

Promoting Mental Health, Wellness and Recovery with Opportunity Youth in a COVID-19 Context

This training will focus on promoting mental health wellness and recovery with opportunity youth (ages 16-24) in the COVID pandemic. The training will review the factors that create increased vulnerability for this population and examine how the COVID context creates increased risk to the stability of these youth. This training will also address the risks to essential care providers of this population and the concurrent impact of the pandemic on professional stability. Participants will learn methods of coping, adaptation, recovery, and self-care for a) effective service provision and b) avoiding burnout and vicarious traumatization.

By the end of the training, participants will be able to:

- Identify the intersectional factors that create vulnerability for this population, resulting in increased system or multi system involvement (foster care/ child welfare, juvenile justice or criminal justice systems and homelessness) and contribute to increased disproportionality and disparity in service provision
- Identify contextual factors such as housing insecurity, employment insecurity, trauma (acute, chronic, systemic, historical) that impact the population's capacity to receive our services
- Indicate the impact of sustained service delivery on providers (including stress management, avoiding vicarious trauma and compassion fatigue)
- Indicate increased risk factors for clients in a COVID context
- Indicate increased risk factors for practitioners and providers in a COVID context
- Develop clear recovery and wellness goals for clients and practitioners



DATE AND TIME

Thursday, June 11, 10 a.m.-12 p.m.

RSVP

Please send your RSVP
to Ruben Gonzales Jr.
at ruben.gonzales@csun.edu,
if you have questions you
can call (310) 721-4895.

RSVP

RUBEN.GONZALES@CSUN.EDU

LOCATION

Zoom Conference Call

<https://csun.zoom.us/j/97319230787>

Meeting ID: 973 1923 0787
(669) 900-6833

SPEAKER

Wendy Ashley, Psy.D, LCS

Professor and Associate Chair
Social Work Department, CSUN

For biography, see page 2.

SPEAKER

Wendy Ashley, Psy.D, LCSW is a Professor and the Associate Chair of the CSUN Social Work Department. Dr. Wendy Ashley earned her Psy.D. in clinical psychology from Ryokan College, her MSW from the University of Southern California, and her BA in psychology from UC Riverside. She has been a Licensed Clinical Social Worker since 1998 and has more than 25 years of social work experience in the areas of community mental health, addiction and recovery, and child welfare.

Dr. Wendy Ashley currently works as a Professor at California State University Northridge (CSUN), maintains a private practice and provides consultation and training for a number of community agencies. She is the author of multiple publications and speaks at conferences locally, nationwide and internationally. Her research interests include treatment models for working with African-American and transgender clients, the impact of power and privilege on macro and micro practice, and the promotion of critically conscious, intersectionality oriented pedagogy.

