

## Trauma, Resilience, and the Power of Relationships: 3rd Annual Central Valley Convening

October 10, 2019 | Fresno, CA

### Agenda

<u>Time</u>	<u>Activity</u>
8:30 am	<b>Light Breakfast and Registration</b>
9:00 am	<b>Welcome Remarks</b> <i>Amy Ranger, California School-Based Health Alliance</i>
9:15 am	<b>How Trauma Impacts Youth and Their Communities</b> <i>Dr. Flojaune Cofer, Public Health Advocates</i>
10:00 am	<b>Building Authentic Relationships, Building Resilient Youth</b> <i>Dr. Sam Himmelstein, Center for Adolescent Studies</i>
11:00 am	<b>Break</b>
11:15 am	<b>Breakout Sessions</b> Session descriptions and locations listed in program
12:30 pm	<b>Lunch</b>
1:15 pm	<b>Youth Leadership Showcase</b> <i>Daniel Correa Bucio &amp; Bajha Jordan, California School-Based Health Alliance Youth Board</i>
2:30 pm	<b>Six Tangible Steps to Take to Build Resilience</b> <i>Dr. Flojaune Cofer, Public Health Advocates</i>
3:15 pm	<b>Reflecting on Today, Planning for Tomorrow</b> <i>Dr. Sam Himmelstein, Center for Adolescent Studies</i>
4:00 pm	<b>Closing</b>

## **Breakout Sessions**

### **Cultivating Community Support for Stress Resilience**

*Location: Salon A-1*

*Deni Dayan, Fresno County Superintendent of Schools*

Without strong supports for self-care, adults who work with youth — especially those who have been impacted by trauma — can quickly burn out. This session will provide participants with examples of ways that organizations can build a culture of self-care that results in greater capacity to cultivate and maintain the important relationships required to overcome the impacts of trauma (this includes relationships with youth themselves and also among the partnerships that maintain a “web of support” for them to access). This session will also share strategies that participants can use on their own to take care of their physical, mental, and emotional health to optimize professional engagement and performance.

### **Dismantling the School to Prison Pipeline through Healing Justice in Schools**

*Location: Salon A-2*

*Irene Calimlim & Sammy Nuñez, Fathers & Families of San Joaquin*

This workshop will introduce Fathers and Families of San Joaquin’s Trauma Recovery Center and their partnership with Stockton Unified School District and AmeriCorps to implement a comprehensive Transformative Healing Initiative in seven South Stockton schools. Participants will learn how the program is creating healthier school climates and reductions in student discipline while promoting student leadership and empowerment. This session will include an overview of the initiative and practical organizing strategies that provide the foundation for the partnership.

### **Leveraging the Power of Relationships to Engage and Empower Families**

*Location: Salon D-1*

*Margit Birge, WestEd & Dr. Felipe Mercado, Washington Union School District*

It is essential to engage family members in culturally responsive ways as partners. Traditional methods of reaching families are not effective, especially for students and families experiencing trauma. This session will explore the barriers and opportunities within our schools and in our communities for building relationships with students and their families. Participants will hear personal stories, reflect on how beliefs and practices impact our work, and learn concrete evidence-based strategies for family engagement and empowerment.

**Moving Beyond Health Towards Wellness**

*Location: Salon D-2*

*Kalila Banks, Clinica Sierra Vista & Ashley Rojas, Fresno Barrios Unidos*

This session will begin by describing a typical experience for a student struggling with multiple health and mental health challenges as they navigate the Central Valley's complex and siloed adolescent healthcare system. Drawing on their experiences working in integrated healthcare settings, the presenters will share their vision for a local system that incorporates psychosocial screenings with a referral network that includes medical providers, social workers, therapists, nutritionists, reproductive health services, and more. By facilitating relationships between clinical and non-clinical providers, and integrating physical and mental health services, an integrated system can shift providers' thinking from a focus on health to a focus on overall wellbeing for Central Valley youth.

**Building Resilience Through Alternative Healing Among "At-Promise" Latinx Students**

*Location: Salon D-3*

*Dr. Juan Carlos González, Dr. Christina Luna, & Giselle Velazquez, CSU Fresno & Everardo Pedraza, Sunnyside High School (Fresno)*

Join Central Valley researchers and practitioners from the Integral Community Solutions Institute to learn about the implementation and positive effects of culturally-based practices for Latinx students. This session will introduce participants to the student-centered strategies of Platicás (spiritual counseling), Atención Plena (mindfulness), and Hip-Hop Therapy and will share findings about the impacts of these approaches on student success indicators such as attendance, behavior, and self-awareness.

## Speaker Bios



**Deni Dayan** is a licensed educational psychologist, board-certified behavior analyst, certified Positive Discipline lead trainer, and certified Dynamic Mindfulness trainer. She has practiced as a bilingual school psychologist for 18 years providing support to all types of students from preschool to age 18. Deni has extensive experience providing staff development and parent education in the areas of trauma, stress, resiliency, and positive discipline. She has presented internationally as well as nationally for parents, school districts, and other professionals who work with children.



**Kalila Banks** is a Physician's Assistant at Clinica Sierra Vista, where she has been practicing pediatric medicine for the past 12 years. She has provided healthcare for adolescents in the School-Based Health Care setting for the last 8 years. She is currently the primary medical provider at Fresno Unified School District's Gaston Health and Wellness Center at Gaston Middle School.



**Margit Birge** is a Senior Program Associate with the Comprehensive School Assistance Program at WestEd. In this role, she provides technical assistance at the school, district, and state levels on policies and practices for school improvement to promote equitable student outcomes. She is passionate about building partnerships between families, schools, and communities to support students. Margit holds a bachelor's degree from the University of California, Berkeley, and a master's degree in nonprofit administration from the University of San Francisco.



**Irene Calimlim** directs the Healing Schools Initiative for Fathers & Families of San Joaquin, implementing their healing-centered model in 7 South Stockton schools. She is a Stockton native and has previously worked in India with the Comprehensive Rural Health Project and with the Greenlining Institute in Oakland, California. Irene has a joint master's degree in public health and city and regional planning from UC Berkeley and a BA in human biology from Stanford University.



**Dr. Flojaune G. Cofer** is the Senior Director of Policy at Public Health Advocates in Sacramento, California, where she leads policy-centered research efforts and state policy work. Previously with the California Department of Public Health's division of Maternal, Child and Adolescent Health, Flojaune was the statewide lead for women's and girl's preventive health, analyzing data, developing policy recommendations, and creating leadership trainings. She holds a doctorate degree in epidemiological science/women's health and a master's degree from the University of Michigan. She has published several papers in peer-reviewed journals and served as the principal investigator on two national health grants.



**Daniel Correa Bucio** is a first-year member of the California School-Based Health Alliance Youth Board. He is currently attending the University of California, Berkeley where he is an intended integrative biology major. Daniel is also a part of several pre-health advising programs at UC Berkeley. He hopes to graduate and enroll in dental or medical school. He also wants to use his resources to give back to his community and empower youth.



**Dr. Juan Carlos González** is an Associate Professor in the Department of Educational Leadership at California State University, Fresno, and the Director of Research and Evaluation at the Integral Community Solutions Institute. He teaches classes on multilingual and multicultural education as well as higher education leadership. Juan Carlos' work also includes assisting local nonprofits focused on improving mental health outcomes for Latinx youth through his research and grant-writing expertise.



**Dr. 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 in Oakland, California. Sam 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 BA from the University of California, Santa Cruz and a PhD in clinical psychology from Sofia University.



**Bajha Jordan** is a student at California State University, Sacramento, majoring in health science with a concentration in community health education. She aspires to earn a master's degree in public health and a PhD. Bajha currently works for her campus Student Health and Counseling Services, where she educates her peers about reproductive health and sexual and domestic violence. She is passionate about preventive care and plans to educate youth in underserved communities about their health and improving their access to care.



**Dr. Christina Luna** is an Assistant Professor in the Department of Educational Leadership at California State University, Fresno. She has over thirty years of experience at the University and in PK–12 public schools in Los Angeles, Orange, and Central Valley counties, and has held positions ranging from classroom teacher to superintendent. Christina's research interests include children of color and language minority students, with an emphasis on long-term English learners, issues regarding equity and access, and science education.



**Dr. Felipe Mercado** currently serves as an elementary school principal in the Washington Union School District in Fresno. He grew up in the Central Valley and has worked as a social worker, counselor, researcher, and college instructor. In addition to being a principal, Felipe trains educators and nonprofit organizations on equity, restorative practices, school climate, student engagement, and trauma-informed practices. He holds a master's degree in social work and a doctorate in education and leadership, both from California State University, Fresno.



**Samuel Nuñez** is the Executive Director of Fathers & Families of San Joaquin and is a state and nationally recognized expert in the field of youth development, violence prevention, and community organizing. He was the 2010 California Peace Prize recipient from the California Wellness Foundation and his work was also highlighted in a memo to President Obama and the White House on effective programs working with young men of color.



**Everardo Pedraza** is a Marriage and Family Therapist Associate at Integral Community Solutions Institute and a pioneering, mindfulness-based English teacher at Sunnyside High School in Fresno. His work focuses on helping students to develop a mindfulness practice and a personal development skill set in preparation for successful transition to higher education and a life of wisdom, service, love, and compassion. He earned an English degree from UC Berkeley, an MA in theology from the Graduate Theological Union in Berkeley, and an MS in counseling from California State University, Fresno.



**Ashley Rojas** is the Executive Director of Fresno Barrios Unidos. She is a Fresno native and is driven by a passion to maintain an intersectional and equity-based approach to public health that is rooted in trauma-informed systems, healing-centered care, harm reduction, and justice. In her previous position as Project Director for the Adolescent Health Working Group in San Francisco, she led multi-system collaboratives to ensure youth have access to reproductive health education and clinical services. She holds a bachelor's degree in community-based public health from San Francisco State University.



**Giselle Velazquez** is a graduate student in the Counseling, Student Affairs and College Counseling program at California State University, Fresno. She works with Latinx youth to support their academic goals and help them access higher education. She completed her undergraduate career at the University of California, Irvine, where she double-majored in psychology & social behavior and educational sciences.



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**Reflecting on Today, Planning for Tomorrow**



Thank you for attending!