



**Ohlone College Student Health Center STEP Up Program**  
Mental Health Student Advocacy Training Program  
Training and Group Meetings Calendar | Spring Semester 2021

Session type/#	Date	Time	Topic	Trainer or Facilitator
Training session #1	Friday, February 5, 2021	9:00 AM – 1:00 PM	The Lived Experience of Mental Illness	Kennya Manzanares Sang Leng Trieu
Training session #2	Friday, February 19, 2021	9:00 AM – 1:00 PM	Combating Stigma and Discrimination	Kennya Manzanares Sang Leng Trieu
Training session #3	Friday, February 26, 2021	9:00 AM – 1:00 PM	<ul style="list-style-type: none"> <li>▪ Emerging trends and data on college mental health</li> <li>▪ Accessing local &amp; national crisis hotlines</li> <li>▪ Kognito modules (N=2)</li> </ul>	Kennya Manzanares Sang Leng Trieu
Training session #4	Friday, March 5, 2021	9:00 AM – 1:00 PM	<ul style="list-style-type: none"> <li>▪ The Community Mental Health System</li> <li>▪ Confidentiality and Mandatory Reporting</li> </ul>	Kennya Manzanares Julie Navarro
Training session #5	Friday, March 12, 2021	9:00 AM – 1:00 PM	<ul style="list-style-type: none"> <li>▪ Career Opportunities in Mental Health</li> <li>▪ Working from Strengths</li> </ul>	Kennya Manzanares Sang Leng Trieu
Training session #6	Friday, March 19, 2021	9:00 AM – 1:00 PM	<ul style="list-style-type: none"> <li>▪ Self-Care</li> <li>▪ QPR suicide prevention training</li> </ul>	Kennya Manzanares Julie Navarro
Group meeting #1	Friday, April 2, 2021	9:00 AM – 11:00 AM	Service-learning project planning	Kennya Manzanares Sang Leng Trieu
Group meeting #2	Friday, April 16, 2021	9:00 AM – 11:00 AM	Service-learning project planning	Kennya Manzanares Sang Leng Trieu
Group meeting #3	Friday, May 7, 2021	9:00 AM – 11:00 AM	Service-learning project sharing, evaluation, and program wrap-up	Kennya Manzanares Sang Leng Trieu