

Leading For and With Well Being, Resilience, and Healthy Workplaces

The Pacific Southwest Mental Health Technology Transfer Center

Leora Wolf-Prusan, EdD, Director of Partnerships and Learning at the Center for Applied Research Solutions and School Mental Health lead for the Pacific Southwest Mental Health Technology Transfer Center, has 18 years of experience providing coaching, consulting, training, and practice support at the local, statewide, and national level in school and organizational climate, mental health and wellness, and violence prevention. Dr. Wolf-Prusan is dedicated to supporting people-driven work environments and partnering with leaders and thinkers engaged in equity-driven and solution-focused work. She approaches projects through a framework in which public health, social work, and education intersect. Dr. Wolf-Prusan has training and certification in crisis response, cognitive coaching, conflict resolution and mediation, and collaborative planning. Her clients view her as a knowledge expert in managing grief in the workplace, crisis prevention, intervention, and post-vention, positive youth development, racial justice, trauma-informed care and implementation, and employee/workforce wellness. Her clients value her as a skill expert in training, human learning theory, facilitation, and experience design. As the former field director for the SAMHSA initiative Resilience in Communities After Stress & Trauma and technical assistant liaison for Project AWARE (Advancing Wellness & Resilience in Education), Leora has worked with state agencies, community-based organizations, school communities, and many other leadership entities supporting organizational health and wellness through practice, policy, and program design and implementation for mental health and educational equity.



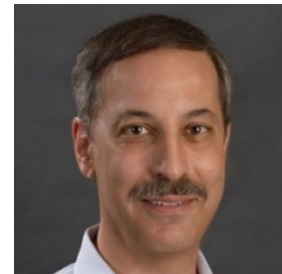
Stephanie Montgomery, MSW/ASW, has over 15 years working on community level mental health, substance abuse, and HIV/AIDS grants. She currently the project manager for the City of Oakland Human Services Department Oakland ReCAST (Resiliency in Communities After Stress and Trauma) led by the City of Oakland’s Human Services Department (HSD), will promote resiliency and equity for Oakland’s high-risk youth and adults most affected by trauma, violence, and civil unrest. A multi-sector coalition of stakeholders will work together to improve behavioral health and reduce trauma among the highest-risk young people and their families, empower community residents, and improve community-police relations. The goals of the initiative are: (1) Provide coordinated training to community-based social service providers and law enforcement entities to increase use of trauma-informed practices; (2) Expand access to trauma-informed behavioral health services by enhancing use of evidence-based models among City-funded human service programs and developing a service pipeline to County-funded services, and (3) Support the work of community partners to address tensions in law enforcement- community relations and to promote community resiliency and healing.

About the [Pacific Southwest Mental Health Technology Transfer Center](#): The Pacific Southwest MHTTC serves the priorities of SAMHSA Region 9 states and territories, including: Arizona, California, Hawaii, Nevada, and U.S. Pacific Islands of American Samoa, Guam, Republic of Marshall Islands, Commonwealth of the Northern Mariana Islands, Federated States of Micronesia, and Palau. We offer a collaborative MHTTC model in order to provide training, technical assistance (TTA), and resource dissemination that supports the mental health workforce to adopt and effectively implement evidence-based practices (EBPs) across the mental health continuum of care. The Pacific Southwest MHTTC also provides TTA and resources at a national level on specialty area focused on youth and young adults of transition age. The 2018-2019 area of focus is school mental health.

Supporting Children, Staff, and Schools at Times of Crisis and Loss

The National Center for School Crisis & Bereavement

David J. Schonfeld, MD, FAAP, established and directs the National Center for School Crisis and Bereavement (www.schoolcrisiscenter.org) at the Suzanne Dworak-Peck School of Social Work at the University of Southern California; the Center coordinates the Coalition to Support Grieving Students (www.grievingstudents.org), comprised of over 85 organizations including the major educational professional organizations. is a developmental-behavioral pediatrician and director of the National Center for School Crisis and Bereavement (NCSCB). He holds a joint appointment at the Keck School of Medicine of USC. Schonfeld has authored more than 100 scholarly articles, book chapters and books (e.g., *The Grieving Student: A Teacher's Guide*, Brookes Publishing) and has given more than 800 presentations on the topics of pediatric bereavement and crisis. He has provided consultation and training on school crisis and pediatric bereavement in the aftermath of a number of school crisis events and disasters within the United States and abroad, including school and community shootings in Newtown, Connecticut; Marysville, Washington; Aurora, Colorado, Chardon, Ohio; and Townville, South Carolina; flooding from hurricanes Sandy in New York and New Jersey, Katrina in New Orleans, and Ike in Galveston, Texas; 2008 earthquake in Sichuan, China; tornadoes in Joplin, Missouri and Alabama; and Great Smoky Mountain wildfires in Sevierville, Tennessee. He has also conducted school-based research (funded by NICHD, NIMH, NIDA, the Maternal and Child Health Bureau, William T. Grant Foundation and other foundations) involving children's understanding of and adjustment to serious illness and death, as well as school-based interventions to promote adjustment and risk prevention.



Thomas Demaria, Ph.D., is a New York State licensed Psychologist and a Fellow in both the Clinical and Trauma Divisions of the American Psychological Association. He is the Director of the Psychological Services Center of the Doctoral Psychology Program at Long Island University Post and founder of the Graduate Student Trauma Response Team which was awarded the Innovative Program Award from the National Counsel of Schools of Professional Psychology and Adelphi University Center for Health Innovation Award for Public Health Preparedness. Dr. Demaria has over twenty years of hospital behavioral healthcare leadership experience including the management of inpatient psychiatric and behavioral medicine consultation services as well as outpatient mental health and substance abuse programs. Dr. Demaria currently serves on the Professional Advisory Board for the National Center for School Crisis & Bereavement and is involved in training initiatives

for the Coalition to Support Grieving Students. During the past 30 years, Dr. Demaria has provided several hundred national and community disaster counseling responses including consultations in Newtown and Parkland following the school shootings. He provided guidance during the planning of the National 9/11 Memorial Museum, is a two-time recipient of the prestigious New York State Liberty Award for community service in New York following the World Trade Center terrorist attacks and in the Gulf Coast following Hurricane Katrina and has been honored with a Humanitarian Award by the Center for Christian & Jewish studies for his work with Holocaust survivors. Demaria was a co-recipient of International Society for Traumatic Stress Studies' Sarah Haley Award for Clinical Excellence for his clinical work with World Trade Center families and 9/11 First Responders and later earned an ISTSS Distinguished Mentor Award for his teaching of students in the field of trauma. Dr. Demaria has developed over one hundred research studies in the fields of trauma and loss and coauthored with Dr. David Schonfeld the "Child & Disaster" and "Bereavement" practice guidelines for the American Academy of Pediatrics.

About the [National Center for School Crisis & Bereavement](http://www.schoolcrisiscenter.org): In 2005, Schonfeld established the NCSCB with funding from the September 11th Children's Fund and the National Philanthropic Trust. Further funding from the New York Life Foundation has allowed the center to provide ongoing and expanded services. The center aims to promote an appreciation of the role that schools play to support students, staff and families at times of crisis and loss; to collaborate with organizations and agencies to further this goal; and to serve as a resource for information, training materials, consultation and technical assistance.

Emotionally Intelligent Leadership and Social Justice

Black Emotional & Mental Health Collective (BEAM)

Yolo Akili Robinson is a writer, yoga teacher and the Executive Director and founder of BEAM. For over ten years, Yolo has been on the forefront of progressive wellness work. Yolo began his career in public health supporting Black communities as an HIV/AIDS counselor. He then branched into violence prevention, working as a family intervention counselor with Black men and boys for Men Stopping Violence. Feeling strongly about the need for more feminist work with men, Yolo co-founded Sweet Tea: Southern Queer Men's Collective, a collective of gay and queer men who came together to address sexism and misogyny in LGBT communities. In 2015, he was recruited by Children's Hospital Los Angeles to lead a 10 million dollar National Institutes of Health research initiative focusing on improving health outcomes for young Black and Latino men, the Healthy Young Men's study (HYM). Robinson's commitment to increasing the accessibility and visibility of health and wellness issues also has opened the door for many speaking engagements. At the core of Yolo's work is a commitment to wellness informed by social justice. His interests are the practical embodiment of theory into systems and practices that help heal, transform and support Black communities. He makes his home in Los Angeles, California.



Erica Woodland, MSW, is a black queer/genderqueer facilitator, consultant and healing practitioner born and raised in Baltimore, MD. He is also a Licensed Clinical Social Worker with more than 15 years of experience working at the intersections of movements for racial, gender, economic, trans and queer justice and liberation. Erica is the Founding Director of the National Queer and Trans Therapists of Color Network, a healing justice organization committed to transforming mental health for queer and trans people of color. From 2012 to 2016, he served as the Field Building Director for the Brown Boi Project, a national gender justice organization working to change the way communities of color understand and experience gender. In 2017, Erica was awarded the Ford Public Voices Fellowship and had his work featured in Role Reboot, Yoga International, and Truthout. Also in 2017, Erica was awarded the Robert Wood Johnson Foundation Culture of Health Leaders Fellowship. He received his Bachelor's degree from Brown University in Human Biology and Psychology in 2002. In 2006 he received his Master's Degree in Social Work from the University of Maryland, at Baltimore.

Isabel Shawel is a community advocate that has worked to reduce mental health stigma in the Ethiopian and African communities of Los Angeles. She has most recently worked as a case manager and victim advocate for houseless survivors of domestic violence and sexual assault in South Central LA. Isabel is passionate about culturally compassionate care for Black communities and is currently working on her MSW at California State University Dominguez Hills, focusing on critical race theory and community trauma resilience.



About BEAM: BEAM is a collective of advocates, yoga teachers, artists, therapists, lawyers, religious leaders, teachers, psychologists and activists committed to the emotional/mental health and healing of Black communities. We envision a world where there are no barriers to Black healing. Our mission is to remove the barriers that Black people experience getting access to or staying connected with emotional health care and healing. We do this through education, training, advocacy and the creative arts.

Admin.account@beam.community

Hispanic and Latino Culture: Dialogue on School-based Mental Health

The National Hispanic and Latino MHTTC

Carlos Barys, MPsy, holds a B.A. in Social Psychology from Universidad de Puerto Rico, and a master's degree in Counseling Psychology with a concentration on Transpersonal Psychology, from Naropa University in Boulder, Colorado. In 2005, he became a Licensed Psychologist in Puerto Rico and since then serves a variety of populations in his private practice, working with individual, couples and family psychotherapy. In 2015, he became a certified hypnotherapist and incorporated this modality into his clinical work. From 2009 to 2016, he served as the on-site school psychologist at Commonwealth High School, providing therapeutic support to adolescents and their families, crisis interventions; as well as educational workshops for students and school personnel in various topics related to emotional wellness and mental health. For the past 10 years, he has been a collaborator of *Puerto Rico Youth at Risk inc.*, providing psychological services and prevention workshops for adolescents from low income communities, who are at high risk of substance abuse and school dropout, both in metropolitan and rural areas in the Island. He currently serves as the *School-Based Trainer and Content Consultant* at the National Hispanic-Latino Mental Health TTC, at the Universidad Central del Caribe.



Danita Gallegos is a Licensed Clinical Social Worker in Houston, Texas. She received her Bachelor of Science degree from Texas A&M University – College Station and her Master's in Social Work degree from the University of Houston Graduate College of Social Work.

She completed two clinical placements during her social work training. The placements were completed at the Gulf States Hemophilia and Thrombophilia Treatment Center and M.D. Anderson Cancer Center. She then worked three years at Texas Children's Hospital where she covered populations that included the pediatric cardiovascular intensive care unit, the emergency room child physical and sexual abuse cases and the pediatric cancer center. She then joined the Behavioral Health Connection's Mobile Assessment Team where she performs psychiatric assessments in various hospitals in Harris County. Danita has continued her work in the psychiatric field while also serving as a School Social Worker in Goose Creek Consolidated Independent School District for the past six years. Danita is now transitioning into private practice with Clearhope Counseling and Wellness Center in Pasadena, Texas where she will perform office and school-based therapy.

In the community, Danita currently serves as the Regional Vice President for the Great Plains region of Corazones Unidos Siempre, Chi Upsilon Sigma National Latin Sorority, Inc. where she previously served on the regional board and national board. Additionally, she earned various awards through this wonderful organization including Chapter Sister of the Year, National Alumnae of the Year, National Professional of the Year, and the coveted 10 Year and 15 Year Milestone Awards. In the local community, Danita founded an organization, Golden Hearts, that focuses on raising funds for families of childhood cancer. She also completed the National Hispanic Professional Organization (NHPO) Leadership Institute where she went on to serve as the Alumni Association Chairwoman. In 2014, Danita was awarded the prestigious Larry Payne Servant Leadership Award for her service to the Houston community. This same year she was also selected as one of the Latino Leaders Magazine Top 20 Houston Area Leaders. Additionally, over the past five years she has served on the League of Women Voters Houston Area Board of Directors, founded Young Dream Changers, a 2-year summer at-risk program, and last year received the State of Texas School Social Worker of the Year Honorable Mention Award.

Danita's plethora of work experiences has allowed her to network with professionals across the county in order to provide the best services to all the populations she assists. She continuously works hard to bring more resources and programs to the community and families.

Pacific Southwest MHTTC Summer Learning Institute – Presenter Biosketches

Christine Miranda, PhD, MPHE, is an expert in community health promotion and education. Christine Miranda possesses a doctorate degree in Public Health from Walden University. Dr. Miranda has a 14-year record of accomplishment in community-based research efforts in HIV/AIDS, cancer, and substance use research. As a Health Educator, she possesses skills in public health program planning, implementation, and evaluation study design, designing and conducting survey research, statistics, data analysis, and surveillance database management. Dr. Miranda served as a Senior Health Educator in a pilot project entitled A Supportive Model for HIV Prevention in Early Adolescents (ASUMA) and other school-based promising practices. Dr. Miranda had received National Institute of Mental Health (NIMH) pilot funding to implement her research in health literacy and breast cancer. She is an early stage investigator, Assistant Professor, and the research course coordinator at the UCC School of Medicine and adjunct faculty at San Juan Bautista School of Medicine. At IRESA, she serves as the Research Evaluator for the Sexual Risk Avoidance Education Program (SRAEP). She currently serves as the School-Based Content and Training Specialist at the National Hispanic and Latino Mental Health Technology Transfer Center, at the Universidad Central del Caribe.



About the [National Hispanic-Latino Mental Health Technology Transfer Center](#): The National Hispanic and Latino Mental Health Technology Transfer Center (MHTTC) will serve as a key subject matter expert and resource for workforce and community development across the U.S. and its territories to ensure that high-quality, effective mental health treatment and recovery support services, and evidence-based and promising practices are available to help reduce health disparities among Hispanics and Latinos experiencing mental disorders, in particular, those with serious mental illness.

[787-785-5220](tel:787-785-5220) | hispaniclatino@mhttcnetwork.org

School District and State System Leadership on Creating Systems for School Employee Sustainability and Wellness

The Teaching Well

Kelly Knoche taught math, science and socio-emotional learning (SEL) for six years in public schools in Oakland. She holds a B.A. in psychology from UC Berkeley and also spent time studying at Harvard University. As a Teach for America corps member, she demonstrated great skill in bringing resources to her students by raising \$15,000 for a multi-night field trip and building a joint tutoring program with the UC Berkeley field hockey team. As an innovative curriculum designer, she designed a nationally-recognized middle school project-based SEL program that has continued to be implemented by OUSD middle schools. She is a certified doula, 400-hour yoga teacher and has been trained in both the Mindful Schools and Niroga Institute's Mindfulness programs. After seeing many of her colleagues leave through her years in Oakland Unified and experiencing the stressors of teaching in an under-resourced school system, she became determined to find simple, low-cost solutions to building teacher resilience.



Candice Valenzuela, MA is a Mindful Mentor and Executive Coach with The Teaching Well. Candice has coached, trained and mentored hundreds of educators in the Bay Area, Los Angeles and Indianapolis. Candice has worked at the intersection of urban education and holistic health for 12 years, serving in a variety of roles from teen health educator, to Special Education teacher and instructional coach, before finding her calling in teacher support and wellness. Candice has a BA in Humanities from Loyola Marymount University, and an MA in East-West Psychology from the California Institute for Integral Studies. Candice is certified as a mindful yoga teacher through the Niroga Institute. Candice also teaches as an adjunct professor at the University of San Francisco School of Education. Candice is a lifelong student of healing, spirituality and wellness and has studied with community healers, indigenous elders and mindfulness teachers throughout the Bay Area, Los Angeles and Oaxaca. She believes that the keys to social transformation lie at the intersections of education, healing and justice.

About [The Teaching Well](#): The Teaching Well believes that transformation of our public school system relies on the millions of adults who lead within it, and that when these adults are healthy, emotionally regulated, and empowered, all children will thrive. TTW is a cost-efficient, multi-year series of professional development offerings and 1:1 coaching that is committed to increasing teacher retention, building positive communication among staff and inherently creating school environments where students can achieve. The Teaching Well is proud to have served over 500 educators in a variety of schools since its humble beginnings. The majority of our work focuses on Title I schools, challenged with staggering rates of teacher turnover.