



THE RIGHT TO HEAL

Centering Mental Health Multi-Racial Equity in California

AGENDA

10:00 -10:10

- **Opening Musical Selection by Daniel Richardson**
Red Stage

10:10 -10:20

- **Welcome and Introduction from CPEHN Staff**
Red Stage

Purpose & Goals of Event

At the Right to Heal event, CPEHN and statewide partners will break down systemic barriers that prevent communities of color from elevating their community mental health needs.

CPEHN and our multicultural partners will unveil the annual state of community report, a mixed methods analysis of the collective needs of communities of color across California. Additionally, the Right to Heal event will:

- Provide our communities of color the space to educate California decision-makers about the mental health needs of their communities and the history of our communities that relates to historical trauma and the mental health needs and history of our communities for healing.
- Elevate Black, Indigenous, people of color mental health practitioners and provide a gathering space for advocates to network and learn from each other's experiences and expertise
- Inspire community members to take action in their designated counties in order to stay informed and to create culturally responsive spaces

10:20 -10:25

- **Hopin Housekeeping**
Red Stage

10:25 -10:35

- **Welcome Address from Dr. Ghia Xiong, The Fresno Center**
Red Stage



10:35 -12:10

● **Challenges and Issues that Diverse Racial and Ethnic Communities Face in Accessing the Mental Health Services Act: Findings from 2021**

Listening Sessions

Orange Stage

Over the last year, five statewide organizations representing diverse racial and ethnic communities—including multicultural, Black, Native American, Asian and Pacific Islander, and Latinx - conducted listening sessions across California to better understand access issues in mental health. This roundtable discussion will focus on the findings from these listening sessions and opportunities to amplify the voices of communities of color to transform the Mental Health Services Act implementation in order to eliminate racial inequities within mental health delivery and outcomes.

Facilitator: Carolina Valle, California Pan-Ethnic Health Network

- Rosa Flores, Latino Coalition for a Healthy California
- Nataly Santamaria, Visión y Compromiso
- Montana Weekes, California Consortium for Urban Indian Health
- Angel Galvez & Evelyn Eterno, Bakersfield American Indian Health Project
- Belinda Vanzant-Perez & Eugene Canson, California Black Health Network
- Jodie Geddes, Komoia Johnson & Teiahsha Bankhead, Restorative Justice for Oakland Youth
- Mandy Diec, Southeast Asia Resource Action Center
- Seng Yang, Hmong Cultural Center

12:10 - 12:15

● **Raffle Winner Announcement**

Yellow Stage

12:15 - 12:45

● **Lunch & Live DJ: *Roza Do***

Yellow Stage

12:45 - 1:00

● **Keynote Address from Gladys Flores, *Unidad Popular Benito Juarez***

Red Stage



1:00 - 1:50

Choose Your Own Adventure

● Workshop #1: Healing Within: Finding a Culturally Competent Healer Green Stage

In this workshop, you will hear from community leaders and practitioners on ways to search for qualified mental health professionals, questions to ask, and different forms of holistic healing. Healing happens in various forms, and we recognize that talk therapy is only one of many forms in which healing and transformation take place.

- Rita Phetmixay, Registered Associate Clinical Social Worker
- Carlos Rivera, American Indian Health and Services
- Dr. Jamila Young, Clinical Psychologist
- Rayshell Chambers, Painted Brain

● Workshop #2: Overcoming Access Challenges to Mental Health Services Blue Stage

In this workshop, speakers will highlight the barriers to utilizing services and the solutions to these services in our communities. Challenges to accessing services include not having providers that look like you, accessing traditional healing through insurance, language challenges, and more. Speakers will share strategies they have used to overcome these barriers that BIPOC often experience and will highlight their personal practices or even organizations that have created solutions.

- Michele Maas, Native American Health Center
- Danielle Muñoz, Licensed Marriage & Family Therapist

1:50 - 1:55

● Right to Heal Zine Winners Announcement Orange Stage

1:55 - 2:30

● Listening Sessions from a Multicultural Lens Orange Stage

Facilitator: Stephanie Franco, California Pan-Ethnic Health Network

- Sonya Young Aadam, California Black Women's Health Project
- Divinity Matovu, MBA Mama

2:30 - 2:40

● Raffle Winner Announcement Yellow Stage

2:40 - 2:50

● Guided Meditation by Brenda Azucena Grow Yellow Stage

2:50 - 3:00

● Closing Remarks Yellow Stage

SPEAKERS



CARLOS RIVERA

Hello relatives! My name is J. Carlos Rivera the Behavioral Health Director at American Indian Health and Services located in Santa Barbara and Founder of Generation Red Road, Inc. located in Sioux Falls, SD. I am an enrolled tribal member with the Sherwood Valley Band of Pomo Indians from Northern California and am also of Mexican descent.

I received my Chemical Dependency Studies and Human Services degree at American River College in Sacramento, CA. I served as a substance abuse treatment provider for 11-years for Indian Health Services in Sacramento. I provided services to adult men and women on parole, juvenile offenders and other referrals from the Department of Corrections. I am a national keynote speaker on the Red Road Approach to Healing and Master trainer for Red Road Recovery. I work with our tribes in the U.S. and Canada. I continue to make a difference in Native/Indigenous Tribal communities serving as leadership to both companies and am also passionate about developing new curriculum to better meet the needs of tribal and urban Native American communities. I have been an active committee member for the Juvenile Justice and Delinquency State Committee for California, appointed by Governor Jerry Brown, and former Executive Director at White Bison located in Colorado Springs, CO.

I have faced many adversities in my life that have ultimately guided me to build resiliency, discipline and a sense of direction for my life. Through the process of treatment and recovery, I found a greater purpose in life which inspired and motivated me to establish a healthy foundation for my family. Today I am proud to celebrate 16 years on the Red Road (sobriety) long term recovery.



CAROLINA VALLE, MSW

Carolina Valle holds a MSW from the University of Southern California and a B.A. in Black Studies & History from the University of California, Santa Barbara. Carolina brings a unique mix of expertise in mental health advocacy, consumer-driven policy analysis, and intensive case management experience to CPEHN. Prior to joining CPEHN, Carolina worked as the Resource Coordinator at Maternal and Child Health Access, where she was the lead advocate for high-risk pregnant and postpartum women dependent on the county mental health system. Carolina also served on the Coordinating Committee for the Los Angeles County Perinatal and Early Childhood Home Visitation Consortium. During her tenure, Carolina emerged as the regional expert on the barriers to utilization of mental health benefits for communities of color in Los Angeles County. Carolina is a graduate fellow of UC Davis's Infant Parent Mental Health Fellowship Program.

SPEAKERS



DANIELLE MUÑOZ

SHE/HER/ELLA

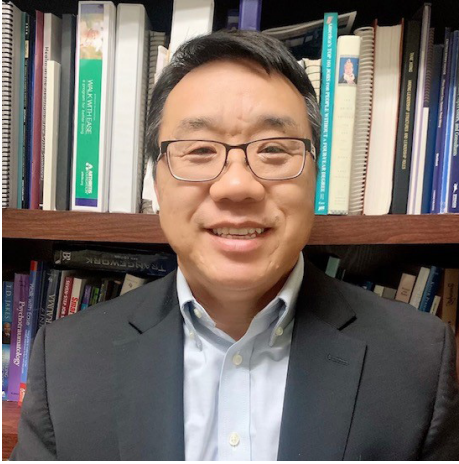
Danielle Muñoz is a Chicana from El Paso, Texas. Growing up in a military family she spent much of her youth in Southern California. She moved to Northern California in 2002, completing her bachelor's degree in Sociology from UC Davis and master's degree in marriage, family and child counseling from Sacramento State. Danielle is a licensed marriage and family therapist and has worked in hospital, community clinic and university settings for over 12 years. She currently works in higher education and founded the first basic needs and crisis resource center at Sacramento State University. Her work supporting marginalized communities with innovative programs and social justice action has been published in books, articles and her program was nationally recognized as a best practice in a government accountability report in 2019. Danielle finds joy by visiting her familia in Texas, traveling to new places, recreating family recipes passed down from her abuelas and co-hosting a mental health and wellness podcast that focuses on the Latinx community.



DIVINITY MATOVU, MBA

With over 15 years of experience in entrepreneurship, tech and non-profit management, Divinity prides herself on being a creative problem solver, process-oriented operations leader and independent thinker with an entrepreneurial spirit. Divinity's functional experience includes strategy and operations, branding, marketing and communications, fundraising, corporate social responsibility, human resources and general management. Divinity holds an MBA in Finance and Entrepreneurial Management from The Wharton School at the University of Pennsylvania. She also holds a BA in Political Science and African-American studies from the University of Southern California. In 2015, she founded mbamama.com to empower career moms and help women navigate family planning and career planning. MBA Mama is now the world's largest professional network dedicated exclusively to MBA moms. Through her company, Matovu Consulting, Divinity hustles, innovates, strategizes and executes to help clients like California Black Women's Health Project achieve their business goals.

SPEAKERS



GHIA XIONG, PSY.D

Dr. Xiong is a psychologist and the Director of the Living Well Center (LWC) at The Fresno Center since the Center started in 2007-2008. LWC provides culturally specific mental health services contracted with Fresno County Department of Behavioral Health to provide culturally and linguistically appropriate mental health services to the Southeast Asian community.

Dr. Xiong came as a refugee to the United States, first to Portland, Oregon, before his parents moved the family to Fresno, California. He graduated with highest honor from California State University of Fresno and Alliant International University in the California School of Professional Psychology. He has conducted significant research on Hmong culture and co-authored a book with Lillian Faderman, *I Begin My Life All Over Again*. He has presented on a number of Hmong topics and served as an expert witness relating to Hmong culture, beliefs, and practices. Also, Dr. Xiong was an adjunct faculty member with Reedley Community College and Clovis Community College teaching Healthcare Interpretation.



GLADYS FLORES

Gladys Flores was born in Fresno, CA, she comes from Indigenous parents, Mixteco of San Agustin Atenango Oaxaca. Her family and herself grew up working in the fields in the Central Valley. Although her parents migrated to the U.S, they never forgot their heritage, as well with their native language, culture and traditions, they raised seven children including Gladys.

Gladys started volunteering with Unidad Popular Benito Juarez 15 years ago and has served as project director for the last 2 years. In her 2 years as project director, her focus has been rescuing and preserving the Indigenous culture and traditions with kids and teens to empower them with leadership, education forums and demonstrating the meaning of the events Unidad Popular Benito Juarez held such as Guelaguetza, Copa Benito Juarez, Festival Mixteco, and other culture events in S. Central Valley. Now with the pandemic, Gladys has been working on several projects reaching out to the underserved communities such as farmworkers and low income Indigenous.

SPEAKERS



JAMILA YOUNG, PH.D

I earned my Bachelor of Arts degree from Emory University in Atlanta and my Doctorate of Psychology from Loyola University in Chicago. As part of my doctoral training, I completed a Pre-Doctoral Internship at Emory University's School of Medicine and clinical externships at various inpatient and outpatient mental health facilities in the Chicagoland area. It was in these externship training settings that I began my work with couples. After receiving my doctorate, I continued my training as a post-doctoral fellow at Georgetown University in Washington, D.C.

Following post-doc, I accepted a Staff Psychologist position at Georgetown University's Law Center, providing individual and group psychotherapy to law students and staff. My now full-time private practice began in Washington, D.C. where I had the pleasure of extending my client base to lawyers and other professionals and entrepreneurs in fast paced industries with high productivity demand. Family planning brought my practice to Los Angeles physically; however I maintain clients in both California and Washington, D.C. My clients are high functioning, busy individuals and my practice caters to their concerns.

I am an active member of the American Psychological Association and hold two active Clinical Psychology licenses: California PSY 30366 & Washington DC PSY 1000984.



KIRAN SAVAGE-SANGWAN, MPA

Kiran Savage-Sangwan is the Executive Director of the California Pan-Ethnic Health Network (CPEHN). CPEHN is a statewide multicultural health advocacy organization, focused on eliminating persistent health inequities and addressing structural racism in health care. Prior to becoming Executive Director in 2019, Kiran served as CPEHN Deputy Director and Health Integration Policy Director. Kiran has a background in immigrant and mental health organizing and advocacy. She also previously served as the Chairperson of the Sacramento Community Police Review Commission. Kiran graduated from New York University with a B.A. and a Master of Public Administration.

SPEAKERS



MICHELE MAAS, LCSW

Michele Maas, is an enrolled member of the Red Cliff Band of Lake Superior Chippewa Indians of the Great Ojibwe Nation and Three Fires Confederacy.

Michele Maas works as a Licensed Clinical Social Worker in San Francisco, CA at the Native American Health Center. She has extensive experience in providing psychotherapy and early intervention prevention counseling to individuals within the Native American/Alaska Native community. In her practice, she integrates her understanding of Anishinabe culture with western evidence-based interventions.

Michele has been an invited speaker at local, national and international conferences. Michele has extensive experience in presenting and facilitating workshops on issues pertaining to the Native American community that focus on trauma, complex trauma, historical and intergenerational trauma, substance abuse and domestic violence.



RAYSHELL CHAMBERS, MPA

Rayshell Chambers is a black community leader from Oakland, CA that has dedicated her personal and professional pursuits to designing and advocating for comprehensive health and human service programs that enhance the human condition of the most vulnerable populations. Rayshell holds a bachelor's degree in Sociology and Master's of Public Policy and Administration and utilizes both her cultural experiences and lived mental health challenges as a peer to design culturally-responsive programs.

Rayshell is the co-founder of Painted Brain, a mental health tech nonprofit based in Los Angeles, that provides peer-based services and practice training in technology and clinical mental health. Rayshell is also an independent consultant that provides capacity building support and grant writing for small nonprofits that serve communities of color.

SPEAKERS



RITA PHETMIXAY, ACW, MA SHE/THEY/BOO

Rita Phetmixay is a Lao Isaan American womxn/femme dedicated to a lifetime of trauma-informed healing work, with the intentions to co-create an inclusive, safe, and enriching experience for communities to thrive. For years, Rita has worked on healing herself as a trauma-survivor and is proud to have witnessed her own personal growth and transformation through various integrative modalities. Her personal connection to this work elicits her passion to bring healing back home to the Lao diaspora and queer communities of color.

Rita applies a variety of healing-centered, liberation-based healing modalities through the practices of mindfulness coaching, meditation, movement/breath, somatics, Cognitive Reappraisal, Ego Psychology, comedy and laughter.

Rita's formal degree credits include a Master of Arts in Asian American Studies, a Master of Social Welfare, and is currently a Registered Associate Clinical Social Worker (#87669).



SONYA YOUNG AADAM

Sonya Young Aadam (CEO), a University of Pennsylvania Wharton School of Business graduate, brings more than 20 years of comprehensive experience in strategic planning, financial analysis, and management with corporations like Barclays Bank, The Walt Disney Company and Viacom/MTV Networks to her most important work in the past 10 years-supporting transformative intervention in underserved, urban communities-particularly in South Los Angeles where she was born and raised.

In October 2014, Sonya joined the California Black Women's Health Project as Chief Executive Officer after serving as Director of Strategy and Development with the Los Angeles Urban League, and as Strategy and Community Relations Officer with BTL Health, Inc. In addition to strong technical skills, Sonya's deep passion for the overall health and uplifting of Black Women and families is driven by her rearing as a woman of faith, commitment to education, and the heartfelt sentiment that "... we lift as we climb".

Sonya, a trained facilitator, is currently serving a second term on the LA County Community Prevention and Population Health Task Force, sits on the Governor's Behavioral Health Task Force, and was a Fellow in the Blue Shield CA Foundation: Reimagine Design Lab working on innovative strategies in domestic violence prevention. Additionally, she serves on multiple advisory boards and steering committees addressing African American maternal and infant health, domestic/family violence prevention, and mental health.

SPEAKERS



STEPHANIE FRANCO

Stephanie is born and raised in the Bay Area. As the Community Advocacy Manager at the California Pan-Ethnic Health Network (CPEHN). Her work focuses on the rebuilding of mental health institutions that are historically overlooked and have harmed communities of color, LGBTQIA+, and people with disabilities. Prior to being the Community Advocacy Manager, Stephanie has done statewide organizing with young people in the Bay Area healthy equity and national organizing on violence against women. Stephanie graduated from the University of California Berkeley with a B.A. in Social Welfare with a focus in Psychology.

ARTISTS



BRENDA AZUCENA GROW, M.S SHE/THEY

Brenda Azucena Grow is a Los Angeles-based multi-dimensional artist and full-spectrum doula. Brenda is the founder of Azu Botanicals an online wellness space focusing on ancestral plant medicine, art, and mental health advocacy. Brenda comes from a long line of Mexican healers, bonesetters, midwives, and herbalists. Her artistic work has been seen in the Morristown Museum, Domino Magazine, and the Fashion Institute of Technology Gallery.

Brenda attended the Fashion Institute of Technology in New York City and holds a degree in photography. She is currently a student of Antioch University of Los Angeles and is set to start the Clinical Psychology Master's program in Winter '22 to become a licensed child therapist and sex educator.

@AzuBotanicals and AzuBotanicals.com

ARTISTS



DANIEL RICHARDSON

Daniel Richardson is a Southern California native and graduated from the Los Angeles County High School for the Arts and the Berklee College of Music in Boston. He has performed with artist such as Solange, Anderson .Paak, St Lucia, Oh Wonder along with many others. He's also had the opportunity to perform on the Conan O'Brien show, the Hollywood Bowl, Sydney Opera House, F.Y.F festival and Camp Flog Gnaw. Daniel's musical style can be described as a hybrid mix of jazz, alt rock and all things groovy. He strives to create a sound unique to himself and to evoke the feelings and experiences of life that have shaped who he is.



ROZA DO, M.S

SHE/HER/HERS

Roza Do is a consultant, design strategist, and DJ advancing health equity and collective well-being through music, medicine, and multi-sector action.

Roza brings over a decade of experience working with nonprofit and philanthropic organizations, health systems, and cross-sector initiatives across California and beyond to support capacity building and collaboration at the intersection of primary care and community health improvement, with a focus on serving marginalized communities and strengthening the health care safety net. She specializes in program and strategy development, coaching, and integrating human-centered design and quality improvement to drive continuous learning, inclusive engagement, and innovation. Among various consulting roles, she currently serves as senior health equity associate at HealthBegins co-leading statewide and national learning collaboratives to build health care and community partnerships to address the social and structural determinants of health, including advancing food security and racial equity.

Aside from consulting for mission-driven organizations, Roza is the touring DJ for Oakland-based hip-hop artists and activists – journalist and emcee, Rocky Rivera, and two-time Grammy-nominees, Alphabet Rockers. Over the past 15 years, she has performed at local, national, and international venues and festivals including SF and Oakland Pride, Hiero Day, Life Is Living, SXSW, John F. Kennedy Center, National Museum of African American History and Culture, and Manila FlipTop Festival.

Roza holds master's degrees in public health and city and regional planning from the University of California, Berkeley, and currently resides in the Bay Area with her partner, son, and rescue pup.

HOSTS



California Pan-Ethnic HEALTH NETWORK

The California Pan-Ethnic Health Network (CPEHN) is a statewide health advocacy organization focused on closing racial and ethnic health disparities. CPEHN's mission is to promote and advocate for multicultural health equity through legislation, policy, and working alongside community-based organizations across the state. We envision a world in which all communities regardless of their income, sex, race, ethnicity, primary language, LGBTQ+ status, disability or immigration status, have the opportunity to live with optimal physical, behavioral, oral, and overall health and well-being, and to thrive.



California Consortium for Urban Indian Health

Established in 2006, CCUIH is a nonprofit 501(c)(3) statewide alliance of Urban Indian Health Programs and substance abuse treatment facilities collectively referred to as UIHPs. By blending the leadership and experience of CCUIH's consortium members with shared resource development, and by combining applied research with educational and policy advocacy efforts, CCUIH offers innovative strategies to support the health and wellness needs of the Urban Indian community in California.



The California Black Women's Health Project (CABWHP) is the only statewide, non-profit organization that is solely committed to improving the health of California's 1.2 million Black women and girls through advocacy, education, outreach and policy. CABWHP focuses on empowering Black women to take personal responsibility for their own health and to advocate for changes in policies that negatively affect Black women's health status.



Bakersfield American B·A·I·H·P Indian Health Project

Bakersfield American Indian Health Project (BAIHP) was established in 1997. BAIHP is an Urban Indian Health Program funded by Indian Health Services. BAIHP services a client population of over 220 tribes of Native American/Alaska Native individuals across the nation, who currently reside in Kern County, California. BAIHP provides services that include, outreach and referral for dental and comprehensive primary care services, payment assistance for medical, dental, and vision, behavioral health services, substance use services, youth prevention services, immunizations, health promotion and diseases prevention, transportation services, and other services focusing on cultural values and spiritual and traditional healing practices.



SEARAC

Founded in 1979, SEARAC's mission as a national civil rights organization is to empower Cambodian, Laotian, and Vietnamese American communities to create a socially just and equitable society. As representatives of the largest refugee community ever resettled in the United States, SEARAC stands together with other refugee communities, communities of color, and social justice movements in pursuit of social equity.



Founded in 1992, the Latino Coalition for a Healthy California (LCHC) is the only Latinx-led statewide policy and advocacy organization protecting and advancing Latinx health equity. LCHC is a cross-sector coalition of community leaders, advocates, policy advisors, administrators and providers united by our common belief in protecting Latinx health and advancing health equity for all. LCHC consists of community-centered programming, policy and advocacy development, and strategic communications.

HOSTS



Founded in 2000, the mission of the Hmong Cultural Center of Butte County (HCCBC) is to improve the lives of individuals and families through culturally sensitive education, advocacy, support, and services. HCCBC strives to preserve essential Hmong beliefs and restore acceptable cultural practices and values. HCCBC provides resources, community based family support and empowerment through the promotion of health, education, cultural integration, and social services to strengthen Hmong families and communities throughout Butte County.



CBHN is the voice and trusted resource for Black Health Equity in California and the only Black-led, state-wide organization dedicated to advancing health equity for all African Americans and Black Immigrants. CBHN conducts outreach, education, and advocacy to achieve health equity for Black Californians through the lens of understanding critical issues that lie at the intersection of racial justice, social justice, and environmental justice.

Visión y Compromiso



Established in 2000, Visión y Compromiso (VyC) is a nationally respected organization dedicated to improving the health and well-being of underrepresented communities. Today, VyC is the only organization in California providing comprehensive and ongoing leadership development, capacity building, advocacy training, and support to over 4,000 Promotores and Community Health Workers. VyC Network of Promotoras and Community Health Workers provides the guidance and direction for our organization resulting in innovative programs and policies that respond to the needs of Promotores and the communities they represent. VyC unites promotores and the organizations they represent as one voice behind a vision of a life with dignity and health for all.



Disparities impacting youth of color, punitive school discipline and juvenile justice policies activate tragic cycles of youth violence, incarceration, and wasted lives. Founded in 2005, RJOY works to interrupt these harmful cycles by promoting institutional shifts toward restorative approaches that actively engage families, communities, and systems to repair harm and prevent re-offending. RJOY focuses on reducing racial disparities and public costs associated with high rates of incarceration, suspension, and expulsion. RJOY provides education, training, and technical assistance and collaboratively launches demonstration programs with our school, community, juvenile justice, and research partners.