



Speaker Biographies

11th Annual ECMH Conference – We Can't Wait!
Hope in Relationships: Bridging Science to Practice

September 10-12, 2020
Virtual Conference



Speaker Biographies

Speaker and Session

Biography

Stacey Annand, PhD, LMFT



Friday, 1:30 PM Breakout C-5

Stacey Annand holds a PhD in Clinical Psychology with a specialization in *pre- and perinatal psychology* and concentration in *somatic psychology*. As a Licensed Marriage and Family Therapist, Stacey has worked primarily with a focus on parent-infant attachment and early childhood mental health, preventive and reparative parenting, developmental trauma and adversity across the lifespan, and families impacted by substance use disorders and interpersonal violence. She embraces a relationship-based, holistic model of care and considers concerns impacting or impairing overall functioning from a place of curiosity. Stacey is trained in EMDR, Mentalization-Based Treatment, Circle of Security, and recently earned her Perinatal Mental Health Certification. Since 2009, Stacey has worked and continues to work in various clinical roles at ParentCare Family Recovery Center and is the current Clinical Supervisor for ADAPT, an adult behavioral health program providing community-based peripartum mental health services. Stacey's professional interests have naturally shifted from providing direct services to facilitating inter-program reflective consultations and conversations with all frontline providers, tending to workplace dynamics, the influence of provider-lived experience, and implementing integrative standards of practice, self-care and meaning-making when working with individuals and families with complex needs, within an ever-changing larger system of care.

Alethea Arguilez, MA



Friday, 3:30 PM Breakout D-2

Alethea Arguilez, MA is the Executive Director of First 5 San Diego, the region's primary organization for promoting the health and well-being of children 0-5 years of age and their families. Alethea has dedicated over 20 years to the field of early childhood education, starting her journey as an infant and toddler teacher. Her early experience was working to create and support pathways for families experiencing adversity in achieving self-sufficiency through direct services which helped form the foundation for her work.

Alethea is a native San Diegan, proud Latina and momma of two young ladies, Isabelle and Gabrielle. Her passion is to be a champion for young children and families and supporting an equitable and sustainable early care and education system. She holds a master's degree in Nonprofit Leadership Management from the University of San Diego and a Bachelor's degree in Child and Family Development from San Diego State University.

Denisse Camargo



Friday, 1:30 PM Breakout C-4
Saturday, 2:15 PM Breakout G-4

Denisse Camargo is an Early Education Quality Improvement Support Coach with the San Diego County Office of Education, where she provides coaching and professional development to early education program leaders and teachers in support of quality improvement. She holds a degree in Human Development with a focus on Early Childhood Development from California State University East Bay and has 15 years of experience working in the early education field. When she is not working with educators, Denisse enjoys cooking and spending time at the beach with her husband and three amazing sons.

Speaker and Session

Christine Cole, LCSW, IMH-E®



Thursday, 3:30 PM Breakout B-6
Friday, 3:30 PM Breakout D-6

Biography

Christine's education and training has focused on early childhood mental health, interpersonal trauma, and the practice of reflective supervision. As a therapist, she has had the opportunity to practice within a variety of settings ranging from ECMH consultation, school-based interventions, in-home family therapy, outpatient therapy and inpatient services for eating disorders and substance use. Christine's work with caregivers and young children has addressed behavior management, emotional distress, processing trauma, and attachment concerns. Regardless of the setting or type of services, Christine has learned that supporting caregivers in their role is integral to the health and well-being of their children, which includes the 'caregivers' who provide services to families. For that reason, she is a passionate advocate for reflective practice and its invaluable impact on ourselves, our teams and the families we work with. Christine currently provides reflective practice groups to coaches and consultants at YMCA Childcare Resource Service.

Mindy Coughlin, BSN, RN, PHN



Friday, 1:30 PM, Breakout C-5

Mindy has always had a passion for helping people. She has worked in the healthcare industry most of her working life, and has a strong passion for women's health. Mindy has worked as a certified nursing assistant in various settings, volunteered as a doula with over 200 hours of labor support time, and is now a Registered Nurse working in Maternal Child Health with the County of San Diego.

Barbara J. Deloian, PhD, RN,
CPNP, IBCLC



Saturday, 11:30 AM Breakout E-2

Dr. Barbara Deloian is a certified pediatric nurse practitioner and lactation consultant. She has focused on supporting the parent-child relationships in families throughout her career, with a special interest in working with families of premature and medically complex infants. Her work in public health, pediatric cardiology, child development and perinatal and premature infant follow-up utilizes a strength-based approach supporting positive parent-child relationships. She is particularly interested in providing parents with guidance to address feeding, sleep, and fussiness through individual consultation, information, education, and support services. Upon retirement from the Colorado Department of Public Health and Environment, HCP Program, she started the non-profit *Special Kids, Special Care, Inc.* The goal of Special Kids, Special Care is that "families of premature babies and babies who need special care are connected, confident, and comfortable caring for their baby with access to follow-up parent education and support from knowledgeable healthcare and early childhood professionals."

Jessica Elkind



Friday, 1:30 PM, Breakout C-5

Jessica Elkind is the Contracting Officer's Representative for the ADAPT program and currently works for the County of San Diego, Behavioral Health Services, Children, Youth and Families. Jessica holds a BA in Child and Adolescent Development/Psychology and her background experience includes children's social work and special education provided at a children's residential facility.

Speaker and Session

Dennis Embry, PhD



Friday, 8:45 AM Keynote
Friday, 10:00 AM Keynote
Friday, 11:15 AM Keynote
Saturday, 9:00 AM Keynote
Saturday, 10:15 AM Keynote

Biography

Dennis D. Embry, PhD, is the president/senior scientist of PAXIS Institute in Tucson, Arizona, and co-investigator at the Center on Prevention and Early Intervention at Johns Hopkins University at the Manitoba Centre for Health Policy. He serves on the National Advisory Council for the US Center for Mental Health Services, is a scientific advisor for the Children's Mental Network, and is on the board of directors for the National Federation of Families for Children's Mental Health. Association for Behavior Analysis International honored Dr. Embry for showing population-level prevention of DSM disorders. Dr. Embry has focused on developing proven behavior change strategies to prevent, ameliorate or reduce leading causes of death, disabilities, addictions, crime, violence, academic failure, and psychiatric disorders at population levels. His work with Sesame Street inspired him to take an entrepreneurial approach to innovation in behavioral sciences. Dr. Embry founded PAXIS Institute in 1998 to be the first example for "carbon-based valley" enterprise to provide population level tools to prevent, reduce, or ameliorate the epidemic of mental, emotional, and behavioral disorders. The scientifically proven tools can work in multiple settings with adaptations to the classroom, in homes with families, in community settings, and in therapeutic settings. The ability to work in different settings increases clinical outcomes and efficiency.

Chantel Enriquez, LPCC



Friday, 1:30 PM, Breakout C-5

Chantel Enriquez, LPCC, is a clinician with Vista Hill Accessible Depression and Anxiety Peripartum Treatment (ADAPT) Program. Being a first generation Filipino American, her early childhood experiences cultivated her ability to listen to the stories of those around her and sense the meanings of messages despite cultural differences and language barriers. It was this special connection with others that fueled her passion to pursue therapy as a career and promote healing, particularly in communities of color. She has provided individual and group therapeutic services to women and children in a variety of settings, including in custody, outpatient, residential SUD treatment, and most recently offering support to mothers and families in their homes and other preferred community locations with the ADAPT program. Chantel strives to honor and respect the most vulnerable parts of her clients' narratives and recognize inner strengths to feel more seen, heard, and empowered.

Stacy Everson, RN, BSN, CFLE,
CDDN



Thursday, 3:30 PM Breakout B-5

Stacy Everson is a registered nurse and is nationally Certified in Family Life Education (CFLE) and Developmental Disabilities (DDNA). She has been working in the San Diego area since 1987 teaching social- sexual education, assertiveness, abuse awareness/prevention, and developmental disability syndromes to people with developmental disabilities and a variety of service providing agencies, such as Adult and Child Protective Services. She serves as an expert witness in court cases. Stacy is an international speaker on the topics of sexuality and abuse of people with developmental disabilities.

Speaker and Session

Kim Flowers, LCSW, IF-ECMH
RPF-II



Saturday, 1:00 PM Breakout F-4

Biography

Kim Flowers, LCSW, currently serves as Senior Director of Family Support Services for Neighborhood House Association's Head Start, Early Head Start, and Services to Pregnant Women programs. Endorsed as a Reflective Practice Facilitator Level II, she has over 30 years of ECMH experience, as well as an Advanced Certificate in Infant Preschool Mental Health. She has provided clinical services in home visitation, education, military, and community mental health settings and has supported the professional development of early childhood professionals at Alliant International and San Diego State Universities.

Baraka D. Floyd, MD, MSc



Thursday, 10:00 AM Keynote

Dr. Baraka D. Floyd is a pediatrician at Stanford School of Medicine and co-medical director of the Peninsula Family Advocacy Program, Stanford Children's Health's Medical-Legal Partnership. She has spearheaded local initiatives around post-partum/perinatal depression, behavioral health, educational supports, screening for and holistically addressing social determinants of health and diaper insecurity. Parallel to her local efforts, Dr. Floyd serves as a medical consultant for DULCE (Developmental Understanding and Legal Collaboration for Everyone) and consulting lead for MLPBs (formerly Medical Legal Partnership | Boston) Unlocking Access Learning Community, both focused on working upstream with patients, families, and care teams to address the social determinants of health. Dr. Floyd is a graduate of the Morehouse School of Medicine and completed her residency at Lucile Packard Children's Hospital Stanford.

Denise Foster, DNP, RN, PHN,
NE-BC



Friday, 3:30 PM Breakout D-2

Dr. Foster brings with her a wealth of experience in the art and science of nursing, including over 20 years of progressive nursing leadership. She is experienced in leading in numerous nursing specialties and in a variety of settings. In her current role as Chief Nursing Officer for the County of San Diego, Dr. Foster develops the strategic plan for nursing, and provides direction for enterprise-wide policies and planning for nursing practice in clinical and community-based settings. Before joining the County, she was the Division Director of Women's and Children's Services for Doernbecher Children's Hospital in Portland, Oregon and has served in other key nurse education, administration, and clinical roles. Dr. Foster holds a Doctor of Nursing Practice from the Oregon Health and Science University, a Master of Science in Nursing from the University of Phoenix, and is a Board-certified Nurse Administrator.

Ali Freedman, PsyD, MBA



Thursday, 1:30 PM Breakout A-1
Saturday, 1:00 PM Breakout F-3

Ali Freedman is a Licensed Clinical Psychologist in San Diego who also completed her MBA with an interest in supporting the sustainability of social services for youth and families. Ali has worked anywhere from clinician to executive to consultant in a variety of nonprofits within the social service sector. Her belief in the importance of early intervention prompted her to complete the Advanced Infant and Preschool Mental Health Certificate. Always looking for effective ways to help and engage people, Ali became certified as an Equus Coach where people are brought together with horses to gain insight and see their patterns and potential through those unique relationships. Currently working as a consultant, she is also committed to several projects for which she volunteers.

Speaker and Session

Pradeep Gidwani, MD, MPH



Thursday, 3:30 PM Breakout B-2
Friday, 3:30 PM Breakout D-2

Biography

Pradeep Gidwani, MD, MPH, FAAP is a pediatrician and community health leader focused on creating systematic solutions and changes to improve the lives of children and their families. Currently, he works at American Academy of Pediatrics, California Chapter 3, San Diego and Imperial Counties (AAP-CA3) on a team that provides countywide coordination and support for two large scale community initiatives—Healthy Development Services and First Step Home Visiting funded by First 5 San Diego. In the last 14 years, these communitywide programs reach over 314,000 children and their families.

Dr. Gidwani is a Past President of AAP-CA3 and serves on numerous community advisory boards as well as the National Advisory Committee of Healthy Families America and the State Advisory Board for California Nurse Family Partnership. He is a Child Trauma Academy Fellow and a member of the Board of Governors at the San Diego Foundation.

Margaret Rudy Gutsell, LMFT



Saturday, 1:00 PM Breakout F-1

Margaret Rudy Gutsell, LMFT is a Registered Play Therapist. She is the Clinical Supervisor at South Bay Community Services and prior to that served as the Quality Assurance Supervisor and a Program Therapist. She received her master's degree in Marriage and Family Therapy at the University of San Diego, where she was a Dean's Merit Scholar. Her BA in Psychology is from UC Berkeley.

Takeenya S. Hill, MSW



Friday, 1:30 PM, Breakout C-5

Takeenya (Keeya) Hill is a Peer Partner with Vista Hill Accessible Depression and Anxiety Peripartum Treatment (ADAPT) Program. Keeya holds a MA in Criminal Justice and MSW with a concentration in mental health and trauma. Her passion to give back to her community through social service stems from spending her entire childhood in foster care, raising four young children as a single parent, and starting a new career after serving twelve years in the Marine Corps. Keeya knew her purpose in life was to pursue a career that would allow her to utilize life experiences as a skill set to advocate for various populations and cultures. As both an intern and employee of Vista Hill, Keeya has provided in-home case management services, cofacilitated parenting classes and provided therapeutic supervised visitation for families, and currently providing in-home Peer Support to women and their families with the ADAPT program.

Alana D. Kalinowski, MSW



Saturday, 11:30 AM Breakout E-3

Alana Kalinowski, Director of Partner Integration, incorporates her background in history and nearly 13 years of non-profit clinical and administrative experience in her work with the Community Information Exchange (CIE). Leveraging her strong systems understanding of San Diego's health and social service landscape, Alana works to expand the CIE Partner Network, assists member organizations' in their efforts to utilize CIE, and identifies opportunities for system integration and data sharing. Prior to her work at 2-1-1, Alana had extensive experience working with older adults, progressive dementias, and aging marginalized groups. Dedicated to dismantling systemic inequity and increasing access to culturally sensitive services, Alana brings an intersectional perspective to all areas of her role.

Speaker and Session

Al Killen-Harvey, LCSW



Thursday, 3:30 PM Breakout B-1

Biography

Al Killen-Harvey is the co-founder of The Harvey Institute, a training and consultation company whose mission is improving healthcare outcomes through integrating sexual health. He is also at the Chadwick Center where he has served in a variety of clinical and training positions, and is a past recipient of the San Diego County Child Abuse Coordinating Council's "Unsung Hero" Award for his work with children who have been abused and/or neglected. He currently serves on the Advisory Board of The Children's Advocacy Centers of California and The Courthouse Dog's Foundation and is on the Clinical Advisory Board for the Trevor Project, a national organization providing crisis intervention and suicide prevention services to LGBTQIA+ youth. He has served as an expert witness for the United States Army and the San Diego County District Attorney's Office.

Maggie Knight, LMFT



Thursday, 1:30 PM Breakout A-2

Maggie Knight is a bilingual (Spanish/English) Licensed Marriage and Family Therapist currently working at the KidSTART Clinic, Chadwick Center for Children and Families at Rady Children's Hospital San Diego as an early childhood mental health therapist for children 0-5 and their families. She completed her undergraduate degree at San Diego State University with a degree in Psychology and Spanish and completed her Master's degree at California State University, Fullerton. Maggie has been trained in various treatment modalities, including Parent Child Interaction Therapy, Trauma Assessment Pathway, and Child Parent Psychotherapy. With experience treating children, adolescents, and families, Maggie's passion has really been working with the 0-5 population supporting healthy attachment and developmental growth.

Michelle Kole, PhD, SEP



Friday, 1:30 PM Breakout C-1

Dr. Michelle Kole is a Licensed Clinical Psychologist and Somatic Experiencing Practitioner with 19 years of experience in the field of mental health. Michelle's area of focus is in working with PTSD and other trauma-related disorders. She is currently the Clinical Director for Helix Treatment Centers, a residential treatment center for women which focuses on using a somatic approach to treating trauma. She serves on the Board of Directors and as a subject matter expert for two nonprofits serving firefighters and veterans with PTSD. She has received extensive training in the following approaches: Psychodynamic, CBT, Somatic Experiencing, EMDR, and hypnosis. Michelle also is a yoga and meditation teacher and draws upon healing modalities from her spiritual practice as well. In her free time, she enjoys doing anything that involves spending time with animals, especially her two rescue dogs and three donkeys.

Kristen Krauss, MA



Saturday, 11:30 AM Breakout E-4

Kristen Krauss has been an Early Education Quality Improvement Support Coach with the San Diego Quality Preschool Initiative for the last four years, supporting early education programs to improve quality. In her role, Kristen supports early education program leaders, support staff and teachers by coaching on early education best practice and facilitating trainings on all aspects related to the Quality Rating Improvement System aligned with the Early Childhood Educator Competencies. Before joining the San Diego team, Kristen spent nine years as a preschool teacher, mentor and site director in Los Angeles, CA. Currently Kristen is a member of the Trauma Sensitive Schools Core Implementation Team with the San Diego County Office of Education, striving to bring awareness to Trauma Sensitive Practices across the county.

Speaker and Session

Biography

Jena Kubiak, MS



Jena Kubiak currently works as a Coordinator of Early Education Programs and Services at the San Diego County Office of Education, and has been involved in education for over 15 years. She taught preschool and kindergarten until entering the role of administrator in the State of Wisconsin as a principal. Subsequently she became an education coordinator in Ohio. Most recently, Jena taught as a professor at the university level in California until joining the San Diego County Office of Education.

Saturday, 11:30 AM Breakout E-4

Rosa Ana Lozada, LCSW



Rosa Ana Lozada, LCSW, is the Chief Executive Officer of Harmonium, Inc. and has more than 37 years of dedication, service, and leadership in mental health, human, and social services. Ms. Lozada leads Harmonium by providing fiscal and program oversight, leveraging agency funding and service resources through public and private collaborations, integrating local and state initiatives, and implementing health prevention and intervention strategies. Her focus is children, youth, and families within a cultural, community, and trauma-informed lens. Ms. Lozada has Bachelor of Arts degrees in Social Welfare and Ethnic Studies and a master's in social work. She earned her certificate in Early Childhood Socio-Emotional Behavior Intervention Specialist (EC-SEBRIS), and is a founding member of the California Association Infant Mental Health. In 2013, Ms. Lozada was the recipient of the County of San Diego Behavioral Health Person of the Year Award.

Thursday, 3:30 PM Breakout B-6

Friday, 3:30 PM Breakout D-6

Laura McClarin, LMFT



Laura McClarin is a Licensed Marriage and Family Therapist who has over fourteen years of experience providing services in community settings while utilizing a solution-focused and strength-based philosophy. Her experience includes managing an outpatient community center, overseeing a Wraparound region, serving as the Quality Assurance (QA) liaison for the program, and working in group home settings and at a community college. Laura is currently a Senior Director at Fred Finch Youth and Family Services and oversees a new pilot program, the Child and Family Team (CFT) Meeting Facilitation program, which recently won an award from the National Association of Counties (NaCo).

Friday, 1:30 PM Breakout C-3

Samira Moosavi, CCLS



Samira Moosavi is the Children's Bereavement Manager at The Elizabeth Hospice. This role includes overseeing the agency's two Children's Bereavement Centers, a school-based grief support program and two sessions of Camp Spero, a weekend opportunity for new and returning campers. The program is built on the foundation that no child should grieve alone. Offering trainings to a range of professionals within the community on childhood bereavement regionally and nationally is one of her passions.

Thursday, 1:30 PM Breakout A-3

Speaker and Session

Biography

Kelly C. Motadel, MD, MPH



Dr. Motadel has been a pediatrician and the Chief Medical Officer of Vista Community Clinic (VCC) and on staff at Tri City Medical Center for over 15 years. Over the last few years, Dr. Motadel has become increasingly engaged in fighting for access to quality care for all patients and for clinician wellness to care for those patients. Beyond her clinical and administrative duties at VCC, she was a founding member of Time's Up Healthcare, a national organization founded to fight for a safe, fair, and dignified workplace for women of all kinds. She also serves on the District Advisory Council for Health and Human Services for her state assembly member and as a preceptor for medical students at UC San Diego and at Arizona College of Osteopathic Medicine. Dr. Motadel is also serving as the North County Geographic Director for the SDCMS Board of Directors.

Friday, 3:30 PM Breakout D-2

Ruth P. Newton, PhD



Dr. Newton is a clinical psychologist specializing in the Neuroscience of Attachment. She is founder and director of the Newton Center for Affect Regulation (NCAR) and the originator of *Integrative Regulation Therapy (iRT)*, a neurobiological evidence-informed limbic system scaffold focused on early attachment trauma and its role in ongoing development. Dr. Newton is a member of the Allan Schore Los Angeles Study Group for Affective Neurobiology and has trained with Alan Sroufe and Elizabeth Carlson, University of Minnesota, Child Development Institute; and Mary Main, Erik Hesse, Nancy Kaplan, and Sonia Gojman, University of California, Berkeley on attachment measures for children and adults. She is the author of *The Attachment Connection: Scaffolding the Brain*, a two-part *iRT* training manual; and *Notes from NCAR*. Dr. Newton is the director for three (First 5/HDS/FHCSD/NCAR) grants focused on the care of mothers and infants during the first postpartum year. She is endorsed by the California Center for Infant-Family and Early Childhood Mental Health as an Infant-Family and Early Childhood Mental Health Specialist and Reflective Practice Facilitator III/Mentor.

Friday, 1:30 PM Breakout C-2

Tram Nguyen



Tram Nguyen is currently a Lead Facilitator for the Child and Family Team (CFT) Meeting Facilitation program. She cultivates working relationships with representatives from San Diego Child Welfare Services (CWS), Behavioral Health Services (BHS) and Probation while overseeing and managing referrals and CFT meetings for a region. Tram Nguyen previously provided developmental/behavioral services for youth 0-5 funded by First 5 and taught parent education classes in community settings throughout San Diego County.

Friday, 1:30 PM Breakout C-3

Jeannie Oestreicher, LMFT



Jeannie Oestreicher is a Licensed Marriage and Family Therapist and the Assistant Program Manager at the San Diego Center for Children FFAST program, providing mental health services to foster youth and families. She oversees the Pathways to Wellbeing services provided by the FFAST program, including San Diego County's newly implemented Therapeutic Foster Care services. Jeannie specializes in providing dyadic therapy to 0-5's and is a rostered Child Parent Psychotherapy clinician.

Thursday, 1:30 PM Breakout A-5

Friday, 3:30 PM Breakout D-4

Speaker and Session

Brooke Olson, OTR/L



Friday, 3:30 PM Breakout D-5
Saturday, 2:15 PM Breakout G-3

Biography

Brooke Olson, OTR/L is a pediatric occupational therapist with over 25 years of experience working with children in a variety of settings including inpatient, outpatient, school systems, home care, early intervention and tele-therapy. She has practiced all over the world including American Samoa and Guam. Brooke has recently opened a private practice called TheraPeeps Occupational Therapy Services which provides parent coaching for problem solving sensory-based differences via teleconferencing in California.

She has extensive training in sensory processing, including a mentorship from the STAR Center, and is trained in the administration and scoring of the SIPT (Sensory Integration Praxis Test). She has multiple certifications and training, including Yoga for the Special child, Integrated Listening Systems, Therapeutic Listening, Interactive Metronome, Handwriting Without Tears, SOS approach to feeding and DIR/Floortime.

Brooke's approach to therapy is using a play-based model—teaching and coaching caregivers to develop their therapeutic self in everyday interactions with their children, gain the child's utmost potential and unearth the child's individual differences.

Lexie Palacio, MA



Saturday, 11:30 AM Breakout E-3

Lexie Palacio currently serves at the YMCA Childcare Resource Service as the Community Collaborative Director for the Partners in Prevention Initiative, a local collaborative effort to increase family strengthening and support and prevent child abuse and neglect. Lexie has been in the field of Early Care and Education for the past 20 years, serving in previous roles as Regional Lead for Healthy Development Services and as Preschool Director and Preschool Teacher for several non-profit and private childcare programs. Lexie currently serves as a committee member on the ECMH We Can't Wait Conference Committee and over the years has presented at several conferences, most recently at the We Can't Wait Conference (2018) and California Mental Health Advocates for Children and Youth (CMHACY) Conference (2020). Lexie attended California State University Northridge where she received her Bachelor's in Child and Adolescent Development and Masters in Educational Psychology with an emphasis in Early Childhood Education.

Brandi Paniagua



Thursday, 3:30 PM Breakout B-3
Saturday, 2:15 PM Breakout G-2

Brandi has been in the social services field for four years in both direct service and collective impact projects, equipping caregivers with trauma-informed care practices and cultural humility. She is currently working with the Partners in Prevention Project in San Diego County and is devoted to community reinvestment, social and educational equity, and empowered families and communities.

Speaker and Session

Wendy Pavlovich, MD, MHS



Thursday, 1:30 PM Breakout A-2

Biography

Wendy Pavlovich, MD, MHS is a general pediatrician and medical educator at Family Health Centers of San Diego and serves as pediatric outpatient training director. She currently co-chairs the American Academy of Pediatrics, California Chapter 3 Committee on Adverse Childhood Experiences and Trauma-Informed Care. She completed her pediatric internship and residency training at the Boston Children's Hospital/Boston Medical Center Combine Pediatric Residency Program. She earned her medical degree from Tufts University School of Medicine and her Master's in Health Sciences from Johns Hopkins Bloomberg School of Public Health.

Aisha Pope, LCSW



Thursday, 1:30 PM Breakout A-5
Friday, 3:30 PM Breakout D-4

Aisha Pope, LCSW, has worked in San Diego County's Children's Behavioral Health System of Care for the last 20 years. Ms. Pope has provided therapeutic services and clinical supervision in a variety of settings including outpatient, inpatient, residential, community/home based, private practice, and now telehealth. She currently works for San Diego Center for Children as a Program Director in the Foster Family Agency Stabilization and Treatment (FFAST) Program, and has a private practice where she specializes in supporting BIPOC, youth 0-5, couples, and those needing support with parenting. She also currently co-chairs the county's CYFSOC Early Childhood Mental Health Subcommittee. Ms. Pope is proud to be a Rostered Provider in Child Parent Psychotherapy (CPP) and a Certified Positive Discipline Trainer. She is passionate about helping families to grow their connections to each other and community, reach their goals, and improve their resilience.

Ariane Porras



Thursday, 3:30 PM Breakout B-4
Saturday, 1:00 PM Breakout F-2

Ariane Porras is a native San Diegan who has had the privilege of serving this county for over a decade in various programs for the two social service branches of the YMCA of San Diego County. She has worked in early education as a behavior specialist and trainer promoting social emotional literacy and foundations. She has also worked with kinship families helping them navigate and access resources as well as facilitating weekly support groups. Her experience working with the end cap populations of our society has greatly contributed to her passion for equipping caregivers in San Diego on trauma-informed caregiving, as it has provided a full scope of how trauma affects the entire family system and how responsive relationships are key to healing each other and in turn our communities.

Megan Rogers, AMFT



Saturday, 1:00 PM Breakout F-1

Meg Rogers holds a degree in Marriage and Family Therapy from San Diego State University and was a 2018 Fellow in AAMFT's Minority Fellowship Program. She is currently a therapist for the Mi Escuelita Pre-School program and Children's Mental Health program at South Bay Community Services. Meg has worked with families experiencing domestic violence through License to Freedom in El Cajon, CA and through Baltimore City and County's Sexual Assault and Domestic Violence Hotline.

Speaker and Session

Jeff Rowe, MD



Friday, 11:15 AM Keynote
Friday, 3:30 PM Breakout D-1

Biography

Dr. Rowe is a child and adolescent psychiatrist who has been studying early childhood mental health issues for 20 years. He is a clinician, teacher, and consultant on complex cases in a variety of settings.

Lodia Ruiz



Thursday, 3:30 PM Breakout B-4
Saturday, 1:00 PM Breakout F-2

Lodia Ruiz is a local San Diegan who grew up in the diverse community of Southbay. As a native, Lodia uses her experience of working within the foster care system, including kinship families, probation-based systems, and low income schools, to drive her passion for serving her community. As a Program Director for the YMCA Foster Care Bridge program, Lodia has focused on learning and implementing trauma-informed practices where she is responsible for the training and leading of staff to train childcare providers providing care for children impacted by trauma. Lodia is a member of the San Diego Trauma-Informed Guide Team as well as the San Diego Foster Care Services Committee.

Carla Sciarrino, LCSW, IMH-E



Saturday, 11:30 AM Breakout E-1
Saturday, 1:00 PM Breakout F-4

Carla Sciarrino LCSW, IMH-E® is the Mental Health Coordinator for Neighborhood House Association's Head Start/Early Head Start Program in San Diego. Carla has a Bachelor of Arts in Child Development with a concentration in children aged 0-5 from San Francisco State University, a Master of Social Work from Smith College, and is endorsed as an Infant Mental Health Specialist through the Colorado Alliance of Infant Mental Health. Carla worked as an early childhood teacher for over a decade prior to pursuing her Master's, and for the last five years has worked with childcare providers and early childhood educators as an early childhood mental health consultant. Carla uses the pronouns she/her/hers.

Robert Sege, MD, PhD



Thursday, 8:45 AM Keynote
Thursday, 11:15 AM Keynote

Robert Sege, MD, PhD is a Professor of Medicine at Tufts University School of Medicine, where he directs a new Center for Community-Engaged Medicine. Dr. Sege is nationally known for his research on effective health systems approaches that directly address the social determinants of health. He is a Senior Fellow at the Center for the Study of Social Policy in Washington and serves on the boards of the Massachusetts Children's Trust and Prevent Child Abuse America. He has served on the American Academy of Pediatrics' Committee on Child Abuse and Neglect, and on its Committee on Injury, Violence, and Poisoning Prevention. He is a graduate of Yale College, and received his PhD in Biology from MIT and his MD from Harvard Medical School. Dr. Sege lives in the Boston area, where he and his wife Karen have raised three young adult children.

Speaker and Session

Nubia Soto, MS, MBA



Saturday, 1:00 PM Breakout F-1
Saturday, 2:15 PM Breakout G-1

Biography

Nubia Soto has been a program director with South Bay Community Services for eight years and is now overseeing Mi Escuelita, a therapeutic preschool for children exposed to domestic violence or abuse. She has been in the social services field for over 18 years and previously worked with at-risk foster youth at a residential facility. Nubia has dedicated her career to the prevention and intervention of child abuse and has implemented programs that support the well-being of foster children and youth. Nubia is a certified Domestic Violence Counselor and holds a Psychology degree from San Diego State University as well as a Master's in Business Administration from Phoenix University.

Brettney Stanley



Friday, 1:30 PM Breakout C-4
Saturday, 2:15 PM Breakout G-4

Brettney Stanley is an Early Education Quality Improvement Support Coach for the San Diego County Office of Education, where she supports early education program leaders to build sustainable, high-quality practices. She has over 11 years of experience in the ECE field, a degree in Child Development, and a graduate certificate focused on Early Childhood Social Emotional and Behavioral Intervention Support from San Diego State University. When she isn't working with the early childhood workforce, Brettney enjoys cooking and gardening in her San Diego home where she lives with her partner and their rambunctious cat.

Heidi Stern-Ellis, LCSW



Thursday, 3:30 PM Breakout B-1

Heidi Stern-Ellis, LCSW is a Clinical Improvement Coordinator at Rady Children's Hospital, Chadwick Center. She has worked at the Center for 27 years, dedicating her career to trauma-informed practices including clinician health. She provides reflective supervision to a team of trauma counseling therapists and for KidSTART staff, an award-winning Early Child Mental Health Treatment Program. She brings a vast amount of experience to these positions, including the most cutting-edge practices in trauma treatment. Ms. Stern-Ellis is rostered for Child Parent Psychotherapy.

Ms. Stern-Ellis also provides trainings specific to LGBTQ youth. She is a trainer for the Public Child Welfare Training Academy where she focuses on assisting the Child Welfare System in decreasing the risk factors for LGBTQ youth. Ms. Stern-Ellis is a co-author of a trauma brief on this topic for the National Child Traumatic Stress Network. She is also a past board member for Family Matters at the San Diego LGBT Community Center.

Christopher Walsh, LMFT



Friday, 1:30 PM Breakout C-2

Christopher Walsh is a licensed Marriage and Family Therapist with over 25 years of experience in the field of mental health, serving as an administrator, consultant, educator and provider of psychotherapy to families in the San Diego area. He currently is the Clinical Supervisor at Community Resource Center in Encinitas. Chris has provided numerous trainings in Reflective Practice to mental health and allied health professionals over the last decade. Chris sits on several community advisory boards, including the Early Childhood Mental Health Leaders Committee.

Speaker and Session

Babbi Winegarden, PhD, MHPE



Thursday, 1:30 PM Breakout A-4
Friday, 3:30 PM Breakout D-3

Biography

Dr. Babbi Winegarden is the Behavioral Health Program Coordinator for San Diego County Child Welfare Services where she provides a leadership role in the mental health services provided to children and families that become a part of the child welfare system. She also has a special interest in vicarious trauma as it affects child welfare workers.

Dr. Winegarden was licensed by the California Board of Psychology in 1994. She received her PhD from the University of Wisconsin–Milwaukee in Clinical Psychology in 1989. She completed her internship at the Palo Alto VAMC focusing on neuropsychology and post-traumatic stress disorder. She then completed two years of Fellowship training in Neuropsychology at the Palo Alto VAMC and Stanford University Medical Center. She has worked in Medical Education at the University of Illinois, Chicago and the UC San Diego School of Medicine. Her primary research has focused on the reliability and validity of assessment tools as well as their potential disparate impact. Her clinical work has focused on the treatment of trauma, depression, anxiety, grief and loss, and rehabilitation.

Pam Wright, LCSW



Saturday, 1:00 PM Breakout F-1

Pam Wright received her Bachelor's in Psychology from the University of Colorado and Master's in Social Work from Denver University. She is a Licensed Clinical Social Worker, a Certified Domestic Violence Counselor, a Certified Mediator, and a practitioner in Trauma-Focused Cognitive Behavioral Therapy, EMDR, and Family Systems Theory BSFT. Pam is the Clinical Director of South Bay Community Services and has worked for the agency for over 25 years and in the field for more than 30 years. She has provided clinical supervision for over 25 years to students, staff and individuals working toward professional development and licensure, and has been a trainer for over 24 years, training on topics including trauma and trauma-informed care, domestic violence, engagement and assessment, group facilitation and cultural competency. She has developed a training curriculum on trauma-informed care and offered trainings within the state of California. Pam also has a private practice working with individuals, families and couples dealing with trauma.

Christie Yorty



Thursday, 3:30 PM Breakout B-3
Saturday, 2:15 PM Breakout G-2

Christie has been working with the YMCA of San Diego County for over five years. In her various roles she has been a program support for preschools, before and after school programs, staff trainings, and leading and facilitating the Strengthening Families Framework within YMCA Childcare Resource Service. She has also been facilitating and leading the work behind Community Cafes for program participants and childcare providers.

Speaker and Session

Nicholas Yphantides, MD, MPH



Friday, 3:30 PM Breakout D-2

Biography

Dr. Nick Yphantides, MD, MPH is an advocate for those in his community who need it the most. For nine years, Dr. Nick served as Chief Medical Officer of one the largest networks of community clinics in San Diego County. Ultimately, he took his advocacy into politics, serving as the publicly elected Chairman of the Board for Palomar Pomerado Health, the largest Public Hospital District in California. Dr. Nick has served the last 11 years as the Chief Medical Officer for the County of San Diego. For the last 13 years he has also been the National Director of Health and Wellness for Axene Health Partners, LLC.

Dr. Nick is also the Founding Co-Chair of San Diego County's Childhood Obesity Initiative, the Chair of San Diego County's Childhood Obesity Task Force, and a Board Member of Palomar Pomerado Health System. He was on the Executive Board of the California Center for the Arts, Escondido, Board Member of the Health Care Association of San Diego and Imperial Counties, and Physician Chair of the Medical Board of the Council of Community Clinics.

Dr. Nick's life story to address his own personal health needs and achieving an enduring transformation of his personal health has been featured in *People Magazine*, *The Reader's Digest*, *The Washington Post*, *The New York Times* and on CNN, Fox News, Discovery Channel and even in the *National Enquirer*. Dr. Nick is a cancer survivor, has been to as many countries as he is old and is always willing to lend a helping hand where it is needed the most.
