



July 2020

FREE Bilingual Counseling for Arizona Residents Impacted by COVID-19

Now Arizona residents impacted by the COVID-19 pandemic can call 2-1-1 and connect to FREE and confidential crisis counseling. Crisis Response Network's Resilient Arizona Crisis Counseling Program is a bilingual (English and Spanish), federally-funded program that will connect callers to crisis counseling providers in their area throughout the state of Arizona.

The mission of Resilient Arizona CCP is to assist individuals and communities in recovering from the psychological effects of the Coronavirus pandemic through services which include community-based outreach, emotional support and educational services.



Click [here](#) for more information.

National Minority Mental Health Awareness Month



During National Minority Mental Health Awareness Month in July, the HHS Office of Minority Health (OMH) will continue to highlight its free and accredited e-learning program: [Improving Cultural Competency for Behavioral Health Professionals](#). The program was developed to help health professionals increase knowledge and skills to deliver culturally and linguistically appropriate services.

found [here](#).

Additional information and resources can be

In addition, Mental Health America, has developed the [2020 BIPOC Mental Health Toolkit](#) with a list of resources and handouts on racism, mental health, and racial trauma. MHA wants the language surrounding mental health to change and evolve. "Minority" has been removed and replaced with BIPOC-Black, Indigenous People, and People of Color. Additional information and resources for BIPOC Mental Health can be found [here](#).

Peer Support Training for Teens Now Available!



Now available! teen Mental Health First Aid teaches high school students how to **identify, understand and respond to signs of mental illnesses and substance use disorders among their friends and peers**. The training gives students the skills to apply the teen MHFA Action plan and have supportive conversations with their friends, recognizing when to get a responsible and trusted adult to take over as necessary. For more information and to learn how to bring tMHFA to your school or organization, [click here](#).

Alliance News

Help & Hope for YOUth Alliance Meeting



Join us for the next ZOOM Help & Hope for YOUth Alliance meeting as we enter our third year!

Special Guest:

State Superintendent of Public Instruction Kathy Hoffman

Monday, July 20, 2020

11:30 AM - 1:00 PM

Register Now

At this meeting, participants will have an opportunity to learn about the work we have been doing with the Arizona Department of Education, serving on the School Safety Task Force. In addition, we will hear from Superintendent Hoffman on plans for supporting youth mental health this upcoming school year and how we can best help our youth, schools, and community. Participants will also learn about the goals for Help & Hope for YOUth as we enter our third year!

Member News

Primary Prevention Service Administration: Notice of Focus Group Activities



AHCCCS will hold online focus groups to gather information related to the administration of primary prevention services. These focus groups are open to the public. AHCCCS encourages the participation of interested stakeholders, including those who have an interest in primary prevention activities statewide. Focus group questions and content will be repeated at each session, but individuals are welcome to attend multiple or all sessions.

[Find the webinar log-in details here.](#)

Training and Events Calendar



[WEBINAR: Youth and Adolescent Mental Health](#)

July 9th, 12:00 PM - 1:00 PM



[WEBINAR: Aspects and Mental Health Disorders Among Mexican American Children, Youth, and Families](#)

July 10th, 10:00 AM - 11:30 AM



[NAMICon](#)

July 13th-July 14th



[Advocacy & Policy Task Force Meeting](#)

July 14th, 12:00 PM - 1:00 PM



[NatCon](#)

July 15th, 9:00 AM - 1:00 PM



[WEBINAR: Youth Mental Health](#)

July 15th, 12:00 PM - 3:00 PM



[Capacity Building Task Force Meeting](#)

July 15th, 4:00 PM - 5:00 PM



[Help & Hope for YOUth Alliance Meeting](#)

July 20th, 11:30 AM - 1:00 PM



[Education & Training Task Force Meeting](#)

July 21st, 11:30 AM - 1:00 PM

For additional training opportunities, please visit the [MHTTC Calendar](#).

Call to Action—We want to hear from youth

The Help & Hope for YOUth COVID-19 Pandemic Experience Survey is now available! Our evaluation team at SIROW is looking to learn about the experiences of youth in Arizona. Please help us spread the word! The youth survey link is available [here](#) and can also be accessed directly on the [Help & Hope for YOUth](#) website. Results of the survey will be shared with Alliance members.



#COVID19 is widespread & wearing a mask when you're in public, even if you do not feel sick, is critical



to slowing the spread. As cases continue to rise in Arizona, please remember to follow these [tips](#) to keep yourself and your loved ones protected.

We want to hear from you. Send your news and events for the next issue to newsletter@helphopeforyouth.org.

Want to help? Please give a tax-deductible gift of Help and Hope to children and teens in Southern Arizona.

All funds go to Help & Hope for YOUth

DONATE NOW



Help & Hope for YOUth is an initiative of the National Alliance on Mental Illness Southern Arizona (NAMI SA), a 501(C)3 non-profit organization (EIN 86-0450977).