



**21CSLA**  
21<sup>st</sup> Century California School Leadership Academy

Developing a New Generation of  
Equity-Focused Educational Leaders



Los Angeles County  
Office of Education



Center X



SAN LUIS OBISPO COUNTY  
OFFICE OF EDUCATION  
LEADERSHIP • COMMUNITY • SERVICE

Kern County  
Superintendent  
of Schools



## Free Virtual Series

# DESTIGMATIZING MENTAL HEALTH SUPPORT

In this series join LMFT and LPCC Michelle Fehlman as she discusses the 12 steps to lessening the stigma of mental health support on school campuses. These steps are:

1. Identify multiple tiers of support
2. Assess Self-Efficacy to identify high needs
3. Introduce mindfulness
4. Teach responsible decision making
5. Encourage thoughtful conversations
6. Foster strong relationships
7. Prioritize physical wellness
8. Teach mental health literacy
9. How to create an emotionally safe environment
10. Skill building for adults responding to mental health needs
11. Engage and collaborate with families
12. Involve community experts

Each week we will dive into one of the 12 steps and engage in conversations on how to apply them to your school site.



Facilitated by  
**MICHELLE FEHLMAN**  
MS, LMFT, LPCC

## Session Dates

3:30 – 4:30 p.m. via Zoom

Oct. 5, 12, 19, 26, Nov. 2, 9, 30, Dec. 7, 14, Jan. 11, 18, 25

## Eligibility

Participants must be a K-12 teacher or administrator working in one of our partner counties (Fresno, Kern, Los Angeles, San Luis Obispo, Santa Barbara, or Ventura).



[Register Here](#)

For more info on 21CSLA visit: [laoe.edu/CSLA](http://laoe.edu/CSLA)

### QUESTIONS? CONTACT YOUR COUNTY LIAISON AT:

Fresno  
Brad Huebert  
[bhuebert@fcoe.org](mailto:bhuebert@fcoe.org)

Kern  
Kimberly Graham  
[kigraham@kern.org](mailto:kigraham@kern.org)

Los Angeles  
Tina Cunningham  
[cunningham\\_tina@laoe.edu](mailto:cunningham_tina@laoe.edu)

San Luis Obispo  
Joe Koski  
[jkoski@slocoe.org](mailto:jkoski@slocoe.org)

Santa Barbara  
Anne Roundy-Harter  
[aroundyharter@sbceo.org](mailto:aroundyharter@sbceo.org)

Ventura  
Lisa Salas Brown  
[lsbrown@vcoe.org](mailto:lsbrown@vcoe.org)