

# Schedule

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Thu, Sep 11


8:00 AM - 9:00 AM  
1 hour

Registration  
 Lobby




9:00 AM - 10:20 AM  
1 hour 20 minutes


General Session 1 and Keynote Speaker  
 Ballroom



[Show More](#) 

9:20 AM - 10:20 AM  
1 hour

Keynote Speaker - Dr Etiony Aldarondo, Ph.D.  
 Ballroom



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We are thrilled to announce that Dr. Etiony Aldarondo, Ph.D., will be our keynote speaker at the upcoming event. Dr. Aldarondo is the Executive Director of The Melissa Institute for Violence Prevention and Treatment and President of the Behavioral Sciences & Wellness Networks. With over 30 years of experience in domestic violence research and advocacy, mental health services, community partnerships, and higher education administration, Dr. Aldarondo is a distinguished clinical psychologist whose work has profoundly impacted the field.

Dr. Aldarondo's academic journey includes prestigious appointments at institutions such as the University of New Hampshire, Harvard Medical School's Cambridge Hospital, The Philadelphia Child Guidance Clinic, Boston College, the University of Miami (UM), and Albizu University. His scholarship, recognized with numerous awards for educational excellence and community engagement, focuses on the positive development of ethnic minority and immigrant youth, domestic violence, and social justice-oriented clinical practices. He has authored several influential books, including *\*Advancing Social Justice through Clinical Practice\** (Routledge), *\*Programs for Men Who Batter: Intervention and Prevention Strategies in a Diverse Society\** (Civic Research Institute, co-edited with Fernando Mederos, Ed.D.), and *\*Neurosciences, Health and Community Well-Being\** (San Luís, Nueva Editorial Universitaria, co-edited with Dr. Enrique Saforcada and Mauro Muñoz).

Dr. Aldarondo's dedication to grassroots advocacy is evident through his roles as Founding Executive Director of the National Latino Alliance for the Elimination of Domestic Violence, Founding Director of the Community and Educational Well-Being Research Center at UM, Past Executive Director of The Council on Contemporary

Families, and current board member of the National Resource Center on Domestic Violence

10:30 AM - 12:00 PM  
1 hour 30 minutes

"Start Again, Not Over" to Tap Into Your Strength From Within - Dr. Leticia Ximénez, PsyD



🕒 1A

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#### Dr. Leticia Ximénez, PsyD

Learn how to "Start Again, Not Over" to tap into your true inner strength and power to move from where you are to where you want to be. In this inspirational and transformative workshop, Dr. Leticia Ximénez combines psychology, spirituality, and science to demonstrate the benefits and power of starting again, not over. She will teach you "The SANO Method: The 3 Principles of Empowerment" and how to apply these principles with actionable change strategies to strengthen and empower yourself, create the life you want to live, and help others do the same.

#### Goals

1. Identify and explore the "Start Again, Not Over," process and "The SANO Method: The 3 Principles of Empowerment."
2. Learn how to apply them with practical strategies to tap into your strength and power, take control of your life, and show others how to do the same.
3. Create your first actionable SANO Plan to live the life you want to live.

Dr. Leticia Ximénez is an inspirational, engaging, and empowering international keynote speaker. She has been featured in English and Spanish-speaking podcast, radio and television shows, including in UNIVISION's "Una Mente, Una Vida" television segments.

Dr. Ximénez is the proud Founder of Start Again, Not Over, and the developer of The SANO Method: The 3 Principles of Empowerment. She is dedicated to moving forward, building lives, and teaching people the benefits and power of starting again, not over. She offers her distinct expertise to help people turn difficult life transitions into stepping stones to get from where they are to where they want to be.

As an empowerment speaker, coach, author, trainer, and consultant, with a doctorate in clinical psychology and years of experience and expertise, Dr. Leticia Ximénez encourages and helps people achieve happiness and success by resurrecting and empowering their True Authentic Selves and, thereby, strengthen themselves, reach their true greatness and live the life they want to live.

Visit her at: [www.DrLeticiaXimenez.com](http://www.DrLeticiaXimenez.com) or [www.StartAgainNotOver.com](http://www.StartAgainNotOver.com)

10:30 AM - 12:00 PM  
1 hour 30 minutes

Stitching the Soul: A Jungian Approach to Transgenerational and Intergenerational Trauma and Healing through Needlework



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#### Claudia Martinez Cisneros, LMFT

The presentation offers a unique perspective on the deeply rooted issues of transgenerational and intergenerational trauma in Latino families. We delve into the psychological wounds related to colonization, migration, displacement, and cultural loss, and how they manifest in the collective unconscious from a Jungian viewpoint.

This presentation will explore how textile arts serve as a bridge to the collective unconscious. The role of the Great Mother archetype in passing down both wounds and wisdom through handmade traditions will be discussed. The symbolism of stitching as a metaphor for healing intergenerational trauma will be explored. The active imagination, storytelling, and needlework can facilitate healing within individuals, families, and communities, fostering engagement and connection.

**Goals**

At the end of the presentation, the attendees/participants will be able to:

- 1. Explore hand needlework as a cultural and psychological symbol of ancestral trauma and healing in Latino communities.
- 2. Identify Jungian Archetypes (The Weaver, The Great Mother, The Wounded Healer) as they manifest through textile traditions.
- 3. Learn how needlework serves as a form of active imagination, allowing for the reweaving of personal and collective identity.
- 4. Understanding the role of hand-stitched textiles as a means of reclaiming lost wisdom and fostering healing across generations.

Claudia Martinez Cisneros is a dedicated Licensed Marriage & Family Therapist, mental health advocate, and community leader committed to fostering healing, resilience, and cultural empowerment in Latino communities. With deep roots in the community and a passion for giving back, she integrates clinical expertise with a culturally responsive approach to mental health.

10:30 AM - 12:00 PM  
1 hour 30 minutes

HIV/STIs among the Latino Community - Rudy Aguilar, The Source LGBT+ Center

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**Rudy Aguilar, The Source LGBT+ Center**

Presentation & discussion regarding sexual health and HIV/STI prevalence among Latinos in the central valley.

**Goals**

- 1.) Understanding the social/cultural factors contributing to the prevalence of HIV/STI rates. 2.) Understand and apply a sex positive framework. 3.) How to strategically address the sexual health needs of the Latino community when providing services

My name is **Rudy Aguilar**. I am from Porterville, CA. I received my Bachelors degree in Sociology and Ethnic Studies from CSU Fullerton. Currently I am a program manager for the Source LGBT+ Center in Visalia. I am working with the department of HIV Services. I have been in the HIV field for 7 years. I have received certifications to provide Title X counseling, sexual health education, and perform HIV rapid testing. My work in this field started in East Los Angeles where I focused on youth, Latino, MSM, and immigrant communities. I returned to the Central Valley in 2023 to help build serv ices around HIV prevention and improve access to sexual health services.

10:30 AM - 12:00 PM  
1 hour 30 minutes

Narrative Healing: The Art of Storytelling for Well-Being - Anna Lee Mraz

🔒 1D



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**Anna Lee Mraz**

Storytelling is a powerful tool for emotional healing, self-expression, and connection. Rooted in Latino traditions, personal and collective narratives help process emotions, strengthen identity, and foster a sense of belonging. This interactive workshop will explore how storytelling can be integrated into mental health practices to support healing and well-being.

Participants in this workshop will explore the therapeutic benefits of storytelling, gaining insight into how personal and cultural narratives can support emotional processing and personal growth. They will learn how folklore, testimonios, and traditional Latino storytelling practices can serve as powerful tools for healing.

Through guided discussions, attendees will examine practical techniques for incorporating storytelling into therapy, counseling, and community work, making mental health support more culturally responsive and engaging.

The session will also include a hands-on storytelling exercise, allowing participants to experience firsthand the profound impact of narrative expression. Designed for mental health professionals, social workers, educators, and community leaders, this workshop provides a meaningful approach to fostering emotional well-being through the power of storytelling.

### Goals

**Develop and Apply Creative Therapeutic Storytelling Strategies in Practice** – Attendees will learn and practice innovative ways to integrate storytelling into mental health practices, offering clients and community members alternative methods for self-expression and healing.

**Enhance Cultural Competency** – Participants will better understand how cultural narratives and storytelling traditions shape emotional well-being in Latino communities.

**Explore Storytelling as a Tool for Self-Discovery** – Attendees will learn how guided storytelling exercises can empower individuals to reflect on their experiences, build confidence, and reclaim their voices.

**Anna Lee Mraz Bartra** is a writer, researcher, sociologist, and pre-licensed Marriage and Family Therapist (MFT) and Licensed Professional Clinical Counselor (LPCC) candidate with a strong background in mental health, cultural competency, and community engagement.

She is currently pursuing a Master's in Clinical Psychology at Notre Dame de Namur University (Belmont, CA) and holds a Ph.D. in Political and Social Sciences from UNAM (Mexico), where her research focused on social movements and visual sociology. She also earned a Master's in Philosophy and Sociology from Sorbonne Paris IV (France) and a Diploma in Feminist Political Formation from Universidad Autónoma Metropolitana (Mexico).

Anna Lee is the Chair of Social Focus (Peninsula 360 Press), a cross-cultural research and journalism nonprofit that empowers migrant communities through multi-platform communication. She also serves as the Strategic Development & Initiatives Coordinator at Casa Circulo Cultural in Redwood City, CA, where she leads programs on community engagement and empowerment. She has published multiple research papers in the U.S., Mexico, Spain, Argentina, and Australia and has authored two bilingual children's books. She has also taught Feminism, Visual Sociology, and ICT courses at UNAM.

With over a decade of experience in research, education, and community outreach, Anna Lee specializes in integrating storytelling, social justice, and mental health approaches to support underserved Latino communities.

10:30 AM - 12:00 PM  
1 hour 30 minutes

Young People in Recovery - Lex Irias

© 1B



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### Lex Irias

Learn how our partnership with AUL in Denver, a primarily BIPOC school with over 90% Hispanic students, implements a holistic and bilingual program that reduces substance use and misuse by fostering resilience, social connection, and emotional well-being among youth. Through peer support, wellness activities, and skill-building interventions,

students gain healthier coping strategies while strengthening their sense of belonging and school engagement, and caretakers receive education on substance use, misuse, and effective communication skills to better support their children.

Goals

- 1) Understand the key factors affecting BIPOC youth mental health
- 2) Understand how culturally-relevant protective factors and more dedicated attention can help prevent substance misuse and mental health concerns
- 3) The importance of working with caretakers to support this journey

**Lex Irias**, latina from Honduras, is the Spanish-Program Director at Young People in Recovery, a trauma-informed yoga instructor, and is also a bilingual mental health and addictions counselor. Graduate degree in Clinical Behavioral Health and Addictions Counselor from MSU Denver (2024)  
Graduate degree in Internet Marketing from FullSail University (2012)

Director of Marketing and Spanish-Programs at Young People in Recovery

Credentialing for a Licensed Addictions Counselor and Licensed Professional Counselor

<https://www.linkedin.com/in/alexisirias/>

10:30 AM - 12:00 PM

1 hour 30 minutes

Continuation Schools, the Epicenter for Change - Adolfo Reyes

📍 1F



Show Less ^

Adolfo Reyes

How the transformation of a one of the most challenged schools in a district made a transformation that has impacted an entire school district through academics, social and emotional support services, athletics, and cultural empowerment. Our school has been the epicenter in Tulare County to bring in programs such as Joven Noble, Black Student Union, the first to make Ethnic Studies a graduation requirement. Sequoia High School has been named Model Continuation High School and we have impacted the lives of a predominant Latino population student body. IN addition, I was instrumental to champion our district to invest over 30 million dollars to build a state-of-the-art facility for continuation school students.

Goals

- To showcase how to transform a school to best serve students and the community at large
- To showcase how to ensure cultural relevancy throughout a school.
- To showcase the possibilities any organization has to make an impact int he community they serve

**Adolfo Reyes Jr.** was raised in the California Central Valley by farmworker parents who raised a family of nine children, all of whom became university graduates and public servants. Mr. Reyes graduated from UC Berkeley, Santa Clara University, and John F. Kennedy University. He has earned Teacher of the Year, Administrator of the Year, and he transformed a very challenged continuation school to become a Model Continuation High School.. He has over 28 years of experience working in continuation, charter, correctional, and comprehensive schools with some of the highest needs students in the most diverse, educationally disadvantaged, and socially impacted communities, and he has always found a way to create a positive learning and social development environment for students, staff, and the community. Mr. Reyes championed his school district to build a thirty million dollar state of the art continuation school that serves students, families and communities. He was the first to establish a partnership with his school and The Sequoia National Park and earn national recognition by the United

States Secretary of the Interior for innovation and service, When the CIF denied his students access to an athletic league, Mr. Reyes created the Central Valley Athletic League for continuation schools. Mr. Reyes has created one of the most extensive academic and social support service settings for students and families. He has one of the most impactful gang intervention and safe school programs and systems. Mr. Reyes has led his school to become one of California’s Model Continuation Schools and he has earned numerous successful WASC Reports. “A continuation school can become the leading educational program in your district. It can become the epicenter for best practices that strengthen academic and social development for the top tier student.”  
Contact: Adolfo Reyes (559)331-6810 cscs.strong@gmail.com

12:00 PM - 1:15 PM 1 hour 15 minutes	Luncheon & Cultural Activities 📍 Ballroom	☆
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1:15 PM - 2:45 PM 1 hour 30 minutes	<div>Bridging Home and School - The power of Parent Engagement - Y. Meraz, M. Rodriguez, M. Robledo, D. Rusiles, A. Reyna</div> <div>📍 2B</div> <div>Show Less ^</div> <div><b>Yesenia Meraz, Marisol Rodriguez, Mayra Robledo, Daniela Rusiles, Alejandra Reyna</b> This presentation explores the vital role parents play in student success through meaningful engagement in the school community. By fostering strong home-school partnerships, families can support academic achievement, social-emotional growth, and long-term success.  <b>Goals:</b> Learn strategies: to enhance communication, to access resources, to build a collaborative culture, and to empower both students and families.  Yesenia Meraz, Marisol Rodriguez, Mayra Robledo, Daniela Rusiles, and Alejandra Reyna are experienced advocates for family engagement in schools, with a deep commitment to enhancing student success through meaningful parent involvement. With 30 + years of experience combined, We work extensively with diverse communities, including Latino families, to foster strong home-school partnerships that support academic achievement and social-emotional growth.</div>	☆
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1:15 PM - 2:45 PM 1 hour 30 minutes	<div>Sacred Manhood: Healing the Wounded Male Spirit from Patriarchy, False Machismo and Relationship Toxicity - Jerry Tello</div> <div>📍 2A</div> <div>Show Less ^</div> <div><b>Maestro Jerry Tello</b> How do we guide and support men to call back their authentic Sacred spirit and provide a path for them to heal, decolonize and show up in an honorable way for all their relations. Based on the indigenous cultural teachings of our ancestors this workshop will explore how we address the issues of relationship violence, mental health, substance</div>	☆
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abuse, fatherhood and honorable rites of passage in a trauma informed, healing centered and culturally rooted manner.

**Goals**

- 1. Participants will understand the concept of Sacred Manhood.
- 2. Participants will be able to differentiate between true and false Machismo.
- 3. Participants will recognize the importance of " El Circulo" Generational Rites of Passage.

Maestro Jerry Tello is a elder, wisdom keeper, award winning author and pioneer in the areas of indigenous based culturally rooted healing. For over 50 years he has shared the teachings and curricula of La Cultura Cura with over 1/2 million people across the world. He is the co-founder of the National Compadres Network and an author numerous healing books and CDs. Together with Maestra Susie they have 5 children and 7 grandchildren.

1:15 PM - 2:45 PM  
1 hour 30 minutes

Mindful Resilience: Integrate SEL, Restorative Approaches, & Mindfulness for Well-Being - A. Michael Perez ☆  
📍 2C

Show Less ^

A. Michael Perez

Healers and Mental health professionals dedicate their lives to supporting others yet often struggle to prioritize their own well-being. This interactive workshop explores how Social-Emotional Learning (SEL), restorative practices, and mindfulness can be seamlessly integrated into both client interventions and personal self-care. Participants will engage in experiential learning to cultivate resilience, reduce burnout, and develop sustainable daily mindfulness practices that enhance both professional effectiveness and personal well-being. Through practical strategies, reflection, and guided exercises, attendees will leave equipped with tools to foster a balanced and mindful approach to their work and life.

**Goals**

Enhance mental health professionals' ability to integrate mindfulness, SEL, and restorative practices into both their client work and personal well-being routines to promote resilience and sustainability in the field.

**Objectives:**

- \*Develop Practical Mindfulness Strategies: Participants will learn and practice mindfulness techniques that can be incorporated into daily routines to reduce stress, increase emotional regulation, and prevent burnout.
- \*Apply SEL and Restorative Approaches: Attendees will explore how SEL and restorative practices can be used in therapeutic settings to enhance client engagement, emotional healing, and self-awareness.
- \*Cultivate Sustainable Self-Care Rituals: Participants will create personalized self-care plans that incorporate mindfulness and restorative approaches to support long-term professional and personal resilience.

Ms. A. Michael Perez, M.Ed. Bio:

A. Michael Perez, M.Ed., is a dedicated educator, trainer, and advocate with extensive experience in restorative practices, social-emotional learning (SEL), and educational equity. With over 15 years in the field, she has successfully supported students, educators, and mental health professionals in fostering inclusive and restorative environments.

Ms. Perez holds a Master's in Education (M.Ed.) and various professional certifications, including:

- \*Trained Restorative Practices Trainer & Practitioner
- \*Adverse Childhood Experiences (ACEs) Master Trainer

- \*Certified Mediator
- \*Social-Emotional Learning (SEL) Specialist
- \*Certified Yoga Instructor
- \*Certified Educational Administrator

Throughout her career, Ms. Perez has served in multiple roles across K-12 and higher education settings, providing leadership in behavior intervention, trauma-informed care, and conflict resolution. She is a sought-after consultant and facilitator who empowers individuals and organizations to implement restorative frameworks that enhance communication, strengthen relationships, and promote resilience.

Passionate about dismantling systemic barriers, Ms. Perez is committed to dismantling the ‘School-to-Prison Nexus’ by fostering a culture of belonging, healing, and resilience in educational spaces. She integrates mindfulness, SEL, and restorative approaches into her work to create sustainable, healing-centered spaces. Her mission is to equip professionals with the tools needed to support themselves and those they serve, fostering long-term well-being and community transformation.

1:15 PM - 2:45 PM  
1 hour 30 minutes

Flying among the Stars: Using Dreamwork in healing Relational and Complex Trauma -  
Dr. Viola Mejía, PsyD



🕒 2D

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**Dr. Viola Mejía, PsyD**

In this workshop participants will move beyond Western ideas of dream interpretation and learn about using dreamwork in healing from ancestral framework. We'll focus on using dreamwork as a body based practice that integrates culture, the mind, and soul work in healing relational trauma and complex PTSD.

**Goals**

To review the Mesoamerican ideology for dreamwork, learn how to use dreamwork as a body based healing practice, integrate dreamwork in your own work and with those you serve in healing traumas.

**Dr. Viola Mejía, PsyD**, is a mixed Chicanca who was born and raised in the Bay Area, and works as a clinical psychologist licensed in the State of CA. She is the Founder of Collective Corazón: Community Psychotherapy and Facilitation Inc where she integrates Liberation Psychology, Decolonizing, and Ancestral Wisdom to support people in healing complex and relational trauma, sexual harm, and systemic harms. She specializes in supporting QTBIPOC communities in reclaiming their own sacred stories and healing through creative practices by leaning into the heart as the ultimate compass for radical communal healing. Dr. Mejía has been working in community settings since 2004 and completed her doctorate in clinical psychology from California Institute of Integral Studies.

1:15 PM - 2:45 PM  
1 hour 30 minutes

The imposter experience, trauma, and their impact on personal growth and transformational change - Lucia Aguilar Psy.D.



🕒 2E

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Lucia Aguilar Psy.D.

This workshop will focus on personal, interpersonal, generational, and community trauma and their role in the development of imposter syndrome. The workshop will



address in impact of the imposter experience on personal growth and transformational change. Our lived experiences and interactions with the environment impact our self-concept and either support or hinder personal growth, development, and transformational change.

#### Goals

1. To understand how personal, interpersonal, generational, and community trauma contribute to the imposter experiences.
2. To understand how the imposter experience impacts personal growth and transformational change.

Dr. Lucia Aguilar Psy. D is an Organizational Development (OD) professional. She has 25 years of experience in mental health. As a licensed marriage and family therapist she has worked with children, adolescents, and adults in both an individual and group format. She has worked in the capacity of case manager, clinician, clinical program manager, and clinical supervisor. Additionally, she has approximately 30 years of providing volunteer services in the communities of the Central San Joaquin Valley.

1:15 PM - 2:45 PM  
1 hour 30 minutes

Cultivating Resilience with Relationships & Radical Appreciation Using the Nurtured Heart Approach® - Norma C. Cardona



📍 2F

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#### Norma C. Cardona

This workshop introduces participants to the transformative tools of the Nurtured Heart Approach® (NHA), a relationship-based methodology centered on helping children and adults harness their intensity and innate strengths to cultivate Inner Wealth™. Through this approach, children, young people, and their mentors gain an understanding of the NHA and how it helps to navigate trauma and transform intense emotions into personal empowerment. Participants will learn about the successes of NHA as applied to at-risk youth at Yosemite High School, a continuation school in Merced, CA and a Medi-Cal NAMI program for Spanish speakers, where various life challenges have impacted children, youth, parents, and mentors.

#### Goals

- Understand the foundational principles of the Nurtured Heart Approach® and its application for fostering resilience in youth.
- Learn how to help youth direct their intensity constructively, whether they face challenges such as ADHD, trauma, or other behavioral and emotional challenges.
- Apply the core NHA methods to promote Inner Wealth™ and a richer, more supportive socio-emotional environment within communities.

**Norma Cardona** is the Founder of Cultiva Greatness LLC. It cultivates self-empowering leaders to overcome the imposter phenomenon, nurture resilience, & build belonging in the workplace. She ignites a paradigm shift in leaders to lead with heart & humanity.

Norma went from surviving to thriving. Her journey is about transformation—from battling anxiety and depression to embracing a life of empowerment and resilience. She's walked the paths many are on, feeling a deep soul wound, almost giving up, and seeking change. Through self-awareness, human-centered tools, holistic and Western medicine, professionals, and learning about the impacts of toxic stress on the brain, she found herself inching into and through her healing journey. However, a three-step framework found in the Nurtured Heart Approach® empowered her to transform her mindset from merely surviving to one of thriving! The practice of this set of tools led her to more self-awareness, self-love, and self-compassion. Cultiva Greatness LLC is born from this personal revolution, rooted in her deep connection to underestimated communities, and her heritage as a daughter of Mexican immigrants.

She brought this methodology to the alternative education program, Yosemite High School, a continuation high school in Merced, CA. She catalyzed the transformation of young people at this school who were in foster care, experiencing homelessness, suffering through depression and anxiety, navigating teen parenthood, and gang violence.

With dual degrees in Psychology and Cognitive Science from UC Merced and an MPA from CSU Stanislaus, she commits to her team by being a transformative servant leader. Recognized for her efforts in supporting young people experiencing homelessness, with the "2015 Woman of the Year" award by the Merced County Hispanic Chamber of Commerce, Norma's leadership style is radically appreciative, placing her well-being and that of fellow people at the center of her efforts.

3:00 PM - 4:30 PM  
1 hour 30 minutes

Cultivando Corazones: Strengthening Bonds for Healing - Elisabeth Fisher, LCSW-C, Norca Yarborough, MSW, R. Chaves, LMSW



📍 3E

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#### **Elisabeth Fisher, LCSW-C, Norca Yarborough, MSW, Rina Chaves, LMSW**

We invite participants to embark on a journey of self-awareness and connection as we explore the complexities of working with newly arrived students. Through the lens of our diverse experiences — as immigrants and as the first-generation daughter of immigrants — we will delve into the profound impact of trauma and resilience narratives and the importance of fostering a therapeutic environment rooted in cultural well-being and strength-based practices.

#### **Goals**

Develop awareness of bodily responses when engaging with trauma narratives to foster a centered, strength-focused presence.

Elisabeth, is a multilingual clinician (MSW, LCSW-C) and educator with 19 years of experience as a counselor in Maryland, specializing in working with newcomer and immigrant students from K-12. Her work focuses on supporting students navigating complex narratives of abuse, family reunification, and the embodied experience of adjustment to new environments. Elisabeth has completed the third advanced year of Somatic Experiencing Practitioner (SEP) training, integrating diverse therapeutic modalities to create culturally affirming and trauma-sensitive spaces for healing.

3:00 PM - 4:30 PM  
1 hour 30 minutes

Camino a la Salud: Incorporating Ancient Cultural Elements in the Behavioral Health Treatment of Chican/o/a/x/ Individua



📍 3F

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#### **Juan C. Garcia, PhD**

The ICSI Team will provide an overview of the Camino a la Salud approach to providing behavioral health counseling services in the community. The overview will include the cultural wealth model, the Xipe Totec Youth intervention with System Impacted youth, working with Lgbtq+ community, and demonstration of the use of cultural elements such as cancionero, poesia, cuentos, dichos, and art. ICSI will demonstrate the effectiveness of this behavioral cultural approach with findings from our qualitative and empirical data bank.

#### **Goals**

1. Attendees will learn how the Camino a la Salud behavioral approach is effective in providing counseling services to the Chican/o/a/x community through practical demonstrations.
2. The attendees will learn to access and use their own cultural resources and implement them in their own community mental health setting.
3. Attendees will receive a thorough demonstration of cultural elements including cancionero and story telling.

**Juan C. Garcia, PhD.** Advanced degrees in anthropology, community psychology and a licensed LMFT. Certified in the application of California Brief Multicultural Services Scale (2011). Professor Emeritus in Counseling Education at CSU Fresno School of Education & Human Development (30 years). Certified in Xipe Totec Terapia Transcultural (2002.)

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3:00 PM - 4:30 PM  
1 hour 30 minutes

"Empowering Latino Families: Navigating Child Welfare Services for Positive Outcomes"  
- Gilberto Rivas, MA, LMFT



📍 3A

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#### **Gilberto Rivas, MA, LMFT**

To provide Latino families with culturally informed guidance and practical tools for understanding and navigating the Child Welfare Services (CWS) system, fostering collaboration, trust, and positive family outcomes.

#### **Goals**

1. To empower Latino families with knowledge about the Child Welfare Services (CWS) system.
2. To build trust and reduce fear by addressing cultural misunderstandings and providing accurate, accessible information.
3. To promote positive outcomes through early intervention, advocacy, and collaboration with CWS professionals.
4. To connect families with culturally relevant support services and community resources.

Objectives: • Understand the purpose, structure, and process of Child Welfare Services. • Identify their legal rights and responsibilities when involved with CWS. • Recognize common cultural and language barriers and how to address them. • Learn practical strategies for effective communication with CWS staff. • Access local resources and support systems that assist with family preservation and reunification. • Feel more confident and prepared to navigate CWS involvement with a focus on family unity and healing.

#### **Gilberto Rivas, LMFT**

I am a Licensed Marriage and Family Therapist specializing in Parent Child Interaction Therapy (PCIT) and Parent-Child CARE (PC-CARE). I have been in the Behavioral Health field for over 20 years. I received my BA in Social Welfare from UC Berkeley and my Master's in Marriage, Family and Child Counseling from Pacific Oaks College with and emphasis in working with Latino families. Currently, I am the Deputy Director with Tulare County Health and Human Services Agency- Child Welfare Services. I have a passion for helping those in need and building those metaphorical bridges to get them to a better state of mind or a better place in their lives. Working with families and youth has been my primary focus in my career.

I am a Licensed Marriage and Family Therapist specializing in Parent Child Interaction Therapy (PCIT) and Parent-Child CARE (PC-CARE). I have been in the Behavioral Health field for over 20 years. I received my BA in Social Welfare from UC Berkeley and my Master's in Marriage, Family and Child Counseling from Pacific Oaks College with and emphasis in working with Latino families. Currently, I am the Deputy Director with Tulare County Health and Human Services Agency- Child Welfare Services. I have a passion for helping those in need and building those metaphorical bridges to get them to a better state of mind or a better place in their lives. Working with families and youth has been my primary focus in my career.

3:00 PM - 4:30 PM  
1 hour 30 minutes

Leadership and Culture – Inspiration for Yourself, your Staff, and Others Around You -  
Michele Marquez



📍 3B

Show Less ^

#### **Michele Marquez, LMFT**

In today's dynamic environment, leadership has evolved from task oriented to shaping culture and inspiring others to reach their full potential. Participants will learn the

importance of trust, relationship building, personal growth, empowerment, perspective, mindset, and other leadership skills to jump start their journey in becoming inspiring leaders to those around them. This workshop will be an interactive and engaging experience for leaders at all levels who want to elevate their leadership, thus having positive influence on the culture and environment in which they work and live.

**Goals**

Understand mental health needs in the school setting  
Understand the support needed for IEP meetings for students with disabilities  
How to increase assisting Latino families with educational and social resources, especially those with disabled children.

**Michele Marquez, LMFT**, I am a Licensed Marriage and Family Therapist, Obtained my Master's in Counseling from CSU, Fresno. 12+ years of experience in mental health in a school setting. Currently have my Administrative Credential should I want to work in the educational field again. 5 years of experience at CVRC working closely with staff and understanding how services link to the families and students with disabilities I worked with all those years.

3:00 PM - 4:30 PM  
1 hour 30 minutes

Understanding Human Trafficking: Trauma-Informed Approaches for Human Service Workers and Educators - Yahira DeLeon



📍 3C

Show Less ^

Yahira DeLeon  
This workshop is designed to equip human service professionals and educators with the knowledge and tools to identify, understand, and respond to the complex issue of human trafficking. Participants will explore the psychological, emotional, and physical impacts of trafficking on survivors, and learn trauma-informed care strategies to provide effective, empathetic support. Through interactive discussions, case studies, and practical exercises, attendees will gain a deeper understanding of the signs of trafficking, the barriers survivors face, and how to create safe and supportive environments that foster healing and empowerment. By the end of the session, participants will be better prepared to recognize and respond to trafficking situations with sensitivity, respect, and an awareness of the unique trauma survivors experience.

- Goals
- 1. Provide human service providers trauma-informed skills needed to support clients and resources needed for them.
  - 2. Understanding the political culture affecting our communities in the current state.

3:00 PM - 4:30 PM  
1 hour 30 minutes

Champions can come from anywhere! - Thomas Valles



📍 3D

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Thomas Valles  
Share life story as portrayed in the Disney movie McFarland USA

- Goals
- 1) We all matter
  - 2) We all need that someone in our lives

3)You can be that someone for someone else

Thomas Valles, best known as the top runner on the legendary 1987 McFarland cross country team depicted in the movie McFarland, USA, has transformed his story into a powerful message of perseverance and resilience. From growing up in a challenging environment to finding mentorship through Coach Jim White, Thomas overcame adversity to succeed in athletics and life. He will share his inspiring journey, highlight the importance of mentorship, mental resilience and pushing past perceived limits.

Fri, Sep 12

9:00 AM - 10:20 AM  
1 hour 20 minutes

General Session 2

☆

10:30 AM - 12:00 PM  
1 hour 30 minutes

A New Syndemic Approach: Working at the Intersection of Harm Reduction, Homelessness, and Domestic Violence in Latine Co

☆

📍 4B

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Tanagra M. Melgarejo Pulido

This training will explore how sexual and intimate partner violence intersects with the experience of being unhoused and/or using substances with a specific focus on specific impacts within the Latine community. Participants will have the opportunity to discuss how the application of a harm reduction based, culturally safe and trauma informed framework to their work with survivors can support their empowerment, wellbeing and self efficacy.

Goals

- 1. List three examples of how sexual/intimate partner violence, being unhoused and using substances can impact a participants wellbeing and safety.
- 2. Identify three culturally safe, harm reduction and trauma focused strategies they can include to their practice with program participants.

Tanagra was born and raised in Puerto Rico and is the proud daughter of Mexican and Cuban immigrants. Currently she holds the title of Director of National Capacity Building and Engagement for the National Harm Reduction Coalition.

Through her position at NHRC she leads the development of harm reduction programs across the United States and its territories through capacity building and technical assistance. Tanagra holds an MSW from the University of Puerto Rico and is certified as both an abortion and death doula as well as grief counselor.

10:30 AM - 12:00 PM  
1 hour 30 minutes

Anti-Oppressive Mental Health Care for Neurodivergent & Culturally Diverse Latinos - Laura Hernandez

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📍 4D

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Laura Hernandez, LCSW, MSW

Traditional mental health models often fail to engage Latino communities by ignoring cultural identity, systemic oppression, and intergenerational trauma. At Nuna Behavioral Healthcare, we integrate SHARP (Shaia et al., 2019), an anti-oppressive framework, to ensure therapy is not only evidence-based but also culturally relevant, strengths-based, and community-centered. This includes examining how CBT, DBT, and Medication-Assisted Psychotherapy can be adapted to reflect the lived realities of Latino, neurodivergent, and marginalized clients.

This presentation explores how lived experience is expertise and how co-created, participatory approaches transform both client care and workplace structures. Rather than upholding hierarchical, compliance-based mental health systems, we recognize therapy as part of a dynamic system—one that requires continuous adaptation to community needs, shared decision-making, and a focus on long-term sustainability for both providers and clients.

Attendees will gain practical strategies for integrating cultural identity, collective healing, and economic sustainability into clinical practice—ensuring that therapy is not only effective but also liberatory.

#### Goals

1. To examine how anti-oppressive mental health frameworks, such as SHARP (Shaia et al., 2019), can enhance cultural relevance, accessibility, and effectiveness in therapy for Latino, neurodivergent, and marginalized clients.
2. To explore how evidence-based practices can be adapted to align with community-centered, strengths-based, liberatory, and participatory approaches in mental health care.
3. To analyze mental health systems as dynamic structures and identify ways clinicians can embed lived experience, shared decision-making, and sustainability into their practice.

#### Key Outcomes:

By the end of this session, participants will be able to:

1. Apply an anti-oppressive framework (SHARP) to clinical practice (this applies to case managers and non-clinical folks as well) by integrating systemic analysis, participatory engagement, liberation psychology, and culturally rooted interventions.
2. Adapt evidence-based therapies (cognitive therapies, motivational interviewing etc.) to be culturally responsive and neurodivergent-affirming in ways that increase client engagement and retention.
3. Shift therapy from a rigid, compliance-based model to a dynamic, community-centered system that enables clinicians to provide mental health care that is truly trauma-informed—acknowledging systemic oppression, lived experience, and the non-linear nature of healing.

**Laura Hernandez, LCSW, MSW**, is the Clinical Director and CEO of Nuna Behavioral Healthcare, where she leads an anti-oppressive, abolitionist approach to mental health care. She earned her Bachelor of Arts in Psychology from the University of Arizona and her Master of Social Work from the University of Southern California. She is a Licensed Clinical Social Worker in California, a Diplomate of the Academy of Cognitive and Behavioral Therapies, and certified in Enhanced-Illness Management and Recovery (E-IMR), an evidence-based treatment for substance use and addiction.

Her work focuses on challenging compliance-based therapy models, integrating lived experience into clinical practice, and developing sustainable, community-centered mental health care. She has published in the *Clinical Social Work Journal* on trauma and homelessness and has presented at the Camden Conference, NASW National Conference, and NASW Women's Council "Is Legal Always Ethical" Law and Ethics Conference.

Committed to abolitionist and anti-oppressive social work, she actively works to decolonize formal education and training through grassroots community engagement with Community Alternatives to 911 (CAT-911) and The Community Response System of

South LA (CRSSLA). Her presentation will explore the approaches, practices, and lessons learned from developing and expanding Nuna Behavioral Healthcare, centering liberation-focused, trauma-informed, and sustainable clinical models.

#### Citation:

Shaia, W. E., Avruch, D. O., Green, K., & Godsey, G. M. (2019). Socially-engineered trauma and a new social work pedagogy: Socioeducation as a critical foundation of social work practice. *Smith College Studies in Social Work*, 89(3-4), 238–252. <https://doi.org/10.1080/00377317.2019.1704146>.

[https://www.researchgate.net/publication/332105864\\_SHARP\\_A\\_Framework\\_for\\_Addressing\\_the\\_Contexts\\_of\\_Poverty\\_and\\_Oppression\\_During\\_Service\\_Provision\\_in\\_the\\_United\\_States](https://www.researchgate.net/publication/332105864_SHARP_A_Framework_for_Addressing_the_Contexts_of_Poverty_and_Oppression_During_Service_Provision_in_the_United_States)

10:30 AM - 12:00 PM  
1 hour 30 minutes

Trauma-Informed Cultural Considerations when providing psychological evaluations for immigration cases -M. M. Hernandez



📍 4E

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#### Maira M. Hernandez, LMFT

Provide mental health professionals an overview of providing psychological evaluations for various immigration cases and provide information on cultural sensitive interviewing and trauma informed interventions.

#### Goals

Participants will gain an understanding of the Tripe Trauma Paradigm when individuals flee and migrate to the U.S.

Participants will gain an understanding of the various psychological evaluations as a licensed mental health professional.

Participants will gain culturally relevant, trauma informed interventions when providing interviews

**Maira M. Hernández is a Licensed Marriage and Family Therapist** and owner of M.H. Family Counseling and Consulting, A Professional Corporation where she provides trauma-informed, bilingual counseling services and specializes in providing psychological evaluations for immigration cases (Asylum, VAWA, Extreme Hardship, Cancellation of Removal, U Visa and T Visa).

Maira has been part of the Fresno State faculty for over a decade in the Department of Counselor Education and Rehabilitation teaching, mentoring and supervising students in the Master of Science in Marriage, Family and Child Counseling program. Maira has over a decade of experience treating and supervising hundreds of cases providing individual, child, couples, and family counseling services in private practice and nonprofit organizations. She also has experience providing bilingual services to families in rural communities. She has partnered with school districts, social services, and community agencies to address various mental health needs. She has provided educational information on mental health topics and services to the community through conferences, television appearances, and radio.

Maira is a first generation Mexican American with proud roots from Michoacán, México.

To learn more about Maira and her services, visit her website [www.mhfamcc.com](http://www.mhfamcc.com).

10:30 AM - 12:00 PM  
1 hour 30 minutes

Immigration and the Impact on the Mind, Body and Soul - Dr. Roberto de la Rosa, JD



📍 4C



[Show Less](#) ^**Dr. Roberto de la Rosa, JD**

We will talk about the impact of Immigration on individuals and families. We will provide an overview of the Immigration process, and highlight one man's personal journey of being deported as a boy and surviving La Migra, the border patrol. This is a testimonial based workshop that spans 6 decades of immigration experience. We will present some videos that will illustrate the climate that immigrants are currently We will also provide printed material with information on immigration programs and mental health services as they relate to immigration.

**Goals**

- to Describe the Immigration process
- to Know the impact of immigration on the mind, body and soul.
- to Know the immigrant struggle
- to Create a plan to advocate on behalf of immigrants.

**Dr. Roberto de la Rosa, JD.** received his undergraduate degrees in Anthropology and Sociology from the University California Santa Cruz. He then attended UC Hasting School of Law where he received his Juris Doctorate in 1978 . While in Law School he founded the Organization for the Legal Advancement of Raza whose mission is to provide access to the legal system through legal education and services to new immigrants, students and poor communities . Mr. de la Rosa can be heard on La Campesina Networks weekly radio program on Immigration that broadcasts from Washington State to Mexicali, Mexico. He currently serves on the Board of Directors for the Cesar Chavez Foundation, California Rural Legal Assistance, Proteus, Inc. y La Comision Honorifica Mexicana Americana, Inc. Mr. de la Rosa is also a Ohtli Award recipient, the highest honor the Mexican Government awards for helping Mexican nationals living abroad.

10:30 AM - 12:00 PM  
1 hour 30 minutes

Family Constellations and Ancestral medicine - Veronica Rodriguez-Cabrera



📍 4F

[Show Less](#) ^**Veronica Rodriguez-Cabrera, LCSW**

This is an experiential presentation where we will explore Family Constellation and Ancestral medicine in healing intergenerational trauma for personal and collective liberation.

**Goals**

The participants will be able to have a deeper understanding of Family Constellation work and Ancestral medicine in healing intergenerational trauma.

**Veronica Rodriguez-Cabrera, LCSW**

I am a Licensed Clinical Social Worker in California. I have been working in Mental Health for 23 years in various capacities. Currently, I have a private practice and focuses my work on Ancestral healing. Along with being a clinical therapist, I am a Family Constellation facilitator. I facilitate Family Constellation circles as well as individual sessions. I also offer an Ancestral meditations and a seasonal series group where I support folks in (re)connecting with Ancestral medicine. My speciality is Constellation work and Brainspotting modality. I am rooted in the four directions and daily practices are grounded in gratitude and honor the elements; land, water, air and fire.

10:30 AM - 12:00 PM  
1 hour 30 minutes

Fundamentals in Practice: Hip-hop culture and music, a gateway to healing - Anthony Pineda



📍 4A

Show Less ^

### Anthony Pineda

Hip-hop saves lives and has been doing this for over 50 years. As a culture it has given the world an outlet for expression, healing, social justice, and connection. Here we will explore these ideas through the music and discussion. Looking at the process Creatrix Institute LLC takes when administering programs and practice we will uncover our own ideas about Hip-hop, explore what we know collectively, and see the role vulnerability plays in the work. Be ready to practice some Hip-hop and discover why we use Hip-hop to empower, heal, and reignite the voice of people.

### Goals

1. Form a base understanding for Hip-hop culture and music in healing modalities.
2. Experience what utilizing Hip-hop in practice can look like and what to expect.
3. Understand our system at Creatrix for our modality, iRAP ©

**Anthony Pineda**, I have been described as a well-rounded and talented individual, capable of adapting to various environments. I am seeking ways to utilize my unique talents in development, programming, and equity to support people in professional growth. I connect well with people due to my study of human systems through psychology, culture, music, consciousness, and education. I want to work with communities of color and assist in their personal development. I aim to leverage my life experience to guide individuals through life transitions and identify potential areas of growth in diverse communities. I have specialized training in leadership, cultural humility, communication, curriculum design, and program development. As I continue in education, I look forward to providing specialized opportunities for communities of color to transform themselves.

### EDUCATION

John F Kennedy University

June 2011 Master of Arts: Consciousness and Transformative Studies emphasis  
Transpersonal psychology, Education & Music  
University of California at Davis

June 2007 Bachelor of Arts: Psychology; Sociology; African and African American Studies

### EXPERIENCE

Creatrix Institute LLC | Mountain View, CA

Founder Nov 2022 – Current

Started by creating a website to showcase educational programming and knowledge about alternative teaching modalities. Currently conducting project management and research on hip-hop within the fields of education and mental health. Services include curriculum development, project management, and leadership training. Currently providing consulting services for various organizations and community entities. Through this company, I have collaborated with different agencies to offer music curriculum (entitled: Hip-Hop Leadership Academy) and technology to youth, aiming to promote critical consciousness, social-emotional intelligence, and cultural/social justice awareness. Engaged in various contracts across Santa Clara County (e.g., community schools, Juvenile Hall, housing organizations) and within various contexts.

12:00 PM - 1:15 PM

Luncheon & Cultural Activities



1 hour 15 minutes

1:15 PM - 2:45 PM

1 hour 30 minutes

Roots &amp; Rhythm: Healing Through Sound - Maestro Sal Nunez



📍 5F

[Show Less](#) ^**Sal Núñez, PhD, MS**

Join us for a powerful and immersive experience where rhythm becomes medicine. A medicinal drumming circle is a sacred gathering that uses the ancient practice of drumming to promote healing, connection, and inner balance. Rooted in Indigenous and holistic traditions, this circle invites participants to connect with the natural rhythms of the body, the Earth, and each other.

**Goals**

1. Participants will engage in guided drumming exercises designed to support the reduction of stress and emotional tension, promoting a state of relaxation and inner balance, as observed through self-reported reflections and facilitator feedback during the session. 2. By participating in a shared rhythmic experience, attendees will strengthen their sense of connection and belonging within the group, as demonstrated through active collaboration, respectful listening, and group rhythm-building activities. 3. Participants will develop greater awareness of their internal bodily rhythms and their connection to natural cycles (e.g., heartbeat, breath, earth rhythms) through focused drumming exercises and grounding practices, with reflection prompts provided at the end of the session.

**Sal Núñez, PhD, MS** is a licensed psychologist and marriage family therapist, researcher, educator, and community advocate. He is tenured faculty at City College of San Francisco and founding Director of their Community Mental Health Certificate Program (funded by a grant from BHSA SFDPH). Sal has been in the field of community behavioral health since 1996, and worked across life spans, cultures, and clinical settings. For the past 25 years he has been investigating the therapeutic effects of rhythms, medicinal plants, song, storytelling, and ceremony; and has published works on the subject matter. His interest lie in cultural clinical identity, indigenous medicine, behavioral health, and ceremonial drumming as a healing tool. He is the co-founder of Crossing Edge Consulting and maintains a private practice in community mental health and organizational psychology.

1:15 PM - 2:45 PM

1 hour 30 minutes

Pathway Partnerships and Collaborations for Community-Centered Healing - Sergio Martinez, Ph.D, MPH



📍 5B

[Show Less](#) ^**Sergio Martinez, Ph.D, MPH and Angel Alvarez, MA**

This session will offer healing-informed practices in schools, emphasizing the interconnected dimensions of health and well-being--physical, mental, emotional, spiritual, intellectual, and social. Additionally, it will highlight the importance of fostering student success through health-related workforce pipelines, preparing them for careers in health professions and community rooted leadership roles.

**Goals**

1. Participants will gain insights and hands on experience into implementing healing-informed practices that support holistic student well-being and community health promotion. 2. Attendees will understand the significance of developing and sustaining health-related workforce pathways to empower students in pursuing careers in the health sector

and leadership. Furthermore, they will learn how they (individuals and organizations) can easily engage in these sustainable pathways.

Presenter 1: Sergio Martinez, Ph.D., MPH

**Dr. Sergio Martinez** is the Senior Program Manager (SPM) at Health Career Connection (HCC), where he leads the development, implementation, and expansion of HCC programs in Northern, Central Valley and Central California. In this role, he recruits and maintains relationships with health organizations to host HCC interns and collaborates with partners to enhance programming. He also supports the recruitment, screening, and placement of talented interns, plans summer programming, and provides ongoing support to ensure successful experience for both students and host organizations. Prior to his role at HCC, he served as a Public Health Practitioner with the City of Berkeley's Public Health Department, where he developed community-based health programs addressing sexual health, chronic disease prevention, and health education for various urban-based populations. His expertise in program management, mentorship, and partnership-building continues to inform his work in advancing opportunities for students pursuing careers in health and public service.

Dr. Martinez earned his Ph.D. from the University of California, Berkeley, School of Social Welfare, where his research focused on factors influencing academic persistence among Latino community college students. With over a decade of experience managing public health and educational support programs, he brings a multidisciplinary approach to student development and workforce preparation.

Co-Presenter: **Angel Alvarez, MA**

Growing up in the small agricultural farming communities of Raisin City and Caruthers California, opportunities for self advancement were always limited. Being a low income first generation college student, farm worker, and teen parent, higher education was the only option that offered a clear pathway in transforming dreams to reality. In being the first in the family to earn a Bachelor's Degree in Psychology from UC Santa Cruz, to working for various K- 12 schools, local, and national nonprofit organizations, to earning a Masters in School Counseling from Fresno Pacific University, the journey has been both long and rewarding. As a former K-8 School Counselor and a current school district administrator overseeing Community Schools, I hope to offer insight on intentional strategies that can support students and families.

1:15 PM - 2:45 PM  
1 hour 30 minutes

Mindfulness in Schools: Toward Emotional Intelligence and Integral Wellbeing - Everardo Pedraza



📍 5A

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**Everardo Pedraza, MA, MS, AMFT**

In this workshop we will share about the 14 year history of the activities of the Sunnyside High School Mindfulness Club and how we implement mindfulness practice in the club and in an English classroom. We will also share about the relationship between mindfulness practice and emotional well-being. We will also present Ken Wilber's Integral Model as a roadmap for human evolution. Participants will also participate in mindfulness practice with a Q & A session.

#### Goals

Understand the benefits of mindfulness practice and how Ken Wilber's Integral Model provides a viable framework for emotional intelligence and integral evolution and well-being.

Everardo Pedraza, AMFT

BA, English, UC Berkeley

MA, theology, Graduate Theological Union, Franciscan School of Theology, Berkeley

MS, Counseling, Marriage and Family Therapy, CSU, Fresno

Associate Marriage and Family Therapy

Certified Integral Therapist

1:15 PM - 2:45 PM  
1 hour 30 minutes

What do we do after a diagnosis of Dementia and/or Alzheimer - Rosamaria Bautista



📍 5C

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### Rosamaria Bautista

Orientacion a Familias de las que un miembro mayor ha sido diagnosticado con algun tipo de Demencia, paso a paso.

Step-by-step guidance for families whose elderly member has been diagnosed with some type of dementia

### Goals

1) Informacion de como El grupo familiar puede unirse en El mejor interes y cuidado de su Madre/Padre

1) Information on how the family group can unite in the best interest and care of their Mother/Father

2) La certeza de que cada uno de Los miembros puede aportar lo mejor en El Camino largo de la enfermedad y/o padecimiento

2) The certainty that each of the members can contribute their best on the long road of illness and/or disease

3) Orientar y organizar a las familias que estan abiertas a cuidar la dignidad de su familiar en el proceso de la degradacion cognitiva del diagnosticado

3) Guide and organize families who are open to caring for the dignity of their family member in the process of cognitive degradation of the diagnosed person.

**Rosamaria Bautista is Master Hypnotherapist** (Palo Alto School of Hypnotherapy) 2007-2009

Master Teacher Reiki 2007-2011

Facilitadora de Psicoterapia Regresiva Reconstructiva (AETRA) Espana 2010

Biodescodificacion (Enrick Corbera Institute) Espana 2016

Behavioral Health Technician (The Academy for Addiction Professionals) Fort Lauderdale FL

Caregiving for Elderly (Aprende Institute) 2022

Emotional Intelligence and Positive Psychology (Aprende Institute) 2022

Certificación de Tecnicas para la Ansiedad 2023

Cuide de mi Madre diagnosticada en 2011 con Demencia media, hasta El 3 de Marzo del 2023, vivi dia a dia de cerca el camino que una familia recorre con su Madre/Padre con la intencion de darle la mejor manera de cuidarl@ tomando en cuenca que se debe de cuidar la dignidad y El respeto que Ellos merecen.

En el 2016 comence a estudiar por mi cuenta lo que los medicos llaman Demencia y que El Alzheimer es uno de Los tipos de demencia, desde entonces he hecho muchas investigaciones a CERCA de los recursos con que las familias cuentan para apoyarse y crear entre hemanos y familias un Lugar seguro para cada uno con una actitud positiva que hacen llevadera la situacion que se vive durante varios anios

I took care of my mother, diagnosed with mild dementia in 2011, until March 3, 2023. I lived day by day the path that a family travels with their mother/father with the intention of giving them the best way to care for them, taking into account that the dignity and respect they deserve must be protected. In 2016, I began to study on my own what doctors call dementia and that Alzheimer's is one of the types of dementia. Since then, I have done a lot of research about the resources that families have to support each other and create a safe place for each other among siblings and families with a positive attitude that makes the situation that is experienced for several years bearable.

Si quieren mas information pueden comunicarse conmigo enviandome un email o un texto hacer una cita  
Muchas gracias

If you want more information, you can contact me by sending me an email or texting me to make an appointment.  
Thank you very much.

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1:15 PM - 2:45 PM  
1 hour 30 minutes

Impacts on LGBTQ+ Youth and Substance Use - Alix Carranza  
📍 5D



Show Less ^

**Alix Carranza**

This presentation looks at why LGBTQ+ youth are more likely to struggle with substance use. It covers how things like discrimination, trauma, and lack of support can lead to unhealthy coping. We'll talk about real-life examples, helpful research, and how we can better support queer and trans youth through community, mental health care, and safe spaces.

**Goals**

Gain knowledge, Gain insight on Programs provided by The Source

**Alix Carranza** (He/Him)- Program Manager, The Source LGBTQ+ Center

Alix is the Programs Manager at The Source LGBTQ+ Center, where he leads and oversees five impactful programs. Dedicated to fostering inclusion, Alix takes pride in representing his community and advocating for LGBTQ+ rights daily. His passion for visibility and empowerment drives his work, ensuring that every voice is heard and supported

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1:15 PM - 2:45 PM  
1 hour 30 minutes

Latine & Chicane Identity: Recentering Our Cultural Roots - Fedrick C. De La Paz  
📍 5E



Show Less ^

**Fedrick C. De La Paz**

We will be discussing the origins of both Latine and Chicane identity, both from the Indigenous perspective as well as from the Spanish-European disposition, in order to gain a greater insight, understanding, and appreciation for the dynamic nature of our cultural heritage. Intergenerational Trauma, Intergenerational Healing, and Regalos y Cargas will also be introduced as foundational elements to our understanding of this dichotomy.

**Goals**

Participants will gain a greater understanding of the Indigenous, African, and European heritage which makes up the Latiné Identity.

Participants will gain a better familiarity with how to best engage with the diverse groups that help to make up Latiné peoples, including Chicané, Hispanic, Afrolatinx, and Migratory Indigenous peoples in the U.S.

Participants will be challenged to consider the possible gifts and baggage processes including colonization, neocolonialism, and capitalism have had on Latiné peoples.

Fedrick C. De La Paz, is College of the Sequoias, Porterville College, and Lemoore College, Professor of Ethnic Studies: Chicané Studies, Introduction to Ethnic Studies and Social Justice, American Indian Studies, and Race and Ethnicity.

Member of the Board of Directors for the Cultural Heritage Foundation - Visalia, CA

Visalia Circulo de Hombres, Young Elder “Yelder”

Cara y Corazon, Joven Noble, Circle Keeper certified through the National Compadres Network

Trauma-Informed Trainer/Facilitator certified through Community Resiliency Initiative (CRI)