

MENTAL HEALTH NEWSLETTER

January 2020

Featured Story



Evelyn Teresa Rivera, Ph.D., M.P.A., M.A. is a bilingual clinical psychologist licensed to practice in Ohio since 2009. She was born to a Puerto Rican family in Cleveland, Ohio and graduated from the Cleveland Public

Schools. She currently owns and operates her own private practice: I AM WHO I AM WELLNESS, LLC In Cleveland, Ohio. She conducts social security disability mental health evaluations, as well as does therapy and consultation work. She is the proud mother of a sophomore at Hiram College. She has worked with Latino communities in various parts of the state including the Akron/Canton area over the past thirty years. She was the former Director of the Hispanic Senior Center in Cleveland and the founder of Proyecto RAICES in Akron. Dr. Rivera now adheres to a holistic approach to wellness and healing that incorporates alternative medicine as well as body, mind, spirit, and soul healing practices.

TRAINING

The Mental Health and Recovery Services Board of Lucas County is hosting on **Friday, January 31st** an eight hour **Mental Health First Aid in Spanish for FREE**. Participants will learn a 5-step action plan encouraging the skills, resources and knowledge to help an individual in crisis connect with appropriate care. Those who complete the eight hour course will receive certification. [Register here.](#)

CONFERENCE

NAMI Franklin County's Free Family Education Saturday Seminars provide expert speakers on a variety of current and relevant topics to help you understand the mental health care system, how to access resources, and how to navigate the complexities surrounding mental illness. The next seminar is **February 8th at 9:00 am**, [register here.](#)

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TRAINING

The Ohio Department of Education has partnered with Sandy Hook Promise to offer at **no cost** to districts the **Stop School Violence: Threat Assessment Training** based on Safety Assessment & Intervention, a proven, Know the Signs program of Sandy Hook Promise for school personnel and students statewide. Ohio SAI Trainings has over 20 scheduled dates for the 2019-2020 school year; the closest dates are for **January 22 & February 10, 24, 25, 26, and 27**. More information and registration can be found at the [Ohio Department of Education's website.](#)

CONFERENCE

Save the Date for the 2020 Trauma-Informed Care Summit that will take place on **May 19—20**. The Ohio Departments of Mental Health and Addiction Services and Development Disabilities will host the 7th Annual Trauma-Informed Care Summit at the Residence Inn by Marriott Columbus. The summit will include a day-long preconference on **May 18** featuring 8 learning communities. Register opens in February.

TRAINING

The Ohio Mental Health & Addiction Services is offering the Mental Health 101 training opportunity on **Tuesday, January 7th in Columbus** designed to educate family, providers, and staff new to mental illnesses. The training is **FREE** & the deadline to register is Monday, January 6th at 8:00 am.

GRANT

SAMHSA (Substance Abuse and Mental Health Services Administration) is accepting applications for Assisted Outpatient Treatment Grant Program for individuals with Serious Mental Illness. This four year program is intended to implement and evaluate new programs, while improving health and social outcomes of individuals with a serious mental illness. For application click [HERE](#).

TRAINING

The Huckleberry House will be hosting on **Monday, January 27th** a Cultural Humility & Ethics in Mental Health Assessments. This training event explores how cultural humility plays a role in the mental health assessment process from rapport building to gathering needed information. The training has been approved by SOH, CSWMFTB for 3 CEU hours of ethics; approved for Social Workers and Counselors. Provider # RSX031901 , RCX071902. [Register here.](#)

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