

The Effects of Trauma on Mental Health Workshop



Randi Case, LCSW

Bio: I grew up in Bishop, CA - a small rural town located in Inyo County. I received my BA in psychology from CSU Long Beach in 2012 and my MSW from HSU in 2017. I currently live in Providence, Rhode Island and work as a Program Director for a community mental health agency. My areas of interest include criminal justice, domestic violence and sexual assault, and trauma. As a survivor of domestic violence and sexual assault, I have used my experience to help others through their healing journey.

About the Workshop:

Through this workshop, you will receive an overview of what trauma is and how it impacts adult mental health. You will learn about specific mental health diagnoses and treatment options. This workshop is very interactive and will allow you to become “a clinician for a day.”

Shifting the Overton Window Workshop



Lasara Firefox Allen

Bio: Lasara Firefox Allen is a social justice activist and author. Her most recent book, *Jailbreaking the Goddess: A Radical Revisioning of Feminist Spirituality*, was published by Llewellyn Worldwide in 2016. She works in the field of social work and is a full time student at HSU. Mother to two amazing young people and married to the love of her life, Lasara lives with her family in the wilds of Northern California.

About the Workshop:

Attending Shifting the Overton Window will help students gain understanding as to how ideas move from the "unthinkable" category toward, and into, policy. This is helpful in strategizing for advocacy, activism, and creating social change.

**Inmate Service Coordinator, Mendocino County Sheriff's Office / Student Intern, Consolidated Tribal Health Project
Workshop**



William Feather



Tory Eagles

CR Pelican Bay Scholars Program
Coordinator/HSU MSW Student

Bio: William Feather is a thirty seven year old American Indian from the Round Valley Indian Reservation located in Covelo CA. Areas of interest include Social Welfare, Corrections Counseling, Youth Mentor, Crisis Work, domestic violence prevention, Parenting. Hobbies: Hunting & Cooking and Camping.

Tory Eagles is an As an education advocate and program coordinator, Tory is dedicated to providing quality and relevant higher education opportunities to the incarcerated students at Pelican Bay State Prison. She has more than 10 years of experience supporting students within the higher education setting in addition to earning a Bachelor of Arts in Social Work degree at Humboldt State University in 2017 and anticipates graduating with her Master of Arts in Social Work degree in 2019.

About the Workshop: Accessing Corrections is the title: students will learn about state and county corrections facilities. Policies and practices regarding inmate treatment including: Inmate programming, funding streams, community impacts, costs to incarcerate and benefits of

programming. We will highlight Educational opportunities that Inmates are accessing and areas that need improvement.

Understanding Adverse Childhood Experiences and Resilience: How it Impacts our Work Workshop



**Katie Allen, MSW, Infant and Early Childhood
Mental Health Specialist**

Bio: Katie Allen is a graduate of Humboldt State University Masters of Social Work program. She is currently working as an Infant and Early Childhood Mental Health Specialist locally for First 5 Humboldt. She visits local and outlying First 5 Humboldt sponsored playgroups promoting social connections among parents and children and brings a background of child development and family support to community parents. Utilizing the research based 5 Protective Factors to help strengthen families, Katie's work involves; promoting parental resilience, providing concrete support to families in times of need, offering parent/caregiver education in both group and individual sessions, fostering connections between families and supporting the social and emotional well-being of children and their families. Katie also does more intensive family support when families experience traumatic situations. She also does local education and training for local practitioners surrounding child development, infant mental health, childbirth education and adverse childhood experiences. When she's not at work, Katie enjoys Humboldt County by hiking, camping, biking and attending local events with her children, age 5 and 1.

About the Workshop: This workshop will be a brief overview about the Adverse Childhood Experiences study and how it relates to our work as Social Workers. We will talk about how genetics, environment and relationships all play a role in our own and our clients upbringing. We will take a deeper dive into adverse childhood experiences paired with a discussion on resilience factors. We will discuss brain development, brain organization and how toxic and tolerable stress impact development. We will also touch on the key points of resilience and how positive relationships can buffer bad experiences for our clients. This

workshop is relevant to anyone planning to work with families and children but also has been impactful for folks working with all populations in the social work field.



Julie Simpson & Yvonne Doble, MSW

Introduction to Special Education for Social Workers Workshop



Ellyn Landreth, MSW 2021

Bio:

About the Workshop:

This session will offer a general overview of the field of Special Education with special attention given to the introduction and clarification of terms and services that school districts offer to students experiencing disabilities. The parts of an IEP, Individual Education Plan, will be reviewed to give a general knowledge base for social workers who are planning on working in schools in the future.

Title



Vincent Feliz - MSW

Bio: Since 1998, I have worked in Humboldt and Del Norte counties as a direct service provider as a therapist/social worker/advocate, specializing in substance abuse, prevention, treatment and recovery as well as general therapy for youth, young adults and families. School-wise, I earned my MSW graduate degree from California State University, Long Beach and undergraduate, psychology degree from California State University, Humboldt. I am a practitioner of my Chumash culture and heritage from southern, CA. I am closely connected with local, Humboldt and Del Norte County Tribal peoples and communities, whom I consider family and friends. On a policy level, I have been an active advocate for Tribal children and families working with local child welfare agencies addressing issues such as cultural competence and true collaboration. Besides HSU's Social Work Department, I have taught courses at College of the Redwoods and one course for HSU Child Development. From Fall 2012- July 2018, I was the Campus Assistance Response Engagement Coordinator with the HSU Dean of Students Office-addressing non-academic issues and social services-type support. Lastly, I am passionate about the role of social work students, becoming impactful professionals for our communities.

About the Workshop: