

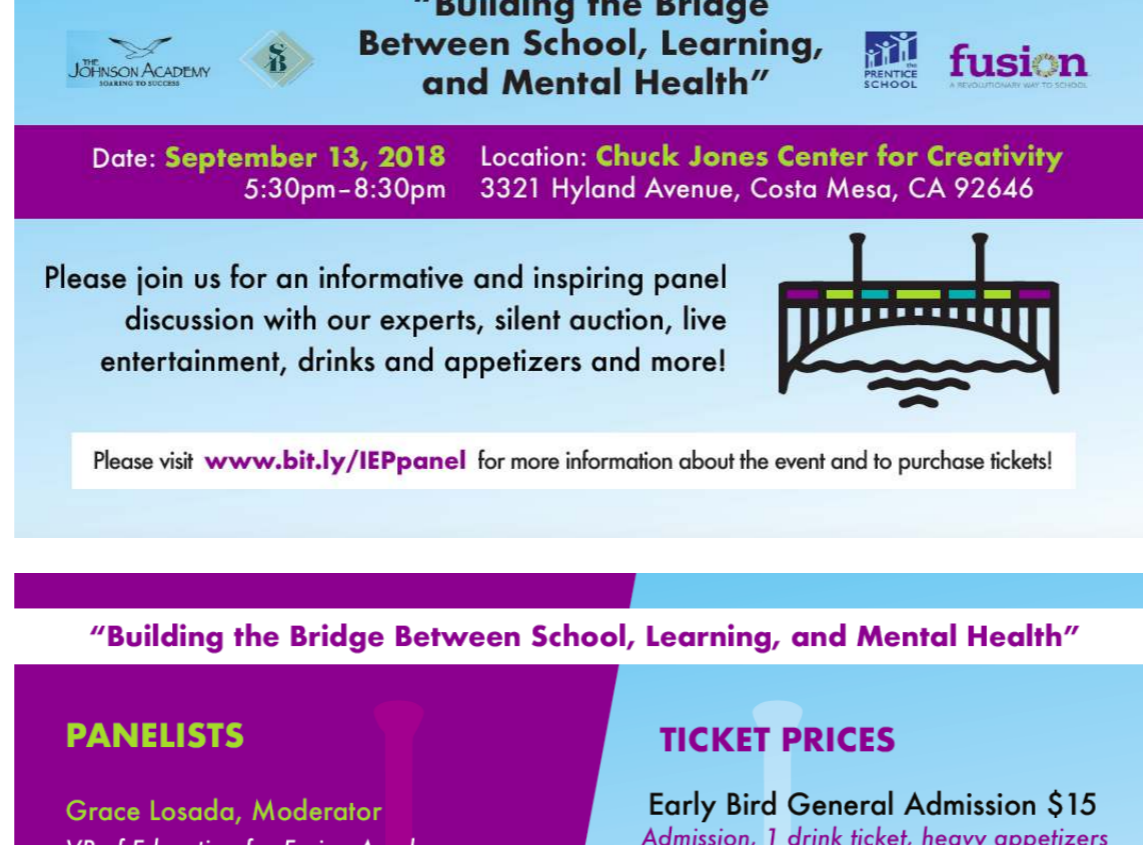
September Newsletter

Fall officially begins on September 23rd. It is a season for letting go of what we no longer need...unhelpful habits, thoughts and beliefs. As we watch the leaves begin to change and fall from the trees, we are reminded that change can be beautiful. We can make space for growth and renewal. What are you ready to let go of?



DBT Center of Orange County is happy to be a sponsor of Fusion Academy's Building the Bridge Between School, Learning and Mental Health!

Fusion Academy is teaming up with The Prentice School and Johnson Academy as main sponsors of The Inclusive Education Project's (Non-Profit) "Building Bridges" fundraiser event on September 13th, 2018. The aim of this event is to bridge the gap between school, learning, and mental health. The event will feature a panel of guest speakers, a silent auction, and time for networking. The event is open to anyone in the community including parents, families, educators, and providers!



4th ANNUAL
Panel Discussion & Silent Auction
"Building the Bridge Between School, Learning, and Mental Health"
Date: September 13, 2018 5:30pm-8:30pm Location: Chuck Jones Center for Creativity 3321 Hyland Avenue, Costa Mesa, CA 92646
Please join us for an informative and inspiring panel discussion with our experts, silent auction, live entertainment, drinks and appetizers and more!
Please visit www.bit.ly/IEpanel for more information about the event and to purchase tickets!

"Building the Bridge Between School, Learning, and Mental Health"

PANELISTS	TICKET PRICES
<p>Greene Lassada, Moderator VP of Education for Fusion Academy</p> <p>Dr. Matthew N. Koury, M.D., M.P.H. Mind Health Institute, Newport Beach</p> <p>Dr. Sabrina Shuck Department of Pediatrics, UCI</p> <p>Dr. Jessica Mangano, PsyD Licensed Educational Psychologist, Anxiety & Depression Center of Newport Beach</p>	<p>Early Bird General Admission \$15 Admission, 1 drink ticket, heavy appetizers</p> <p>General Admission \$20 Admission, 1 drink ticket, heavy appetizers</p> <p>General Admission Event Day \$25 Admission, 1 drink ticket, heavy appetizers</p> <p>VIP Admission: \$50 Admission, 2 drink tickets, heavy apps, meet and greet with panelists, priority silent auction</p> <p>To become a sponsor, email admin@ieproject.com</p>

Meet Our Newest DBTOC Team Member!



Sarah Lyndon is a Licensed Psychologist at the DBT Center of Orange County. She has been practicing in the field of psychology for the past 10 years, working in a variety of settings including school-based settings, partial-hospitalization programs, and community mental health. Sarah's work has focused on working with high-risk children, adolescents, and families with mental illness and trauma, as well as psychological testing. Sarah graduated from The American School of Professional Psychology at Argosy University, Orange County, with a Doctorate in Clinical Psychology and a Concentration in Child and Adolescent Psychology in 2016.

Sarah is passionate about the work she does and strives to provide the skills needed to better understand the mind/body connection and the importance of active self-care. Sarah considers herself fortunate to be a part of the process in supporting patients on their path to a Life Worth Living.

September is Suicide Prevention Month



NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org

September is National Suicide Prevention Month. All month, mental health advocates, prevention organizations, survivors, allies, and community members unite to promote suicide prevention awareness. With **World Suicide Prevention Day on September 10th**. It's a time to remember those affected by suicide, to raise awareness, and to focus efforts on directing treatment to those who need it most.

So how can you get involved?

- Hashtag #BeTheTo

#BeTheTo is the National Suicide Prevention Lifeline's message for National Suicide Prevention Month and beyond, which helps spread the word about actions we can all take to prevent suicide.



#BeTheTo Ask.
Don't be afraid to ask the tough question.
When somebody you know is in emotional pain, ask them directly:
"Are you thinking about killing yourself?"
Find out why this can save a life at BeTheTo.com. If you're struggling, call the Lifeline at 1-800-273-TALK (8255)

- Ask

Research shows people who are having thoughts of suicide feel relief when someone asks after them in a caring way. Findings suggest acknowledging and talking about suicide may reduce rather than increase suicidal ideation.

- [Keep Them Safe](#)

A number of studies have indicated that when lethal means are made less available or less deadly, suicide rates by that method decline, and frequently suicide rates overall decline.

- [Be There](#)

Individuals are more likely to feel less depressed, less suicidal, less overwhelmed, and more hopeful by after speaking to someone who listens without judgment.

- [Help Them Stay Connected](#)

Studies indicate that helping someone at risk create a network of resources and individuals for support and safety can help them take positive action and reduce feelings of hopelessness.



#BeTheTo Follow Up.
Making contact with a friend in the days and weeks after a crisis can make a difference in keeping them alive.
Check in with the person you care about on a regular basis.
Find out why this can save a life at BeTheTo.com. If you're struggling, call the Lifeline at 1-800-273-TALK (8255)

- [Follow Up](#)

Studies have also shown that brief, low cost intervention and supportive, ongoing contact may be an important part of suicide prevention, especially for individuals after they have been discharged from hospitals or care services.

- [Learn More](#)

Get message kits, resources, events and more at the [official website](#).

This wonderful information was found on suicidepreventionlifeline.org. Click on the [link](#) to learn more!

DBT Skill of the Month



S - Stop
T - Take a Step Back
O - Observe
P - Proceed Mindfully

STOP is a Crisis Survival Skill in our Distress Tolerance Module. These skills help you tolerate and survive stressful situations that cannot be avoided. A "crisis situation" can be many things giving a stressful presentation at work, driving in traffic, having a challenging conversation and more!

When emotion is high, it is easy to act impulsively or engage in destructive behavior. The STOP skill can help you to stop, slow down and respond in Wise Mind. Follow these steps:

- 1. Stop:** Do not react. Don't move a muscle! Freeze.
- 2. Take a Step Back:** Take a step back from the situation. Take a break. Take a deep breath.
- 3. Observe:** Notice what is going on inside and outside of you. What is the situation? What are your thoughts and feelings? What are others saying or doing?
- 4. Proceed Mindfully:** Act with awareness. In deciding what to do, consider your thoughts and feelings, the situation, and other people's thoughts and feelings. Think about your goals and proceed mindfully in Wise Mind.

From: *DBT Skills Training Handouts and Worksheets, Second Edition*, by Marsha M. Linehan.

Our Blog



DBT and Substance Abuse:

Did you know that there is a Dialectical Behavior Therapy curriculum specific to targeting Substance Abuse? DBT-SUD adds new principles, strategies, and protocols to address addiction and has numerous Random Clinical Trials (RCT's) in support of its effectiveness.



Dialectical Behavior Therapy In Action: Using Skills at Disneyland

Disneyland is a magical place, AND (dialectically speaking), Disney trips can be *exhausting*. It's hot, crowded, you walk miles over the course of the day, and expectations are high all around. It's difficult to stay skillful and effective, or even to come up with skills you CAN use in the moment. Read this blog to learn how DBT skills can help!

Follow Us On Instagram!

