

California Project LAUNCH Webinars 2019

Registration link for all Webinars: <https://www.surveymonkey.com/r/CAProjectLAUNCHWebinars>

The Zoon link to the webinars will be included in the “Thank you” message at the end of registration. Make sure you copy the link so you can paste and save in your calendar.

Mental Health Integration in Home Visiting –Technical Assistance and Lessons Learned

Monday, July 15th

9:30-10:30 am PST

Presenters:

Rita Lang, MFT, Behavioral Health Clinician Manager of the Blue Skies Mental Wellness Program. Alameda County Public Health Department

Anna Gruver, LCSW, Maternal, Paternal, Child and Adolescent Health Administrator, Alameda County Public Health Department

This webinar will provide a framework and context for the work done by Alameda County Public Health Department in the Maternal, Child, Parent and Adolescent-Starting Out Strong System of Care. The Webinar will discuss a detailed review of the model elements utilized in the building the framework of operation and the implementation strategies utilized by the Blue Skies Mental Wellness Team providing these services. The Webinar discussion will also include identification of what is needed to integrate early childhood mental health into a large public health system and overview the focuses of how members of the Blue Skies Mental Wellness Team began their work in offering prevention and mental health services in a non-stigmatizing way to maternal populations in Alameda County. There will also be a discussion on funding approaches for service delivery along with discussion on the key factors for success in designing an effort that offers consultation and mental health prevention services.

Family Engagement from the Inside Out- How to Prepare Your Organization to Authentically and Respectfully Engage Families and Communities?

Wednesday, August 7th

11:00am-12:00pm PST

Presenter:

Dara Griffin, LAUNCH Family and Community Engagement Consultant, DDG Training & Consulting

This webinar will focus on creating the structures necessary to create develop and sustain an authentic and respectful Family and Community Engagement strategy. Practical and useful tools and frameworks will be shared during the webinar to ground the dynamic realities of engaging families and communities within complex systems.

Professional Boundaries and Self-Care for Mental Health Consultants

Monday, August 19th

10:00-11:00am PST

Presenters:

Ayannakai Nalo, LAUNCH Mental Health Consultant

Rita Lang, MFT, Behavioral Health Clinician Manager of the Blue Skies Mental Wellness Program. Alameda County Public Health Department

This webinar will build participants awareness of Burn out and Vicarious Trauma, by defining and exploring the impact on us as workers. Brainstorm, problem solve, and create goals for how to maintain wellness despite institutional challenges and thoughts around supporting a plan for preserving self-care and advocacy.

How to Hire a Mental Health Consultant-Finding the Right Match for Your Program

Monday, September 9th

12:00-1:00pm PST

Presenters:

Rita Lang, MFT, Behavioral Health Clinician Manager of the Blue Skies Mental Wellness Program. Alameda County Public Health Department

Anna Gruver, LCSW, Maternal, Paternal, Child and Adolescent Health Administrator, Alameda County Public Health Department

This webinar discussion will provide insights on how to begin thinking about seeking a good clinician match for your home visiting program. If you are in the beginning stages of looking for a home visiting therapist, there are concrete considerations that need to be made in order to find the right match for your program. This webinar will provide tips on ways to think about and frame obtaining a clinician match for the populations you serve; provide thoughts about clinician “Must Have’s” to get the job done and offer some core content knowledge about what should be required in offering Mental Health Consultation and Supports in Home Visiting-Early Childhood service delivery continuums. The webinar will also overview suggested domains for Mental health Clinician knowledge while reviewing the current roles of Behavioral Health Clinicians in Alameda County’s Public Health’s Blue Skies Mental Wellness Team and how they work effectively with the Alameda County Starting Out Strong Home Visiting system of care.

BIOS OF PRESENTERS:

Dara Griffin first attended a Parent Cafe in 2008 and has been involved with the Strengthening Families movement ever since. Dara consults with organizations and systems that wish to authentically engage families and communities and has worked with several Project LAUNCH grantees across the country assisting with the implementation of the Café approach and accompanying professional development, training and technical assistance to enhance engagement and parent/provider relationships. Before consulting in the family strengthening arena, Dara was a sales and marketing professional in the Human Resources and Pharmaceutical Industries. She holds a Bachelor of Science degree in Education and Social Policy with a concentration in Human Development from Northwestern University in Evanston, Illinois.

Anna Gruver, LCSW, is the Maternal, Paternal, Child and Adolescent Health (MPCAH) Coordinator and Unit Administrator for the Alameda County Public Health Department. Anna received her Master's in Social Work from San Francisco State University in 1997 and a Bachelor's degree in Sociology from U.C. Berkeley in 1994. She is a bi-lingual, bi-cultural Licensed Clinical Social Worker who has served children and families for more than 20 years. As the MPCAH Administrator and Alameda County Healthy Start Initiative Project Director, she leads the integration, administration, program and fiscal oversight of several family support programs for pregnant women and families with young children; looking closely at social determinants of health and the strength of our families to promote health. In this position, she supports a multi-disciplinary and diverse MPCAH workforce to meet the needs of families and communities across the life course with specific attention to health equity.

Prior to working for the Alameda County Public Health Department, Anna served as an administrator of home visiting and child development supports as well as a direct service provider and home visitor for organizations who promote the health and wellbeing of children and families

Rita Lang, LMFT is a Licensed Marriage and Family Therapist who has worked in the field of human services for over 25 years. A graduate of San Francisco State University and Cal State University East Bay, Rita holds a Master's of Science Degree in Educational - Counseling Psychology. Her specialties include: Family Systems Therapy, Dyadic Parenting Therapy, Solution Focused Therapy Adolescent/Child-Play & Expressive Art's Therapy. Rita has worked for a number of medical, school and social service agencies providing comprehensive counseling services and believes in "people's innate ability to find their way to health and healing". Rita's experience additionally includes; Program Supervision, Program Development and Consultation Expertise working with a broad array of diverse communities. She has extensive experience as a local trainer, working in the past on First 5 Alameda Counties Touch Points Individual Level Training Team and providing training as a private practice therapist. Rita currently works for the Alameda County Public Health Department in Maternal, Paternal Child Adolescent Programs as the Behavioral Health Clinical Supervisor and Program Manager for the Blue Skies Mental Wellness Team. Her consultation and program development work has been fundamental in implementing the Mental Health Integration efforts for MPCAH-Behavioral Health Care Home visiting programs integration. Rita also facilitates the Ujima=Collective Work and Responsibility-Community Consultation Support Group for African American service providers in Alameda County. Rita has been happily married for over 30 years and has 3 children.

Ayannakai Nalo, LCSW, is a CPP rostered licensed clinical social worker who has been working with children and families for nearly 30 years and in the early childhood mental health field for the last 15 of them. The California Center for Infant-Family and Early Childhood Mental Health has endorsed Ms. Nalo as an Infant-Family and Early Childhood Mental Health Reflective Practice Facilitator Mentor.

Ms. Nalo is also the former Manager for Early Intervention Services at UCSF Benioff Children's Oakland and is a member of the faculty of the Irving B. Harris Early Childhood Mental Health Training Program. As a member of the Harris Foundation Diversity-Informed TENETS Work Group, Ms. Nalo integrates diversity-informed principles from TENETS and other sources into reflective supervision and infant mental health services and also trains organizations and mentors individuals in the implementation of the TENETS across infant and early-childhood mental health providers and public health fields.

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