

## Advancing Wellness: Tools for Supporting Mental Health

Children and youth in foster care are disproportionately at risk for mental health challenges and yet many do not have access to needed treatment. Unmet mental health needs for foster children can mean ongoing problems during the transition into college and adulthood. One recent survey of 17-year old foster youth in California found that 40% had considered suicide and 23% had attempted it. Resources do exist however to help campus support programs shine a light on mental health and ensure that students get the support they need. This webinar featured experts in the field, campus staff, and former foster youth who shared information about strategies for supporting mental health and exciting new tools that can be used to foster student wellness. Featured panelists included Theresa Reed, certified Mental Health First Aid trainer; Sonia Aldape, a former foster youth and former UC Berkeley student; Jennifer Ajinga with Delta College and Colleen Ammerman with the Foundation for Community Colleges.

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