



UPCOMING & FREE  
**CHOC MENTAL HEALTH EDUCATION PROGRAM  
WEBINAR PRESENTATIONS**  
November 2021

Launched in July 2017, CHOC's Mental Health Education Program (MHEP) and our team of pediatric mental health specialists have provided hundreds of educational sessions to thousands of community members, including youth, parents, educators, and providers. Through our presentations and trainings, we strive to partner with and equip our community stakeholders with the needed knowledge, tools, and resources to support the wellness of our County's children, adolescents, and young adults. If you have any questions about our educational offerings, please contact our MHEP team at [MHEP@choc.org](mailto:MHEP@choc.org)

Registration for Webinars can also be found at our new weblink: [www.choc.org/MentalHealthEvents](http://www.choc.org/MentalHealthEvents)

**ADHD, A to Z**

**Audience:** Parents/General Community + School Staff | **Languages Available:** English  
**Topic Age Range:** K to 12<sup>th</sup> Grade

Wednesday  
November 3  
5:00pm to  
6:00pm (PST)

A CHOC Child and Adolescent Mental Health expert will talk with parents and school staff about the current research on ADHD, separating the myths about the disorder from the facts, so parents and school staff can get their children the support that they need. This workshop will support identification and understanding of children with ADHD, outlining recommended strategies and treatment to improve outcomes and to help children, parents, and educators feel more effective and equipped.

To register, click here:  
<https://chocchildrens.zoom.us/j/94812345678>

**OPTIMIZING SLEEP IN CHILDREN AND ADOLESCENTS**

**Audience:** Parents/General Community | **Languages Available:** English  
**Topic Age Range:** Pre-K to 12<sup>th</sup> Grade

Thursday  
November 11  
5:00pm to  
6:00pm (PST)

A CHOC Pediatric Psychologist specializing in sleep medicine will provide an overview of the importance of sleep in children and adolescents as well as identify common issues and problems with sleep in children. The presentation will cover examples of how to implement healthy sleep habits as well as problem solve common childhood sleep issues in the home.

To register, click here:  
<https://chocchildrens.zoom.us/j/94812345678>

**STRESS, TRAUMA, AND RESILIENCE: HOW TO SUPPORT YOUTH**

**Audience:** Parents/General Community | **Languages Available:** English  
**Topic Age Range:** Pre-K to 12<sup>th</sup> Grade

Monday  
November 15  
5:30pm to  
6:30pm (PST)

A CHOC Child and Adolescent Mental Health expert will teach parents signs and symptoms of stress and trauma, particularly in the context of current events such as the COVID-19 pandemic. The presentation will additionally cover Adverse Childhood Experiences (ACEs) and their impact on health and development. Information will focus on the negative effects of stress and trauma in youth as well as ways to support children's resilience. The workshop will teach parents specific skills to help improve resilience in youth, themselves, and their families. The workshop will also include additional information about how to seek out support.

To register, click here:  
<https://chocchildrens.zoom.us/j/94812345678>

**UNDERSTANDING AND SUPPORTING AUTISM SPECTRUM DISORDER**

**Audience:** Parents/General Community | **Languages Available:** English  
**Topic Age Range:** Pre-K to 12<sup>th</sup> Grade

Monday  
November 22  
6:00pm to  
7:00pm (PST)

A CHOC Pediatric Neuropsychologist will talk with parents about autism spectrum disorder. This presentation will introduce the diagnosis of autism spectrum disorder, explore the relationship between autism spectrum disorder and the brain, and discuss how to support a child with autism spectrum disorder in the context of the family.

To register, click here:  
<https://chocchildrens.zoom.us/j/94812345678>





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## HOW TO TALK TO KIDS ABOUT RACE/RACISM

**Audience:** Parents/General Community + School Staff | **Languages Available:** English

**Topic Age Range:** Early Childhood + Elementary School (Ages 2-10 YO)

**Tuesday  
December 7  
5:00pm to  
6:00pm (PST)**

A CHOC Child and Adolescent Mental Health expert will focus on teaching parents and educators developmentally appropriate ways to engage their children/students in a dialogue about race and racism. The presentation will review developmental stages that a child/student is in and ways they are able to process and understand race/racism as well as other current sociopolitical events. The presentation will conclude with a review of racial socialization as an effective buffer in moderating the deleterious effects of discrimination.

To register, click here:  
<https://chocchildrens.zoom.us/j/9kfbTKuZwfFGSPV75w>

## WHY YOUTH RESORT TO SUBSTANCE USE

**Audience:** Parents/General Community + School Staff | **Languages Available:** English

**Topic Age Range:** Middle School (Ages 11-13 YO) | High School (Ages 13-18 YO)

**Wednesday  
December 15  
5:30pm to  
6:30pm (PST)**

This course is designed to provide an overview of the explorative/addictive process and basic knowledge, attitudes, and skills in working with youth struggling with substance use disorders.

To register, click here:  
<https://chocchildrens.zoom.us/j/06BCSpqcJ5NmwaNCbg>

