

Day 4, Friday
May 8th, 2026



MAY 5 - 8, 2026
MENTAL
HEALTH
ACTION WEEK

PROCESSING OUR WORK: MHAW INSIGHT TO ACTION

DAY 4, FRIDAY MAY 8TH, 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, raise hand feature to speak and chat to share, affirm, pose question, 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."**



We are **NOT** recording the sessions today but we will be posting the resources we generate.

MEET YOUR FACILITATORS



Leora Ya'Acova Wolf-Prusan, EdD
Managing Director, CARS



Ashley Singleton (she/her), MPH, PMP
Senior Project Manager, CARS

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

2026 Mental Health Action Week



Day 1
Tuesday May 5th

Focus:
The Sustained Self

Dr. Laurie Vásquez Solari
Gil Perez
Dr. Stephanie Cariaga

Dr. Parisa Soltani

Day 2
Wednesday May 6th

Focus:
New Directions in Student Mental Health

Dr. Lynnette Navarro Sullivan +
Hannah Gomez
Diana Gerring + Nichole Mullis
Nadine Henley

Candice Rose Valenzuela

Day 3
Thursday, May 7th

Focus:
Systems & Services

Susan Nilles
Lacey Peters
Amanda Smith

Jessica Samples



Speed Connection

Thinking back on the sessions this week—what resonated most deeply with your current experience?

Why?

Small Group Discussion

Day 1: Ourselves - The Sustained Self

Room 1

Day 2: New Directions in Our Student Mental Health Work

Room 2

Day 3: Our Systems & Services-
Fostering Cultures of Care for
Community College Staff &
Student Mental Health Equity

Room 3

The Whole Experience

Room 4



Small Group Discussions

- 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)
- 1 question that surfaced (how might I, how might we?)

Discussion, Questions, and [Maybe] Answers

"When we reflect... we can better determine what our next actions should be, and our actions become more informed and intentional."

– Katrina Kennedy





CLOSING



POPP: Purpose, Outcomes, Process, People!

P: What is the purpose your mental health action?

“We’re aiming to make x happen so that Y starts/stops/changes”



O: What are the desired outcomes?

“ONLY because of our work, XYZ can happen”



P: What process will your team go through to actuate the vision?

“This is how it’s going to go down”



P: How will you take care of your people?

“These are the ways we’re going to maintain ourselves and each other through it”

Intentions, Concerns, Boundaries & Dreams

The new SWOT analysis!

1) INTENTIONS

- Why does this paradigm shift/ practice / program/ policy or action for mental health matter?
- What feeling (urgent! paced! both!) do you want to lead it with?

2) CONCERNS

- What worries you about engaging in planning or conversations?
- Where are your potholes and pitfalls?

3) BOUNDARIES

- What do you need to feel efficacious and supported in this work? What will you say no to? Yes to?
- How might you preserve you/your team's capacity and care?

4) DREAMS

- If your leadership vision for what you want to sustain comes alive, what will be true?
- How will you feel? Where will you be? What data will change?

A moment of pause - reflecting on our time together

I liked (emotional connection)	I learned (knowledge consolidation)
I wonder (curiosity for deeper exploration)	I will (concrete commitments)

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



https://bit.ly/Day4_ProcessingtheWeek

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