



2015 NATIONAL INNOVATIVE COMMUNITIES CONFERENCE

A community collaboration brought to you by Reach Out and Partners for Innovative Communities



THANK YOU TO OUR SPONSORS

Partners for Innovative Communities would like to thank our distinguished sponsors and organizations that deserve special recognition for their support of the 6th Annual National Innovative Communities Conference! Your partnership helps bring ideas and community solutions on a local and national level.

DISTINGUISHED SPONSORS



All sessions held in Room 104B are brought to you by San Bernardino County, Department of Behavioral Health, Office of Cultural Competence and Ethnic Services.

SPECIAL RECOGNITION



KEY

Keep a look out for our added new tags feature in this year's conference program to help guide you through breakout sessions that may be more suitable for you.

These colorful tags represent topics for each individual session focus:



We have also incorporated youth and adult sessions like previous years and have tailored each of these for either adult or youth audiences. Also check to see if any sessions are labeled requiring "Ages 18+ ONLY."

Las sesiones con interpretación en español serán marcadas con "Sesión disponible en español" después del sinopsis de cada sesión.





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It's All Connected.





2015 NATIONAL INNOVATIVE COMMUNITIES CONFERENCE

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On behalf of Partners for Innovative Communities and Reach Out, we welcome you to the 2015 National Innovative Communities Conference. We are happy you are joining us for our one of a kind, two day conference in beautiful Ontario, California. This year's conference theme is "It's All Connected" and our hope for all attendees -- whether you are a provider, parent, student, community leader, law enforcement, or community member -- is to be able to connect with one another and link up with resources available for healthier and safer communities.

This year, the National Innovative Communities Conference celebrates its sixth year connecting dynamic topics and speakers from across the country to you! We have come a long way since 2010, when this conference was hosted at a local church with less than 200 participants. Last year, the National Innovative Communities Conference was held at the Ontario Convention Center for the fourth consecutive year, with over more than 1,200 community leaders in attendance.



In staying with this year's theme, we ask that you network and make connections over these two days, that will help broaden the circle of resources for our communities. At the end of this program you will find a "NOTES" section, along with a "CONNECTIONS" space for networking opportunities.

We ask that you make at least one connection with a fellow attendee, presenter, organization, or keynote speaker. We are all connected by one common goal: make our communities a healthy and safe place to work, live, and play. So, let's make those connections, keep those connections, grow those connections, and work together in creating change in our communities!

We thank you for your continued support throughout the years and we hope you stay connected us as we grow and continue to bring new cutting-edge strategies and skills to you, your organizations, and your communities. Thank you for your participation this year. Please stay connected with us through Facebook, Instagram, and Twitter!





2015 NATIONAL INNOVATIVE COMMUNITIES CONFERENCE

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Partners for Innovative Communities (PIC) is a multi-sectorial coalition engaged in creating safe, healthy, peaceful communities. Our mission is to empower communities by increasing their capacity to create healthy and safe environments through policy design, leadership, and collaboration. The coalition connects with various county departments, organizations, law enforcement agencies, and businesses throughout San Bernardino, Riverside and Los Angeles Counties. In addition to bringing you the Sixth Annual National Innovative Communities Conference, PIC has four standing work groups connected with the community for a brighter future.

Here are some of PIC's recent highlights and accomplishments:

- **Social Host Ordinance (SHO):** The SHO which makes it illegal for parents/guardians/adults to provide a place for minors to consume alcohol was passed in Ontario, Fontana, and Rancho Cucamonga.
- **Prescription Drug Drop Box:** Prescription drug drop boxes have been installed in Chino, Chino Hills, Fontana, and Montclair to keep unused or expired prescription drugs out of medicine cabinets and off the streets for illegal use.
- In partnership with the Fontana Community Coalition the **Second Annual Safe and Sober Prom Campaign** kicked off in April 2015 with student produced public service announcements, a successful press conference, and over 1,000 high school students pledging to "Party Safe & Sober" this prom season.

To learn how you can stay connected with PIC please visit www.picsocal.org or connect with us on Facebook at [facebook.com/picsocal](https://www.facebook.com/picsocal) and Twitter @PIC_SoCal.



MESSAGE FROM OUR CHAIRPERSON



Welcome to the 2015 National Innovative Communities Conference! Whether you are a "first timer" or a seasoned PIC-NICC attendee, you are in for a treat. This year PIC, in partnership with Reach Out, celebrates its Sixth Annual National Innovative Communities Conference and I celebrate my first year as PIC Chairperson and hope to connect with you. As a parent to four beautiful and intelligent children, I understand the importance of creating and maintaining a safe and healthy environment for ourselves and our future generations. Three years ago I became involved with PIC as a concerned parent. It was then that I made "the connection," and made it my priority [to become involved] because in order to create a lasting change, we must all work together as a community.

Today, PIC brings you the tools to connect with each other and create the change you want to see in your communities. It only takes one small group of people with a common connection to become the catalyst for transformation. PIC has an amazing two days planned for you filled with exciting keynote speakers and presentations brought to you by leading experts and providers from across the country. In the next couple of days I hope to connect with

you. Thank you for your continued support of PIC, your participation in this conference and your exceptional work in our communities.

Sincerely,
Lizz McAnlis



2015 NATIONAL INNOVATIVE COMMUNITIES CONFERENCE

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REACH OUT

Reach Out is a local non-profit agency advocating for thriving, healthy, safe, and drug-free communities. Reach Out's mission is to strengthen communities by bringing people together to solve our region's toughest issues: breaking the barriers to educational achievement, expanding economic opportunities, and creating safe, healthy and innovative communities.

Today Reach Out's goal is to bring together different communities, professionals, providers, community leaders, and resources. By connecting all of these sectors we can continue to provide equal access to support networks, quality education, career options and opportunities to our youth, their families, and our communities.

If you would like to connect with Reach Out or participate in one of our programs please visit us at www.we-reachout.org or follow us on Twitter @WeAreReachOut and become our friend at [facebook.com/wearereachout](https://www.facebook.com/wearereachout).



MESSAGE FROM REACH OUT



Making the Connection.

It's All Connected...the theme for the Sixth Annual National Innovative Communities Conference has great meaning. We don't always think that what we do every day either contributes to or detracts from the health and well-being of our communities. Each one of us is an agent for health – whether we are cooking a nutritious meal for our families, volunteering for a charity, governing responsibly, or linking with our neighbors and coworkers - it is all connected and we are all connected!

As either a specialist, a community leader, a student, an advocate, parent, business owner, or volunteer, we are all connected by our common goal: healthy, safe, prosperous communities. Connecting with each other helps expand and strengthen the collective impact in our families, communities and cities. The 2015 National Innovative Communities Conference is your stage to weave together networks to create long lasting connections for healthy city initiatives, substance use and violence prevention, behavioral health awareness, cultural competence, policy, advocacy, and community engagement.

Today we hope to connect with you, through our keynotes, presentations, resources and performances. During your time with all these connectors, we encourage you to make those connections and create your own network of change for healthy, vibrant communities.

Sincerely,
Diana Fox



Tuesday, June 23

BREAKOUT SESSIONS

10:15 A.M. - 11:30 A.M.

Change Your Questions, Change Your Organization

Barry E. Knight

Room: 100AB

10:15 A.M. - 11:30 A.M.



PROVIDERS

Organizations succeed or fail, not because of funding alone or lack of innovative leadership, but because they fail to ask the right questions. Asking the right questions regarding your leadership team, strategies, goals, mission, vision, and core values could radically transform your organization for the better, shorten the learning curve, and help you to achieve massive success and significance in your industry. The session with focus on the main questions you and your executive team should be focused on and how to navigate actions based on your answers. Get ready to change your questions and transform your organization!



E Pluribus Unum - From Many One: To Serve the Many We Need to Understand Them As Individuals

Bruce Cooke; LCSW, JD, County of San Bernardino, Department of Behavioral Health

Room: 104B

10:15 A.M. - 11:30 A.M.



PROVIDERS



PARENTS & COMMUNITY

The purpose of this workshop is to further the awareness about the different cultures we hold in our community and how to frame a culturally proficient custom. Diversity is often presented in groups such as Latinos, Asian-Pacific Islander, Native-American, African-American, Caucasian/European-American and other groups. These groupings are not necessarily all the same and may have distinct cultural differences between some of these groupings as a whole. Diversity comes with a wide range of sociocultural anthropology, but some may be quick to group multiple people that share the same native language although the

may have a completely different cultural background. The ideal goal of this presentation is to be mindfully open about the different cultures brought together by one language and understand that one language holds ties between multiple cultures. **Sesión disponible en español.**

Teen Alcohol & Drug Prevention: What Works and What Doesn't

Dr. Robert G. LaChausse; Associate Professor, California Baptist University

Room: 105

10:15 A.M. - 11:30 A.M.



SUBSTANCE ABUSE



POLICY

More than two decades have been devoted to trying to find effective approaches to preventing teen alcohol and drug use. Although many approaches have increased awareness about the consequences of using alcohol or drugs, few programs have made an impact on actual drug use rates. This presentation will focus on "What Works" in preventing alcohol, tobacco, and other drug use (ATOD) among teenagers. The workshop will review the most current data regarding alcohol, tobacco, and other drugs among adolescents, current research regarding the factors related teen drug use, an examination of the characteristics of effective alcohol and drug prevention programs, and a review of the effectiveness of commonly used alcohol and drug prevention approaches. Participants will learn which approaches work and why, and how to increase the effectiveness of their own alcohol and drug prevention programs for youth. **Sesión disponible en español.**

Building A Culture of Health through Collaboration: Riverside County, California

Margarita Luna; The California Endowment, Program Manager, Eastern Coachella Valley, Silvia Paz; Hub Manager, Building Healthy Communities Eastern Coachella Valley, Michael Osur; Deputy Director, County of Riverside Dept. of Public Health, and Michele Knab Hasson; Regional Director, Coachella Valley
Room: 106

10:15 A.M. - 11:30 A.M.



HEALTHY CITIES

Riverside County continues to recover from the great recession's impact and part of that process includes fostering a culture of health in one of the most disadvantaged geographies: The eastern Coachella Valley (ECV). The ECV communities of Mecca, Thermal, North Shore and the City of Coachella face some of the poorest health



Tuesday, June 23

outcome in the State. This is due to limited access to health care, opportunities for good paying jobs and education, failing basic infrastructure, gaps on public transportation, concentrated hazardous waste, inadequate and unaffordable housing and environmental threats. This session will reveal how one of the most innovative health collaborative in the State of California—The California Endowment’s Building Healthy Communities—is impacting decision making by connecting agencies, resources and plans with people who want to make a difference where they live, work, play and learn. This includes increasing community engagement through the use of traditional and non-traditional methodologies.

Engaging LGBTQ Foster and Homeless Youth

Ami Davis; Outreach, Policy and Prevention Specialist, Reach Out, and Dolores Dickson; Community Resource Liaison and Youth Advocate, South Coast Community Services

Room: 107

10:15 A.M. - 11:30 A.M.



This workshop is designed to be engaging and interactive for adults, professionals and providers to learn new tools for doing outreach to LGBTQ foster and/or homeless youth specifically. It will cover some appropriate language for conversations, approach techniques, unique hardships to consider, and an interactive situational guide. Participants will also have the chance to hear stories of LGBTQ youth experiencing the foster system and/or homelessness in an effort to gain insight and knowledge of what they experience and how it may be similar and/or different from “non-LGBTQ” youth in similar settings. Mental, emotional, and physical factors and how to address them will also be addressed.

“Deeper Than Love”: What’s in the Heart of a Gang Member?

Terrance Stone; State and National Intervention and Prevention Specialist and CEO/President, Young Visionaries Youth Leadership Academy

Room: 203

10:15 A.M. - 11:30 A.M.



“Deeper Than Love” is a presentation workshop developed by an ex-gang member, Terrance Stone who has turned his life around has dedicated his life to God and to the reaching out for the recovery of our youth’s innocence. He is committed to steering young people away from the

life that cost him much of his life growing up. In essence, Stone’s change in heart, spirit and actions has resulted in his reaching many otherwise lost youth. This workshop will include alternatives to juvenile justice as it ties to Terrence’s success story that will encourage others. Intertwined with prevention, intervention and suppression, the presentation will also look at, “The Stone Theory on Gang Relationships, Memberships and Exit Strategies,” and dealing with it in 5 steps: Fascination, Infatuation, Dedication, Separation, and Exit Strategy. Through this presentation, you will understand your role as a youth worker and destructive life style deterrence for the youth and community you serve.

Sesión disponible en español.

BREAK

11:30 A.M. - 12:00 PM

LUNCH PLENARY - Ballroom

11:45 A.M. - 12:45 P.M.



Join us for a multi-sectorial panel discussion entitled:

“Transforming Health in Our Communities Through Collective Impact”

A special presentation at the
2015 NATIONAL INNOVATIVE COMMUNITIES CONFERENCE

From:

1:00 P.M. - 2:15 P.M.

To officially launch the Community Transformation Plan:

Learn about and align with crossing-cutting strategies and policy recommendations for achieving wellness in our communities

Located in the Ballroom





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BREAKOUT SESSIONS

1:00 P.M. - 2:15 P.M.

Community Vital Signs

Panel: Josh Lee (Built Environment), Kathleen McDonnell (Health System), Captain Jon Pacewicz (Public Safety), Sarah Eberhardt-Rios (Behavioral Health), Kathy Estes (Education and School Safety) Moderator; Trudy Raymundo (Public Health)

Room: Ballroom

1:00 P.M. - 2:15 P.M.



HEALTHY CITIES



POLICY



PROVIDERS

“Collective Impact” occurs when organizations from different sectors agree to solve a specific social problem using a common agenda, aligning their efforts, and using common measures of success. Community Vital Signs Initiative is using this approach to transform the health of San Bernardino County. During the panel discussion, selected Vital Signs’ community leaders will share the critical role their sectors play in improving the health of their communities. They will also demonstrate that everyone owns health and give examples of how we can all align our work with wellness initiatives.

New Gang and Graffiti Trends: What Your Community Needs to Know

Officers Eric Garcia and Javier Arriola; Ontario Police Department, C.O.P.S. Division

Room: 100AB

1:00 P.M. - 2:15 P.M.



PARENTS & COMMUNITY

Ages 18+ ONLY

This interactive workshop focuses on new and current gang and graffiti trends in San Bernardino County and surrounding communities. Participants will actively learn how to recognize gang and graffiti paraphernalia and evolving gang trends throughout the Inland Empire. Attendees will gain insight on these vandalizing trends and be better equipped to make a difference in their neighborhoods. There will also be post certification for law enforcement attendees. **Sesión disponible en español.**



The Shaken Tree - Families Living with Mental illness

Lauretta Ross and Doris Turners; Peer and Family Advocate III, County of San Bernardino Department of Behavioral Health.

Room: 104B

1:00 P.M. - 2:15 P.M.



PARENTS & COMMUNITY



PROVIDERS

This is a 30 minute film based off an award-winning illuminate, through a collection of stories and family shared experiences when one of its members has chronic, persistent mental illness. The purpose of this film will overcome stigma, educate and raise awareness, leaving a stronger feel for compassion and understanding towards the families living with a mental illness. The uniqueness of this documentary is that the description of the journey is so compelling, so riveting that there is no need for a narrator, or written statistics that flash before the screen. The families themselves explain their journey of pain, grief, feeling of helplessness, despair, and stigma associated with mental illness. The film provides hope to families that they are not alone and describes ways to survive and live life fully while sharing it with someone who has a mental illness. By reaching out to communities about mental illness and its impact on the family, we hope to further educate the public about the resources available, support families and those with mental illness, and reduce the stigma for families as well as their loved ones. **Sesión disponible en español.**

Campaigns for Prom, Graduation Safety (#SoberProm2015)

Amelia S. Lopez; Health Education Specialist, San Bernardino County Department of Public Health and Agnes Murray; Deputy District Attorney, San Bernardino County District Attorney’s Office Juvenile Division

Room: 105

1:00 P.M. - 2:15 P.M.



POLICY



SUBSTANCE ABUSE

For seniors in high school, April, May and June typically start the prom, graduation and summer party mode. When the party is centered on alcohol and underage drinking it often leads to severe and tragic consequences, including, car crashes, sexual assault, violence, alcohol poisoning, injuries and death. Traffic deaths and injuries among youth during prom and graduation season tend to be higher than any other time of the year due to underage drinking. Through a collaboration with youth and community partners, the San Bernardino County Department of Public Health launched a Safe & Sober Prom 2015 campaign to educate teens, parents and the community on the dangers and legal



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consequences of underage drinking. The campaign engaged youth from 15 county high schools to help influence their peers to make the right choice and to unite their voices with like-minded community groups to help set a new prevention norm. This workshop is for participants interested in being a part of a county-wide effort to promote sober prom and graduation events in their communities.



Building Healthy Communities through Land Use Planning Awareness (LUPA): Riverside County, CA

Karla Martinez; Youth/ Student at Nova Academy-Coachella, Albert Carillo;- Youth/ Student at Coachella High School, Jatzel Garcia; Youth/ Student at Nova Academy- Coachella

Room: 106

1:00 P.M. - 2:15 P.M.



Youth in the Eastern Coachella Valley (EVC), one of the most disadvantaged regions in California, are building an understanding around the forces shaping the environment and their relationship to health by taking action through the Land Use Planning Awareness (LUPA) Project. The County of Riverside Department of Public Health's LUPA Project is designed to foster critical thinking, civic dialogue and civic engagement as avenues to influence decision making and land use planning for the advancement of better and greater health outcomes. During this session, participants will hear the youths' perspectives on building healthier communities and also engage in an interactive session where they will become the planner on their ideal healthy city.

Working with Students Who Are Exposed To Alcohol and Other Drugs

Steve Behar Ed.D.; Director, Child Welfare and Attendance

Room: 107

1:00 P.M. - 2:15 P.M.



Have you ever come into contact with someone regarding substance use? Have you ever encountered a time when a child informed you that his exposure to drugs and alcohol began when he was in the second grade? How about a child who explains that she lived in a motel room with her brother and mother and sat on one side of the room while her mother traded sex for crystal meth? How are we supposed to understand the tragic situations that the children in our schools deal with on a regular basis if we choose not to open our minds and our hearts and hear their stories? What we do know and what we can do is recognize that the world is a cruel place and there is an incredibly large number of opportunities for children to be corrupted and influenced to make harmful choices in their lives. Be the difference in a child's life.

Engaging Families and Youth through Pop Culture: Music, Fashion, Sports, Dance and Social Media

Jarred Vermillion; UC Davis Instructor and CEO, Vermillion Life Circle Consulting, and Misty Kerrigan; Program Director, Oak Grove Center for Education, Treatment and the Arts

Room: 203

1:00 P.M. - 2:15 P.M.



Is modern day pop culture interfering with engagement towards our youth or family members? Are famous idols such as Mylie Cyrus, Lil Wayne, Justin Bieber and Kylie Jenner distracting your youth with superficial appearances? Are popular brands and electronic devices like Play Station 4, iPhone, Gucci and Prada the only things they obsess over? Does popular reality hit TV shows like "Keeping up with the Kardashians," "The Jersey Shore," and "Teen Mom," MMA fighting and social media including Instagram, Facebook, and Twitter take up all their time from family interactions? In today's pop culture, they all have one factor in common: their influence over youth and families. This workshop will focus on how to use these common threads built into culture and identity to strengthen youth by engaging them on new levels and break barriers into those superficial non-engaged teens and family members. Facilitators of this workshop will educate participants on



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what's important to youth and how participants can use these components of music, dance, sports, fashion and social media in a positive way to climb over barriers of engagement. **Sesión disponible en español.**

BREAK

2:15 P.M. - 2:30 P.M.

BREAKOUT SESSIONS

2:30 P.M. - 3:45 P.M.

Domestic Minor Sex Trafficking

Anne- Michelle Ellis; Coordinator and Asia Williamson; Social Service Practitioner, San Bernardino County Public Defender/ CASE

Room: 100AB

2:30 P.M. - 3:45 P.M.



PROVIDERS



PARENTS & COMMUNITY

This workshop focuses on domestic minor sex trafficking and it is designed to give a broad overview of Human Trafficking. It provides a background to understand the factors that contribute to the initial recruitment and ongoing victimization of young people by traffickers. Identification and assessment of victims is addressed and the training session includes a focus on national and local resources that are available. **Sesión disponible en español.**



Gender Discovery

Don. C Morton; Peer and Family Advocate III, LGBTQ Sub-Committee, SB County DBH

Room: 104B

2:30 P.M. - 3:45 P.M.



PROVIDERS

A workshop training developed for professionals and non-professionals interested in learning, and creating more ways to break the stigmas that separate us not only by race and gender expression, but also from our humanity. This workshop attempts to target some sensitive areas regarding transsexual issues that can hinder community and personal interactions. **Sesión disponible en español.**

Health Professions = Healthy Communities

Carol Allbaugh; Inland Coalition Director, Reach Out
Room: 105

2:30 P.M. - 3:45 P.M.



HEALTHY CITIES

This workshop will focus on the relationship between health professions, health outcomes, and economic development. The Inland Empire is in dire need of culturally competent health professionals to serve the diverse population in this area. The education of our youth to consider health professions is essential to the overall health outcomes and economic development of the region. Participants will explore the interconnectivity of these efforts and how they can bring more awareness of health professions to their own sphere of influence.

Healthy Communities Initiative: Collaborating to Make Communities Healthier

Mary Alvarez; Staff Analyst II, First 5 San Bernardino, Salvador Gutierrez; Community Program Manager, Latino Health Collaborative, and Alyssa De Santiago; Operations Manager, Healthy Communities at YWCA Inland Communities

Room: 106

2:30 P.M. - 3:45 P.M.



HEALTHY CITIES

Find out more about the Healthy Communities Initiative and how to become a part of this powerful movement in your neighborhood. Building on an initial investment by San Bernardino County Public Health, First 5 San Bernardino has invested \$4 million in funding to support local community efforts through the Healthy Communities Initiative. A Healthy Community promotes a positive physical, social, and economic environment that supports



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the well-being of its members, and includes healthy schools, walkable communities, transportation options, parks/ open space, adequate housing and access to health care. In our presentation, we'll be discussing topics such as policy implementation, community engagement, physical activity and healthy food accessibility.



Synthetic Drug Trends

William Seals and Omar Gonzalez; Reach Out
Room: 107

2:30 P.M. - 3:45 P.M.



Ages 18+ ONLY

This presentation will look at the new evolving world of synthetic drugs and the culture behind them. This session will focus on the most common synthetic drugs (spice/bath salts) as well as new synthetics (flakka, bromo, smiles) on the horizon. It will include: where they are available, what they look like, different types, paraphernalia, and what communities are doing to keep them out. Attendees will learn new drug logos, terms and identifiers. Visual aids and detailed photos of various paraphernalia, devices, and products will be presented. **Sesión disponible en español.**



Helping Students Recognize their Leadership Potential

Lisa Harper and Amanda Vann; Mental Health Specialists, Youth Visionaries SMAART Program.
Room: 203

2:30 P.M. - 3:45 P.M.



Lisa Harpers and Amanda Vann are Mental Health Specialists for a resiliency promotion program in San Bernardino County, focusing on strengthening the resiliency of African American children and their families particularly those individuals living in poverty. Their work involves building collaborative relationships with other organizations, agencies and county and school officials to work towards positive change in their community. Their work in Young Visionaries new program successfully motivates African Americans through resiliency training, and has been recognized on the San Bernardino County website for their contributions to community. Both Lisa Harper and Amanda Vann hold their Bachelor's Degree in Social Work from La Sierra University, and are currently pursuing a Master's Degree in Social Work.

END OF DAY ONE

4:00 P.M.

It's All Connected.





Wednesday, June 24

BREAKOUT SESSIONS

10:15 A.M. - 11:30 A.M.

Marijuana 101

William Staggers-Seals and Omar Gonzalez; Reach Out Room: 100AB

10:15 A.M. - 11:30 A.M.



Ages 18+ ONLY

Marijuana use and abuse is changing the landscape of our communities faster than ever with legalization looming. This presentation breaks down the health effects, evolving culture of youth marijuana use, plant basics, THC vs CBD, youth trends, the dangers involved in youth use, and the health and safety consequences within the community. Visual aids and videos provided throughout the presentation. **Sesión disponible en español.**

Spirituality and Behavioral Health

Joshua Morgan, PsyD; Research and Planning Psychologist, County of San Bernardino Department of Behavioral Health

Room: 104B

10:15 A.M. - 11:30 AM.



This training will provide an introduction to addressing spirituality in behavioral health treatment. Spirituality/religion has become a widely accepted element of cultural competency, although competency training in this area is often missing. Further, there are particularly strong ethical concerns regarding addressing spirituality and or religion in mental health treatment. This training seeks to build participant self-awareness regarding participants' beliefs and spirituality in behavioral health treatment while providing factual information on the role of spirituality in behavioral health treatment. **Sesión disponible en español.**

Silent Communities - A Guidebook to Improve Health Outcomes in the Inland Empire

Fred Alvarez, Matt Burris, Damian Campana, Aviana Cerezo, Josie Gaytan, Christopher J. Gray, Peggi Hazelett, Michelle Skiljan

Room: 105

10:15 A.M. - 11:30 A.M.



Riverside and San Bernardino Counties face significant health challenges related to issues such as poor air quality,

dangerous environments for bicyclists and pedestrians, and high rates of debilitating diseases such as asthma, diabetes, and heart conditions. While numerous public agencies have tried to address these issues, significant improvement has not occurred. Reach Out, a non-profit from Upland California, decided to take a different approach and have convened a group of planning professionals, community members, and representatives of other non-profits to address health issues through the Civic Center for Policy and Leadership (CCPL). CCPL was tasked with developing a guidebook to illustrate successful examples where health was improved in Riverside and San Bernardino Counties. Specific case studies within this group included healthy food, safe streets, active transportation, micro-enterprises, and community engagement. This guidebook is being finalized and will be distributed to interested parties throughout the Inland Empire.



Child Sexual Abuse, Stop it Before it Starts

Cassandra Black; Client Service Advocate, San Bernardino Sexual Assault Services

Room: 106

10:15 A.M. - 11:30 A.M.



The notion that parents or caregivers may be a gateway to their child being sexually abused is UNTHINKABLE! However, it is not uncommon for offenders to have ongoing, long-lasting relationships with the victims and families before and during the child sexual abuse. The question is how does the predator gain the trust of parents to create opportunity to violate? We will address the parent grooming process: victim selection, utilizing behavior norms, family history, manipulating dependency, and controlling parent responses. This presentation is a PowerPoint visual and includes input from convicted perpetrators. The presentation content is intended to build awareness and alert parents, caregivers and community to early warning signs of parent grooming that may prevent "later" child sexual abuse. **Sesión disponible en español.**



Wednesday, June 24

Relationship Violence: Adult Advocacy

Ami Davis; Outreach, Policy and Prevention Specialist, Reach Out, and Melissa Woods; Domestic Violence Advocate, Family Assistance Program

Room: 107

10:15 A.M. - 11:30 A.M.



Have you ever seen or heard something that you felt was wrong but weren't sure what to say or how to say it, so you did nothing? Well this class can help you understand what to say and how to say it in those situations without creating a damaging environment for yourself or others. This workshop is a fun and engaging class designed to break down the advocacy process for adults to actively and appropriately advocate against violence such as domestic violence, intimate partner violence, and bullying. It will include activities designed to create a step by step plan of action for you to create the social change you wish to see. We will cover advocacy in general, specific steps to domestic violence, LGBTQ, and youth advocacy, as well as, discuss a story of home violence during which participants will make choices that may affect the outcome of the story's subject.

Relaxation, Imagery, Reflection & Mindfulness for Adults

Dr. Linda Corbin; Director of Youth and Family Wellness, Reach Out

Room: 203

10:15 A.M. - 11:30 A.M.



Most of us live with a lot of noise in our heads. We are constantly multi-tasking, and before we are done with one activity, we are thinking about the next thing we have to do. It doesn't have to be that way. Come and learn how to quiet the loud chatter in your head through mindfulness, guided imagery, relaxation, and reflection. Mindfulness is awareness, cultivated by paying attention in a sustained and particular way: on purpose, in the present moment, and non-judgmentally (Kabat-Zinn, J., 2012). Guided imagery is a process that helps participants use their imaginations to respond to their stress, unleash their creativity, change their attitudes and behaviors, reach their goals, tap into their inner wisdom, relax, stimulate peak performance and activate natural healing powers (Schwartz, A., 1995). This session will provide participants with information on how these mind strengthening practices can promote mental and physical wellness. We will practice mindfulness and complete a guided imagery session.

Lunch Plenary - Ballroom

11:30 A.M. - 12:45 P.M.



BREAKOUT SESSIONS

1:00 PM - 2:15 P.M.

Alcohol Advertising and Youth

Cassandra Greisen; MPA, Program Coordinator, The Center on Alcohol Marketing and Youth (CAMY)

Room: 100AB

1:00 P.M. - 2:15 P.M.



This session will focus on how the alcohol industry markets to your youth today. Participants will be part of a dynamic workshop lead by one of the nation's leading experts in alcohol advertising, and gain knowledge on how this advertising, affects our youth and our community. The Center on Alcohol Marketing and Youth (CAMY) at the John Hopkin's Bloomberg School of Public Health monitors the marketing practices of the alcohol industry to focus attentions and action on industry practices that jeopardize the health and safety of America's youth.

Different Conflicts, Different Vets

Bruce Cooke; LCSW, JD, County of San Bernardino Department of Behavioral Health

Room: 104B

1:00 P.M. - 2:15 P.M.



The purpose of this workshop is to bring attention to the ones who served in our country and recognize the struggles they take home when coming back from a very tragic and vulnerable episode in their lives. The military service is often seen as a unified whole, but that is not always the case.



Wednesday, June 24

It is a culture that has many elements leading to diversity issues that are present within the military, historically and today. As for veteran Bruce Cooke, his related journey will explain the obstacles and experience he has dealt with continuing his ongoing battle to overcome Post Traumatic Stress Disorder that still exists. **Sesión disponible en español.**

Place it: Engaging in Community Planning through Art and Play

James Rojas; Founder of Place It

Room: 105

1:00 P.M. - 2:15 P.M.



HEALTHY CITIES



PARENTS & COMMUNITY



PROVIDERS

This is a 60-minute hands-on training on a new planning approach that uses environmentally found objects as its medium. The process applies art-making to city-making, which allows people of all ages and backgrounds to engage in the planning process through imagination, investigation, construction, and reflection. Through this process, the public is directly involved and engaged in the planning process as opposed to just being passive viewers. These workshops start with the public's first-hand, personal experiences with the built environment. This empowering and equitable approach results in invaluable insights that can then guide the community and residents through the processes of planning and project development and approval. Place It workshops bring residents together to help them build the social and planning capacity needed to understand and participate in community planning. After the workshop, participants will have time to reflect and ask questions.

Alcohol Trends

Corporal Fred Alvarez; Consultant, Reach Out

Room: 106

1:00 P.M. - 2:15 P.M.



SUBSTANCE ABUSE



PARENTS & COMMUNITY



PROVIDERS

Ages 18+ ONLY

This presentation will introduce you to the popular trends related to youth consumption/abuse trends and market/establishments trends. During the presentation a number of visual aids will be given (pictures, videos, and retail examples) as well as detailed descriptions to help the audience gain a better understanding of what is out there and where it is heading. **Sesión disponible en español.**

Parenting Tips

Evelyn Essenwanger; Deputy District Attorney, Juvenile Division of the Riverside District Attorney's Office
Room: 107

1:00 P.M. - 2:15 P.M.



PARENTS & COMMUNITY

This presentation teaches parents why youth get involved in gangs, the warning signs, how to construct healthy and positive relationships with their children, and more specifically, what parents need to know and do to keep their children out of gangs. This presentation is the one most requested by parents. This presentation is extremely important because gang members originally come from families within our communities. Though there are many complex societal reasons why youth join gangs, engage in criminal conduct, or are disobedient, the fact remains that what parents do or do not do while raising their child is the single most important influence in the development of their child's behavior. **Sesión disponible en español.**



NAMI's Ending the Silence

Jenny Mott; RN, BSN, MS and Laura Mott; NAMI Educator, National Alliance on Mental Illness

Room: 203

1:00 P.M. - 2:15 P.M.



PARENTS & COMMUNITY



PROVIDERS

Ending the Silence is a 60 minute program designed for participants. This transformational program is devoted to giving participants an opportunity to learn about mental health and illness through an informative power point, short videos and personal testimony. Through the presentation, participants will learn symptoms and indicators of mental illness and are given ideas about how to help themselves, friends, or family members who may be in need of support.



Wednesday, June 24

Talking Circle

Allen Saul; Chemical Dependency Counselor, Valarie Dobesh; Prevention Educator, Native American Resource Center

Room: 204

1:00 P.M. - 2:15 P.M.



The talking circle is a traditional way for Native American people to solve problems. It is a very effective way to remove barriers and to allow people to express themselves with complete freedom. For this reason, it is becoming more and more popular in mainstream society. The talking circle is making its appearance in schools, corporate board rooms and team dressing rooms around the world, for the simple reason that the technique works very well. The symbolism of the circle, with no beginning and with no one in a position of prominence, serves to encourage people to speak freely and honestly about things are on their mind.

Break

2:15 P.M. - 2:30 P.M.

Closing Plenary

2:30 P.M. - 4:00 P.M.



END OF DAY TWO

4:00 P.M.

It's All Connected.





Tuesday, June 23

Lunch Plenary



Andre Bossieux

San Bernardino County Dept. of Behavioral Health Transitional Age Youth Center Program Manager

André Bossieux was born and raised in Pasadena, California. He attended the University of La Verne and received a Bachelor's of Arts Degree in Television & Radio Communications. While attending ULV, Andre was involved around campus and joined the basketball team all four years of his undergraduate studies which led him to receive the "All Conference" award, granting him the prestigious honor of being inducted into the University of La Verne's Athletic Hall of Fame in November 2014. After his undergraduate studies, Andre continued his path towards higher education when he decided to pursue his Masters in Health Care Administration. During Bossieux's seven years working with San Bernardino County's TAY program (Transitional Age Youth) where over 3,579 youth were served throughout the county and they continue their service to youth that are experiencing significant mental health challenges and homelessness. The TAY program has been recognized nationally and continues to be a major link in providing critical services to underserved youth in our communities.

Wednesday, June 24

Lunch Plenary



Selvaughn Keagan

The Stay Legacy - "This might be the story today, but it will not be the story of my life."

Selvaughn Keagan is an intelligent, hardworking, multi-talented 18 year old high school graduate. Growing up Selvaughn had a challenging life, being homeless and having no family support to accomplish any of his goals. His life changed on his 18th birthday, when he started at The Stay, which is a crisis facility center that helps aged youth that has experienced a psychiatric crisis transition back to their community. He was warmly welcomed by staff members, as well as roommates who shared similar stories. The Stay gives opportunity and hope for youth, like it did for Selvaughn and his peers. It allowed him to continue participating in basketball, travel for tournaments, attend weekly practices and assisted with transportation to his job. It gave him the confidence to believe that he can be successful and not give up on his dreams. The Recovery Counselors at The Stay encouraged him to strive for larger goals and to continue growing professionally. During his counseling he found motivation and was inspired to break through bad habits and find improvements in his life within 3 short months. Selvaughn was able to learn how to understand his behavior from his past trauma and discover his true identity of who he wanted to be. Now, Selvaughn is on the right path to a better and brighter future. With the help of The Stay, Selvaughn leaves behind his legacy and now has the support and guidance that was much needed throughout his youth. He now has the incredible opportunity to share his story and let teens know that no matter the struggles you go through, there are resources and people out there to help you.



Tuesday, June 23

BREAKOUT SESSIONS

10:15 A.M. - 11:30 A.M.

Teens Educating Peers on Texting and Safe Driving

Bernadette Beltran; Health Education Specialist I/Friday Night Live (FNL) Coordinator, San Bernardino County Department of Public Health FNL Program, and Francis De La Paz; Health Education Specialist I, San Bernardino County Department of Public Health FNL Program
Room: 200AB

10:15 A.M. - 11:30 A.M.

Teen drivers have the highest traffic crash rates of any age group, causing serious injury and accounting for one third of all teenage deaths according to the Center for Disease Control. To reduce injuries and teen fatalities caused by motor vehicle crashes, the San Bernardino County FNL Program created the Teen Traffic Safety Project to provide opportunities for high school students to develop and run their own traffic safety campaigns by empowering teens to educate and persuade their peers about traffic safety. This workshop presentation will illustrate how six different FNL youth chapters in the county designed and implemented their own teen traffic safety campaigns to fit their school and/or community. Presenters will cover steps on how to assist youth in developing their campaigns, connecting youth to resources, such as insurance companies, law enforcement, and other community resources. This workshop hopes to enhance overall peer participation, including state-wide competitions, promotion and evaluation. This workshop includes youth presenters and a poster exhibit.



Leadership

Joe Paulino; Chief and Al Brown; Chief- Retired
Room: 200C

10:15 A.M. - 11:30 A.M.

We are expected to be leaders in the community, in our organizations, and among our peers. To be effective, we must understand the components of leadership, our responsibility to lead, and the impact of our leadership.

Exploring the Lure of Sex Trafficking

Asia Williamson; Social Service Practitioner, San Bernardino County Public Defend and CASE team members
Room: 202AB

10:15 A.M. - 11:30 A.M.

Focusing on prevention and education, this workshop is specifically for teens and young adults who would like to learn more about targeted children in sex trafficking and how to avoid becoming a victim. It presents a survivor's story via short video clips and engages the audience with discussion about this very important topic. This session focuses on the fact that most young people are at risk for becoming victimized by sex traffickers, raising awareness and preventing any risky situations.

Break

11:30 A.M. - 12:00 P.M.

Lunch Plenary - Room 203

11:30 A.M. - 12:45 P.M.

Break

12:45 - 1:00 P.M.



Tuesday, June 23

BREAKOUT SESSIONS

1:00 P.M. - 2:15 P.M.

Healthy Personal Relationships

Ami Davis; Outreach, Policy and Prevention Specialist, Reach Out, and Melissa Woods; Domestic Violence Advocate, Family Assistance Program

Room: 200AB

1:00 P.M. - 2:15 P.M.

This is an interactive youth workshop designed for youth to help identify healthy and unhealthy interpersonal relationships with partners, friends, family and others. We will discuss teen dating and violence, domestic violence, intimate partner violence (same sex and non-cohabitant relationships), and signs that you or a friend may be in need of help and where to access help. Teens will also get a chance to interact with domestic violence advocates and learn about the effects of drug/alcohol use on relationships and how bullying can play a large part of relationship violence.



Youth Advocacy: Let Your Voice Be Heard!

Ebony Miles; Youth Policy Coordinator, Reach Out

Room: 200C

1:00 P.M. - 2:15 P.M.

This workshop will provide teens the opportunity to speak up and advocate on topics important to them and their peers. The introduction of this workshop will show sample projects (art work & videos) done by teens in the community through the Youth Policy Initiative. All that attend this workshop will leave with the understanding of what advocacy is, how policy can help in the process and why it's important for teens to be involved and speak up. Some topics that will be discussed are: teen drug/alcohol awareness, peer pressure, prevention, mental health issues, coping skills and healthy alternatives. Hands on activities and round table discussions will allow teens to create advocacy messages for those in their community.



Sexting: Criminal Teen Trends

Clark Marrow

Room: 202AB

1:00 P.M. - 2:15 P.M.

This is a multimedia presentation based on the dangers and consequences of sexting. This teenage phenomenon has become the biggest behavioral problem for many administrations around the country, and is creating firestorms of controversy and disruption on many campuses. This interactive presentation examines every aspect of the problem: its connection with cyberbullying, legal ramifications, case studies from around the nation, prevention and intervention strategies for parents and school administrators, as well as the emotional toll that sexting takes on all involved. High-impact videos are included.

Break

2:15 P.M. - 2:30 P.M.



Tuesday, June 23

BREAKOUT SESSIONS

2:30 P.M. - 3:45 P.M.

LGBTQ-ABC (Alliance to End Bullying through Compassion)

Ami Davis; Outreach, Policy and Prevention Specialist, Reach Out, and Dolores Dickson; Community Resource Liaison and Youth Advocate, South Coast Community Services

Room: 200AB

2:30 P.M. - 3:45 P.M.

This workshop is designed for youth and will focus on LGBTQ bullying and suicide prevention from the perspective of students. Included will be tips for non-violent advocacy against bullying, when/how/why to report incidents at school, what to do if your reports are not addressed, and how to tell if your friend needs help. Students will be given new tools to identify and address friends or family that may be struggling and how to help them appropriately. This workshop is designed to be interactive and fun while working together to find solutions to students' concerns with their LGBTQ friends and classmates.

Bullying in Schools/ Conflict Resolution Strategies

Edwin Johnson; CHORDS President and Founder, Marsha Knight; Assistant Director

Room: 200C

2:30 P.M. - 3:45 P.M.

This workshop will provide youth with ways to deal with bullying. Our team will discuss how small incidents become major issues amongst teenagers in school and demonstrate real stories of bullying. The goal is to provide youth with Steps to Conflict Resolution, which can be utilized in school and with peers. Youth will have the option to reflect on times they were bullied and what they did to be able to resolve the situation. Anti-bullying resources will be given out. This workshop will also cover topics on relationship bullying, cyberbullying and bullying in school.

Relaxation, Imagery, Reflection, & Mindfulness

Dr. Linda Corbin; Director, Youth and Family Wellness Room: 202AB

2:30 P.M. - 3:45 P.M.

Mindfulness is awareness, cultivated by paying attention in a sustained and particular way: on purpose, in the present moment and non-judgmentally (Kbat-Zin, J., 2012). This mindfulness workshop is great for teens because it will bring them clarity as they navigate through the challenges of life. We tend to live with a lot of noise in our head, especially as youth: however it doesn't have to be this way. Come and learn how to quiet the loud thoughts in your head through mindfulness, guided imagery, relaxation, and reflection. Guided imagery is a priceless tool that helps participants use their imaginations to respond to their stress, unleash their creativity, change their attitudes and behaviors, reach their goals, tap into their inner wisdom, relax, stimulate peak performance and activate natural healing powers (Schwartz, A., 1995). Overall this session will provide youth with guided imagery that will promote mental and physical wellness.



END OF DAY ONE

3:45 P.M.



Wednesday, June 24

BREAKOUT SESSIONS

10:15 A.M. - 11:30 A.M.

Mental Health Careers

Sue Abito; Volunteer Service Coordinator, County of San Bernardino Department of Behavioral Health
Room: 200AB

10:15 A.M. - 11:30 A.M.

This presentation will serve as an introduction to the mental health field for the youth population. Youth will be educated about the multiple paths and career opportunities available to them, should they decide to pursue a career in mental health. A variety of tools will be used to engage them in becoming active in their local communities and serve as an advocate to reduce stigma and discrimination within the mentally ill population.

Gang Awareness

Evelyn Essenwanger; Deputy District Attorney, Juvenile Division of the Riverside District Attorney's Office
Room: 200C

10:15 A.M. - 11:30 A.M.

This is a panel about gang awareness and prevention for youth. Furthermore, youth will hear from former hard core gang members that honestly and vividly relate why youth should definitely stay clear from gang and prison life. The positive response by schools to these presentations has been tremendous.

Many parents and educators relate that youth do not really understand and appreciate the full extent of what they are getting into when they join a gang. Therefore, this powerful presentation teaches about the harsh and painful realities of gang involvement versus the falsely glorified and idealized version promulgated by the entertainment industry and accepted by popular culture. Youth are also taught about the severe legal penalties associated with gang arrests and prosecutions, and they are motivated and encouraged to attain academic and career success.

Talking Circle

Allen Saul; Chemical Dependency Counselor, Valarie Dobesh; Prevention Educator, Native American Resource Center

Room: 201AB

10:15 A.M. - 11:30 A.M.

The talking circle is a traditional way for Native American people to solve problems. It is a very effective way to remove barriers and to allow people to express themselves with complete freedom. For this reason, it is becoming more and more popular in mainstream society. The talking circle is making its appearance in schools, corporate board rooms and team dressing rooms around the world, for the simple reason that the technique works very well. The symbolism of the circle, with no beginning and with nobody in a position of prominence, serves to encourage people to speak freely and honestly about things that are on their mind.

NAMI's Ending the Silence

Jenny Mott; RN, BSN and Laura Mott; NAMI Educator, National Alliance on Mental Illness

Room: 202AB

10:15 A.M. - 11:30 A.M.

Ending the Silence is a 60 minute program designed for high school students. This transformational program is devoted to giving students an opportunity to learn about mental health and illness through an informative Power Point, short videos and personal testimony. Through the presentation, students learn symptoms and indicators of mental illness and are given ideas about how to help themselves, friends, or family members who may be in need of support.

Lunch Plenary - Room 203

11:45 A.M. - 12:45 P.M.

Break

12:45 P.M. - 1:00 P.M.



Wednesday, June 24

BREAKOUT SESSIONS

1:00 P.M. - 2:15 P.M.

LGBTQ-ABC (Alliance to End Bullying through Compassion)

Ami Davis; Outreach, Policy and Prevention Specialist, Reach Out, and Dolores Dickson, Community Resource Liaison and Youth Advocate, South Coast Community Services

Room: 200AB

1:00 P.M. - 2:15 P.M.

This workshop is designed for youth and will focus on LGBTQ bullying and suicide prevention from the perspective of students. Included will be tips for non-violent advocacy against bullying, when/how/why to report incidents at school, what to do if your reports are not addressed, and how to tell if your friend needs help. Students will be given new tools to identify and address friends or family that may be struggling and how to help them appropriately. This workshop is designed to be interactive and fun while working together to find solutions to students concerns with their LGBTQ friends and classmates.

Health Professions: It's Not All Blood and Guts

Carol Allbaugh; Director, Inland Coalition, Reach Out
Room: 200C

1:00 P.M. - 2:15 P.M.

This workshop will focus on the many aspects of health professions that are not commonly promoted yet are vital to healthcare. There are many behind the scene jobs that are also well paying jobs that teens can use to begin their healthcare careers. Some of these emerging professions that will be discussed are public health careers, community health workers, respiratory therapists and more! Youth that attend this session will leave knowing that the sky is the limit with professional health careers.



Exploring the Lure of Sex Trafficking

Asia Williamson; Social Service Practitioner, San Bernardino County Public Defend and CASE team members

Room: 202AB

1:00 P.M. - 2:15 P.M.

Focusing on prevention and education, this workshop is specifically for teens and young adults who would like to learn more about targeted children in sex trafficking and how to avoid becoming a victim. It presents a survivor's story via short video clips and engages the audience with discussion about this very important topic. This session focuses on the fact that most young people are at risk for becoming victimized by sex traffickers, while raising awareness and preventing any risky situations.

Break

2:15 P.M. - 2:30 P.M.

Closing Plenary

2:30 P.M. - 4:00 P.M.

END OF DAY 2

4:00 P.M.

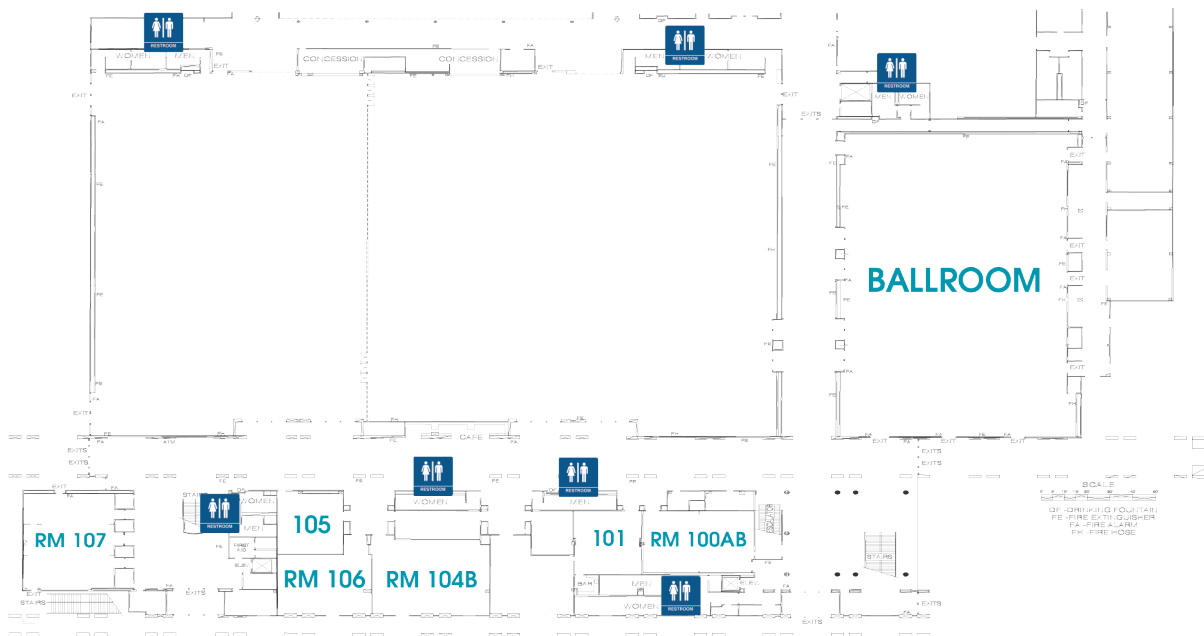




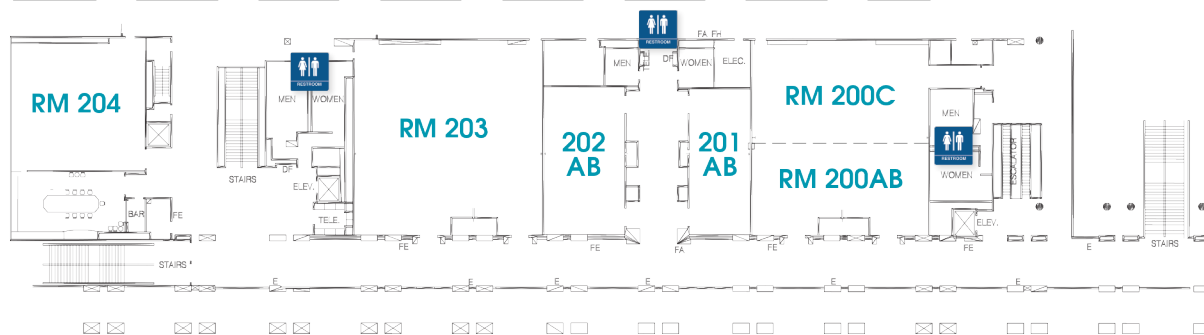
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