



# 2023 BUILDING A RESILIENT YOLO SUMMIT

HEALING YOLO:  
CONNECT, REFLECT, ACT

TUESDAY, SEPTEMBER 19

8:30 AM - 4:15 PM

DAVIS VETERANS MEMORIAL  
CENTER & THEATRE

# Welcome!

Thank you for joining us for the 2023 Building a Resilient Yolo Summit! Our theme is “**Healing Yolo: Connect, Reflect, Act**”.

Today’s summit will include panels, workshops, and presenters with a focus on health equity, resilience from trauma, and improved community outcomes. Let’s come together to strengthen ideas and strategies to build a more resilient community!



## RESILIENT YOLO CO-CHAIRS:

Melina Ortigas,  
Management Services  
Officer, First 5 Yolo

Allison Rodriguez,  
Associate Director  
Youth & Family  
Services,  
CommuniCare Health  
Centers

## ABOUT RESILIENT YOLO

Formed in 2014, Resilient Yolo is a community-based collaborative with an interest in strengthening the resilience of Yolo County by providing education about adverse childhood experiences (ACEs). The Resilient Yolo collaborative aims to build awareness about childhood trauma and create methods to improve the lives of at-risk youth throughout Yolo County.

For more information about Resilient Yolo, visit  
[www.ResilientYolo.org](http://www.ResilientYolo.org)

# Thank You!

Funded by California's ACEs Aware initiative through the 'Preventing and Responding to ACE-Associated Health Conditions and Toxic Stress in Clinics through Community Engagement' (PRACTICE) program.

aces aware  
SCREEN. TREAT. HEAL.

## Special Appreciation for our Partnership Organizations:



# Keynote



## Is PACEs a Movement?

**Kahshanna Evans, Director of Creating Resilient Communities, PACEs Connection**

This keynote presentation will explore the meaning of a movement, and a few key attributes that can apply to the work being done to accelerate the PACEs movement. We will explore concepts in the context of social justice work, and have opportunities for reflection and sharing.



Kahshanna Evans brings her passion for uniting people through stories and trauma-informed awareness to her role as the Director of Creating Resilient Communities at PACEs Connection. Kahshanna has been a leading strategic thinker in various industries, including communications, tech, professional services, and wellness.

An Interactive Workbook is available for today's PACEs Connection presentations! You should have received it via email, and it will be shared in the sessions.

## TUESDAY, SEPTEMBER 19, 2023

**8:30 AM** Registration & Breakfast  Courtyard

**9:00 AM** Community Plenary  Theatre

**Anthony Volkar,**  
Building a Resilient Yolo Summit Chair & Public Information Officer,  
Yolo County Office of Education

**Melina Ortigas,** Management  
Services Officer, First 5 Yolo

**Allison Rodriguez,** Associate  
Director Youth & Family Services,  
CommuniCare Health Centers

**Dr. Erika Roshanravan,**  
Family Medicine Physician,  
CommuniCare Health Centers

**Desirae Spignor**  
Transitions of Care Manager  
CommuniCare Health Centers

**10:15 AM** Session 1 Workshops\*

Creating a Culture of Belonging: From Bystander to  
Trauma-Informed Upstander

Theatre

PACEs Connection

CA Community Schools Partnership Program featuring  
the Washington Unified School District (WUSD) and  
United Way California Capital Region (UWCCR)

VMC MPR A

WUSD, UWCCR, & Yolo County Office of Education

Fostering Individual and Collective Well-Being Through  
Boundaries

VMC MPR B

Alliance for a Healthier Generation

Trauma & Its Impact On Students With  
Neurodevelopmental Differences (and Strategies To  
Support Them)

VMC Club  
Room

Yolo Neurodiverse Network

**11:35 AM** Lunch  Courtyard

**12:30 PM** Session 2 Workshops\*

<p><b>Building a Healthy Yolo: Helping our Communities Thrive through Partnerships, Policy, and Place-based Initiatives</b></p> <p>Yolo Health &amp; Human Services (HHSA) - Healthy Communities Initiative</p>	<p><b>Theatre</b></p>
<p><b>¿Un Cafecito? - Grupo de Liderazgo - Madres Latinas del Distrito Escolar de Davis (¿Un Cafecito? - DJUSD Latina Mothers Leadership Group)</b></p> <p>Davis Joint Unified School District</p>	<p><b>VMC MPR A</b></p>
<p><b>Art &amp; Resilience</b></p> <p>The Interactive Healing Art Project &amp; Davis Arts Center</p>	<p><b>VMC MPR B</b></p>
<p><b>What Grief is and Why it Matters</b></p> <p>YoloCares</p>	<p><b>VMC Club Room</b></p>
<p><b>What the SUD!: Substance Use in Diverse Communities</b></p> <p>CommuniCare Health Centers</p>	<p><b>VMC Game Room</b></p>

**1:50 PM** Afternoon Break

 Courtyard

**2:05 PM** Keynote\*

 Theatre

<p><b>Is PACEs a Movement?</b></p> <p>Kahshanna Evans, Director of Creating Resilient Communities, PACEs Connection</p>
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**3:15 PM** Closing Workshop

 VMC MPR

<p><b>Connect, Reflect, Act Learning Lab</b></p> <p>PACEs Connection</p>
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**4:15 PM** Summit Ends 

\*Full workshop descriptions available on pgs. 5-11

\*Keynote description available on pg. 2

# WORKSHOP *Overviews*

## SESSION 1

Session 1 features your choice of four workshops. Learn more about the Session 1 workshops and see room locations below.

### Creating a Culture of Belonging: From Bystander to Trauma-Informed Upstander

#### THEATRE

This interactive workshop will explore the important role relationships play with the people we serve, our peers, and ourselves. All through the lens of trauma-informed awareness, radical self-inquiry, and the gift of centering the lived experiences of impacted communities. Get up to speed on equity by switching the power differential from hierarchical bystander to heart-centered upstander through a PACEs science lens. Deepen your understanding of creating a culture of belonging by fine-tuning daily habits and mapping the road ahead.



Kahshanna Evans, Director of Creating Resilient Communities, PACEs Connection

Gail Kennedy, MPH, Well-Being Consultant and Public Health Advocate





## SESSION 1 CONTINUED...

## CA Community Schools Partnership Program featuring the Washington Unified School District and United Way California Capital Region



### VMC MPR A

Hear more about the California Community Schools Partnership Program during this interactive session with the Yolo County Office of Education (YCOE), Washington Unified School District (WUSD), and United Way California Capital Region (UWCCR). Using a combination of federal and

state grants, WUSD will be opening four community school sites in the 2023-2024 school year. This collaboration between UWCCR and WUSD is a strategy for public schooling that organizes school and community resources around student success. It is centered in a whole-child approach that is measured not just by academic achievement, but through social-emotional development, physical and mental well-being, college and career readiness, and civic engagement.

**Dr. Lauryn Mascareñas**, Director of Equity, Diversity and Inclusion, WUSD



[lmascarenas@wusd.k12.ca.us](mailto:lmascarenas@wusd.k12.ca.us)

**Bianka Garcia**, WUSD

**Sana Hanif**, WUSD

**Monica Valadez**, WUSD

**Ashraf Popalzai**, WUSD

**Bianca Solorio**, UWCCR

**Zelene Molina**, UWCCR

**Gayelynn Gerhart**, Director of Special Projects, YCOE



[gayelynn.gerhart@ycoe.org](mailto:gayelynn.gerhart@ycoe.org)

## SESSION 1 CONTINUED...

### Fostering Individual and Collective Well-Being Through Boundaries

VMC MPR B

Boundaries are the building blocks of our personal wellness. Hold them too loose and it's difficult to filter what comes in and out; hold them too tightly and you miss opportunities to grow and change. In this session we take a deep dive into boundary setting. Together we will explore strategies that will help you maintain healthy individual boundaries. We will also discuss how to set boundaries as a community.

Kristy Weber, Northern CA Program Manager;  
Alliance for a Healthier Generation



[kristy.weber@healthiergeneration.org](mailto:kristy.weber@healthiergeneration.org)



### Trauma & Its Impact On Students With Neurodevelopmental Differences (And Strategies To Support Them)

VMC CLUB ROOM

Neurodivergent individuals experience the world differently. As a result, families/caregivers and educators may see “behaviors” that don’t make sense. By understanding the current neuroscience, polyvagal theory, and the research from the ACE study, we have captured more successful and suitable ways to support our neurodivergent learners throughout their lifetime.



Jennifer Abbanat, C-TSS, Expressive Arts Educator, Safe & Sound Protocol Provider, IEP Advocate, Parent Coach

Nicole Mank, LMFT, CCLS,  
Licensed Marriage & Family Therapist,  
Certified Child Life Specialist



[www.yoloneuronetwork.org](http://www.yoloneuronetwork.org)





## SESSION 2

Session 2 features your choice of five workshops. Learn more about the Session 2 workshops and see room locations below.

### **Building a Healthy Yolo: Helping Our Communities Thrive through Partnerships, Policy, and Place-based Initiatives**

#### **THEATRE**

The Yolo County HHSA Public Health Branch (HHSA) completed the Community Health Assessment (CHA) in 2022, which included 11 prioritized Significant Health Needs (SHNs) facing our county. Between 2022-23 HHSA convened a workgroup to develop a Community Health Improvement Plan (CHIP) to address the SHNs. The workgroup developed a plan that focuses on upstream solutions to address root causes of the SHNs and health disparities seen across the county. This session will provide an overview of the CHA findings, the CHIP priority areas, and our plan to address these health needs collaboratively with partners through our Healthy Yolo relaunch.

**Rebecca Tryon**, Manager- Healthy Communities Initiative, Yolo County HHSA



[rebecca.tryon@yolocounty.org](mailto:rebecca.tryon@yolocounty.org)

**Samar Lichtenstein**, Program Coordinator

**Dr. Kanat Tibet**, Program Coordinator

**Esmerelda Garza**, Program Coordinator



## SESSION 2 CONTINUED...

### ¿Un Cafecito? - Grupo de Liderazgo - Madres Latinas del Distrito Escolar de Davis (¿Un Cafecito? - DJUSD Latina Mothers Leadership Group)

#### VMC MPR A

Workshop in Spanish - English language interpretation provided

¿Un Cafecito? is a Davis Joint Unified School District (DJUSD) leadership project in partnership with Davis Phoenix Coalition and funded by Yolo County ARP Mini Grants. It is a bi-monthly Spanish virtual encounter, where Latina mothers get together, exchange their experiences and concerns. ¿Un Cafecito? focuses on how to support leaders in our community, shares resources available at DJUSD, City of Davis, and Yolo County; and invites guest speakers to talk about issues like housing, mental health, and education.

Ximena Jackson, Coordinator of Language  
Justice and Family Partnership, DJUSD

Ignacia Hernandez, DJUSD Parent

Rosa Diaz, DJUSD Parent

Natalia Deeb-Sossa, Associate Professor,  
UC Davis



### *En Español:*

¿Un Cafecito? es un proyecto de liderazgo del DJUSD en colaboración con Davis Phoenix Coalition y financiado por ARP Mini Grants del Condado de Yolo. Es un encuentro virtual en español donde madres latinas se reúnen a intercambiar sus experiencias y preocupaciones. ¿Un Cafecito? Se centra en apoyar líderes de nuestra comunidad, comparte recursos disponibles en DJUSD, en la Ciudad de Davis y el Condado de Yolo; e invita a expertos a hablar sobre temas como viviendas, salud mental y educación.



## SESSION 2 CONTINUED...

### Art & Resilience

#### VMC MPR B

Davis Arts Center, with support from First 5 Yolo, has been teaching caregivers throughout Yolo County about how art builds resilience in children and will share tools and insights about resilience building through the artistic process.

The Interactive Healing Arts Project will present about Community Empowerment & Solidarity, centering accessible art practices as companions to our healing journey, and encouraging audience members to, safely, show solidarity to others.

**NJ Mvondo**, Creator & Web Developer,  
The Interactive Healing Arts Project

**Stacie Frerichs**, Executive Director,  
Davis Arts Center



[www.davishealingartsproject.com](http://www.davishealingartsproject.com)  
[www.davisartscenter.org](http://www.davisartscenter.org)



@interactivehap  
@davisartscenter

### What is Grief and Why it Matters

#### VMC CLUB ROOM

This presentation will focus on an interactive approach and discuss how coping well with loss is essential to living a healthy happy life. Elisa will also discuss YoloCares for Kids grief support and creating bibliotherapy books for young children, journals for teens, and ways to support young adults. We will offer practical tools and ways to face loss so that hope can return to one's life after death.

**Elisa Stone**, YoloCares for Kids Coordinator,  
YoloCares

**Dr. Chris Erdman**, Center Manager and Grief  
Educator, Center of Loss & Hope



[www.yolocares.org](http://www.yolocares.org)



@yolocares\_ca

## SESSION 2 CONCLUSION

### What the SUD!: Substance Use in Diverse Communities

#### VMC GAME ROOM

SOGIE (Sexual Orientation, Gender Identity, and Expression) and Narcan training for the community about diverse sexual orientations, gender identities, and self-expression. While also providing knowledge on administering Narcan, a life-saving opioid overdose reversal medication. From CommuniCare Health Centers, the Elevate Queer Yolo program promotes inclusivity, understanding, and equips students with crucial skills to support themselves and their peers' well-being.



**Joey Gray**, SUD Outreach & Education Coordinator; CommuniCare Health Centers

**Akello Sladen**, Elevate Queer Yolo Program Coordinator; CommuniCare Health Centers



[www.communicarehc.org](http://www.communicarehc.org)



@communicarehc  
@elevatequeeryolo

*Thank You*

FOR YOUR COMMITMENT TO OUR  
COMMUNITY AND YOUR SUPPORT OF  
RESILIENT YOLO!

CONTINUE THE WORK WITH US AT  
[WWW.RESILIENTYOLO.ORG](http://WWW.RESILIENTYOLO.ORG)



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