

M4MH Workshop Overview Doc

WORKSHOP DETAILS

LOGISTICS	
School, City	Barstow Community College, Barstow CA
Date • Time	Monday, May 2, 2022 • 11:00 am - 1:00 pm PT
Location	PAC Black Box Theater - 2700 Barstow Road (Driving Directions)
Parking information	Free Parking - no permit needed, all guests can park anywhere on campus close to the PAC.
Past Workshops?	Yes - Oct 2020 (virtual)
AWI event page	bit.ly/m4mh-bcc
Registration	bit.ly/bcc-m4mh
Workshop materials	https://drive.google.com/drive/folders/1Bo42wqYArNb-rVyr-gVCLF7ANYu_d9yLm?usp=sharing
Invoice information	<p>Amount: 4,000 Program: M4MH In-Person / Virtual Name: Barstow Community College - Tanesha Young (c/o Lauren Smith) Email: ismith@barstow.edu Phone: 704-605-6178 School's Physical Address: 2700 Barstow Road, Barstow CA 92310</p>

FILMS		
Rompiendo Olas	Chained	Sal Tran

IMPORTANT DATES		
Meeting	Date	Time
Kickoff call	3/18/22	6a PT
Facilitator / Organizer call	4/29/22	10:30a PT
Mid-point check-in call? Y/N	April 15	9 a ET
Post-workshop debrief call	Wednesday April 11	12:30-1 PT

DEADLINES		
TASK	AWI STEPS IN	VIDEO IS USED

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Student Panelists	<i>April 18</i>	<i>April 26</i>
Resource Panelists	<i>April 26</i>	<i>April 29</i>

CONTACT INFORMATION			
Type	Name	Email	Phone
Organizer	Lauren Smith	lsmith@barstow.edu	704-605-6178
Secondary Contact	Christa Banton Dir. of Student Equity & Engagement	cbanton@barstow.edu	Office (760) 252-6875
AWI Coordinator	Beth Killian	beth@artwithimpact.org	203-217-4339
AWI Facilitator	Carly D. Weckstein (she/they)	carly@artwithimpact.org	925-324-4188

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STRATEGY AND PLANNING

CAMPUS	
Notes about campus, student body, demographics, or general climate related to mental health conversations.	<ul style="list-style-type: none"> Barstow CC Fact Sheet Spring 2020 - ~9,000 students, 45% Hispanic, 28% White, 14% Black/African American, BCC is an open-access, comprehensive two-year institution in the Mojave region of San Bernardino County, California. Held an M4MH Online workshop in Oct 2020 This event part of MH awareness month Finals are May 14-20 A lot of students are ok with online, we're trying to get them back on campus, and so we're not sure how great the turnout is going to be. MH conversations - Dr. Banton - MH provider on campus (only one), second year. Still trying to fight stigma, some of them might not even know that the services exist, are free, can participate in opportunities like this. Bringing awareness to MH on campus, excited about the in person space, it's for everyone. Won the active minds national award Rural area - Dr Banton and I are super inclusive, but the area is not (re: LGBTQA)
Strategic priorities, goals, and initiatives on campus and in your department.	<ul style="list-style-type: none"> We want to switch from online to 'come back to see us' - how do we make that comfortable. This can be a good transition In the fall, can do several AWI workshops as a series.

FILMS	
Film ideas, diagnoses, or mental health topics.	<ul style="list-style-type: none"> Past films: Gladys, I Am Borderline, Purpose Anxiety, depression, trauma related to child abuse
Specific identities to explore (gender, sexuality, race, ethnicity, culture, etc.)	<ul style="list-style-type: none"> Veterans or military service LGBTQA Beth's ideas: Little Elizabeth, Rompiendo Olas, Sal Tran, Staging Face, Chained

MARKETING AND PARTNERSHIPS	
Attendance goal	50
Accessibility: AWI or Organizer?	beth@artwithimpact.org
Major partnerships and strategies: Which departments,	<ul style="list-style-type: none"> Special Programs and Services ASG Faculty

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offices, or student groups could co-sponsor? Other ideas?	
Underrepresented groups: Who isn't in the room and what's the strategy to get them there?	DI populations, email program advisors for DI populations I.e. - Rebound Advisor, YES
Additional strategies	Campus outreach: Emails, posters CC themindfulspace@barstow.edu <ul style="list-style-type: none"> - Emails sent out 4/20 to campus from Lauren - Riverside San Bernadino County - https://www.rsbcih.org/ <ul style="list-style-type: none"> - Can send invite for second panelist - Family Resource Center
	Posters Name: Christa Banton School's Physical Address: 2700 Barstow Road, Barstow. CA 92310
	Attendance & evaluation incentives: Pending - Lauren will see if anything from ASG. AWI will give \$25
	Food: Unlikely - Dr. Banton and Anissa may bring snacks for folks to take at the end. Will confirm during the Facilitator/Organizer call

FACILITATOR CALL NOTES

Carly's Notes:

- Test run for fall, will do a few workshops in fall, have done virtual, how to advance marketing efforts
MENTION: we'll be back in the fall
- AWI/M4MH before?
Virtual in 2021 M4MH
- Campus culture and MH?
Dr. Banton is new (sept 2020), Lauren has been consultant since then, both pushing needle forward in reducing stigma, students haven't been on campus, virtual environment different for sure, not a lot of outside services in high desert, have brought in a lot, if students are tapped into what's happening there's a lot, but not all students are tapped in
Excited for fall, more students back on campus (including week of welcome)
Telehealth and zoom has been learning curve for students
- Campus culture and covid?
Current covid safety policies?
Students are still mostly virtual, most counseling is virtual, Classes mostly still virtual
No mask policy right now

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- Film selection?
 1. Rompiendo Olas
 2. Chained
 3. Sal TranLove the selection!
- Panelists?

Student = pre-recorded video of Reem Abumeri

Good group of people, Dr. Benson, Transitional Age Youth (Mark) will try to bring some students
- Other? Questions for me?

Nope!
- What else should I know?

Turnout ideal is 50 but probably smaller

Everyone who needs to be there will show upTake some pictures!
- Logistics for Day of Workshop:

Parking? Free, as soon as you come into campus, easy to find

Workshop Room? Performing Arts CenterMap? Lauren will sendTech set up support? Anissa will make sure an IT person is therePanelists come early?Table? Two check in areas!MH pros?Space set up? Hosted in the black box theater (!!!)Point of contact day of? Phone #? Anissa

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PANEL & SUPPORT

PANEL / MH SUPPORT NOTES	
<ul style="list-style-type: none"> Lauren with talk to Dr. Banton - she will discuss who might be a good fit. 	

PANELISTS (Maximum: 4)		
Type	Name (pronouns) - Title, Organization - Website - Email - Phone <i>Ex: Alex Reynolds (they/them) - Workshop Manager, Art With Impact - www.artwithimpact.org - alex@artwithimpact.org - (312) 722-2677</i>	AWI Status
Student	Beth - reach out to Michelle Bond to see if she has students available (cc Dr Banton and Lauren) mbond@barstow.edu - michelle bond (Vets) - emailed 4/20 Dr. Wilson - mwilson@barstow.edu (ASG) - emailed 4/20	BACKUP - screen Reem's video
Campus	Dr. Christa Banton, EdD, MS, LMFT, CCTP (she/her/hers) Mental Health Counselor, The Mindful Space - Barstow Community College https://www.barstow.edu/student-services/mindful-space	Confirmed
Community	Rebecca Calabrese (she/her/hers) - Clinician/Licensed Professional Clinical Counselor - Transitional Aged Youth (TAY) Program - Victor Community Support Services - https://www.victor.org/services/	Confirmed

MENTAL HEALTH SUPPORT	
Name (pronouns) - Title, Organization - Email - Phone	AWI Status
Mark Callahan Therapist, Transitional Aged Youth (TAY) Program - Victor Community Support Services mcallahan@victor.org - 760-243-5417	Confirmed
mmatteson@barstow.edu - melissa Matteson (student support)	Emailed 4/20 f/u 4/25

STUDENT PANELIST CALL NOTES	
Name	Notes
	<ul style="list-style-type: none">

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DEBRIEF CALL

GOALS AND OUTCOMES	
Attendance	
Did the workshop accomplish your goals?	
Do you have any thoughts about the films, somatic exercises, or panel?	
LOGISTICS, COORDINATION, AND FACILITATION	
How was the planning process? Day-of set up?	
What was the most challenging part of organizing the workshop for you?	
What was most effective? How was campus outreach?	
Were the date, time, and location conducive to a successful event?	
Facilitator grows and glows	
FUTURE COLLABORATIONS	
Are you interested in hosting another workshop with us? If so, when would be a good time to reach out?	
Do you know any other departments or colleges that might be interested in collaborating?	
FINAL THOUGHTS	
Anything else you'd like to share with us?	