



CALIFORNIA HEALTH COLLABORATIVE



Young Minds Paid Internship

INFORMATIONAL PACKET



YOUNG MINDS
MENTES JÓVENES

KINGS COUNTY



The Young Minds Kings County Project is designed to foster mental wellness and resiliency in youth through evidence-based practices that increase protective factors and promote wellness among youth, families, and school staff.

CONTACT THE YOUNG MINDS TEAM

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Young Minds is a California Health Collaborative Program. The California Health Collaborative is a statewide non-profit organization dedicated to enhancing the quality of life of people of California, particularly the underserved and the underrepresented.



Learn more at: www.healthcollaborative.org

Funded by Kings County Behavioral Health



Young Minds Services

Services for K-12th grade Students, School Staff, and Families



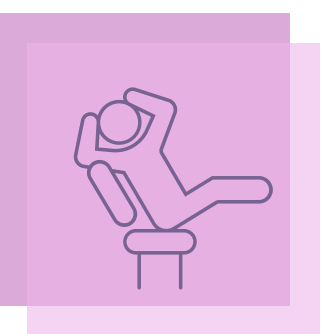
School Wide Assemblies/Events (K-12)

Engaging assemblies and events that focus on Mindfulness and Resilience to support school wide awareness and wellness. Events are tailored to meet your school and schedule. Book an event at youngminds@healthcollaborative.org



Mindfulness in Schools (K-6th)

Utilizing trauma-sensitive mindfulness curriculums from Mindful Schools and Calm Classroom to nurture student engagement, focus, well-being, and reduce anxiety. Whole group or small group options available.



Calm Corners (K-6th)

Financial and technical support with establishing calming spaces in classrooms with tools for reducing anxiety and strengthening self-regulation.



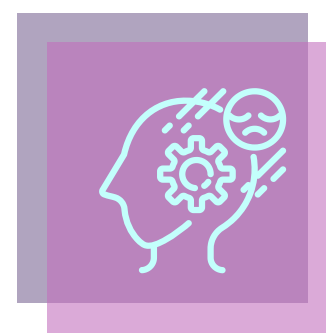
Pro-Social Skills Groups (4th-6th)

Utilizing Zones of Regulation and Skillstreaming for Elementary school students, pro-social skill support and self-regulation techniques for small groups or classrooms.



WhyTry (7th-12th)

Evidence-based social and emotional learning (SEL) program designed to increase attendance and enhance decision making.



Coping And Support Training (7th-12)

Evidence-based prevention curriculum designed to help young people develop coping skills and healthy behaviors, including how to ask for support.



Trauma-Sensitive Practices School Staff

Teacher in-service training event that builds staff knowledge and awareness of the science of ACEs & toxic stress and trauma-sensitive strategies to support student & staff well-being and resilience.



Mindfulness Training School Staff

Financial and technical support with staff training to promote sustainable mindfulness practices. Staff may choose between a 2 hour Calm Classroom training (curriculum/materials included) or a 4 week Mindful Schools 101 Training.



Annual Family Events

Annual family events hosted at school sites, community parks, and may also include field trips to outdoor spaces throughout CA to encourage family and community cohesion.



Family Strengthening Activities

Enhancing resilience and buffering toxic stress through programs that are culturally relevant and strengths-based including Cara y Corazon family strengthening sessions and Family Talking Circles



Young Minds Paid Internship

OPENINGS: 3-5 PAID INTERNSHIPS

RATE: \$20 PER HOUR

HOURS: 150-200 BETWEEN APRIL 2022 AND AUGUST 2022.

School Counseling Graduate students encouraged to apply and can receive internship hours under supervision of a Credentialed School Counselor.

HOW TO APPLY

Submit a detailed Cover Letter sharing your interest in the internship and how you will support the Young Minds project in building resiliency and mental wellness among Kings County youth.

Submit to: youngminds@healthcollaborative.org



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