



# TRUST CONFERENCE

***WELCOME***  
***March 6, 2015***

Marina Village Conference Center • San Diego, CA

# WELCOME TO TRUST CONFERENCE!

Dear TRUSTers,

Welcome to the third annual TRUST (Teens Reflecting and Understanding Stigma Together) Conference- planned by teens for teens. The TRUST Conference is sponsored by the County of San Diego Health and Human Services Agency (HHSA) and coordinated by students at Health Sciences High and Middle College (HSHMC) and BOOST Collaborative. TRUST brings together 250 high school youth throughout San Diego County to learn, share resources, and network with organizations in the mental health field. The purpose of this conference is to create action plans to erase stigma in schools and communities.

Thanks you for being a special part of this day!

## The TRUST LEADERSHIP TEAM

Sumaia Alabari

Rukiya Ali

Ramzy Awad

Stephanie Bueno

Karla Ceja

Wali Dhagah

Robert Garcia

Bajha Jordan

Tierrah Lewis

Justine Mariscal

Aaliyah Murphy

Hazelyn Oliveros

Stephanie Shottland

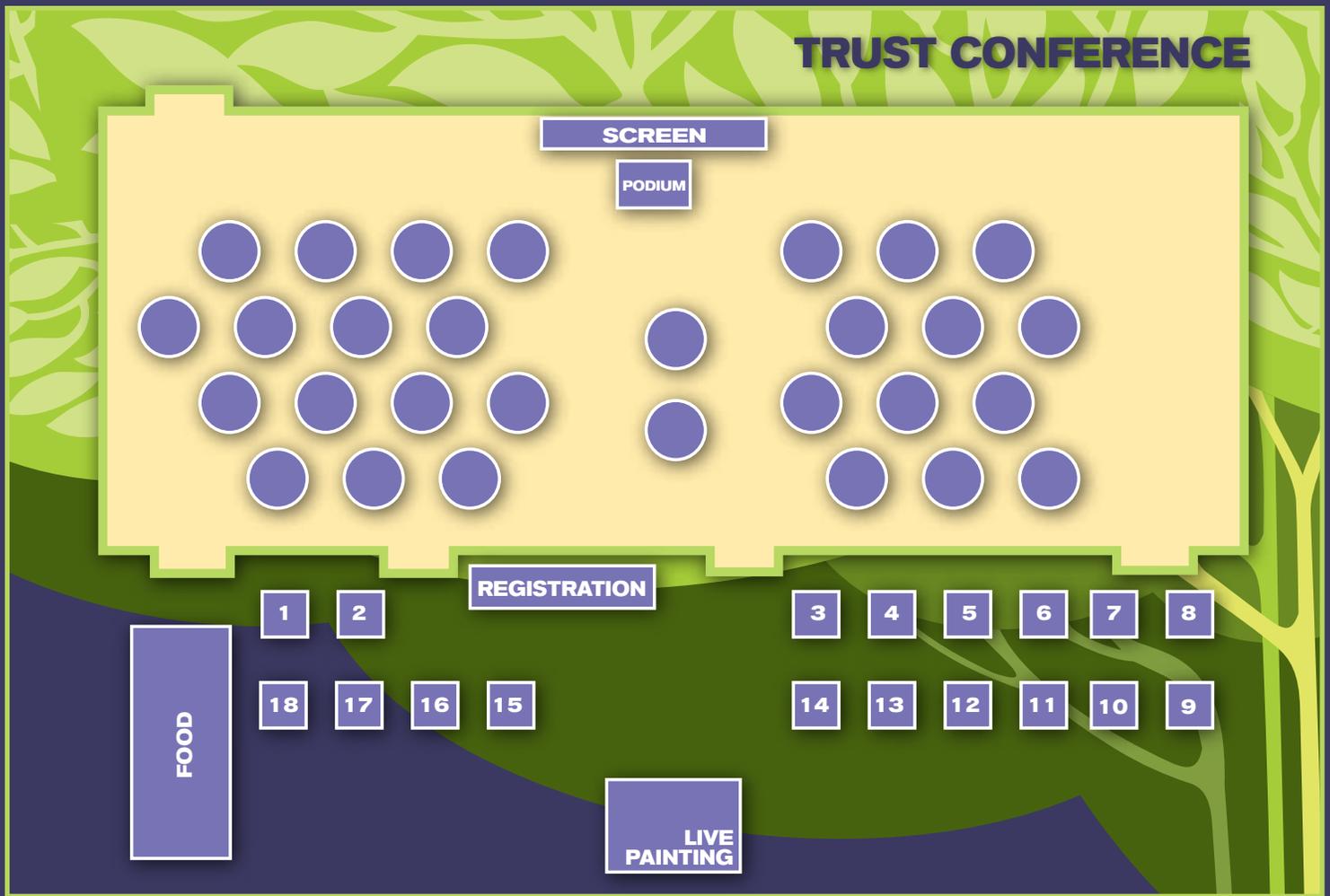
Elizabeth Sibaja



## SCHEDULE AT-A-GLANCE

8:00am-9:00am	Registration
8:00am-9:00am	Resource Fair & Activities
8:00am-9:00am	Breakfast
9:00am-9:45am	Keynote
10:00am-11:00am	Workshop Session
11:00am-11:30pm	Resource Fair & Activities
11:30pm-1:00pm	Keynote & Lunch
1:15pm-2:15pm	Workshop Session
2:30pm-3:00pm	Using What You've Learned Today to Create a School Action Plan & Raffle

# TRUST CONFERENCE



**Please visit the following organizations during the Resource Fair. Get your TRUST PASSPORT stamped at every booth and turn it in at the closing for a chance to win cool prizes!**

1. Health Sciences High and Middle College (HSHMC)
2. Health Sciences High and Middle College (HSHMC)
3. Child and Adolescent Anxiety Mood Program (ChAAMP)
4. Union of Pan Asian Communities (UPAC): Children's Mental Health Dept.
5. County of San Diego Health and Human Services Agency
6. California Association of School Social Workers (CASSW)
7. Family Health Centers of San Diego
8. UMTR2ME-You Matter To Me
9. San Diego Psychiatric Society
10. Healthy Within, Inc.
11. San Diego Regional Center
12. Eating Disorder Center of San Diego
13. Planned Parenthood
14. American Foundation for Suicide Prevention
15. Sharp Mental Health Services
16. NAMI San Diego
17. Recovery International
18. Family Forward Wraparound

## CONFERENCE SCHEDULE

### 8:00am-9:00am Registration

Arrive early to get your name badge, conference tote bag and make sure you have time for all of the early morning activities!

**Captain's Room Patio**

### 8:00am-9:00am Breakfast

Don't miss breakfast with a harbor view! Grab a healthy bite to eat and get ready to begin your exciting day of learning.

**Captain's Room Patio**

### 8:00am-9:00am Live Painting

Stop by the outdoor painting booth and paint with your friends and professional artists from ARTS- A Reason to Survive. Be part of creating a collaborative painting to celebrate TRUST!



### 8:00am-9:00am Resource Fair

Spend time meeting all of the TRUST Conference vendors giving away resources and sharing information to erase the stigma of mental illness.

**Captain's Room Patio**

### 9:00am-9:45am Opening and Keynote Speakers

Rich and Yvonne Dutra-St. John

**Captain's Room**



Experts on relationship building and communication, Rich and Yvonne Dutra-St. John have worked for years to break down the walls of negativity, judgment, separation, isolation and loneliness replacing them with compassion, understanding and love.

As co-founders of the innovative Challenge Day program and the Be the Change Movement, their experiential workshops and keynote addresses have helped to transform the lives of hundreds of thousands of teenagers and adults throughout

the United States and other parts of the world. To read their bios or to find out more about Challenge Day and BE the Change Movement go to [www.challengeday.org](http://www.challengeday.org).

Having now been interviewed on a variety of news broadcasts, and twice appearing on the Oprah Winfrey Show, their life changing work has also been featured in two different nationally televised documentaries The Emmy Award winning Teen Files: Surviving High School and the Bully Solution which won the Canadian Blue Ribbon Award for excellence in broadcasting.

Speaking with groups of all sizes, Rich and Yvonne St. John-Dutra have presented their talks and programs for companies, conferences and groups such as the Coca Cola Corporation, The Million Dollar Round Table, The Kalamazoo Foundation, The BOOST and Push Conferences, The Peace Alliance, Reach for the Future, TeenWork, Whole Life Expos, The DARE Officers Association, The American Association of Group Psychotherapists, Transfinder Inc. and the Girl Scouts of America.

Modeling all that they teach, their inspirational message of hope, compassion and service permeates everything they do. As individuals and as a couple Rich and Yvonne have an uncanny knack for modeling and demonstrating what it means to live passionate, productive and effective lives.

While their messages can be tailored to meet the needs of most any group, the hallmark of Rich and Yvonne's effectiveness is the way they live their lives. Drawing on a life time of experience on a variety of topics such as diversity education, gender training, addictions, couples communication, parenting, team and relationship building, their moving experiential addresses have inspired countless individuals to live, work and interact as the everyday heroes they were born to be.

Challenging You to  the Change 

**Getting To Know The Real You!***Claire Ellison, School Social Worker, AMSW, Health Sciences High and Middle College***Marine**

In this interactive workshop, attendees will investigate the power of labels. Attendees will have the opportunity to determine whether or not they want to live up to the labels they have been given. Through an activity attendees will physically tear off their labels and replace them with strengths of their true identity. Please join this workshop to determine "The Real You" through an exciting and engaging activity! \* This activity has been adapted from Christian Moore's WhyTry Program curriculum (2001).

**It's Stigma, Isn't It?***TRUST Students, Health Sciences High School and Middle College***Anchor**

Attendees will see a play, performed by Health Sciences High and Middle College students, about the history of the treatment of those with mental health disorders. There will also be a question and answer portion with the students from HSHMC to discuss people first language and tips on how to erase the stigma of mental health. Its Stigma, Isn't It? was written by Dr. Ian Pumpain, CEO, HSHMC.

**Learning to Breathe – Yoga and Mindfulness for Teens***Shawnee Thornton Hardy, Yoga Therapist, M.ED, Yoga by Shawnee***Coral**

This workshop will teach asanas (yoga poses), pranayama (breathing), meditation and visualization strategies in order to cope with stress, anxiety and the challenges of growing up in a complex and sometimes stressful world. Stress management is an important skill for teens to learn. When we are in a calm and balanced state we are more able to focus, make clearer decisions and maintain healthier relationships with ourselves and others. Participants will leave with simple tools to take their minds and bodies to a calmer and relaxed state in order to cope with challenging and stressful events and situations.

**LGBTQ 101: Finding the Words***Fernando Lopez, Director of Operations, San Diego LGBT Pride***Dockside**

Participants will learn about the diversity of language use around sexual orientation, sex, gender, and gender identity while participating in exercises that will that can help them understand the emotional trauma associated with bullying and how we can all be better allies to the LGBTQ community.

**Smashing the Gender Box***Gabriela B. Delgado, Project Specialist II, San Diego County Office of Education***Vineyard**

Often times, we are put in a "box" because of our gender. If we don't conform, we are often viewed as "different." This interactive workshop will provide participants with an opportunity to examine media messages and their influence on gender roles. Through hands-on activities, group discussions, and much more, participants will learn how to break through barriers that often prevent us from being true to ourselves.

## MORNING TEACHER WORKSHOP

**Restorative Practices in Schools***Dominique Smith, Director of Student Support, Health Science High and Middle College***E12**

This workshop will give an introduction to restorative practices. It will focus on the philosophy and the understanding of how to use circles within a classroom setting. The goal is to help build restorative practices not just as a discipline model but as a tool to generate a stronger culture within school. There will be testimony from a student that participates in restorative practices with an open question and answer format.

**Resource Fair**

Spend time meeting all of the TRUST Conference vendors giving away resources and sharing information to erase the stigma of mental illness.

**Captain's Room Patio**



**The Lovebirds**

Enjoy live music from our friends, The Lovebirds. The Lovebirds are a folk/pop duo featuring award-winning San Diego songwriters Lindsay White and Veronica May. Falling somewhere on the female duo scale between The Indigo Girls and Tegan and Sara, The Lovebirds have shared the stage with many other humans that make music. The Lovebirds were recently selected as winners of the 2014 Kerrville Folk Festival New Folk songwriting contest and as official showcase performers for 2015 Folk Alliance International. Their third

**Captain's Room Patio**

album Breakup Shmakeup chronicles the experience of ending their romantic partnership in order to preserve their musical partnership. Caution: a live performance by The Lovebirds is a tornado of sights and sounds which may include short skirts, high heels, skinny ties, confidence glasses, percussive guitar, rock ukulele, stand-up drumkits, and harmonies that won't quit. Join the flock, already.

[www.thelovebirds.com](http://www.thelovebirds.com)



**Keynote Speakers:**

Rich & Yvonne Dutra-St. John, Founders, Challenge Day and Be the Change

**Captain's Room**

Learn to be an Act of Change, get out of your comfort zone, learn how to reduce stigma, and participate in a If You Really Knew Me Share workshop, Hug It Out, and create an action plan!!



**Check us out online!**

***TRUSTConference.wordpress.com***



**/TRUSTConference**



**@TRUST\_HSHMC**



**@TRUST\_HSHMC**

### **Countering the Culture: Media Literacy for Teens**

**Dockside**

*Tina Tumberian, Program Director, Program Therapist (MFTI), Neurofeedback Practitioner, Healthy Within, Inc.*

Students will participate in activities from the Full of Ourselves and Boys Council leadership programs. They will be divided into small groups where they will engage in activities that will develop critical thinking and leadership skills. Students will understand the impact of mass media, as well as gain tools to identify and challenge unhealthy and unrealistic media messages and images. As a result, they will be able to clarify their own personal values and define "beauty" for themselves.

### **Down with Self Help: Stamping Out Stigma**

**Anchor**

*Lisa Garcia, Program Manager, Recovery International*

A panel demonstration of The Recovery International is an example of RI's "Power of Change" meetings for young adults. Here individuals learn to take control of their lives instead of being controlled by the events or behavior of others.

### **Ending the Silence**

**Coral**

*Joseph Ocampo, Ending the Silence Volunteer, NAMI San Diego*

This 50-minute program will give students an opportunity to learn about mental illness through power point, video, and personal testimony. Students will learn symptoms and indicators of mental illness, and be given ideas about how to help themselves, friends, or family members who may be in need of support. The program is delivered by a two-person team including a trained consumer/presenter who shares his/her own journey with mental illness and can relate to the student population. Students are given a resource card with valuable phone numbers and websites for mental health agencies along with a list of symptoms/warning signs. At the conclusion of the presentation, postcards will be mailed home to parents informing them of the "Ending The Silence" program and information regarding the programs and services of NAMI San Diego. It is NAMI San Diego's belief that through this program, this generation of students will be well-positioned to eradicate the stigma associated with mental illness through education and advocacy.

### **Inside the Mind of Bipolar 1 Disorder**

**Vineyard**

*Veronica May, Music Therapist/Music Educator, Coast Music Therapy/San Pasqual Academy*

Ever wonder what it might feel like to be inside the mind of a person with bipolar 1 disorder? Wonder no more! This workshop will give an insiders look at the experiences of a person with Bipolar 1 disorder during a full-blown manic episode. It will also touch on ways to reduce the chances of future episodes, and share various coping mechanisms in crisis. This workshop's main goal is to educate participants on what Bipolar 1 disorder is, and what it is not.

### **It's Okay to Ask4Help!®**

**Marine**

*Kelly Cavanaugh, Program and Youth Coordinator, Yellow Ribbon Suicide Prevention Program, San Diego Chapter*

It is not uncommon for teens to think about suicide. You may know someone who is thinking about it, or someone that you are concerned about. One in five teenagers in the U.S. considers suicide annually. The purpose of the Yellow Ribbon Suicide Prevention Program® is to provide those who may be thinking about suicide and their friends resources to get help. Participants will learn about warning signs and risk factors for suicide as well as coping strategies for everyday stress.

## AFTERNOON TEACHER WORKSHOP

### **Stop the Stigma: Stand Up, Stand Strong, Stand Together- A Workshop for Parents, Teachers, and Other Adults in the School Community**

**E12**

*Terri Fong, Clinical Social Worker, Learning Development Services*

How can we translate our conference theme into every day practice? What can we do to support, model, teach, and celebrate a more understanding and compassionate view of mental health and other life challenges? A panel of school social workers will be on hand to guide attendees in a discussion of these and other important topics, and to also share helpful resources.

## CLOSING EVENTS

2:30pm-3:00pm

### Using What You've Learned Today to Create a School Action Plan

Tia Quinn, Founder/CEO, BOOST Collaborative, San Diego, CA

Using Youth Service America's YOUth Changing the World: A Service Project Toolkit, you will prepare plans to lead thoughtful, impactful projects to erase the stigma of mental health issues that are important to you and discover your power to change the world through your actions. Turn your passion into action and impact starting today!

### RAFFLE

Don't miss the final raffle and a chance to win exciting prizes! Your TRUST PASSPORT is your raffle ticket! Turn it in at the closing session for a chance to win!

### RAFFLE PRIZES

Thank you to the following donors for raffle prize donations!

Bucca di Beppo  
Cygnet Theater  
Invasora Radio  
Karen and Ed Cantrell  
La Bella Pizza Garden  
Noodles & Co.  
Starbucks

Sunofsky Chiropractic  
Sandi Fisher  
Sky Zone  
The Torres Family  
ULTRAZONE  
Vons Mission Valley

### THANKS TO ALL OF OUR SUPPORTERS!

4colorcard.com  
Heather Anderson  
A Reason to Survive, ARTS  
Apple Spice Junction Hazard Center  
Stephanie Barker  
BOOST Collaborative  
County of San Diego, Health and Human Services Agency  
Dr. Douglas Fisher  
Terri Fong  
John Goodwin  
Sheri Johnson

Dr. Diane Lapp  
Adrian Lopez  
Marina Village Conference Center  
Will Mellman  
Dr. Ian Pumpian  
Tia Quinn  
Ranch Catering  
Rich & Yvonne Dutra St. John  
San Diego County Office of Education  
All of our Presenters and Resource Organizations!  
All of the San Diego High Schools participating today!

## TRUST CONFERENCE FACILITY MAP

