

Strengthening Student Resilience: Cross-Sector Approaches for Promoting Effective Trauma-Informed and Mental Health Practices

October 26, 2018 | Fresno, CA

Agenda

Time	Activity	Location
8:30 am	Light Breakfast and Registration	Lobby, Ballroom
9:00 am	Welcome Remarks <i>Amy Ranger, California School-Based Health Alliance</i>	Ballroom
9:15 am	Morning Keynote: Trauma, Resilience, and Cross-Sector Approaches to Supporting Kids <i>Mary Donnelly-Crocker, Young and Healthy</i> Drawing on research into adverse childhood experiences (ACEs) and their impacts on student health and learning, the opening keynote presentation will cover the basics of how trauma affects individuals and communities and how to build resilience through cross-sector partnerships.	Ballroom
10:30 am	Break	
10:45 am	Breakout Sessions Session descriptions & locations listed below	Breakout Rooms
12:00 pm	Lunch	Ballroom
1:00 pm	Breakout Sessions Session descriptions & locations listed below	Breakout Rooms
2:15 pm	Break	
2:30 pm	Closing Keynote: Teaching to the Human Core <i>Roni Habib, EQ Schools</i> In this interactive closing keynote presentation, participants will learn about ways to foster supportive and caring relationships while working individually with youth and in classrooms. They will also be introduced to skills for building long-lasting resilience in students and themselves.	Ballroom
3:30 pm	Closing Remarks	Ballroom

AM & PM Breakout Session

Note: this session will have a limited capacity of 25. It will be repeated during the afternoon breakout sessions.

Now You See Us: A Youth-Led Workshop

Michel'le Bailey & Irma Rosa Viera, California School-Based Health Alliance Youth Board

The behaviors that adults observe in the youth they work with often don't reveal the whole story about what's really going on in their lives. In this session, members of the California School-Based Health Alliance Youth Board will lead participants through an interactive activity to help them better understand what might be "beneath the surface" in order to strengthen the relationships and environments necessary for encouraging students to seek help when they need it.

Location: Mt. Whitney

AM Breakout Sessions

Sharing Student Health and Education Information: Why Information Sharing is Important and How to Apply HIPAA, FERPA, & Other Confidentiality

Rebecca Gudeman, National Center for Youth Law

The appropriate sharing of information between educational and school health partners is essential, both to effectively serve students and families and to ensure legal compliance. What are HIPAA and FERPA and how do they apply to your work? When and how may schools share information with their health partners, and vice versa? How can parents, schools, and providers share information to improve health and educational outcomes? This session will use case studies to understand and apply major confidentiality laws to common questions.

Location: Bass Lake

Brave Spaces: Talking with Teachers About Race, Power, and School Culture

Jenn Rader, James Morehouse Project at El Cerrito High School

Structural racism in schools creates harm for students of color, especially black and brown young men. Their resistance is read as "behavior problems" or they're labeled "angry," "defiant," or "underachieving." Efforts to discipline and support these young people focus on interventions on individuals (e.g., suspension, anger management classes), whereas scant attention is paid to the ways that adults participate in structural racism that harms the young people we aim to serve. This session will highlight one effort to enlist teachers in the struggle to transform our schools to more effectively love, teach, and reach our students of color.

Location: El Capitan

Restoring Justice: Working to Create Wholeness and Peace through Accountability and Healing

Miriam Cardenas-Aleman & Carlos Rizo, Kings Canyon Unified School District

Marc Ediger & Chief Joe Garza, Reedley Police Department

Jake Harder, West Coast Mennonite Central Committee

In 2011, a cross-sector partnership involving the Reedley Police Department, West Coast Mennonite Central Committee, City of Reedley, Kings Canyon Unified School District, and other community-based organizations formed the Reedley Peace Building Initiative. Together, they are working to implement Restorative Justice practices, which provide avenues for students who have committed crimes to learn from their actions and heal the damage caused by their behaviors. This session will describe the partnership, the impact that Restorative Justice has had in schools and the community, and what has been learned since the program began.

Location: Millerton Lake

PM Breakout Sessions

Using Mindfulness to Promote Resiliency in Ourselves and the Youth We Work With

Sam Himmelstein, Center for Adolescent Studies

Mindfulness is the practice of non-reactive awareness to what's happening and how you are experiencing it. Among the many benefits of mindfulness are decreased stress and higher psychological well-being, which can lead to greater resilience in both the youth we work with and in ourselves as professionals. In this session, participants will learn mindfulness and awareness skills to cultivate balance while working in fast-paced and intense youth-serving environments. Participants will learn how to create safe environments, how to teach mindfulness to youth, and how to use mindfulness as an overall framework to develop self-resilience and self-care.

Location: Ballroom

Strengthening School Culture by Fostering Youth Voice

Paula Adair & Tricia Leslie, Tulare City School District

Rebeca Cerna, REL West at WestEd

Student voice is the individual and collective perspective of students. All activities designed to elicit student voice contribute to the improvement of school culture and climate, but some offer deeper levels of student ownership and empowerment than others. In this session, participants will learn how to better engage youth in school improvement practices and hear about Tulare City School District's efforts to create a culture of integrating youth voice and youth collaboration.

Location: El Capitan

Trauma-Informed Mental Health Consultation

Martha Merchant, University of California, San Francisco Healthy Environments and Response to Trauma in Schools (HEARTS) Program

This session will focus on the nationally recognized UCSF HEARTS program and will build the capacity of school-based clinical staff to consult with educators regarding behavioral management of young people who may be affected by trauma. Participants will review the six guiding principles of trauma-informed schools and discuss strategies to align trauma-informed mental health consultation with these principles.

Location: Bass Lake

Trauma-Informed Considerations and Strategies for Adults Working with Young Children

Melissa Santodonato, California Child Care Resource and Referral Network

Trauma has biological and psychological effects that can influence behavioral, social, and emotional domains. In early childhood, it can have long-lasting consequences that can interfere with development, the formation of healthy relationships, and one's ability to function in school. In this session, participants will learn about how trauma and stress can affect brain development and early learning. Discussions will focus on ways to prevent re-traumatization of the children in our care and highlight trauma-informed early childhood practices that support healing and resilience.

Location: Millerton Lake

Speaker Bios



Paula Adair is the Assistant Superintendent of Student Services at Tulare City School District, where she has also taught Kindergarten, 1st, 4th, and 8th grade Study Skills and served as a Title I Resource Teacher, Middle School Vice Principal, Middle School and Elementary Principal, and Director of Curriculum. The 2018-19 school year marks her 28th year with the District. Adair is a graduate of Fresno State University and earned an M.A. from Chapman University.



Michel'le Bailey is a second-year Youth Board member for the California School-Based Health Alliance. Previously, she was a member of The L.A. Trust Youth Advisory Board and traveled to Sacramento to speak with senators to advocate for funds to build school-based health clinics on high school campuses. Bailey also has experience in providing peer education and support to other youth in need of sexual health education, services, counseling, and testing. She is currently enrolled at Santa Monica College majoring in Early Childhood Education.



Miriam Cardenas-Aleman is the Health Center Specialist of Kings Canyon Unified School District, where she coordinates health and wellness outreach to connect families to medical and emotional support services at the district's school-based health center. Cardenas-Aleman has been a community organizer in the Central Valley for over 25 years, and currently serves as the Restorative Justice Mediator and Mental Health Aid Responder for her community in Reedley, California.



Rebeca Cerna is a Senior Research Associate in the Health & Justice Program and the Regional Educational Laboratory West (REL West) at WestEd. She provides technical assistance and coaching to districts, schools, and community partners and has served as an evaluator on several federally- and state-funded projects. Her projects focus on health and well-being, school climate and culture, stakeholder voice, and social-emotional learning. She has a B.S. in Health Science from California State University, Long Beach and an M.P.H. from the University of California, Los Angeles.



Mary Donnelly-Crocker is the Executive Director of Young and Healthy in Pasadena, CA and is leading local cross-sector efforts to raise awareness about trauma and resilience and to implement community-wide trauma-informed practices. Working in children's health care for 40 years, she was a Child Life Specialist for ten years and taught at California State University, Los Angeles and the University of La Verne in the areas of child development, hospitalized children, and nonprofit management. Donnelly-Crocker received both her B.A. and M.A. in Child Development at California State University, Los Angeles.



Marc Ediger is a Police Lieutenant with the Reedley Police Department and assumed the role of Division Commander in 2009 after serving as a Police Sergeant in numerous capacities since 2001. During his tenure as Lieutenant, the Reedley Police Department has earned several recognitions, including a 2014 award for community-oriented policing and the California Legal Services “Champions of Justice” award. Lieutenant Ediger holds a B.S. in Criminal Justice from Union Institute & University and is a graduate of the 2016 California FBI Law Enforcement Executive Development Program.



Jose Garza has been the Chief of the Reedley Police Department since 2012. He has worked with the Department since 1988. During his tenure as Lieutenant, the Reedley Police Department has earned several recognitions, including a 2014 award for community-oriented policing and the California Legal Services “Champions of Justice” award. Chief Garza holds a B.S. in Criminal Justice from Union Institute & University, is a graduate of the 2013 California FBI Law Enforcement Executive Development Program, and a 2017 graduate of the prestigious FBI National Academy.



Rebecca Gudeman is a senior attorney with the National Center for Youth Law, specializing in adolescent health care. She directs its adolescent reproductive health project and is the author of numerous articles and papers on consent and confidentiality law. She began her career with the Children’s Rights Project at Public Counsel in Los Angeles, where she created one of the first school-based legal assistance programs in the country. Gudeman earned her B.A. from Harvard University and her J.D. from the University of California, Los Angeles School of Law and also holds an M.P.A. from Harvard University.



Roni Habib is the founder of EQ Schools and an expert in helping educators become more mindful and connected to the youth in their care. At the beginning of his education career, Habib struggled with the demands of teaching and began to lose touch with why he wanted to be an educator in the first place. He discovered the power of integrating mindfulness, emotional intelligence, and positive psychology in his classroom and his own life and felt called to share this approach with the world. He holds an M.A. in Education from Harvard University.



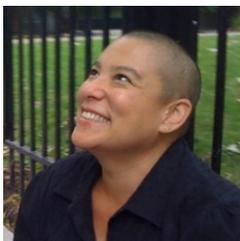
Jake Harder is employed by West Coast Mennonite Central Committee as the Director of the Reedley Peace Building Initiative. He trains volunteer and paid mediators in the work of restorative justice and conflict transformation and has worked for over 15 years with at-risk children, youth, and their families in the areas of poverty alleviation and justice. Harder has a B.A. in Criminology and Restorative Justice from Fresno Pacific University and understands the challenges and opportunities of our criminal justice system as it relates to juvenile offenders, those they’ve harmed and the communities they’ve impacted.



Sam Himelstein is a licensed psychologist and founder of the Center for Adolescent Studies. He has worked in the Teen Chemical Dependency Program at Kaiser Permanente, the Alameda County Juvenile Detention Center, and in private practice. Himelstein studies the efficacy of mindfulness-based interventions with marginalized, incarcerated, substance abusing, and underserved adolescent populations and is passionate about helping others create authentic, healing relationships with the youth they work with. He has a B.A. from the University of California, Santa Cruz and a Ph.D. in Clinical Psychology from Sofia University.



Tricia Leslie is the Director of Health Services and Programs at Tulare City School District. She began her career as a school nurse working at various schools throughout the District and has also served as the District Head Nurse and Coordinator of Health Services. Leslie works closely with Altura Centers for Health and the California School-Based Health Alliance. She holds her B.S. in Nursing from California State University, Bakersfield, a School Health Credential from California State University, Fresno, and an M.S. in Nursing from the University of Phoenix.



Martha Merchant is a licensed psychologist and is currently a consultant with the University of California, San Francisco's Healthy Environments and Response to Trauma in Schools (HEARTS) program where she provides training, consultation, and support for adult members of students' caregiving systems to create more trauma-sensitive, safe, and supportive school environments. She has a passion for working with children, under-resourced families, poly families, and LGBTQ folk. Merchant earned her M.A. in Marriage and Family Therapy and her Psy.D. in Clinical Psychology at the Minnesota School of Professional Psychology.



Jenn Rader is the founder and director of the James Morehouse Project, the student health and wellness center at El Cerrito High School. In addition to providing direct services to young people, the center works to create and sustain a trauma-sensitive school community. Rader works with school district, community-based, and county providers to link systems of care for youth facing mental health challenges. The California School Health Alliance named Rader its statewide "Practitioner of the Year" for 2014. She has a B.A. from the University of California, Berkeley, an M.A. from Harvard University, and an M.S.W. from Humboldt State University.



Carlos Rizo is a school social worker for Kings Canyon Unified School District where he is responsible for the coordination and implementation of social and emotional services at the largest site in the school district, Reedley High School. He previously worked in the child welfare system, where he managed the cases of highly vulnerable and at-risk adolescent populations. Currently, he participates in the Victim's Services Collaborative and Youth Multi-Agency Partnership in the City of Reedley. Rizo earned an M.S.W. from California State University, Fresno.



Irma Rosa Viera is a first-year Youth Board member for the California School-Based Health Alliance. She has always had a strong passion for giving a voice to youth and promoting student wellness and has previously advocated for access to health care as a Youth Advisory Board member with The L.A. Trust Youth Advisory Board. She hopes to continue empowering young people and expand health advocacy through her work with the California School-Based Health Alliance. Rosa Viera is a student at California State University, Northridge with an interest in majoring in public health.



Melissa Santodonato is part of the training team for the Trauma-Informed Practices in Early Childhood Education project at WestEd. She conducts trainings on trauma in early childhood throughout the state of California and co-created the training guide for a Trauma-Informed Practices Training of Trainers program for First 5 Contra Costa County. She is an advocate for children and families and has served the Bay Area for over 12 years. Santodonato earned her M.Ed from Mills College, where she completed her thesis on the perspectives and practices of teachers in trauma-informed early childhood centers.

