

March 8, 2019 | Oakland, CA

HEALTHY MIND, HEALTHY FUTURE

Symposium to Promote the Mental Health
and Wellbeing of Children in Immigrant Families





Welcome

to the Healthy Mind, Healthy Future Symposium!

Immigrants contribute to our nation economically, politically, and socially in countless, meaningful ways. In California, the hard work, innovative spirit, and rich culture of immigrants uplifts the entire state. Many of us, in fact, would not be here had it not been for the courageous decisions of those who journeyed here before us determined to make a life for themselves and their families. One of us is the daughter of Mexican immigrants and the other an immigrant from the Philippines. We understand first-hand the challenges confronting the immigrant community and are deeply concerned by the mental health crisis impacting immigrant children as well as those in immigrant families.

The increase of anti-immigrant rhetoric at the national level, heightened deportation activities, and family separations at the border, and in our own communities, are taking a toll on the health and wellbeing of children in immigrant families. These policies bring back painful memories of the darkest times in United States history, including when Black parents were separated from their children due to slavery, when Indigenous children were sent to boarding schools, and when Japanese American families were separated in internment camps.

To better understand and document the impact that current anti-immigrant policies are having on the mental health and wellbeing of children in immigrant families across California, we launched a research and policy project called **Healthy Mind, Healthy Future**. Speaking with health practitioners, teachers, and families, it became clear that these policies are traumatizing a population of children in California, inflicting lasting damage that will inevitably take a toll on their health and their future.

Today, we will share our insights and engage with you on the numerous ways that advocates, schools, clinics, community-based organizations, and elected officials in the state are confronting this mental health crisis head-on in order to mitigate the increased fear and anxiety among immigrant families. We hope you leave today's symposium with increased knowledge, resources, and connections that help prepare you to protect and support the mental health and wellbeing of California's children.

Thank you for joining us in this powerful work. The health of children, and ultimately the future of all of us is at stake. Californians must lead the way in putting the health of our children first and creating an environment that ensures healthy minds and healthy futures.

In Solidarity,



Mayra E Alvarez
President
The Children's Partnership



Cynthia Buiza
Executive Director
California Immigrant Policy Center



Agenda

9:00 - 9:30	Registration & Breakfast
9:30 - 9:40	Welcome & Opening Remarks
9:45 - 10:30	Plenary I: Immigration Policy from a Child's Perspective
10:35 - 11:20	Plenary II: Mental Health Impacts of Immigration Enforcement
11:30 - 12:15	Plenary III: Healthy Mind, Healthy Future
12:15 - 1:00	Lunch & Poetry Reading
1:00 - 2:10	Workshop I: Safe Spaces for All Workshop II: Justice in the Safety Net Workshop III: Continuum of Mental Health Services
2:10 - 2:15	Break
2:15 - 3:15	Closing Plenary: California's Role In Advancing the Health and Wellbeing of Children in Immigrant Families
3:15 - 3:30	Farewell & Call to Action





Plenaries

9:45 AM - 10:30 AM

Plenary I: Immigration Policy from a Child's Perspective

This panel will examine recent immigration enforcement practices and policy changes that are harming immigrant families and children, including a firsthand account of family separation and similar actions on our Southern Border.

Panelists: Layla Razavi, Policy Director, California Immigrant Policy Center
Vanessa Ceceña, Human Rights Program Associate, American Friends Service Committee

10:35 AM - 11:20 AM

Plenary II: Impact of Immigration Enforcement on Children's Mental Health

A presentation on how immigration and the accompanying stress, separation, and trauma impacts childhood development.

Panelist: Vilma Reyes, Psy.D., University of California, San Francisco
Department of Psychiatry, Child Trauma Research Program

11:30 AM - 12:15 PM

Plenary III: Healthy Mind, Healthy Future: Promoting the Mental Health and Wellbeing of Children in Immigrant Families

A presentation on provider research, family research, key informant interviews, and policy and programmatic recommendations.

Panelists: Cynthia Buiza, Executive Director, California Immigrant Policy Center
Aracely Navarro, Policy & Government Relations Manager,
The Children's Partnership
David Mermin, Partner, Lake Research Partners



Workshops

Workshop I: Safe Spaces for All

1:00 PM - 2:10 PM

Existing laws, such as the Educational Equity Act (AB 699), also known as Safe Schools for All Students, may safeguard children and their parents from immigration enforcement. Learn about strengthening community safety to ensure families feel secure and supported.

Panelists:

Xilonin Cruz-Gonzalez, Director, Support for Immigrant and Refugee Students, Californians Together

Angelina Romano, District Coordinator, Refugee and Immigrant Supports in Education (RISE-SF), San Francisco Unified School District

Gina Fahouri, Supervisor of Casa Del Sol, La Clínica de La Raza

Moderator: Aurora Garcia, The Children's Partnership

Workshop II: Justice in the Safety Net

1:00 PM - 2:10 PM

Basic food, health, and anti-poverty programs are being weaponized against immigrant communities. Explore how to bring immigrant equity to the safety net and address critical gaps in access that will allow children and families to thrive.

Panelists:

Sasha Feldstein, Policy Analyst, California Immigrant Policy Center

Linda Nguy, Policy Advocate, Western Center on Law & Poverty

Tracey Patterson, Director of Engagement & Strategy, California Food Policy Advocates

Amy Lin, Asian Students Promoting Immigrant Rights through Education (ASPIRE)

Moderator: Sarah Dar, California Immigrant Policy Center

Workshop III: Continuum of Mental Health Services for Children and Youth in Immigrant Families

1:00 PM - 2:10 PM

Promising programs, practices, and tools can help mitigate adversity and trauma, and enhance the mental health of children in immigrant families. Learn how to strengthen resilience and build protective factors for immigrant communities.

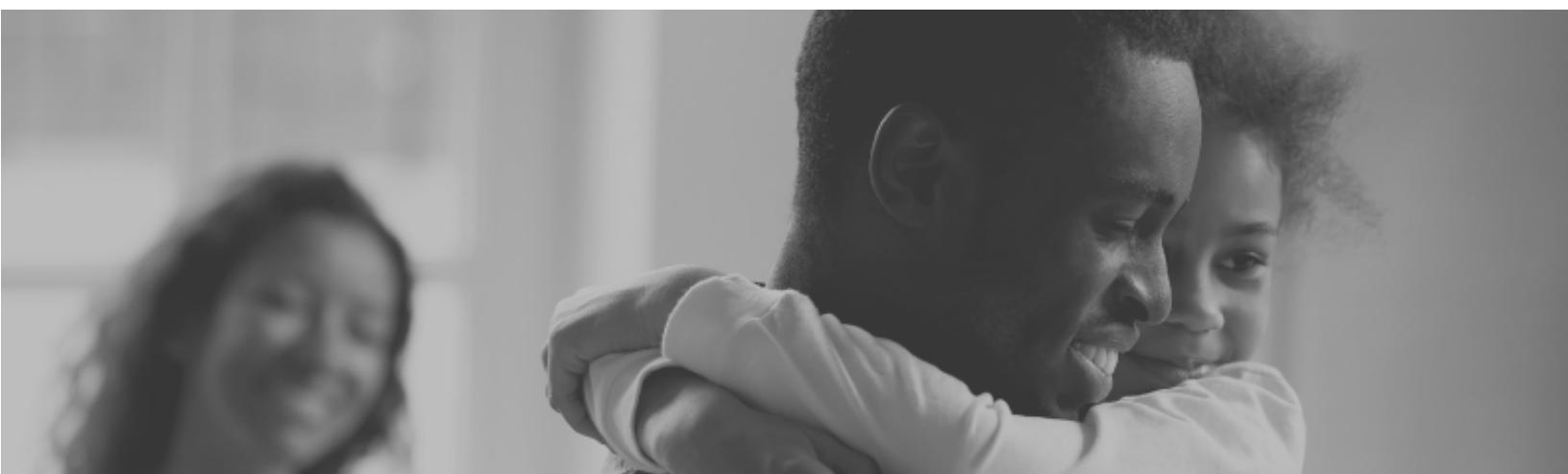
Panelists:

Mayra Jaimes, Co-Director, UndocuHealing

Elisa Nicholas, MD, MSPH, CEO, The Children's Clinic

Mara Madrigal-Weiss, Director, Student Wellness and Positive School Climate, Student Services and Programs Division, San Diego County Office of Education

Moderator: Aracely Navarro, The Children's Partnership





Closing Plenary

2:15 PM - 3:15 PM

A Dialogue on California's Role in Advancing the Health and Wellbeing of Children in Immigrant Families

State government representatives will share how California is working to address the complex needs of children in immigrant families through cross-system and multidisciplinary approaches. State representatives will highlight policies and programs or opportunities that can lead to increased collaboration with child and family serving agencies.

Panelists:

Gina Da Silva, Senior Policy Advisor for Immigration, Office of Governor Newsom

Toby Ewing, Executive Director, Mental Health Services Oversight & Accountability Commission

Giannina Pérez, Senior Policy Advisor for Early Childhood, Office of Governor Newsom

Marcela Ruiz, Chief, Immigration and Refugee Programs, California Department of Social Services

Moderator: Mayra E Alvarez, The Children's Partnership





Panelists & Moderators



Amy Lin, Asian Students Promoting Immigrant Rights Through Education (ASPIRE)

Amy Lin (pronouns: she/they) is the Immigrant Rights Program Manager at Chinese for Affirmative Action and a Core Member of ASPIRE. Identified as undocumented and queer, Amy has worked with immigrant communities as a researcher, and as a grassroots organizer to build with and mobilize directly impacted community members to strengthen access to immigrant Know Your Rights and Resources, enforcement accountability, and other crucial immigration issues.



Angelina Romano, Refugee and Immigrant Support in Education (RISE-SF), SFUSD

Angelina Romano, MSW/PPS is a school social worker and District Coordinator for San Francisco Unified School District's Refugee and Immigrant Supports in Education (RISE-SF), a k-12 program focusing on school-based Newcomer Immigrant Programming and Sanctuary Education. Angelina has lived and worked in the San Francisco Bay Area since 2001, and began serving the immigrant community at SFUSD after graduating UC Berkeley, School of Social Welfare in 2007. Angelina is the founder of RISE-SF.



Aracely Navarro, The Children's Partnership

Aracely Navarro serves as the Policy and Government Relations Manager for The Children's Partnership. She focuses on advancing the organization's health equity agenda through the development and implementation of legislative and policy solutions for Los Angeles County, statewide and Washington, DC. She has been working in healthcare, policy and advocacy for over a decade. Previously, she worked at the California Primary Care Association advancing policy for the state's community clinics and addressing the needs of the most vulnerable populations.



Aurora Garcia, The Children's Partnership

Aurora serves as the Community Engagement Manager for The Children's Partnership. She has spent the last 8 years working in the nonprofit sector organizing for social justice and equity for the most vulnerable populations. As a former Organizer with Health Access, California Partnership, and Young Invincibles, Aurora has engaged in multiple efforts to ensure that all Californians, particularly low-income and communities of color, have access to quality and affordable health care.



Panelists & Moderators



Gina Da Silva, Office of Governor Gavin Newsom

Gina Da Silva is the Senior Policy Advisor for Immigration in the Office of Governor Newsom. Prior to joining Governor Newsom's administration, Gina was the Director of Government Affairs at the California Immigrant Policy Center, where she co-led a budget campaign and administrative advocacy to establish the "One California" Immigration Services Funding, as well as subsequent campaigns to increase state funding for access to legal tools that reduce detentions and deportations.



Gina Fahouri, La Clínica de La Raza

Gina Fahouri is a Licensed Marriage and Family Therapist, who is of Mexican and Jordanian heritage and bilingual in Spanish. She has worked for over 15 years in community mental health in Los Angeles, San Francisco and Oakland. She has been with Casa del Sol at La Clinica de La Raza for the last 12 years and has worked with youth, adults and families struggling with issues ranging from depression and anxiety to family violence and co-occurring disorders.



Layla Razavi, California Immigrant Policy Center

Layla M. Razavi is the Policy Director at the California Immigrant Policy Center. She plays an integral role in shaping the policy agenda and priorities of the organization, including providing policy analysis and counsel on issues impacting the safety and civil rights of immigrants. Layla regularly provides expert testimony to legislative committees, and provides strategic and policy counsel to local and state advocates, community organizers, and policy makers.



Linda Nguy, Western Center on Law & Poverty

Linda Nguy is Policy Advocate for the Western Center, specializing in health care issues that affect poor Californians. Prior to joining Western Center, Linda worked with the State of Washington and Mississippi to help establish their state-based health exchange. Specifically, she drafted the online application for subsidized and unsubsidized qualified health plans. She also worked on California's behavioral health adjudication system and as Policy Associate for the Latino Coalition for a Healthy California.



Panelists & Moderators



Cynthia Buiza, California Immigrant Policy Center

Cynthia Buiza is the Executive Director of the California Immigrant Policy Center where she provides the vision for the mission of California's premier immigrant rights organization. CIPC is thriving under her leadership, and broadening its coalition networks that build power for immigrant communities. Cynthia brings over two decades of experience in nonprofit management and human rights advocacy.



David Mermin, Lake Research Partners

David Mermin, a pollster and political strategist for over 20 years, is a partner at Lake Research Partners and heads the firm's Bay Area office in Berkeley, California. He advises incumbents and challengers at all levels of the electoral process, including a wide range of advocacy organizations, foundations, labor unions, and more. David and his team conduct opinion and message research on issues including immigration, voting rights, health care, workplace issues, financial regulation, and retirement security.



Elisa Nicholas, MD, MSPH., The Children's Clinic

Dr. Elisa Nicholas has served as Chief Executive Officer of The Children's Clinic, Serving Children & Their Families (TCC) for over 30 years. Dr. Nicholas has taken what was once a small, mostly volunteer-run clinic serving only children in Long Beach, California to an innovative and progressive system of thirteen community health centers and a mobile clinic that provide comprehensive health care services to all ages throughout Long Beach and the South Bay.



Giannina Pérez, Office of Governor Gavin Newsom

Giannina Pérez is the Senior Policy Advisor for Early Childhood in the Office of Governor Gavin Newsom. Pérez is an early childhood policy leader and strategist with nearly twenty years of experience in state policy, advocacy, and government. Most recently, she worked with Early Edge California to expand professional development opportunities for the early learning workforce and ensure more Dual Language Learners have the supports they need to succeed.



Panelists & Moderators



Marcela Ruiz, California Department of Social Services

Marcela Ruiz is the Chief of the Immigration and Refugee Programs Branch at the California Department of Social Services. She is responsible for the implementation, administration, and management of over \$75 million allocated to non-profit organizations to provide immigration legal services. Through the Unaccompanied Undocumented Minors and One California programs, among others, Marcela oversees funding to over 100 legal services providers across California.



Mayra E Alvarez, The Children's Partnership

Mayra E. Alvarez is President of The Children's Partnership. Under her leadership, TCP is building strong community partnerships, conducting forward-looking research, and advancing informed policy that betters the health and wellbeing of underserved children in California. She combines her decade of experience in health care policy and community outreach with her personal conviction that every child and family should have the opportunity and resources to pursue their dreams.



Mara Madrigal-Weiss, San Diego County Office of Education

Mara Madrigal-Weiss is the Director of Student Wellness and Positive School Climate with the San Diego County Office of Education. Her experience includes working with school communities as a Family Case Manager, Protective Services Worker and Family Resource Center Director. Ms. Weiss has been dedicated to promoting student mental health and wellness for over 15 years. She spearheaded efforts in San Diego county to certify over 4,500 educators and other youth serving adults.



Mayra Jaimes, UndocuHealing

Mayra Yoana Jaimes Peña is a native of Guerrero, Mexico, and East Los Angeles with over ten years of experience working with grassroots and nonprofit organizations in Los Angeles and Bay Area. She combines her life experience as an immigrant and her professional experience in management, research, and program development. Mayra weaves healing-justice and collaborative leadership practices as a strategy to build collective power and uplift immigrant narratives.



Panelists & Moderators



Rebecca Pleitez, Los Angeles Commission for Children and Families

Rebecca was appointed by Mayor Eric Garcetti to the Los Angeles Commission for Children and Families. She has over a decade of experience working with advocacy groups and elected officials through various roles in state and federal government offices, national non-profits, political campaigns, and federally qualified community health centers. Rebecca is deeply committed to improving the health and wellbeing of underserved communities, particularly women and children.



Sarah Dar, California Immigrant Policy Center

Sarah is Health Policy Manager at the California Immigrant Policy Center. She received her Bachelors in Psychology and Global Health Studies from Northwestern University and Masters in Public Health from the University of Minnesota. She has participated in community organizing in different issue areas, including as a member of Bend the Arc's 2013 Community Organizing Residency. She has served as Program Coordinator at American Muslim Health Professionals, as well as led enrollment and outreach around the Affordable Care Act with Health Access MN.



Sasha Feldstein, California Immigrant Policy Center

Sasha is a Policy Analyst at California Immigrant Policy Center. Her work focuses on economic justice issues including equitable access to education, training, and jobs, workers' rights, and promoting a workforce that is reflective of California communities. Sasha has worked as a legal advocate at the Urban Justice Center, representing public assistance participants and advocating for policy changes to the social safety net to decriminalize participants.



Tracey Patterson, California Food Policy Advocates

As the Director of Engagement and Strategy for California Food Policy Advocates, Tracey Patterson directs CFPA's state legislative agenda and policy development process. She has advanced policies that increase access to food through the federal nutrition programs and that improve the quality of food available in schools and communities. Prior to joining CFPA, she has over a decade of experience working in and alongside high-poverty communities in California, Louisiana and New York.



Panelists & Moderators



Toby Ewing, Ph.D., Mental Health Services Oversight and Accountability Commission

Toby Ewing is Executive Director of the Mental Health Services Oversight and Accountability Commission, which oversees Prop 63, the Mental Health Services Act (MHSA). Dr. Ewing has worked on governance reform and government oversight for many years. He has worked on a range of public policy issues, including mental health, child welfare, immigrant integration, workforce and education, and veterans projects.



Vanessa Ceceña, American Friends Service Committee

Vanessa Ceceña is a native San Diegan who grew up on the U.S. Mexico border. She received her MSW from the University of Southern California and her Bachelor's degree in International Development Studies from the UCLA. As a social worker she has dedicated her career to working with immigrant and refugee communities living in the San Diego border region. As a clinician, Vanessa has worked with unaccompanied minors and adults in ICE detention.



Vilma Reyes, Psy.D., University of California, San Francisco, Department of Psychiatry

Dr. Vilma Reyes is a licensed clinical psychologist who provides Child-Parent Psychotherapy, training and supervision and coordinates community-based mental health outreach services and evaluation at the UCSF, Department of Psychiatry. She has over 11 years of clinical experience providing relationship-focused, culturally-informed interventions for trauma-exposed young children and their families.



Xilonin Cruz-Gonzalez, Californians Together

A native Californian, Xilonin Cruz-Gonzalez is a proud fifth-generation Azusa, CA resident and daughter of a Mexican immigrant. Understanding the life experiences of her parents in California schools has driven her to advocate for all students in California public schools, especially English Learners. Aligned with this passion, she has served on the Azusa USD Board of Education since 2001 and has served on the boards of several statewide and national non-profits.



Poetry Reading



Alan Pelaez

Alan Pelaez Lopez is an Afro-Indigenous writer, jeweler and collage artist from Oaxaca, México whose vision of liberation prioritizes an everyday relationship to land, territory, and art. Their work has been nominated for the Pushcart Prize and Best of the Net and appears in Everyday Feminism, Rewire News, Splinter News, and POETRY magazine to name a few. They currently create, mourn, cry, laugh & ache in Chochenypo Ohlone Land.





Notes

Sponsors

The Children's Partnership and the California Immigrant Policy Center gratefully acknowledge the generous support received for this Symposium from:



Much appreciation goes to members of The Children's Partnership and California Immigrant Policy Center teams whose hard work, planning, and dedication made this event possible. Rebecca Medina-Pleitez and Hector Plascencia, consultants to The Children's Partnership, provided strategic input and essential planning assistance.

This event is the result of extensive conversations with community members, leaders, and policymakers. Our shared efforts to support the wellbeing of children and families continues, and we are grateful to work alongside you.



#HealthyMindHealthyFuture