with the students for Xport and Attendance)*
* *HCPP Administrative support: Sequoia Hall*
* *Health Care Connection (HCC) Interns: Angelica Guevara , Candace Moses, and Eghosa Edogun. One of the interns will be assigned from HCSA to stay with and assist the cohort of students each week.*
* *Lunch to be ordered each day by Stephanie. Bill to HCSA/ACHPP, ATTN: Sequoia Hall.*
* *Worforce Development (WET) staff: Sanjida Mazid (Workforc manager) office: 510-567-8071, cell: 510-506-3058*
	+ *Paul Takayanagi (Training Officer), office: 510-639-1373*
	+ *Stephanie Cardenas (Administrative Asst), office: 510-567-8113*

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| **Day 1 of Program (repeated each week): Wednesdays, July 13 and 20 and Tuesday, July 26** |
|  **Agenda/Time** | **Activity** | **Staff/ Activity Leader** |
| 9:00 am – 9:30 am*(Optional/ BHCS can make breakfast snacks available)* | * Welcome, Leadership Introductions
* Icebreaker: Picnic Name Game (get to know each other)
 | WET Staff and Exec Leadership ( Dep. Director, Karyn Tribble) |
| 9: 30 am – 12:15 pm  | Mental Health First Aid (MHFA, Part 1) **TOPIC**: Depression and Suicide  | Crisis Support Services Staff (CSS)(Cris Rita, Mercedes, or Matt) |
| 12:15 – 1:00pm  | Lunch - *have lunch arrive by 11:45am. WET Staff to receive & supervise set up* | Stephanie to order food |
| 1:00 – 2:00pm | Process MHFA Depression & Suicide content (facilitated discussion and activities to process and implement the learning from MHFA topic. * Journal (5 min)
* Group talk (25 min)
* Activity (30 min)

 | BHCS Clinician, do Coping Skills activity:Sticky note activity to build coping and wellness tools students can use. Each student gets 3 or 4 sticky notes in different colors. For one note per idea, write: * Physical symptoms of stress (how do you know when you’re stressed)
* What are examples of stressful situations
* What can be done to cope
* What does it look like when you’re feeling well
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| 2:00 – 2:30pm | Creative project related to content (art-based) | Clinician can start it, WET staff to take over when clinician needs to leave. Make a Wellness Journal: decorate and personalize. Incorporate:* Inspirational words
* Wellness practices
* Health (physical, spiritual, emotional well-being)
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| 2:30 – 3:00 pm  | ACBHCS System/Services Overview  | presenter TBD |
| 3:00 – 3:15pm | Break |  |
| 3:15 – 4:30 pm | Speed Mentoring, Part 1 * *BHCS County Clinic* focus
* 4 mentors in diverse jobs from County clinics
 | WET Staff Facilitator: (Sanjida, Paul, or Stephanie)Mentors: 4-5 BHCS Clinicians |

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| **Day 2 of Program (repeated each week): Thursdays – July 14 and 21 and Wednesday, 7/27\*** \* 7/27 early dismissal for Demo of Mastery for OUSD ECCO program. |
|  **Agenda/Time** | **Activity** | **Staff/ Activity Leader** |
| 9:00 am – 9:15am*(Optional/ BHCS can make breakfast snacks available)* | Ice Breaker – “Vote with your Feet”/Extremes game. * List of opposites to get students moving around, finding things in common, relating to one another.
 | BHCS Clinician  |
| 9: 15 am – 12:15 pm  | Mental Health First Aid Part 2 of 3 **TOPIC**: Psychosis | Crisis Support Services (CSS) Staff (Cris Rita, Mercedes, or Matt) |
| 12:15 – 1:00pm | Lunch - *have lunch arrive by 11:45am. WET Staff to receive & supervise set up* | Stephanie to Order food.  |
| 1:00 – 2:00pm | Process MHFA Psychosis content (facilitated discussion and activities to process and implement the learning from MHFA topic. * Journal (5 min)
* Group talk (25 min)
* Activity (30 min)

 | Clinician and/or WET Staff do Labels Game*(Rashad Eady to do the first time so staff can learn from him)* * Purpose: introduce what stigma is and break down labels people get associated with with when dealing with mental health issues
* Realize “I am not a label”
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| 2:00 – 3:00pm | Special creative project related to content (60 minute fun-interactive activity) | Anti-Stigma “T-shirt clothesline”. Use paper cut-outs of paper shaped like T-Shirts, decorate. The theme should be student-selected along the lines of ending the use of labels for mental illness. * Use words, quotes, drawing, symbols
* Hang up T-shirts along a clothes line in the room.
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| 3:00 – 3:15pm | Break |  |
| 3:15 – 4:30 pm\*Note: *Students end early on 7/27 for “Demo of Mastery” activity* with HCSA | Speed Mentoring, Part 2* *ETHNIC Services CBO* providers focus
* 4 mentors in diverse jobs
 | WET Staff Facilitator: (Sanjida, Paul, or Stephanie)Mentors: 4-5 BHCS and CBO providers serving ethnic clients or who represent an ethnic community themselves.  |

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| **Day 3 of Program (repeated each week): Wednesdays, July 15, July 22 and Tuesday, July 28** |
|  **Agenda/Time** | **Activity** | **Staff/ Activity Leader** |
| 9:00 am – 9:15 am*(Optional/ BHCS can make breakfast snacks available)* | Ice Breaker – “Clever Catch” questionnaire ball.  | BHCS Clinician  |
| 9:15 am – 12:15 pm  | Mental Health First Aid, Part 3 **TOPIC**: Alcohol and Drugs | Crisis Support Services (CSS) Staff (Cris Rita, Mercedes, or Matt) |
| 12:15 – 1:00pm | Lunch - *have lunch arrive by 11:45am. WET Staff to receive & supervise set up* | Stephanie to Order food |
| 1:00 – 2:00pm | Process MHFA content (facilitated discussion and activities to process and implement the learning from MHFA topic. * Journal (5 min)
* Group talk (25 min)
* Activity (30 min)

 | BHCS Clinician do Substance Use Brainstorm around: * Why some teens choose to use substances
* What are the myths and facts
* What are the real consequences/effects if used?

Ideas: can use MHFA Standard Drinks Quiz  |
| 2:00 – 2:30pm | Special creative project related to content (60 minute fun-interactive activity) | BHCS Clinician do “Pro-Social Activity Poster” – small groups to create a “campus outreach” poster for youth at risk-advertise an event that can deter people from using-engage in a social activity as a better choice or for community building |
| 2:30 – 2:45pm | Break |  |
| 2:45 – 4:00pm | Speed Mentoring, Part 3 * *SUD/AOD Provider focus*
* 4 mentors in diverse jobs
 | WET Staff Facilitator: (Sanjida, Paul, or Stephanie)Mentors: 4-5 BHCS and CBO providers serving clients with Mental Health and Substance Use Disorders (SUD). |
| 4: 00 - 4:30pm  | Rotation wrap-up/sharing of things learned through 3 days/appreciation circle. | WET Staff (all) |

**Notes**:

* Interactive elements of “application/processing” for MHFA content will be provided and help students to absorb, discuss and process some of the major issues covered in the morning training; videos, role plays, “games” of some kind to reinforce learning/content will be provided throughout the rotation;
* Special creative projects facilitated each day (either 30 minute or 60 minute) with Artwork, Infographics, Flyers and/or T-shirts that students will be able to take home to further reinforce the learning they have experienced;
* At the end of the week, a “rotation wrap-up” will be facilitated for students to share what they have learned during the rotation and appreciated about their experience.