Kathlyn Mead – President and CEO of The San Diego Foundation, one of the largest community foundations in California and the nation. Since 2014, Ms. Mead has led the mobilization of resources to advance quality of life, increase social impact and champion civic engagement through effective, responsible and innovative philanthropy throughout the vibrant San Diego region.

Dawn Griffin, PhD – Forensic Psychologist and Associate Professor at Alliant International University. Dr. Griffin’s work focuses on social determinants of health and integrating trauma-informed systems. She also provides consultation to local, national and international communities who seek to integrate their systems toward becoming trauma informed.

Kimberly Israel, LCSW, MPH – As the first school social worker in the Escondido Union School District, Ms. Israel, Coordinator of Community Outreach, has created, expanded, and managed comprehensive student and family services programs and established direct linkages between the school district and community providers. She is the facilitator of the Escondido Union School District's CARE Youth Advisory Committee—bringing together representatives from the school district, community agencies, and parents in support of creating a safer and healthier community for youth in Escondido.

Parwin Tahir, MSW – Social Service Case Manager with Serving Seniors. Ms. Tahir works directly with seniors to help with any and every type of issue from housing crises to accessing medical insurance. One of her most memorable cases was working with a client who was chronically homeless and struggling with substance abuse and multiple mental health problems. Ms. Tahir was able to help the client to overcome and move in a positive direction.

Rodney Hood, MD – President of the Multicultural IPA, which specializes in serving African American, Latino, Asian and Middle Eastern patients. He is a national authority on health disparities, medical history and racism in medical care. Dr. Hood is also the chair for the City of San Diego Commission on Gang Prevention and Intervention.

Steve Dinkin – President of the National Conflict Resolution Center since 2003. Mr. Dinkin is a member of the Alternative Dispute Resolution Committee of the state of California. He has also expanded the organization’s dispute resolution programming outside the United State to Europe, Asia and Latin America.

For more information go to: www.LiveWellSD.org/advance
Program Agenda
2:15-4:00

Welcome - Kathlyn Mead, The San Diego Foundation

Introduction to Film - Dawn Griffin, PhD, Alliant International University

Film Screening of Resilience (60 minutes)

A Moment to Reflect

Panel/Audience Questions & Answers

- Kimberly Israel, Escondido School District
- Parwin Tahir, Serving Seniors
- Rodney Hood, MD, Multicultural Health Foundation
- Steve Dinkin, National Conflict Resolution Center

Call to Action/Next Steps – Kathlyn Mead

RESILIENCE: THE BIOLOGY OF STRESS AND THE SCIENCE OF HOPE uses beautiful animation and compelling characters to explore the science and the solutions of stress and resilience. The film follows pioneering individuals who looked at the ACEs (or Acute Childhood Experiences) research and the emerging science of Toxic Stress and asked, Why are we waiting? Each took this new information and used it in new ways. The film chronicles the promising beginnings of a national movement to prevent childhood trauma, treat Toxic Stress, and greatly improve the health of future generations.

What are ACEs?

ACEs, or Adverse Childhood Experiences, are traumatic experiences that can have a profound effect on a child’s developing brain and body with lasting impacts on a person’s health throughout her or his lifespan. There are ten recognized ACEs, which fall into three types – abuse, neglect, and household dysfunction.

[Diagram of ACEs categories: Abuse, Neglect, Household Dysfunction]