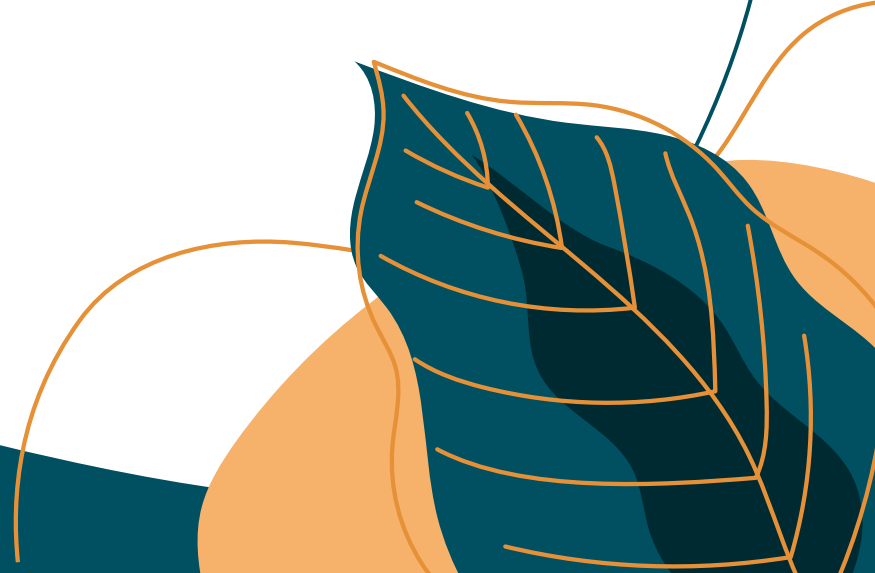


May is Mental Health Awareness Month

Presented By Dr. Ilin Magran



Mental Health Awareness Month

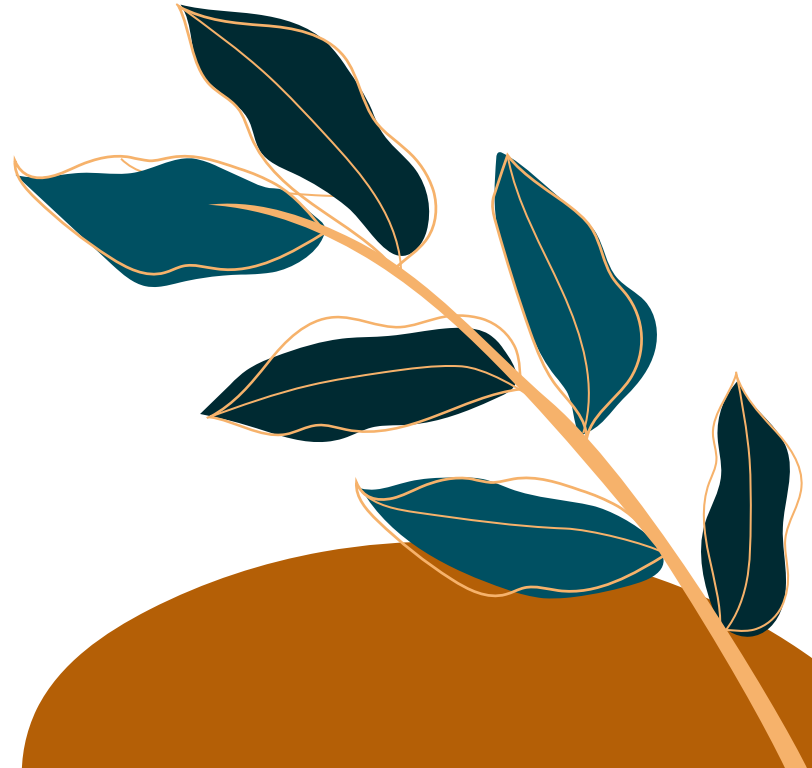
- ❖ May is the time to echo the importance and impact that mental health has on our emotional, physical, and overall well being.
- ❖ We join the effort in raising awareness of those who are living with mental and/or behavioral health issues.
- ❖ Each year we fight stigma, provide support, and educate the public on mental health



Statistics

Each year millions of Americans face the reality of living with a mental illness

- 1 in 5 U.S. adults experience mental illness each year
- 1 in 20 U.S. adults experience serious mental illness each year
- 1 in 6 U.S. Youth aged 6-17 experience a mental health disorder each year.
- 50% of all the lifetime mental illness begins by age 14, and 75% by age 24
- Suicide is the second leading cause of death among people aged 10-34.



Why is Mental Health Awareness Important?

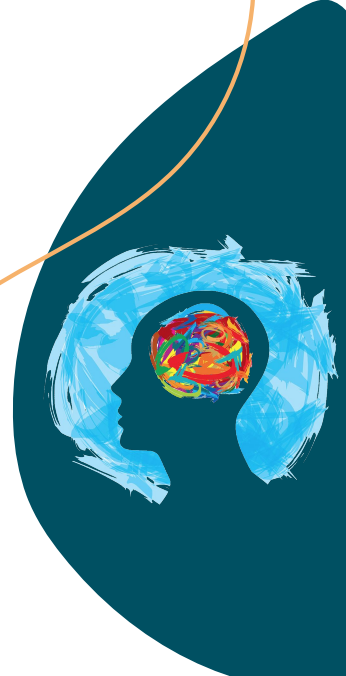
Awareness about mental health eases identification and early treatment for individuals experiencing mental health challenges

- ❖ Early interventions can help our loved ones receive appropriate care
- ❖ Seeking and receiving therapy is not a sign of weakness but of strength

Mental health affects:

- ❖ Students as they learn
- ❖ Teachers, staff, and administrators as they work and teach

Mental health support is needed to address and intervene as early as possible



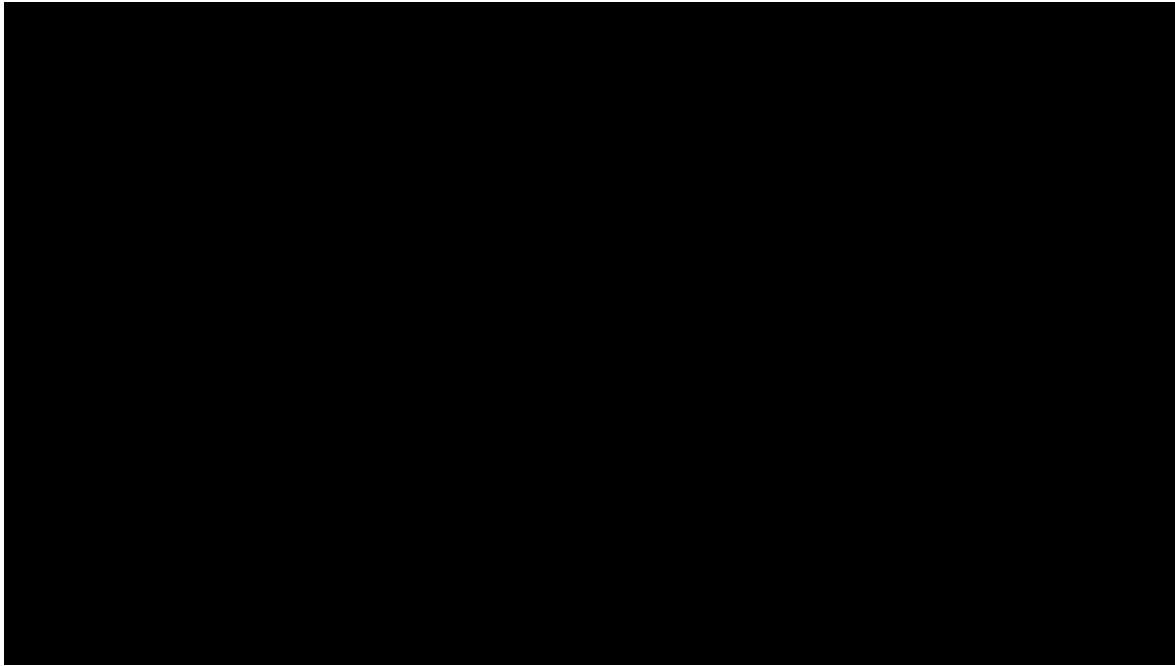
Tips to Stay Healthy and Manage Stress

- Get adequate rest
- Eat healthy and nutritious meals
- Practice mindfulness
- Clear your head with mini breaks
- Remain physically active by moving for a minimum of 30 minutes per day
- Stay connected with friends, family and your loved ones





Student Wellness Services Video Presentation



Mental Health Team



Stella L. Petros,
LCSW, PPSC - Field Instructor



Laura Ourfalian, ACSW
Psychological Services Provider



Ofelia Oundjian, M.A., AMFT
Psychological Service Provider



Andrea Parada-Wyman, ACSW, PPSC
Psychological Services Provider



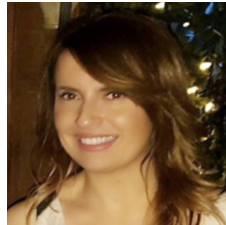
Casey Roberts, ACSW, PPSC
Psychological Services Provider



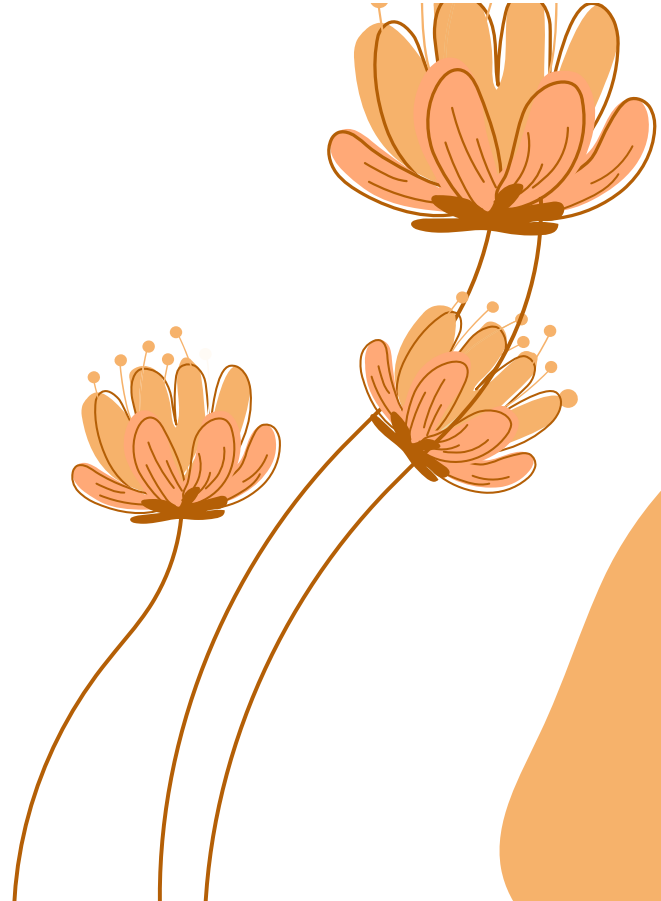
Tanya Loussinian ACSW, PPSC
Psychological Services Provider



Armine Gulyan, ACSW, PPSC
Psychological Services Provider



Monika Grabowski, M.A., PPS
School Counselor



2020-21 Mental Health Interns



Mental Health Support Update



- SWS Department secured 86K annually for three years from a federally funded Education for Homeless Children and Youth (EHCA) grant program.
- The funds will allow the department to hire a mental health therapist to support and serve our homeless youth.
- The Department hired 5 part-time mental health therapists to continue to support students with mental health needs during summer. Moreover, the department is expanding it's mental health support for the 2021-22 academic year.





Mental Health Matters, You Matter!

Student Wellness Department
Dr. Jlin Magran, Director
(818) 241-3111 | Ext. 1500

