



17th Annual

# Dare to Be Aware Youth Mental Health Conference

Friday November 16th, 2018  
Riverside Convention Center



# WELCOME

Welcome to the 17th Annual Dare to Be Aware Conference at the Riverside Convention Center. My greatest joy since becoming the conference coordinator was witnessing student leaders from all over Riverside County coming together who are dedicated to creating positive change in youth mental health. At the core of that change is young people. Through youth engagement at every possible level, D2BA is working towards making sure that the Conference empowers young people to make a difference. This will be the 17th year that the D2BA Conference will take place and we are seeing more and more young people who are eager to share their learning, enrich their understanding and contribute to the positive moves being made in youth mental health.

During the Conference, you will be able to meet with your like-minded peers from all corners of the county. Create networks to share your knowledge, collaborate on projects and hopefully help you to drive forward positive change. D2BA places a great value on the contribution that young people can make to the Conference and want to make sure that you get the best experience possible.

**Diana Griffis, LMFT**  
**Conference Coordinator**  
**Staff Development Officer, MHSA-PEI**



## **Riverside University** **HEALTH SYSTEM** **Behavioral Health**

**Steve Steinberg, Director**

*RUHS—BH believes that people with mental illness can and do recover and go on to lead rich, productive and satisfying lives.*

**Prevention and Early Intervention is funded by the**  
**Mental Health Services Act (MHSA)**  
[rcdmh.org/MHSA/pei](http://rcdmh.org/MHSA/pei)

*Our goal is to:*

- *Increase community outreach and awareness regarding mental health within underserved and underserved populations.*
- *Increase awareness of mental health topics and reduce discrimination.*
- *Prevent the development of mental health issues by building protective factors and skills, increasing support, and reducing risk factors or stressors.*
- *Address a condition early in its manifestation that is of relatively low intensity and is of relatively short duration (less than one year).*

**RUHS-BH MHSA PEI would like to thank the County of Riverside Board of Supervisors for their continued support of the Dare to Be Aware Youth Mental Health Conference**



**First District**  
**Kevin Jeffries**  
**Vice Chairman**



**Second District**  
**John F. Tavoaglione**



**Third District**  
**Chuck Washington**  
**Chairman**



**Fourth District**  
**V. Manuel Perez**



**Fifth District**  
**Marion Ashley**

## REGISTRATION DEADLINE

**October 16th, 2018**

All registrants must be a resident of Riverside County and a student currently enrolled in the 8th through 12th grade.

All students must be chaperoned by an adult (1adult:10 students).

Conference Fees are fully funded by Riverside MHSA-PEI.

## Cancellation Policy

Please provide us notice of your cancellation ASAP.

Ample time allows students who are placed on a waiting list to attend the conference.



## Substitution Policy

If a student is unable to attend you may substitute a student for their registration. A written email to [PEI@rcmhd.org](mailto:PEI@rcmhd.org) must be submitted by the original registrant or authorized representative by November 1st, 2018.

## Photograph & Video Policy



Registration and attendance at ,or participation in the 17th annual Dare to Be Aware Conference constitutes an agreement by the registrant and RUHS-BH to use and Distribute (both now or in the future) of the registrant or attendee's image or voice in photographs and videos of such events or activities. Signs will posted throughout the venue regarding our Photo Media Disclosures

## Permission Slips

District Permission slips are the responsibility of the Lead School Representative Registrant. We strongly recommend their be one school permission slip per student participant in accordance with district policy and procedures. The Lead School Representatives are also responsible for obtaining and maintaining the district permission slips and a media release form for each student.



## FOOD

A mid morning snack is provided.  
A three course sit down lunch will also be served at 12:00 in Ben Lewis Hall.  
Each table sits 10.



**BADGES**  
must be worn  
at all times.

Entrance to  
workshops and Ben  
Lewis Hall will not be  
permitted without a  
proper badge

## ELECTRONIC DEVICES

Please have all  
electronic devices  
turned off or in silent  
mode during all  
presentations and  
workshops



## ASSISTANCE

For assistance  
or information  
concerning  
special services to  
accommodate a  
physical,  
perceptual, or  
learning  
disability please  
call PEI at  
(951) 955- 7149  
or  
email  
PEI@rcmhd.org



It is RUHS-BH  
Policy to  
provide  
reasonable  
accommodations  
to persons with  
disabilities.

## ATTENDANCE

All participants are to stay inside the Convention Center during the entire conference.  
Allow approximately 10 minutes to get to workshops so you can arrive in plenty of time to be seated. Workshop moderators must close the workshop when rooms are at full capacity to conform with fire code regulations.

## Dress Code

There is no dress code.  
However as a show of  
support for Mental  
Health Awareness we  
encourage attendees to  
wear Lime Green attire.  
Lime Green Ribbons  
will be distributed.



## Conference Evaluations

Your opinion matters!  
You will be provided  
with Pre and Post  
measures and  
An overall evaluation  
for each workshop  
Please return all evalu-  
ations to  
assigned room  
moderators.



# **AGENDA**

<b>8:00 A.M. – 9:00 A.M.</b>	<b>Registration, Resource Tables Friday Night Live /DJ Activities</b>
<b>9:00 A.M.- 9:10 A.M.</b>	<b>Welcome by Riverside University Health System—Behavioral Health Ben Lewis Hall</b>
<b>9:10 A.M. – 10:20 A.M.</b>	<b>Keynote Speaker “Rachel’s Challenge” Ben Lewis Hall</b>
<b>10:20 A.M. – 10:45 A.M.</b>	<b>Resource Tables Transition to 1<sup>st</sup> Workshop Main Lobby</b>
<b>10:45 A.M. – 12:00 P.M.</b>	<b>Breakout Workshops</b>
<b>12:00 P.M. – 1:00 P.M.</b>	<b>Friday Night Live Lunch/Activity DJ Ben Lewis Hall</b>
<b>1:00 P.M. – 1:45 P.M.</b>	<b>Keynote Speaker Jay Dent “Dangers of Being Gullible” Ben Lewis Hall</b>
<b>1:45 P.M. – 2:15 P.M.</b>	<b>Opportunity Drawing in Ben Lewis Hall Evaluations Friday Night Live Wrap Up - DJ</b>
<b>2:15 P.M.</b>	<b>Adjourn for the Day Bus Departure</b>

# SPECIAL SPEAKERS



**160,000 students skip school every day for fear of being bullied.**

It doesn't have to be this way. Creating a school climate less susceptible to harassment, bullying and violence is possible. We see it happening in socioeconomically and demographically diverse schools across North America every day.

For us it started when Rachel Joy Scott was the first person killed in the Columbine High School shooting on April 20, 1999. But that was only the beginning of the story. After her death, many students that Rachel reached out to shared stories with the Scotts about the profound impact her simple acts of kindness had on their lives; even preventing one young man from taking his own life. They soon realized the transformational effect of Rachel's story and started the non-profit organization that is Rachel's Challenge today.

In the nineteen years since we lost twelve innocent lives, including Rachel, her legacy has touched 25 million people and is the foundation for creating programs that promote a positive climate in K-12 schools. Her vision to start a chain reaction of kindness and compassion is the basis for our mission:

**Making schools safer, more connected places where bullying and violence are replaced with kindness and respect; and where learning and teaching are awakened to their fullest. And it works!**



# SPECIAL SPEAKERS

## GABRIEL MALDONADO



Originally from Compton, California, Gabriel Maldonado has been a community organizer for the last fifteen years. Gabriel has worked with the Los Angeles Police Departments Teen Community Police Advisory Board, addressing the gang violence resulting from racial tensions, poverty, and police distrust in the community. It was these experiences with issues of community justice that first inspired him.

Today, Gabriel is the Founder and Chief Executive Officer of TruEvolution, an organization fighting to defend health equity and racial justice to advance the quality of life and human dignity for LGBTQ people based in Riverside, CA.

Gabriel recognizes the human rights and public health disparities harshly experienced in communities of color and centers the experiences of marginalized sub-communities, namely Black and Brown LGBTQ people.

Maldonado's work expanded while serving on the Presidential Advisory Council on HIV/AIDS as one of the youngest appointed under the Obama Administration. His passion for global health has been increased as a member of the AIDS Healthcare Foundation's Board of Directors, supporting the work of the Foundation's initiatives surrounding youth, housing, and LGBT communities in developing countries.

It was Gabriel's experience in earning an MBA did he recognize the power of public-private partnerships as essential building blocks in public health systems. He currently serves on the Advisory Board for Merck & Co. and the National Advisory Board for Viiv Healthcare. Most recently, Gabriel was selected to serve as a Co-Chair for the 2019 National HIV Prevention Conference at the Centers for Disease Control.

Instagram / Twitter: @GabrielPaul\_M TruEvolution.com

**Jay Dent** is an empowering poet, motivational speaker, author, and therapist advocate. She received her Associate of Arts in Liberal Arts: Social and Behavioral Sciences from Santa Monica College, her Bachelors of Arts in Theatre Performance with an emphasis in Acting, from California State University, Long Beach, and her Masters in Marriage and Family Therapy from the University of Southern California (USC).

Jay is the President and Founder of the USC Black Actors Union, where she has interviewed the likes of Columbus Short, Tika Sumpter, Logan Browning, Bianca Lawson, and more. She is also the Founder of the USC Poetry Slam Team, and her organization won the "Best Performance Organization Award" at USC in 2015. She is also the first graduate student USC Spirit Leader, cheering at all of the USC athletic events.

Jay recently wrote an inspirational book about toxic relationships and manipulative love warfare entitled, *The Dangers of Being Gullible*. You can order your signed copy and gain more inspiration at [www.jaysojay.com](http://www.jaysojay.com)



# Workshops

**10:45 a.m. – 12:00 p.m.**

## **Student Leader/Faculty Training:**

**A**

This training starts with a limited, yet powerful, time of sharing about what the keynote meant to participants and what it could mean to the campus community as a whole by expanding on the principals of respect and multi-media and hands on exercises to encourage participants to incorporate positive strategies and behaviors into their personal, school, and work lives. Then the training moves into a discussion of practical ways that kindness, focus on strategies and tactics that promote an environment that is less prone to harassment, bullying and violence.

## **Growing Power: The Black Experience—**

**B**

This workshop will facilitate insightful dialogue and knowledge about the possible support and strength that is needed for African Americans into today's social climax era .Themes include mental health stigma, how social media perceptions and experiences of African Americans , academic acceptance in the classroom, and the bridge between black love. The workshop offers a platform to discuss personal experiences and gain feedback about helpful tools to maintain support and continuous dialogue post conference.

## **Surviving and Succeeding en “Nuestra Cultra” Taide Arias & Miguel Lujano**

**C**

Surviving and Succeeding en Nuestra Cultura aims to cultivate the next generation of Latino leaders by promoting community and activism. Advocacy through Social Media and Mental Wellness in various settings starting with individual, school, and community. Students will learn how to improve systems and communities; influence other young people to take action; help young people find a place to belong; promote youth development promote youth development and leadership.



# Workshops

**10:45 a.m. – 12:00 p.m.**

## **Moving Beyond the Rainbow: Activism, Advocacy, and the Advancement of LGBTQ+ People-**



This seminar-styled session will dive into the world of activism, advocacy and advancement of LGBTQ people moving beyond the creation of safe spaces and cultural competency. Looking behind the veil into the world of advocacy and activism, Gabriel Maldonado will take participants inside the history and campaigns combating stigma and mental health disparities through advocacy and programs.

## **Miss Representation: Going Beyond Gender Stereotypes Andrea Deaton, LMFT & Melinda McFarland, LMFT**



Media is selling that girls and women's value in their youth, beauty, and sexuality rather than their at the capacity to be leaders. While women have made great strides in leadership over the past few decades, the United States is still 33rd out of the 49 highest income countries when it comes to women in the national legislature. Miss Representation accumulates startling facts and statistics that will leave the audience shaken, but armed with a new perspective and how to be leaders in improving Mental Health of the lives of young women.

## **Behind The MASCulinity: Negotiating America's narrow Definition—**



**Behind the MASCulinity** will address cultural and social factors that shape gender norms of what it means to a good man versus a real man. We will discuss how a limited societal expression of masculinity impacts seeking help for physical and mental health challenges. Furthermore we will collectively outline and practice helpful tools that adopts a fuller expression of masculinity that builds intimacy and healing relationships.