

ARTS, SCHOOLS & RESILIENCE PROFESSIONAL DEVELOPMENT TRAINING WORKBOOK

SELF CARE A few things I like to do for myself:		
	WHO I MET TODAY Facilitators: Others:	
TODAY		
things I want to learn or feel today:		



Introduction

ABOUT THIS TRAINING:

CREATIVE WELLBEING is a training codesigned by the Los Angeles County Department of Mental Health, the Los Angeles County Department of Arts and Culture, and the Arts for Incarcerated Youth Network.	HOW TO USE THIS JOURNAL: Take notes, doodle, dream, drawthis journal is a place to hold your thoughts and ideas, but also a place to lean into, and a place to write, in moments of distraction or emotion.



SECTION 1, CONT.

Risk & Protective Factors

Art and cultural resources are **evidence-based strategies** correlated with many protective public health factors.[i] Increased school performance, social emotional development, the development of self-efficacy skills, and physical and mental health benefits, are all associated with arts engagement.

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"The more healthy relationships a child has, the more likely they will be to recover from trauma and thrive. Relationship are the agents of change and the most powerful therapy is human love."

– Dr. Bruce D. Perry



IDEAS, NOTES, DOODLES

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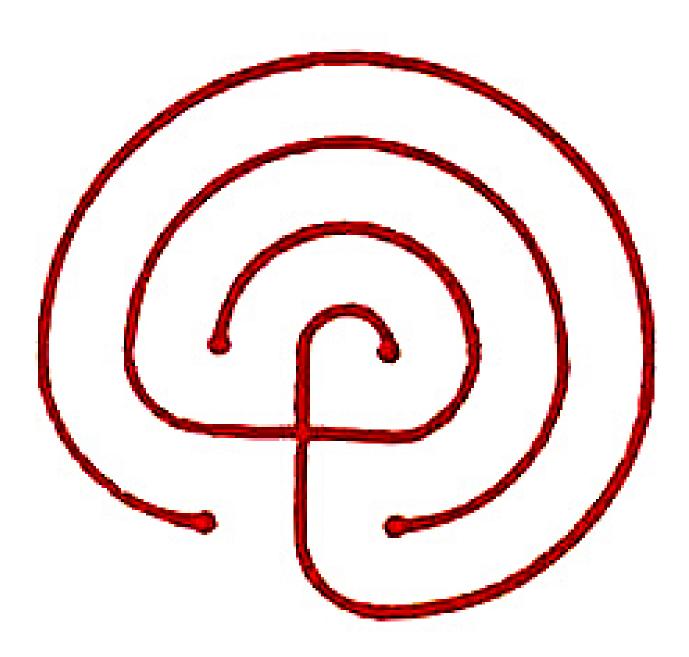
The single most common factor for children who develop resilience is at least one stable and committed relationship with a supportive parent, caregiver, or other adult.

(Center for the Developing Child, Harvard University.)

Self-care break

Trace your finger along the path of the labyrinth. Set an intention or consider a question you might have.

A labyrinth is an ancient symbol that relates to wholeness. It combines the imagery of the circle and the spiral into a meandering but purposeful path. The Labyrinth represents a journey to our own center and back again out into the world.



Mental Health is for Everyone

"What mental health needs is more sunlight, more candor, and more unashamed conversation." – Glenn Close

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Typical Adolescent Behavior

mind * heart * body

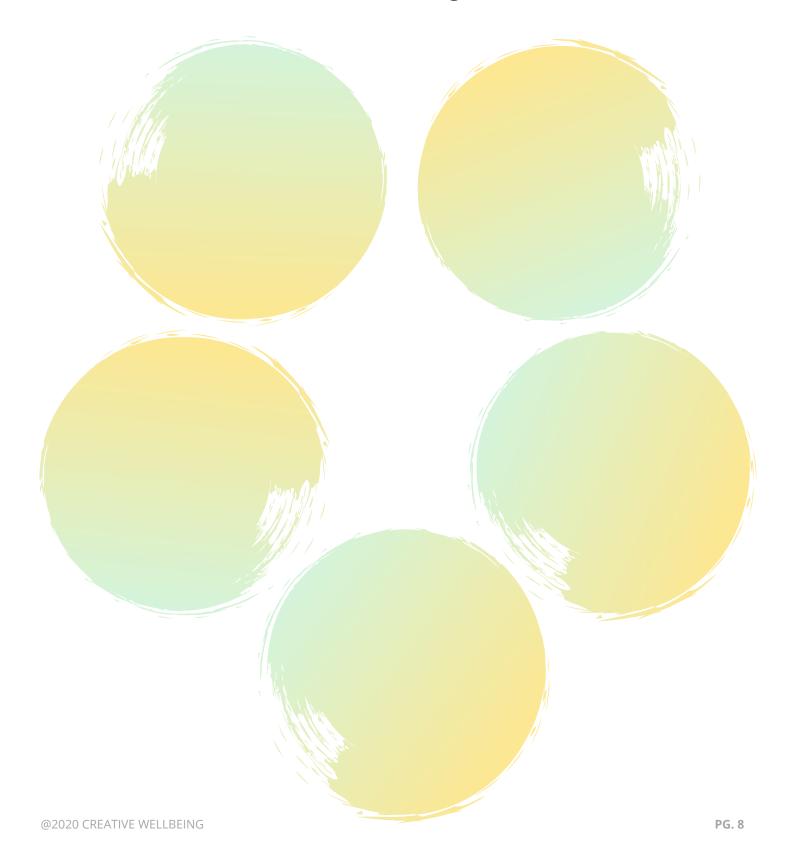






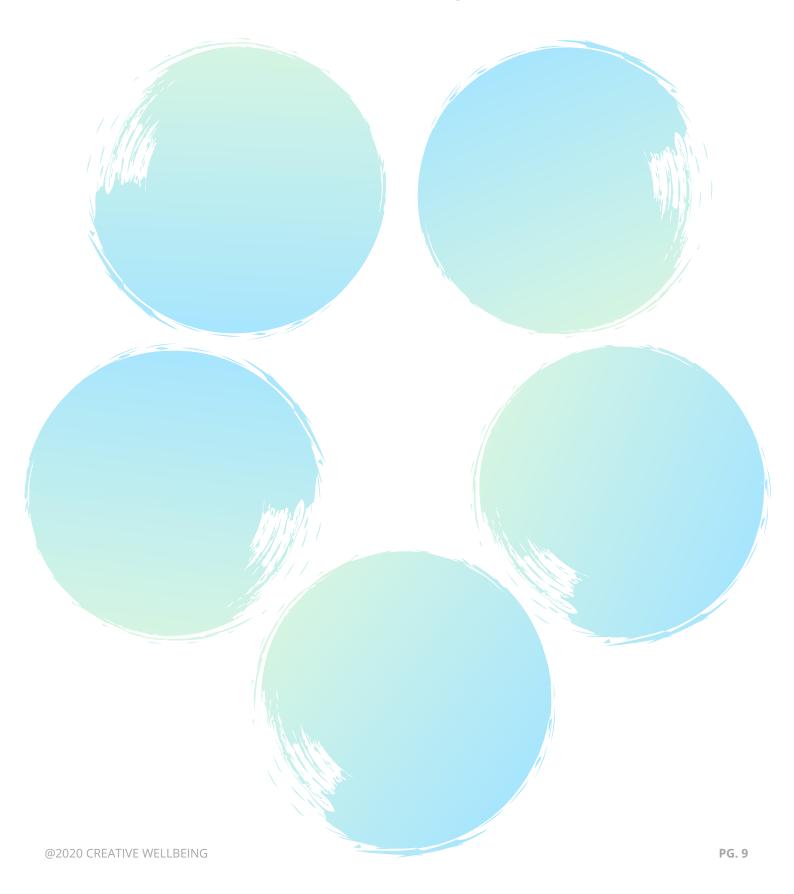
Give me five! Five Signs Help is Needed

Know the 5 signs



Give me five! Recognizing Emotional Wellbeing.

Know the 5 signs





NOTES ON ANYTHING



Self-care break

A FEW IDEAS FOR TODAY AND TOMORROW:

TODAY / NOW:

- Add an affirmation to the inspiration wall. Make your voice heard!
- Text a note of gratitude to someone, for something.

TOMORROW / SOON:

- Plan time in your calendar within the next week for something soothing, relaxing or recharging for yourself.
- Make time to write in a journal, just to write.
- Take a walk in nature. (Leave the phone behind!)



Did you know that even being the tiniest bit under-hydrated can affect your mood? When you haven't been drinking enough water, your body starts to trigger different areas of the brain that make you feel more anxious or nervous and can even heighten your emotions. Staying hydrated can prevent the intensity of those enhanced feelings.





Learning & Practicing Youth Resilience



More notes on Greative Wellbeing

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Glosing / Transfer of Knowledge Ideas for our community and ourselves

One idea/activity we could potentially implement at our site:



One activity I commit to bringing back to my classroom/group/community:



Presenting Organizations Gontact Info

Department of Mental Health:

https://dmh.lacounty.gov Department of Mental Health ACCESS: (800) 854-7771 (open 24/7) Or Text "LA" to 741741 @LACDMH

Arts for Incarcerated Youth Network (AIYN):

www.aiynetwork.org @aiyNetwork



Los Angeles County Department of Arts and Culture:

https://www.lacountyarts.org/ @LACountyArts

Additional Mental Health Resources

National Suicide Prevention Lifeline

(Didi Hirsch) 24/7:1.800.273.TALK (8255) Veterans: press 1 or text 838255 Para español, oprima el numero 2

Disaster Distress Helpline:

800-985-5990

Crisis Text Line

(24/7)Text LA to 741741

Teen Line

Call 310.855.4673 (6 p.m. to 10 p.m. daily) or text TEEN to 839863 (6 p.m. to 9 p.m. daily)

The Trevor Project for LGBTQ Youth

(24/7)

Call 1.866.488.7386 or text START to 678678

Didi Hirsch Survivors of Suicide Attempts

(SOSA)

Call 424.362.2901

Didi Hirsch Survivors After Suicide

(SAS) Call 424.362.2912 for (SAS) adults and 424.362.2911 for (SAS) teens.

Los Angeles County Community Resources Information Line:

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