

Mental Health Awareness Month

May 2016 Special Events

JENNY'S LIGHT RUN SUNDAY, MAY 1ST

JOIN THE EL CAMINO HOSPITAL TEAM!

Jenny's Light is a non-profit foundation created to improve and save lives by increasing awareness of all perinatal mood disorders, including postpartum depression

Distance: 5k & 10k courses & 1k kids run

Location: Vasona Park – Start/finish at Gateway Pavilion (near main entrance off Blossom Hill Rd.)

Race schedule: Race registration begins at 8 a.m.

Registration: www.jennyslight.org

PSYCHOSIS AND SCHIZOPHRENIA: UPDATE ON THE LATEST TREATMENTS IN EUROPE AND THE UNITED STATES

TUESDAY, MAY 17TH

Time: 6 – 8 p.m.

Location: El Camino Hospital Mountain View Campus
2500 Grant Road Mountain View, 94040

Conference Room: E, F, & G

Presenter: Sir Robin MacGregor Murray, MD, Professor of Psychiatric Research at the Institute of Psychiatry, Kings College, London

Partner: South Bay Project Resource and Bay Area Hearing Voices Network

Registration: Email Lauren.Olaiz@elcaminohospital.org

A HEALTHY MIND: A DISCUSSION WITH MOMS ON MAINTAINING THEIR MENTAL HEALTH WEDNESDAY, MAY 18TH

Topic: A panel discussion on the healthy mind of mothers. How are the “baby blues” and postpartum depression different? How can expectant mothers mentally prepare for their new role?

Time: 7 – 9 p.m.

Location: Cubberley Theatre, Palo Alto

In partnership with: Palo Alto/Menlo Park Mother's Club

Registration: www.elcaminohospital.org/healthymindmoms

YOUTH MENTAL HEALTH AWARENESS MONDAY, MAY 23RD

Topic: Discussion on the issue of adolescent school refusal and the impact on students, families, and schools

Time: 11 a.m. – 1 p.m.

Location: El Camino Hospital Mountain View Campus
2500 Grant Road, Mountain View, 94040

Conference Room: G

Presenter: Glenn Teeter, PsyD, Lead Program Therapist ASPIRE; Susan Flatmo, PhD, Clinical Services Coordinator, Mountain View Los Altos High School District; Jennifer Keicher, Director of Special Education at Los Altos Middle School; Mountain View Los Altos School Resource Officer; Michael Fitzgerald, Executive Director of Mental Health and Addiction Services at El Camino Hospital

Registration: www.elcaminohospital.org/calendar

9TH ANNUAL SENIOR RESOURCE FAIR TUESDAY, MAY 24TH

Topic: Aging Gracefully; Discussion on mental health for older adults

Time: 4 – 5 p.m.

Location: Mountain View Senior Center
266 Escuela Ave, Mountain View, 94040

Presenter: Dr. Grace Nadolny, El Camino Hospital Medical Director, OATS program; Kristina Peterson, LMFT, OATS program

NAMI MENTORS ON DISCHARGE WEDNESDAY, MAY 25TH

Topic: Implementation of a novel peer support program at El Camino Hospital

Time: 11 a.m. – 1 p.m.

Location: El Camino Hospital Mountain View Campus
2500 Grant Road, Mountain View, 94040

Conference Room: G

Presenter: Reverend Cindy McCalmont, Mentors on Discharge Manager, Peer PALS Advisor, FaithNet Coordinator, NAMI Santa Clara County

Registration: www.elcaminohospital.org/calendar

For more information on all events, visit www.elcaminohospital.org/calendar