ucl Reclaim Mental Health Conference

May 21-22, 2016
AGENDA AT A GLANCE

Saturday, May 21

Breakfast/Check-in:  8:00 am – 9:00 am
Opening:  9:00 am – 9:30 am

Speaker:  Slavash Zohoori

Workshop Session 1:  9:40 am – 10:40 am
Workshop Session 2:  10:50 am – 11:50 am

Lunch:  12:00 pm – 1:40 pm

Speaker:  Lacy Wright
Q&A with your mental health administrators:  12:40 pm – 1:40 pm

Student Panels:  1:50 pm – 2:50 pm
Workshop Session 3:  3:00 pm – 4:00 pm
Mind, Art, & Soul:  4:10 pm – 5:30 pm
Raffle Drawing

Sunday, May 22

Breakfast/Check-in:  8:30 am – 9:30 am

Take home a free Polaroid picture at our photo booth!
Raffle Drawing

Workshop Session 4:  9:30 am – 10:30 am
Workshop Session 5:  10:40 am – 11:40 am

Lunch:  11:50 am – 1:40 pm

Film Screening of “Voices:”  12:15 pm – 1:40 pm

Speaker:  Dr. Gary Tsai

Student Panels:  1:50 pm – 2:50 pm
Workshop Session 6:  3:00 pm – 4:00 pm
Closing Dinner & T-Shirt Giveaway:  4:10 pm – 5:30 pm

Speaker:  Roman Rivilis
A recent study revealed that graduate school’s mental toll is astronomically high, with 37% of Master’s students meeting the diagnostic criteria for clinical depression. For Ph.D students, that proportion rises to 47%. These rates can be attributed to the pressure for students in academia to “publish or perish,” long, often solitary hours in the lab or grading papers, and dwindling financial aid to assist with housing, fees, and insurance costs. Whether you’re an undergraduate considering a research or professional degree or a graduate student transitioning to professorship, how can you address the structural defects of graduate education that currently produces consistent, debilitating suicidal thoughts in 10% of its students?
Story of Self: From Anorexia to Binge-Eating Disorder............ Moss Cove A
Rachel Montayne, UC Irvine, Compassionate Activist Network

The National Association of Anorexia Nervosa and Associated Disorders estimates that among those with eating disorders, 43% experience onset of symptoms before beginning college. Such was the case for Rachel, who, at the peak of her restriction, did not exceed 400 calories a day. If she didn’t lose even ounces throughout the day, self-loathing followed. This space will journey through Rachel’s vacillating, perpetually-evolving relationship with food, as well as introduce EDNOS (Eating Disorders Not Otherwise Specified), which has been dubbed the deadliest, most quietly common umbrella of disordered eating habits.

Art and Illness: How We Use Art and Music to Help Ourselves and Others.................................Pacific Ballroom B
Jenna Mason-Brase, Irvine Valley College

Visual, digital, and performance arts have long been used as instruments to express emotional distress that transcend the need for language and logic. In this workshop, Jenna, who is a vocalist and band performer, will discuss how she embraces music’s healing capability to cope with her mental illness. Come hear about other uses of art in popular culture and history as a therapeutic tool, as well as participate in creative activities to experience its universally rehabilitative power for yourself.

Where Reproductive Justice and Mental Health Meet .............. Moss Cove C
Melina Reyes, UC Riverside

Discourse on the link between abortion and mental health has historically been limited by stigma that encompasses gender-based, political, and ideological differences in opinion. This workshop aims to illuminate the interaction between reproductive health and mental health, focusing on bodily autonomy, gender identity, birth control, and elective abortion. To that extent, it will also explore the (lack of) resources on campuses available to address these intricately intersectional needs, as well as how students may fill in the gaps.

SESSION 2:  10:50 AM – 11:50 AM

Story of Self: Living With a Hoarder ......................................................Moss Cove A
Julie Nguyen, UC Irvine, PharmSci Mentorship Program Coordinator

“As years passed and the amount of junk and dust accumulated in the house, my asthma started getting worse. I felt obligated to throw some items away, but witnessed such animosity whenever I did. Living with a hoarder has given me a dark perspective on how inanimate objects can come between human relationships.” In this workshop,
Julie Nguyen will speak about how she copes with hoarding in the family. She will discuss possible treatments, DSM criteria for hoarding disorders, and how it’s developed both psychologically and biologically.

**La Resiliencia**

*Amadis Rodas, UC Irvine*

This workshop will highlight the need for resiliency in communities comprised of both people of color and trans, gender non-conforming, or queer-identified. Resiliency in this context refers to the ability to recover from or adjust to misfortune, trauma, or violence that is intend to “fix QTPOC,” “put QTPOC in their place,” or erase them. As these communities face repercussions by the systems of oppression they challenge simply by existing, the search for sanity in the unstable must be centered in confrontations inter-personally, intra-personally, with institutions, and political spaces.

**Story of Self: OCD 101 & Connecting Experiences of Mental Illness**

*Olivia Jaffe-Pachuilo, San Diego State University*

In this space, Olivia will deliver her personal narrative of living with Obsessive-Compulsive Disorder and its impact on her relationships with family and academic career throughout undergraduate and graduate education. She will discuss the process of seeking therapy, maneuvering through insurance plans as a student, and grappling with the pressure to (or not to) medicate. In doing so, she hopes to dispel stereotypes surrounding this well-acknowledged, but poorly understood and highly variable illness.

**Step Up! Bystander Intervention Training**

*Dr. Kanwarjit Pahwa, UC Irvine Counseling Center, Postdoctoral Fellow*

A microaggression is a behavior that implies some form of aggression (such as a slight or put-down) towards a member of a different race or culture. This workshop will train participants on a 5-step decision making process that helps them recognize subtly hostile and derogatory verbal, nonverbal, or environmental microaggressions in daily life and ways to intervene. Other topics addressed will include the bystander effect, determinants of motivation to help a stranger, skills and confidence development when responding to problems and concerns, and how to ensure the safety of self and others.

**LUNCH:**

*Pacific Ballroom CD*

12:00 PM – 1:40 PM
Following sexual assault in high school and lack of access to mental health care in its aftermath, Lacy began her advocacy work immediately upon entry to college. Only a sophomore, she has already spoken at a rally at the Capitol, successfully removed a statute of limitations that restricts the length of time UCSB students are given to report sexual assault, and served on her campus’s Counseling and Psychological Services hiring committee, where she advocates for recruitment of clinicians of color and specialists to work with survivors of sexual violence.

Lacy Wright
UC Santa Barbara

Q&A with your Administrators:
12:40 PM – 1:40 PM
Submit your questions!

Dr. Jeanne Manese, Ph.D
UC Irvine Counseling Center, Director

Under Dr. Manese’s leadership the past eight years, the UCI Counseling Center has expanded from an agency primarily focused on psychological counseling, outreach, and pre-doctoral training to a comprehensive interdisciplinary entity that now includes psychiatry and case management by licensed clinical social workers. In her role as director, Dr. Manese has been challenged by skyrocketing demand for services. UCI enrollment, for example, has increased 11% between 2009-2015, while the utilization of clinical services has increased 62%, which makes locating adequate funding and facilities to serve student need an ongoing endeavor.

Dr. Manese is particularly interested in addressing retention issues and co-developed the Goals in Action program, which is devoted to improving students’ academic success. On a national level, she has been dedicated lifelong to addressing the healthcare needs of underserved populations, serving on committees as a mentor, board member, and consultant with the American Psychological Association Minority Fellowship Program to increase the population of psychologists of color.
In 2004, Proposition 63 increased the income tax of California’s top 0.1% income earners by 1%. The revenue generated funded the California Mental Health Services Authority (CalMHSA), which develops programs to enhance mental health early intervention, prevention, and staff training in county agencies and public education. In 2012, Dr. Caldwell-Harvey was tasked with coordination of the CalMHSA grant at the statewide level, overseeing an approximate $7.8 million to be distributed among the ten UC campuses. In her role, she works closely with the CSU and CCC Chancellor’s offices in their efforts to build a higher education network of collaboration and communication to share best practices.

Additionally, she provides statewide support to the Student Mental Health Oversight Committee, Counseling Center Directors, Health Promotion and Education Directors, case managers, and the Collegiate Recovery Program advisors. Dr. Caldwell-Harvey is open to questions regarding system-wide initiatives and partnership between the three arms of California’s public higher education system (UCs, CSUs, and CCCs).

Ryan has worked at the Student Mental Health Coordination Services unit in the Dean of Students’ office for seven years, serving as Associate Director for four of these years. At UCSB, SMHCS serves as single, readily-accessible point of contact for staff and faculty to consult with students in distress, providing referrals to campus departments. In this capacity, Ryan was a key member of UCSB’s Student Behavioral Intervention Team (SBIT), a multi-disciplinary group of professionals whose role is to identify students who exhibit disruptive or concerning behavior, so that the appropriate interventions and individualized response plans may be devised.

Since 2009, Ryan has also served as the advisor to UCSB’s Active Minds chapter, a nationwide student organization focused on peer-led mental health awareness, education, and advocacy. Prior to his career in the University of California, Ryan worked as a behavioral specialist for a non-profit organization serving severely emotionally disturbed (SED) children and teens in local middle and high schools, as well as adults in protective custody held at the Santa Barbara County Jail.
SESSION 3: 3:00 PM – 4:00 PM

Insurrection in Therapy: Using Feminist and Liberation Psychology to Empower Oppressed Identities

Justin Huft, Saddleback College, Associate Professor

The rise of social constructionism in marriage and family therapy drastically altered how therapists conceptualized their clients’ realities and psychopathology. Using concepts of critical pedagogy, feminist therapy, queer theory, and liberation psychology, this workshop aims to a) examine how feminism and other “empowering” models exist within psychotherapy, b) address how individuals can utilize these concepts to cultivate their own wellness, and c) propose solutions to problematic areas within the pedagogy of education (particularly psychology, counseling, and therapy).
Neurological, Physiological, and Behavioral Effects of Psychiatric Medication ............................................Moss Cove B
Dr. Larry Plon, UC Irvine, Associate Professor of Pharmaceutical Sciences

In this space, Dr. Plon will share bioclinical knowledge gained during his time as a psychiatric pharmacist specialist at the UCI Medical Center. Dr. Plon specializes in the treatment of bipolar disorder, schizophrenia, and depression, and has been involved in the development of modern anti-psychotic drugs and medications for the treatment for Alzheimer’s. Come with questions on common side effects of anti-depressants and other psychotropic medication, drug interactions, and the spectrum of treatment plans for a variety of mental illnesses.

Yoga as Healing: Transforming Your Body Transforms Your Mind .....................................................Woods Cove B
Nicole Taylor, UC Irvine Alumna

Traumatic experiences can leave psychological and physical imprints, possibly leading to muscle tension, migraines, and hypervigilance. In this workshop, Nicole will interpret the biological effects of sexual assault-based PTSD on the human body and mind. She will chronicle how she used yoga to navigate through panic attacks, reframe her body’s response to triggers, and counter her brain’s natural flight-or-fight response, which became activated and prolonged following a traumatic experience.

Deconstructing the Misconstrued: The Impact of Gov’t Surveillance And Islamophobia on Mental Health .............. Woods Cove C
Maheen Ahmed, Student Director, Muslim Students Association (MSA)

The ever-growing Islamophobia in our nation, alongside increasing government surveillance in our current state of late modernity, stereotypes Muslims as a security threat and creates a climate of fear and a chilling effect on free speech, especially amongst Muslim youth. This workshop will discuss government programs such as Countering Violent Extremism (CVE), parallels between Islamophobia, CVE, COINTELPRO, and current events regarding anti-Black racism and state violence. Additionally, it will propose how students can become allies to combat Islamophobia on our campuses.
End the day with original spoken word recitals and live music by students! Our goal is to leverage the power of the creative arts as a medium for coping, outlet, and expression of mental illness and broader wellness challenges. Raffle prizes will be drawn throughout the performance showcase and refreshments will be served.

**Zenith Farin:** Spoken Word  
**Marah Stevenson:** Acoustic Guitar  
**Jordan Rickman:** Spoken Word  
**Nicholas Frey:** Ukulele  
**Caroline Truong:** Spoken Word  
**SkyDive:** Electronic Indie Synthpop
BREAKFAST: 8:30 AM – 9:30 AM

Pacific Ballroom CD

Grab some friends and take home a free Polaroid picture (while supplies last) at our photo booth! Raffle prizes will be drawn throughout the breakfast hour.

SESSION 4: 9:30 AM – 10:30 PM

Disparities in Access to Mental Health Care Across Schools....... Woods Cove C
Biological Sciences Student Council, UC Irvine

This workshop will examine differences in mental health services on a campus-comparative level, focusing on high schools, public, and private universities within Southern California’s six counties. It will review how geography and sociodemographics affect the quantity and quality of resources provided, as well as introduce avenues for students to advocate for a standardized quality of mental care to address shortage and disparities.

Schizophrenia, Homelessness, and Police Brutality....................Moss Cove A
Ron Thomas, Father of Kelly Thomas

In 2011, Kelly Thomas, a homeless man with schizophrenia, was brutally beaten to death by six members of the Fullerton police department, who were charged with felony use of excessive force, involuntary manslaughter, and second-degree murder. In this workshop, Kelly’s father Ron will detail the three years of criminal trial that followed, as well as broader themes of mental illness, homelessness, the violence that may occur when these two domains intersect, and the need for expansion of appropriate law enforcement training, accountability, and reform.

Reclaiming Your Relationship with Stress: Catalyst to Self-Care .......Woods Cove B
Dan Nguyen and Andrew Laso, UC Davis Health and Counseling Services

Stress is both ubiquitous and infinitely heterogenous in cause and effect. This workshop
will introduce methods for students to reclaim their stress and conquer insomnia through understanding the holistic mind-body connection. Specific attention will be directed to the research-backed benefits of mindful relaxation and meditation, light therapy that mimics natural sunlight to boost mood, and biofeedback programs that measure physiological processes such as breathing, body temperature, and heart rate.

Get Certified! QPR Suicide Prevention Training
Moss Cove B
Tiffany Rivera, CSU Long Beach, CAPS Graduate Peer Educator
Nicole Morales, Project OCEAN, Undergraduate Peer Advocate

Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, QPR trains individuals to recognize the warning signs that an individual may be experiencing acute suicidal ideation, and to “Question, Persuade, and Refer” them to resources. Through experiential exercises, participants will learn how to effectively communicate with those in critical need and overcome obstacles that may leave someone in crisis feeling judged, misunderstood, and dismissed. All participants will receive QPR Gatekeeper Certification that is valid for three years.

SESSION 5: 10:40 AM - 11:40 AM

To Tell or Not to Tell: Mental Health, Self-Disclosure, and Stigma
Pacific Ballroom B
Barbara Acosta and Robyn Gantsweg, Disability Rights California

Despite strides in recent years to normalize dialogue about mental illness, stigma and the threat of backlash stills remains a barrier between individuals and the mental health services they seek. As an employee, for example, what are your legal protections against discrimination if you inform a supervisor or coworker about a mental health disability? This workshop will address the complex costs and benefits of disclosing a mental illness in various settings — at home, school, the workplace — and how these intricacies multiply when disclosure is made cross-culturally.

What’s Your Tick? What’s your Pick?
A Closer Look at Excoriation Disorder
Moss Cove A
Sarwat Siddiqui, UC Irvine
Genevieve Mage, University of San Francisco

Excoriation disorder is defined as obsessive-compulsive skin-picking or hair-pulling that often causes balding, scars, and other topical, somatic damage to the body. It is normally triggered by tension, anxiety or stress and can coexist with other mental illnesses like PTSD. Despite that this condition is more common than realized, awareness surrounding its symptoms and treatment is lacking. Come separate myths
from facts about this disorder whose widespread prevalence often goes underreported, and gain firsthand education from presenters who cope with it.

**Mental Health of the Baby Boomer Population**

Naaz Mirreghabie, UCLA, Masters of Social Welfare Candidate

When is stress in our parents a natural byproduct of juggling bills and mortgages, and when is despair among elders a cause for concern? How can we as children and grandchildren interact with those from a different age group and approach a generation that has historically stigmatized mental health services? This workshop will examine the unique stressors faced by the aging population (e.g., loss of physical abilities, loss of cognition, home transitions, isolation), as well as how to introduce resources and policies such as the Older Americans Act and RAISE Family Caregivers Act into our aging loved ones’ lives.

**Intersections of Disability and Mental Health**

Naty Rico, UC Irvine, Committee of Students with Disabilities

Jillian Adriano, UC Irvine

This workshop will analyze the negative effects of what it means to be disabled in a society built for non-disabled folks. Participants will assess and critique physical disability through intersections of race, class, and gender, while simultaneously observing the effects it produces on mental health. Present will be Jillian Adriano, who will speak on her experience of living with Congenital Muscular Dystrophy for 22 years and learning to adapt to society’s construction of what qualifies as “normal.”

**LUNCH:**

11:50 AM – 1:40 PM

“Voices” Film Screening: 12:15 PM – 1:40 PM

Pacific Ballroom CD

Dr. Mary Pat Kelly, Senior Staff Psychologist from the UC Irvine Counseling Center, will be on standby if you feel triggered by the film content or anecdotes and wish to speak to somebody confidentially.
“Voices” is an award-winning documentary that features the stark and intimate portraits of three very different individuals and their struggle with severe mental illness in America. In turning the camera on these individuals and their families, this film’s subtle power lies in the brutal honesty of families sharing their stories for the first time, unburdening themselves from the stigma of mental illness as they steer the narrative over rocky and deeply personal terrain.

Without expert commentators deployed to “make sense” of what often does not, “Voices” allows people to interpret their own truth, unmediated by statistics or authorities that imply answers. With this nuanced style, the film provocatively highlights the disjointed and decompensated behaviors that can result from serious mental illness, and its impact on society and the loved ones in its orbit.

In these raw and sometimes jarring real life stories, outcomes are as varied as the people in them: Sharon is well cared for but institutionalized in a long-term care facility; Thomas lives on the street but is a beloved member of his community; and Aaron’s father is left wondering what could have prevented his son from committing the violent tragedy that eventually made national headlines.

In each case, the questions of how to find the right treatment and the balance between autonomy and involuntary treatment provide a powerful subtext. “Voices” makes it clear that even when people with severe mental illness are surrounded by loving family, the choices can be difficult, and public policies too often fall short of meeting the needs of either the individual or society.

www.VoicesDocumentary.com
Dr. Gary Tsai, M.D.
LA County Department of Public Health,
Substance Abuse Prevention & Control,
Medical Director

Dr. Tsai is a physician double-boarded in general psychiatry and addiction medicine and the founder of Forgotten Films, an independent film production company that specializes in behavioral health and civic engagement. Other films produced include “Mental Illness on Trial,” which documents the history and circumstances contributing to the criminalization of mental illness. His motivation to create “Voices” was drawn from family experiences:

“As the son of a mother with schizophrenia, I’ve long felt that if everyone could view people living with mental illness the way that I viewed my mother, stigma would not possess the power that it does. [Stigma] thrives in environments devoid of open discussion and thoughtfulness, adhering to overly simplistic generalizations of what are usually complex issues.

Because many people with conditions such as schizophrenia or bipolar disorder experience episodes in which they are unable to acknowledge their illness or their need for help, they frequently do not seek treatment and only get connected with help during times of crisis. Social isolation, homelessness and incarceration are too commonly the end result.”

STUDENT PANELS: 1:50 PM–2:50 PM

**Group 4..........Moss Cove A**
Ian Edwards
Alissa Kato
Karina Lopez
**Facilitator: Jessica Zamora**

**Group 5........Moss Cove B**
Wei J Situ
Matt Tillis
Kimberly Tran
**Facilitator: Yatika Chaudhri**

**Group 6........Woods Cove B**
Vannessa Montano
Elizabeth Nguyen
Caroline Tran
**Facilitator: Azadeh Shalamzari**
Racial Diversity and Its Health Impacts on Black People .......... Moss Cove A
Chidinma Agu, UC Santa Barbara, Mental Health Peer Program

This workshop will expose the pernicious harm of colorblind ideologies and offer a nuanced perspective on the psychological realities of Black people in personal, academic, and professional settings. By incorporating the principles of good counseling and active listening, audience members will be given the tools to interact and engage with these issues and be empathetic towards their peers and colleagues. Evidence will be incorporated on how diversity benefits everyone — not just those who are marginalized — and thus needs to be a cultural mainstay and not simply a day of mandatory training.

Depression: When Stress Balls Are Not Enough..................... Woods Cove C
Biological Sciences Executive Board, UC Irvine

How do preventative measures and programs minimize or safeguard against onset of depression, and what vulnerabilities in these measures should students be aware of? When prevention fails, how does early treatment compare with later treatment? This workshop will underscore the importance of being alert to depressive symptoms, both introspectively and in those around us, given the statistical likelihood of depressed students to develop future mental illnesses. It will also introduce evidence research on the various stages of care (preventative, early, late), and potential outcomes associated with each.

Feeding Minds: The Consequences of Poverty and Food Insecurity on Mental Health .................. Pacific Ballroom B
Alexander Fung, UC Irvine, Former Global Food Initiative Student Fellow
Rafael Carrazco, UC Irvine, Internal Vice President

Food is the problem and the solution. Insufficient access to consistent, affordable, and nutritious meals has been associated with behavioral health challenges in children, resulting in hyperactivity, aggression, and mood swings. In young adults, food insecurity correlates with higher frequencies of anxiety and substance abuse disorders.
As adolescents transition from high school to college, how do we stop these patterns from repeating in institutions of higher education and curb the alarming statistic that 30-60% of students at universities across the state are currently food insecure?

I Hate You Please Don’t Leave Me: Borderline and Bloodties .......Moss Cove B
Genevieve Mage, University of San Francisco

Can Borderline Personality Disorder (BPD) be inherited across generations genetically, socially, or environmentally? This workshop will delve into an autobiographical portrait of a family plagued by unmanaged BPD that manifested as physical and emotional abuse, and a daughter’s choice to eventually say “I’m done.” After surviving her traumatic home life, Genevieve began exhibiting symptoms of BPD herself, which she addressed and continues to address through appropriate therapy, medication, and coping mechanisms, illustrating that outcomes for the same illness can be varied.

CLOSING DINNER:          4:10 PM – 5:30 PM
T-Shirt Giveaway

T-Shirts will be free for those who attend at least four out of six workshop sessions!

Pacific Ballroom CD

SPEAKER:

Roman Rivilis
UC Davis

During his time at UC Davis, Roman spearheaded an effort to extend suicide prevention certification trainings to students, collaborated with campus libraries and the UC Davis Chief Financial Officer to secure nap spaces for rest and recuperation in campus buildings, and submitted a proposal to the Academic Senate to mandate and standardize professors’ inclusion of health and wellness services in their course syllabi. Roman will be speaking about how his disability overlaps with and affects his mental health, as well as the vital role students and the community play in advancing awareness and reform.
If You Need Assistance:

Presenters, panelists, and attendees alike may at any point during this weekend’s conference feel emotionally triggered due to the nature of the content being discussed. If you find that any of the material you encounter today induces an emotionally distressing response that requires assistance or you are concerned that someone else is experiencing an emotionally distressing response that requires assistance, please keep the following resources in mind for support:

1) For urgent matters on May 21st - May 22nd or at other times the Counseling Center is closed, call (949) 824-6457 and select option 2 to be connected to an on-call telephone counselor who can assist you, 24 hours a day, 7 days a week. On-call telephone counselors will share this information with Counseling Center staff on the following business day.

2) If it’s an emergency or life-threatening call, Campus Police at (949) 824-5223 or 911.

3) Call the National Suicide Prevention Lifeline (24 hours a day, 7 days a week) at 1-800-273-TALK. The National Suicide Prevention Lifeline is an anonymous service.

3) During business hours (Monday-Friday, 8am-5pm, when the Counseling Center is open), there is always a staff member available by phone or in person to assist you.
   a) Call (949) 824-6457 and ask to speak with the Urgent Care therapist.
   b) Walk-in to the Counseling Center and ask to be seen by the Urgent Care therapist (203 Student Services 1).
   c) Call or walk-in to make a regular Initial Assessment appointment if your concerns are not urgent or time sensitive.
Growing Through Transitions Can Be Hard.

We Can Help.

Outreach & Engagement Services

Case Management  individual case management, coaching and goal setting services in your home or community. We help with living skills, job search, and access to housing and transportation, among other things.

Referral and Linkage  to a wide range of resources ensuring your contact and connection to these services, including counseling services.

Workshops such as Bullying, Healthy Relationships, Safety On Social Media, Communication, Conflict Resolution, Coping Skills, and Stress Management.

Groups  gather to discuss valuable topics for teens, families, siblings, students, and other identified groups. Topics such as healthy recreation, problem solving, peer skills building, grief, coping skills and many more.

Services are provided at NO COST to residents of Orange County. We help you to become successful and productive.

SOUTH Area Residents
Toll-free: (844) 243-0048

NORTH Area Residents
(714) 517-7107

Find MORE Resources at www.westernyouthservices.org

Services are funded by the Orange County Health Care Agency, Behavioral Health Services, Prevention and Intervention Division, Mental Health Services Act/Prop. 63 and Accelerate Change Together Anaheim.
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