

Day 2, Wednesday
May 6th, 2026



MAY 5 - 8, 2026

MENTAL

HEALTH

ACTION WEEK

**NEW DIRECTIONS IN STUDENT MENTAL HEALTH
DAY 2, WEDNESDAY MAY 6TH, 2026**

Creating a Supportive Learning Space



Create digital safety by using camera **or** chat when possible. If you're moving around, please be off camera. All participants will be muted except on Day 4 (May 8th).



Click on "CC" on the bar at the bottom of the screen for **auto captioning**.



Use reactions and chat to share, affirm, engage.



Share resources you want to offer or questions you have in the Q & A box



If you have audio or technical issues during the session, the chat box is open for you to communicate with our team so they may assist you. **Please private chat "TECH SUPPORT."**



The session recording will be posted on our event page by **the end of the month**.



Why Bother
Sean Thomas Dougherty

Because right now, there is someone
out there with
a wound in the exact shape
of your words.

The Second O of Sorrow by Sean Thomas Dougherty, published by BOA Editions Ltd., 2018

**WELCOME AND
SETTLING IN**

Our Flow

- **Welcome & orientation to the 2026 MHAW and the session**
- **New Directions in Student Mental Health**
- **Teach-Ins!**
 - Nadine Henley
 - Diana Cusumano Gerring & Nicole Rodriguez Mullis
 - Dr. Lynnette Navarro Sullivan & Hannah Gomez
- **Discussion + Q & A**
- **Closing the main session**
- **Breathwork practice with Candice Rose Valenzuela**



What is Mental Health Action Week?

Statewide Purpose

- Established by the California Community Colleges Board of Governors to:
 - Strengthen trauma-informed practices across the system
 - Improve campus climate and culture
 - Reduce structural barriers to care
 - Advocate for expanded mental health resources for students and employees

Focus

- Designed for California Community College professionals — including faculty, staff, administrators, and mental health providers
- Focused on practical tools and system level strategies

2026 Mental Health Action Week

<https://www.cccstudentmentalhealth.org/e-series/2026-mental-health-action-week/>

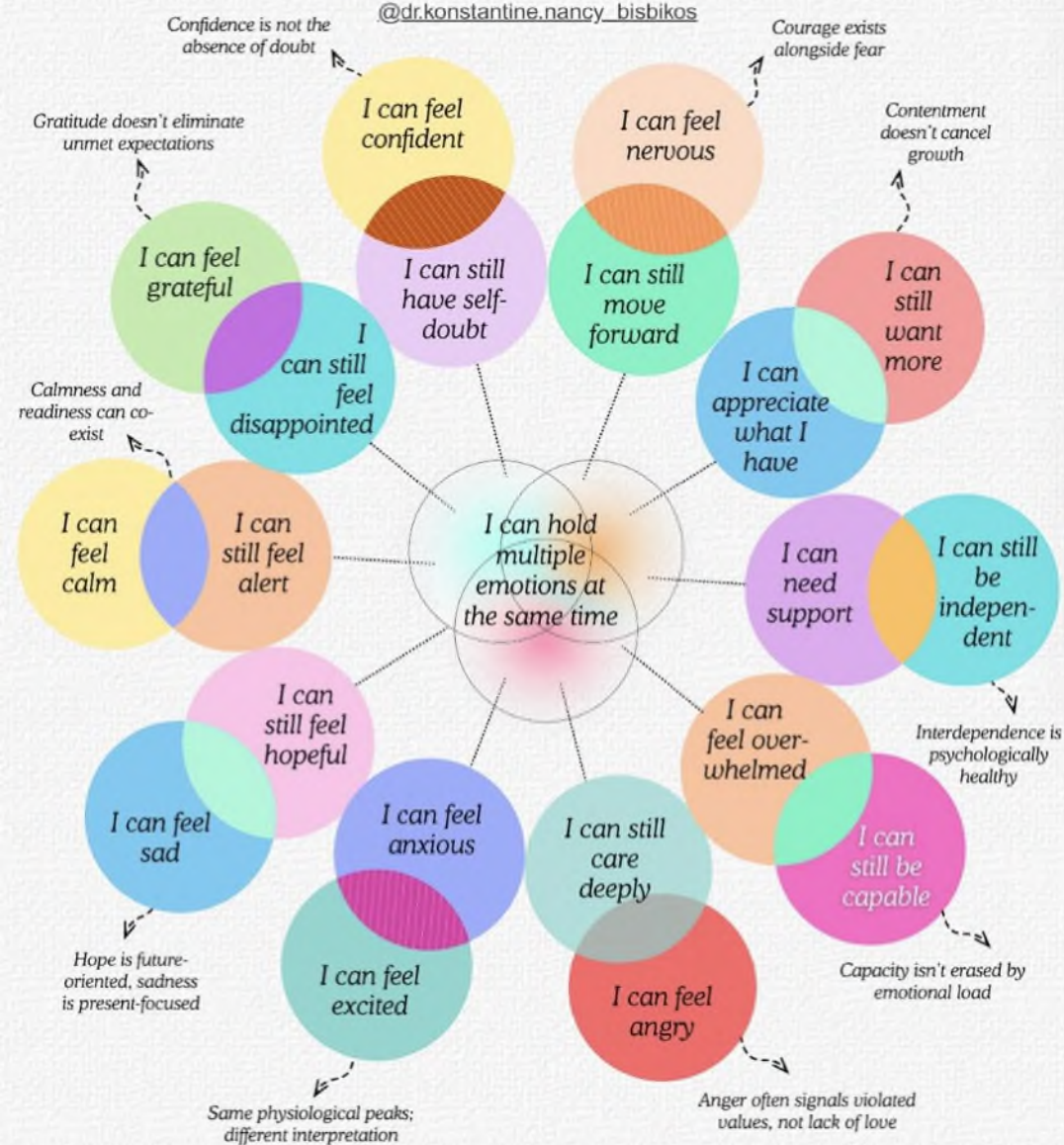
Day 1 Tuesday May 5th	Day 2 – Today! Wednesday May 6th	Day 3 Thursday, May 7th	Day 4 Friday, May 8th
<i>Focus:</i> <i>The Sustained Self</i>	Focus: New Directions in Student Mental Health	Focus: Systems & Services	Focus: Integration & Metabolization
<i>Main Session:</i> <i>10:00 am – 11:00 am</i>	Main Session: 10:00 am – 11:00 am	Main Session: 10:00 am – 11:00 am	Processing the week: 10:00 am – 10:45 am
<i>Breathwork Session:</i> <i>11:05 am – 11:15 am</i>	Breathwork Session: 11:05 am – 11:15 am	Breathwork Session: 11:05 am – 11:15 am	Processing our work: 11:00 am – 11:45am



***Our Focus Today:
New Directions in Student Mental Health Work***

Emotions That Can Co-Exist

@dr.konstantine.nancy_bisbikos



SETTLING INWARD

Find a Venn diagram of emotions that speaks to you today, this moment

Emotions That Can Co Exist, by @dr.konstantine.nancy_bisbikos, uses a central hub and connected Venn style pairs to illustrate how seemingly contradictory emotional states can occur at the same time. The core message is stated in the central circle, "I can hold multiple emotions at the same time," which links outward to eight pairs of overlapping emotional statements and accompanying psychological insights. Clockwise from the top left, the connected pairs demonstrate that one can feel confident while still having self doubt because confidence is not the absence of doubt. You can feel nervous while still moving forward because courage exists alongside fear. It shows you can appreciate what you have while still wanting more since contentment doesn't cancel growth. You can need support while still being independent because interdependence is psychologically healthy. One can feel overwhelmed while still being capable because capacity isn't erased by emotional load. You can feel anxious while still feeling excited due to shared physiological peaks with different interpretations. You can feel angry while still caring deeply because anger signals violated values rather than a lack of love. You can feel sad while remaining hopeful since hope is future oriented while sadness is present focused. You can feel calm while staying alert because calmness and readiness can naturally co exist. You can feel grateful while still disappointed because gratitude Doesn't eliminate unmet expectations.

“Wellness is certainly at the forefront of what students are dealing with now, whatever wellness may be. Whether it’s mental health issues, home sickness, imposter syndrome, we have to be more prepared to support students with their needs for wellness.”

-Dr. Sean Bogle

"College students' anxiety, depression higher than ever, but so are efforts to receive care.”

- Justin Heinze

"Permit yourself to change your mind when something is no longer working for you."

—Nedra Glover Tawwab



Today's Teach Ins



**Dr. Lynnette Navarro
Sullivan**
DSW, LMFT, LPCC



Hannah Gomez
Lead, Suicide Prevention
Ambassadors



**Diana Cusumano
Gerring**
L.M.H.C., N.C.C.



**Nicole Rodriguez
Mullis**
LPC, NCC



Nadine Henley
LCSW



California Community Colleges



Let's Try A Fresh Approach

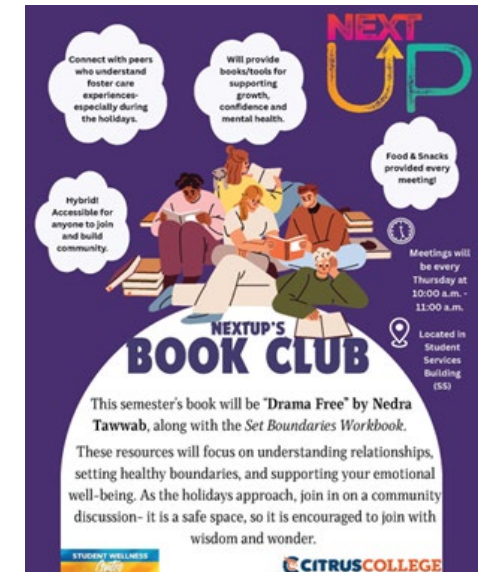
Nadine Henley, LCSW

Supervisor of Mental Health,
Citrus College

FRESH APPROACHES INCOMING

College Location: Glendora, CA
Hispanic Serving Institute
Enrollment: 10,000 students

Get Creative & Get In Community:
Book Club with NextUP
Coloring with the Veterans
Office In Athletics



LET'S MAKE MOVES

Why does this matter?

- Stigma Reduction & Access to Wellness
- Mental Health is Cultural
- Wealth in Community

The Impact!

- **Students**
 - Students referring students to services.
 - Students aiding in stigma reduction.
- **The Department:**
 - We ensure our practices and programming align with equity and examine them as a team and with stakeholders.
- **As a Leader:**
 - Authenticity breeds authenticity, students always know what is genuine.
 - As a newer leader, being mindful, this work is heart work, not performative work. Show up accordingly.
 - Equity work is work for us all. Some have a position of privilege/power/perceived or ascribed power/privilege, it is important to use it wisely.



LET'S MOVE FORWARD

- Cultural humility: we can't know everything about every culture and because our students/peers are complex humans who intersect in a variety of cultures (i.e. race, gender, class, age, ability status, etc).
- Cultural humility is about accepting our limitations. Practicing cultural humility work increases self-awareness of biases and perceptions and how they show up.
- Raise your awareness of the systematic harm and work to prevent it on your own campus.

How are you are supporting the current climate of anxiety and uncertainties for the hyper vulnerable populations?

WE GOT THIS & WE GOT EACH OTHER

Cultural humility is a lifelong journey- knowledge of different cultures or aspects of social diversity alone is not enough.

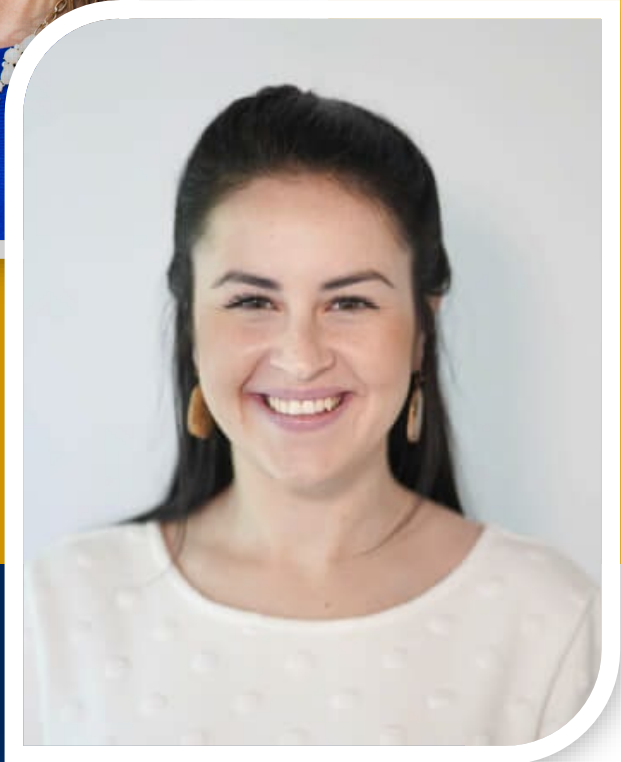
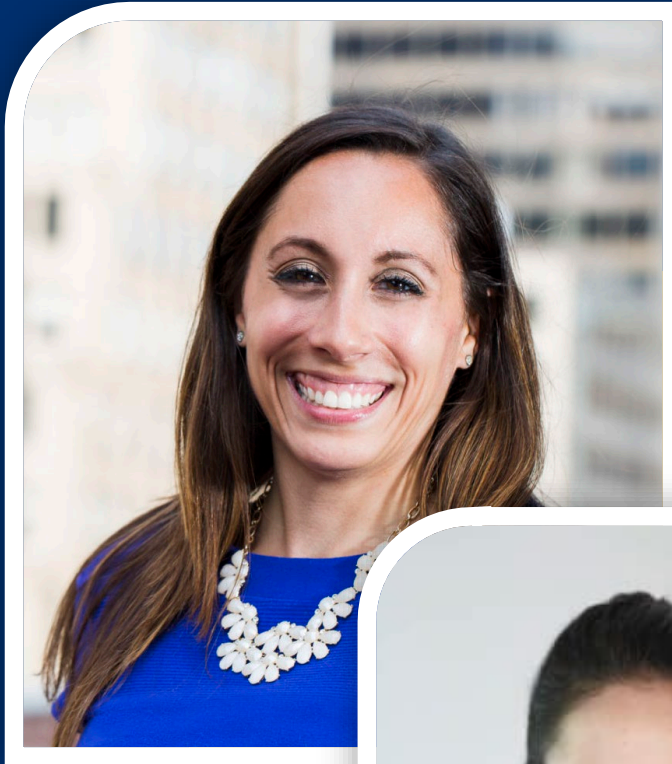
Self Care & Community Care Matter

Bring your innovation. We all can make positive impact no matter your role... GO MAKE IT!





California Community Colleges



COMPREHENSIVE APPROACHES TO STUDENT MENTAL HEALTH & SUICIDE PREVENTION

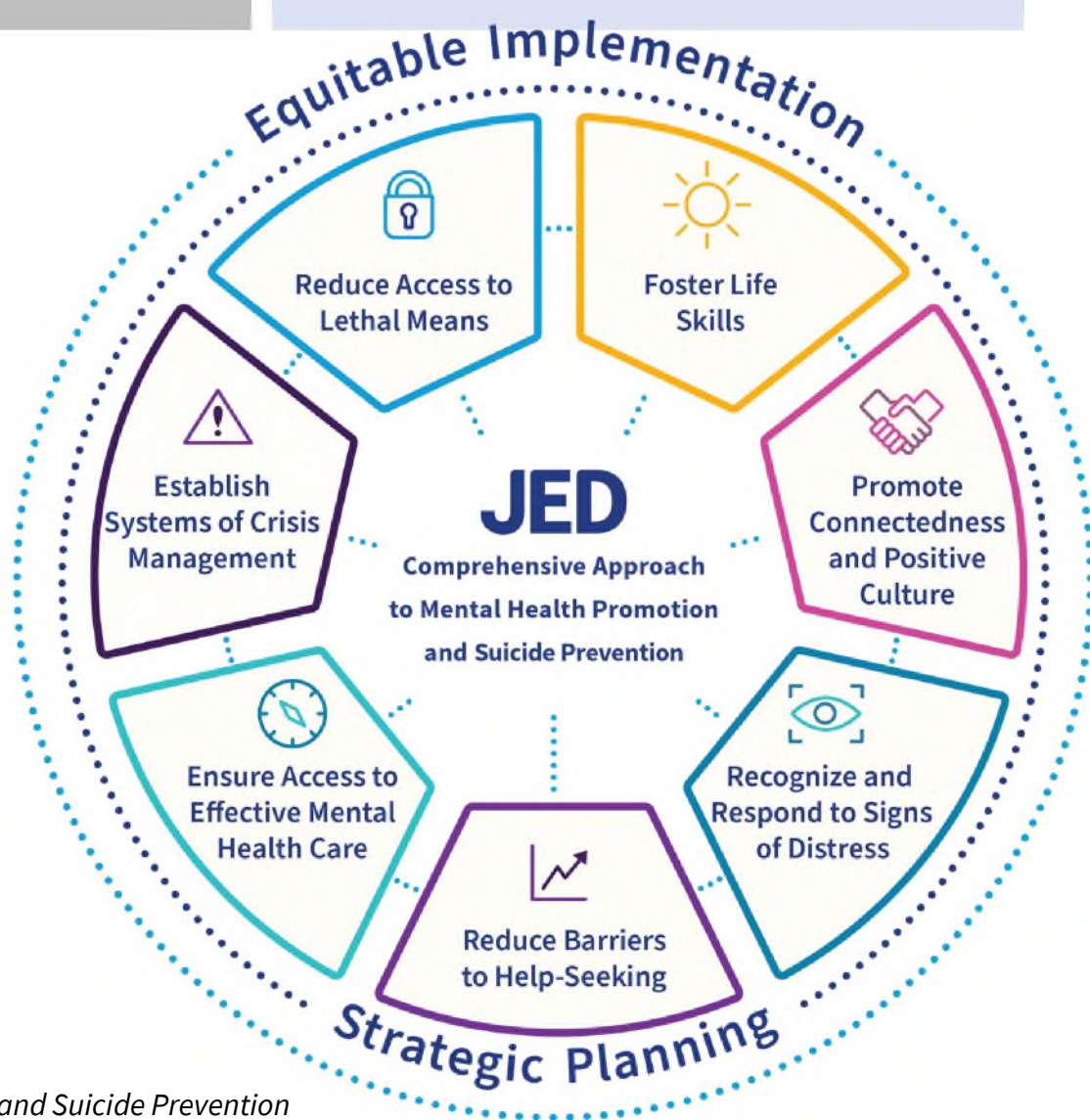
DIANA CUSUMANO GERRING

L.M.H.C., N.C.C., SENIOR DIRECTOR, HIGHER EDUCATION
PROGRAMS FOR THE JED FOUNDATION

NICOLE RODRIGUEZ MULLIS

LPC, NCC, SENIOR CONSULTANT, MENTAL HEALTH AND
SUICIDE PREVENTION FOR THE JED FOUNDATION

JED'S COMPREHENSIVE APPROACH & THEORY OF CHANGE



JED CAMPUS: COMMUNITY COLLEGE CONSIDERATIONS

Foster Life Skills:

Connecting students to basic needs resources

Promote Connectedness & Improve Help-Seeking Behaviors:

Considerations for commuter students, adult learners, and online students

Ensure Access to Effective Mental Health Care:

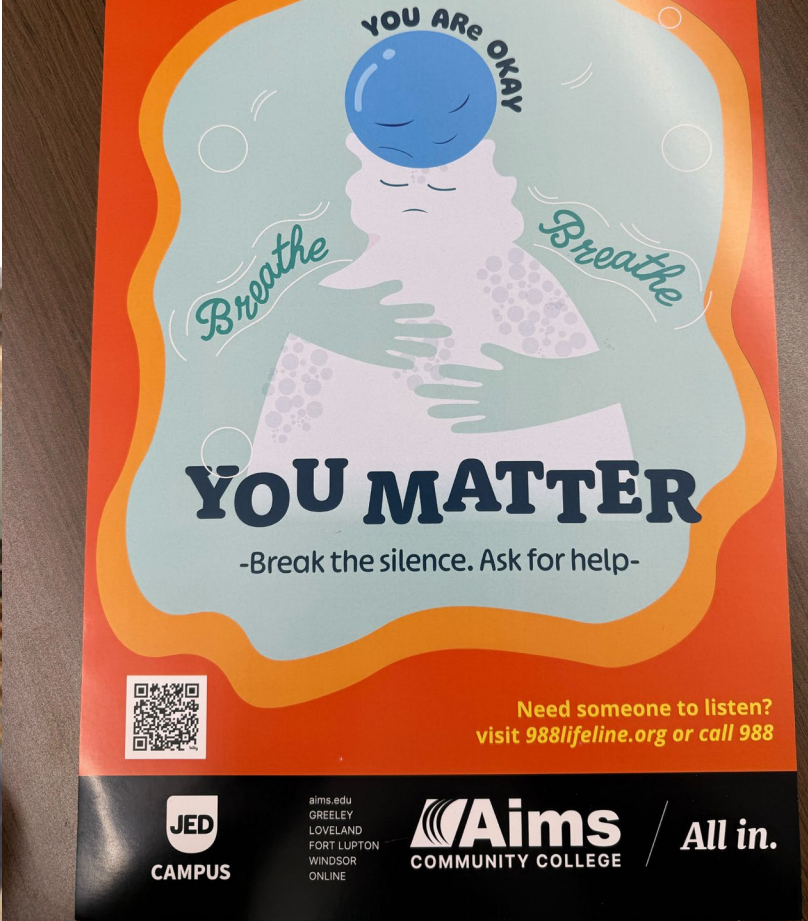
Collaborating with off-campus and community providers for campuses without counseling/health staff

Establish Systems of Crisis Management:

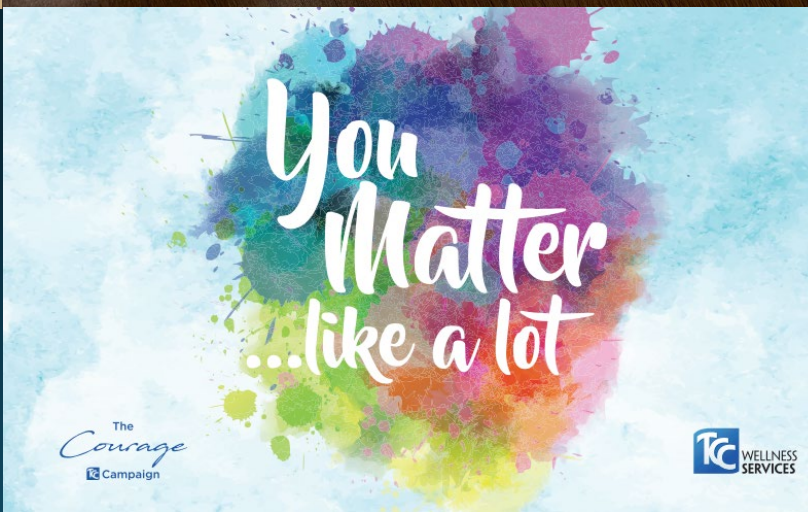
Policy recommendations for dual-enrollment high school students

Students came together this week with Counseling's Selfies to Stop Stigma campaign during [#SuicidePreventionWeek](#) to spread awareness and show support. 💙💛

If you or someone you know needs help, our Counseling Services are here:
sinclair.edu/services/support/counseling-services



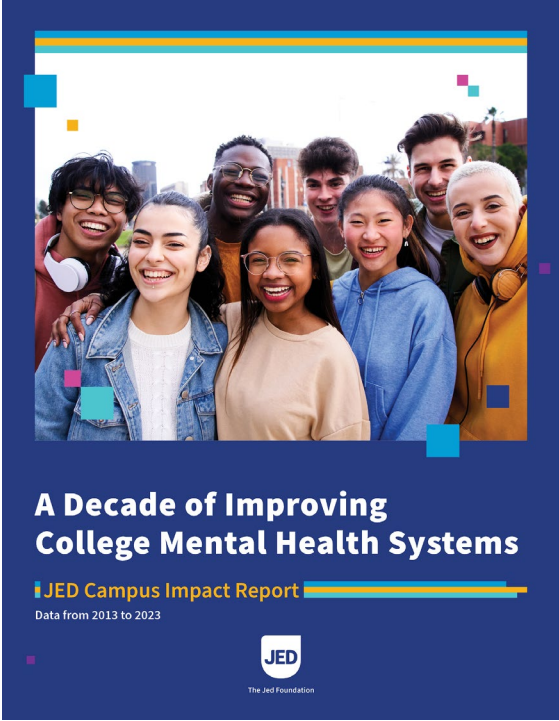
Promote Help-Seeking Campaign Examples



JED CAMPUS PROGRAM & IMPACT REPORT



Campus





California Community Colleges

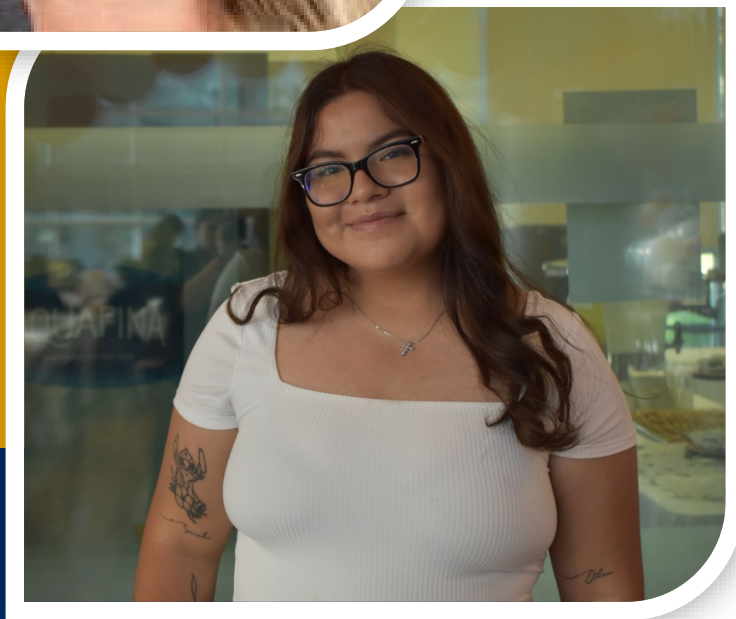


Student Parents Empowering Parents - Moreno Valley College

Hannah Gomez

Lead, Suicide Prevention Ambassadors

Moreno Valley College – Health & Wellness Center



Dr. Lynnette Navarro Sullivan, DSW, LMFT, LPCC

Mental Health Supervisor, Moreno Valley College

STUDENT PARENT EMPOWERING PARENTS

- Closing the health gap for student parents/parenting students since 2020 Universal care for student parents
- Peer-to-peer approach
- Addresses negative determinants of health
- Department collaboration: EOPS, CALWORKS, ECE, Basic needs, mental health

STUDENT PARENTS BELONG AT MVC



Student Parent Group & Family Activities Events Calendar



REGISTER HERE



Zoom link for Virtual Sessions:
<https://rccd-edu.zoom.us/j/918660345006>

MISSION

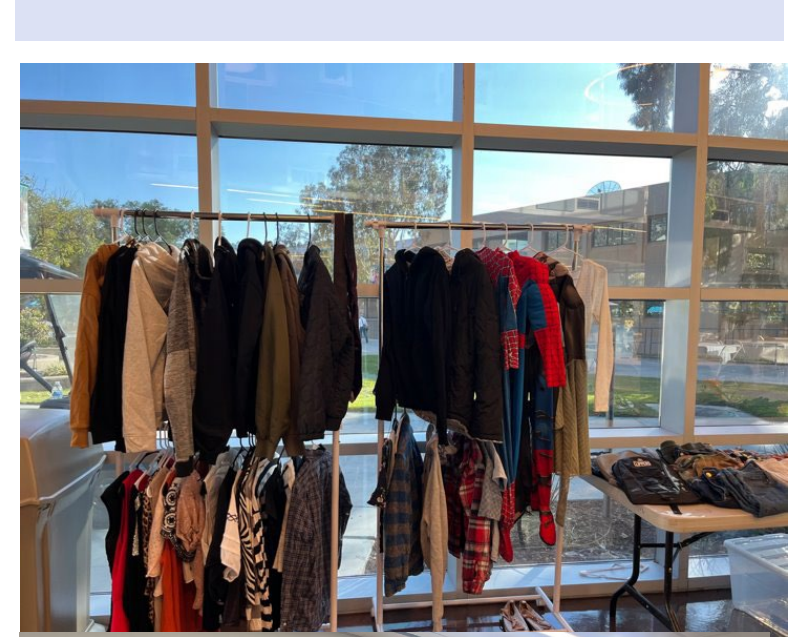
Create a safe space for RCCD student parents to empower one another, cultivate meaningful conversations, validate experiences, provide resources, and to express compassion for one another.

Student Parent Group is brought to you by:
MVC Basic Needs, CalWORKs, EOPS/CARE/NextUp/GS, Health & Wellness Center, & Early Childhood Education Center

Family Welcome Event	Student Parent Group Feb & Mar	Student Parent Group April	Student Parent Group May
<p>Family Welcome: Game Night Wednesday, March 12th 5:00pm-7:00pm SAS 121</p>	<p>J "Just Start" Friday, Feb 28th 9:00am-10:00am Virtual Via Zoom</p> <p>Q "Questioning Time Management" Friday, March 7th 9:00am-11:00am In Person Event: WC 172</p> <p>W "Watch your wallet" Friday, March 14th 9:00am-10:00am Virtual Via Zoom</p>	<p>G "Grow with Gratitude" Friday, April 4th 9:00am-11:00am In Person: SAS 121</p> <p>F "Forgiveness" Friday, April 11th 9:00am-10:00am Virtual Via Zoom</p> <p>O "Observe Relationships" Friday, April 25th 9:00am-10:00am Virtual Via Zoom</p>	<p>Z "Zealously Play" Friday, May 2nd 9:00am-11:00am In Person: TBD Register for Details</p> <p>L "Listen to your body" Friday, May 16th 9:00am-10:00am Virtual Via Zoom</p> <p>D "Discipline Yourself" Friday, May 23rd 9:00am-10:00am Virtual Via Zoom</p>

Spring 2025 content is based on The ABC's of Self Care by Sherri Bates. Register for more details on how to access a free copy for attending.

ACTIVITY DISCLAIMER
Riverside Community College District is committed to providing access and reasonable accommodation to all District programs and activities. Accommodations for persons with disabilities may be requested by contacting the program/event organizer, Ashley Martinez @ Parkside Complex (PSC) Rm. 14, or ashley.martinez@mvc.edu, or the office of Diversity, Equity and Compliance at (951) 222-8039 at least 3 days before the event you intend to participate in. Requests received after this date will be honored whenever possible.



5 LOVE LANGUAGES OF CHILDREN

Winter 2025 Book Club

In Person Event
Friday, Feb 7th
9am-11am
SAS Building Room 214
Hosted by:
Student Parent Group

Register here or Use the QR code

No prior reading is required to participate

Join us for:

- Breakfast
- Activities and community building
- Birthday celebration
- Free copy of the 5 Love Languages of children book (for the first 20 participants)

Important note: Students must be enrolled in at least one Winter and/or Spring 2025 RCCD course

Activity Disclaimer



INTERCONNECTED CARE

**Create a
campus
culture
that
empower
student
parents**

Professional development opportunity

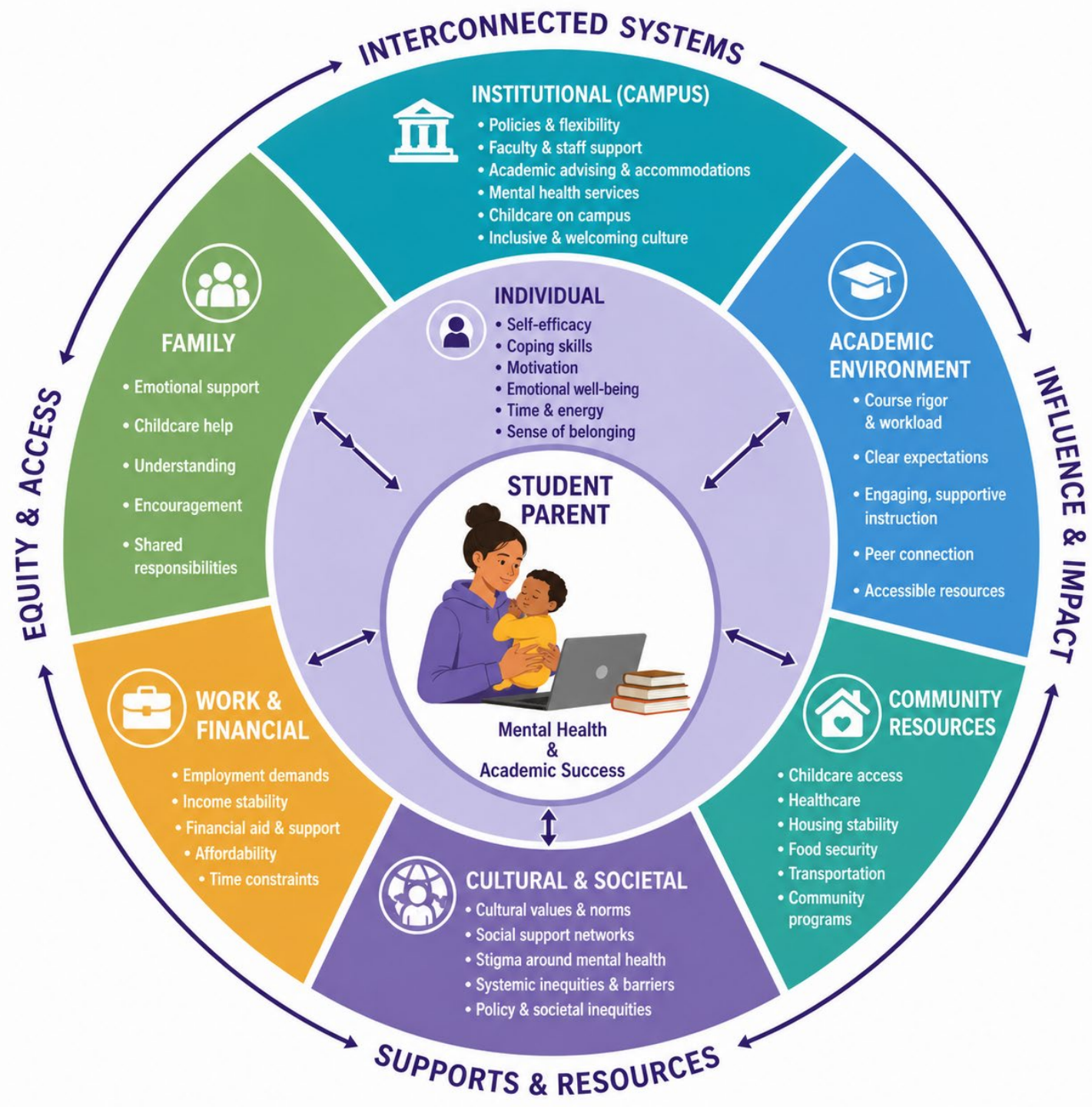
Cross department collaborations

**Normalize the importance of mental health
(brain health)**

Early support services

CREATE SYSTEMS THAT EMPOWER STUDENT PARENTS

Infographic titled student parent Mental Health & Academic Success in the center, surrounded by an outer ring showing categories Interconnected Systems, Equity & Access, Supports & Resources, and Influence & Impact. Double sided arrows are between each category and the one next to it. The outer segments list various factors impacting student parents. Family includes emotional support, childcare help, understanding, encouragement, and shared responsibilities. Institutional or Campus includes policies & flexibility, faculty & staff support, academic advising & accommodations, mental health services, childcare on campus, and an inclusive & welcoming culture. Academic Environment includes course rigor & workload, clear expectations, engaging, supportive instruction, peer connection, and accessible resources. Community Resources includes childcare access, healthcare, housing stability, food security, transportation, and community programs. Cultural & Societal includes cultural values & norms, social support networks, stigma around mental health, systemic inequities & barriers, and policy & societal inequities. Work & Financial includes employment demands, income stability, financial aid & support, affordability, and time constraints. The innermost ring, labeled Individual, outlines personal traits including self efficacy, coping skills, motivation, emotional well being, time & energy, and a sense of belonging.



*Discussion,
Questions, and
[Maybe] Answers*





CLOSING



2026 Mental Health Action Week

<https://www.cccstudentmentalhealth.org/e-series/2026-mental-health-action-week/>

Day 1 Tuesday May 5th	Day 2 Wednesday May 6th	Day 3 – Tomorrow! Thursday, May 7th	Day 4 Friday, May 8th
<p><i>Focus:</i> <i>The Sustained Self</i></p> <p><i>Main Session:</i> <i>10:00 am – 11:00 am</i></p> <p><i>Breathwork Session:</i> <i>11:05 am – 11:15 am</i></p>	<p><i>Focus:</i> <i>New Directions in Student Mental Health</i></p> <p><i>Main Session:</i> <i>10:00 am – 11:00 am</i></p> <p><i>Breathwork Session:</i> <i>11:05 am – 11:15 am</i></p>	<p><i>Focus:</i> <i>Systems & Services</i></p> <p><i>Main Session:</i> <i>10:00 am – 11:00 am</i></p> <p><i>Breathwork Session:</i> <i>11:05 am – 11:15 am</i></p>	<p><i>Focus:</i> <i>Integration & Metabolization</i></p> <p><i>Processing the week:</i> <i>10:00 am – 10:45 am</i></p> <p><i>Processing our work:</i> <i>11:00 am – 11:45am</i></p>

We'd love to hear from you. Please complete this short survey and let us know how we did.



https://bit.ly/Day2_OurStudents



Closing Session Reflections

- **1 connection (an already existing practice, person, or policy you want to learn more from/ adopt / adapt)**
- **1 inspiration (an idea, practice, exercise you experienced that energized you)**
- **1 aspiration (for our own selves, our work, for our collective work)**

Thank you-

**For who you are. Who
you are becoming. Who
you are unbecoming.**

**And what that means
for the people we love
and serve.**

I think people are so beautiful
when their eyes light up
and they say sincerely,
"I'm so glad you're here."

In other words,
you bring joy to my life.
You bring relief in rooms
I am struggling in.
You bring me hope
when I need it most.
You make the world
a little bit easier to live in.
Thank you for existing.
I love you for making me
feel better.
I'm so glad you're here.

- Nikita Gill



**We invite you to stay for 15
minutes of breathwork led by**

Candice Rose Valenzuela

(they/them/she/her)

**If you can't stay, we'll see you
tomorrow (Thursday) or Friday**

Be well.