

Creating Safe Space for Mental Health through Connection *Community Panel and Circle*

You are invited to gather with us in community. We collectively have gone through so much in the last several years. We are gathering together to hear stories of lived experience with a provider panel and community circle.

You will be given the opportunity to join in the community circle. We have a wonderful panel of providers that have offered to share their experiences with us. The community circle space will be limited. Participation in circle is not required at all.

We will begin with an opening prayer from Madonna Feather Cruz and introduction with Jan Cobaleda-Kegler, Sonoma County Behavioral Health Director. Erika Klohe, Regional Behavioral Health Director, Buckelew will be the facilitator. We will have a panel of community providers, grounding exercise, community circle and sharing a meal together. *We look forward to seeing you all!*



~ Gather Together ~

May 30th, 2023

3:00- 6:00pm

2060 W College Ave

Finley Center, Santa Rosa Ca

Please Register: <https://CreatingSpaceForMH.eventbrite.com>.

Sponsored by Mental Health Services Act, Sonoma County Behavioral Health



Adriana Arrizon

(she/her/ella)

Directora Ejecutiva/Executive Director

Health Action Together

Adriana Arrizon

aarrizon@hatogether.org

Adriana has over 20 years of experience in public and community health sectors in Alameda, Stanislaus, Marin, and Sonoma County. The daughter of migrant farmworkers and raised by a social justice warrior- her grandmother. Adriana understands that it's authentic and meaningful connections that drive change and that a community's vitality is greatly dependent on its members being fully engaged and active participants in their own wellbeing. Adriana's experience includes culturally responsive health program development, implementation, and evaluation. Adriana has worked in maternal & child health, early care & education, disaster response management, community & civic engagement, health & social system coordination, and policy development. Adriana became an International Board-Certified Lactation Consultant in 2010 to address health system inequities in the Latinx community in Sonoma County. Adriana enjoys hiking, entertaining friends, and learning to see the world through the eyes of her two sons.



Teresa Bowman,

(she/her)

Substance Use Services Director

Buckelew Programs

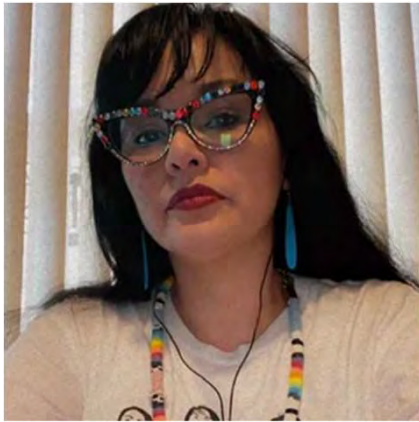
Teresa Bowman

TeresaB@buckelew.org

Teresa is a native of Marin County who began her career path as a young adult, just after graduation from Tamalpais High School. She furthered her career with a degree in business from Heald's Business College in San Francisco, and later completed U.C. Berkeley's Alcohol and Drug Studies program to become a Certified Addiction Specialist. In 1999, Teresa co-founded the Helen Vine Recovery Center, also known as "The Vine", and served as its Executive Director, a role she continues to hold.

As Executive Director of Helen Vine Recovery Center, Teresa was awarded the Martin Luther King, Jr. Humanitarian Award in 2005. In 2011 The Vine merged with Buckelew Programs. Teresa has been instrumental in overseeing The Vine's adoption of evidence-based treatment and, in 2020, the addition of two critically needed sober living residences.

Today, Teresa oversees Buckelew's Substance Use Services and remains dedicated to working with her colleagues and staff to continue expanding Buckelew's co-occurring disorders treatment services.



Madonna (Feather) Cruz
(she/her)
madonnafeather@yahoo.com

MaDonna (Feather) Cruz, named after her aunt MaDonna Thunder Hawk, was Born in Ukiah California. MaDonna is an enrolled member of the Round Valley Indian reservation, in Covelo, CA, And on her father's side Lakota Sioux. MaDonna is currently serving as President of the Indian education committee With Santa Rosa city school District, Director for KBBF radio, BOD to Ya-Ka- AMA Indian Education and Development, Inc., and Community advisory member to the Auntie's and Uncle's project Eagle Council with Sonoma County Indian Health Project.



Lisa Diaz-McQuaid,
(she/her)
Human Trafficking Victims
Advocate
Co-Founder of Redemption
House of the Bay Area
info@redemptionhouseofthebayarea.org

Lisa was born and raised in Santa Rosa, Ca. She is a survivor of childhood sexual abuse and as an adult a survivor of domestic violence, sexual assault, labor trafficking and human trafficking. Lisa found healing and recovery from her past and wants to help others along their paths of healing and discovering self-worth, self-love, freedom and empowerment.

Lisa is a member of the Sonoma County Human Trafficking Task Force and serves on the board as a "trafficking survivor expert" representing Redemption House of the Bay Area. Lisa serves on the board of directors for 'Raizes Collective' empowering our Latino community through art, culture and environmental education. Lisa is a member of several other groups, initiatives and received many awards for her service in community.



Sean Kelson (Your Choice)
Program Manager
Interlink Self-Help Center
sean.kelson@westcountyservices.org

Sean Kelson is a program manager at West County Community Services and oversees Interlink Self-Help Center and the Petaluma Peer Recovery Center. Sean has worked as a Peer Provider for over 15 years. As a consultant and agency employee, Sean has provided training, outreach, and motivational speaking to staff, participants, and agencies - in meetings and on the streets. Sean's zeal and capacity for learning, advocating, and sharing information on trauma informed care, valuing diversity, and awareness of when we may lose sight of another's humanity is informed by his lived experience, grounded in hope and recovery.



Erika Klohe (she, her)
Regional Director Sonoma/Napa
Buckelew Programs
erikak@buckelew.org

Erika Klohe, is a mom, grandma, godmother, daughter, sister, friend and has lived experience. She is a licensed Clinical Social Worker, with many years of experience working in the community providing direct services and developing partnerships throughout Sonoma County. Much of her work has focused on analysis of barriers and challenges, and has supported the establishment of shared practices that increase access to care.

Erika is a strong advocate for culturally diverse, recovery-orientated, trauma-informed and humanistic services. She has many years of experience working with our community's most vulnerable including: Native and Latinx populations, individuals experiencing homelessness, seniors, LGBTQI, those involved in the criminal justice system, transitional and underserved youth and their families.

Erika enjoys hiking, dancing, creating art and spending time with her family and friends. She is dedicated to serving and increasing the health and wellbeing for all



Jennifer Vargas is a System Navigator at inRESPONSE, Santa Rosa's mental health crisis response team. Being first-generation Mexican-American, she strives to make a positive impact in the community she grew up in, through her lived mental health experience and educational background in Chicano Psychology. In her spare time, Jennifer loves dancing and going to the beach.

Jennifer Vargas

(she/her/ella)

inResponse System Navigator

Bucklew Programs

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In Partnership Together



What is connection according to Brené Brown?

"I define connection as the energy that exists between people when they feel seen, heard, and valued; when they can give and receive without judgment; and when they derive sustenance and strength from the relationship." – Dr. Brene Brown