

## Education Services

One H.E.A.R.T.T., Inc. provides education on chronic psychological health, medical issues, nutrition and exercise, violence prevention, cultural awareness, academic issues, and career development. We provide this information by presenting live media interviews, lectures, poster presentations, organizational workshops, health fairs, and conferences. These presentations focus on the causes, current efforts and solutions to the aforementioned issues. They also highlight the geographical, economical, and social aspects. Examples of said presentations have been given at the Itsoseng Psychological Clinic in Mamelodi, South Africa, Argosy University in Alameda, California, and Contra Costa Community College in San Pablo, California.

An example workshop we host is “Self-care for the Healthcare Professional.” This workshop features: information and videos on the effects of stress, self-care assessments, stress assessments, in-workshop practices of self-care techniques, and time management training.

A future endeavor will be hosting mental health workshops for educators. It is anticipated that these workshops will have two sections; entitled “Mental health and student wellbeing” and “Taking care of the educator”. The “Mental health and student wellbeing” portion of the workshop will provide information to educators on warning signs of mental distress in students, engagement with students who are psychologically in distress, informing parents of concerns, mandated reporting, and how to transition students to referral services (e.g., school counselor). The “Taking care of the educator” portion will address self-care and coping strategies in an effort to circumvent educator burnout.

As an area of growth we take advantage of various social media outlets such as discussion forums, blogs and social networking sites. We also chronicle our efforts and activities on the corporation’s website. By offering educational events as well as our publications and website, One H.E.A.R.T.T. is educating the public on subjects useful to individuals and beneficial to the community and is advocating and defending human and civil rights secured by law.