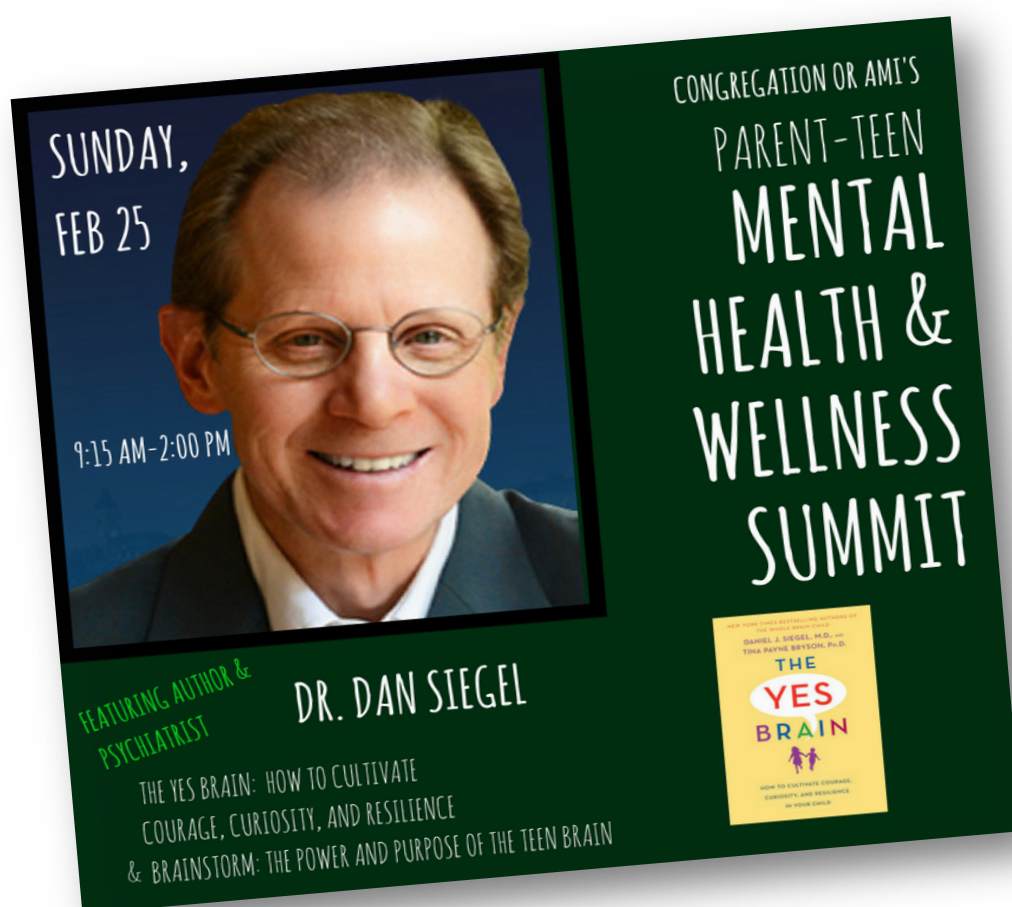




Congregation Or Ami *and* The Caring Community Foundation *Present*



This *Mental Health and Wellness Summit* is part of *Shmirat Haguf v'Hanefesh: Caring for the Teen Body, Mind and Soul*, a joint project of Congregation Or Ami and the Caring Community Foundation (caringcf.org). The project is part of the L.A. Jewish Teen Initiative's Focus on Teen Wellness, co-funded by the Jewish Federation of Greater Los Angeles and the Jim Joseph Foundation with seed funding provided by the Jewish Community Foundation of Los Angeles.



JIM JOSEPH FOUNDATION
Shimon ben Joseph

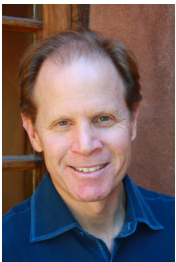
THE FOUNDATION
JEWISH COMMUNITY FOUNDATION
LOS ANGELES

Schedule

- 9:15-9:30 am: Registration
- 9:30-9:55 am: Welcome (Sanctuary)
- 10:00-10:25 am: Taste of Wellness Options
- 10:30 am-12:00 pm: Dr. Dan Siegel Keynote Address and Q&A
- 12:00-12:40 pm: Lunch
- 12:45-1:45 pm: Wellness Workshops
- 1:50-2:00 pm: Closing (Sanctuary)

Questions throughout the day? Ask anyone with Committee, Staff, or Clergy on their nametag.

Keynote Speaker - Dr. Daniel J. Siegel (10:30am-12:00pm)



Daniel J. Siegel received his medical degree from Harvard University and completed his postgraduate medical education at UCLA with training in pediatrics and child, adolescent and adult psychiatry. He served as a National Institute of Mental Health Research Fellow at UCLA, studying family interactions with an emphasis on how attachment experiences influence emotions, behavior, autobiographical memory and narrative.

Dr. Siegel is a clinical professor of psychiatry at the UCLA School of Medicine and the founding co-director of the Mindful Awareness Research Center at UCLA. An award-winning educator, he is a Distinguished Fellow of the American Psychiatric Association and recipient of several honorary fellowships. Dr. Siegel is also the Executive Director of the Mindsight Institute, an educational organization, which offers online learning and in-person seminars that focus on how the development of mindsight in individuals, families and communities can be enhanced by examining the interface of human relationships and basic biological processes. His psychotherapy practice includes children, adolescents, adults, couples, and families. He serves as the Medical Director of the LifeSpan Learning Institute and on the Advisory Board of the Blue School in New York City, which has built its curriculum around Dr. Siegel's Mindsight approach.

Dr. Siegel has published extensively for the professional audience. He is the author of numerous articles, chapters, and the internationally acclaimed text, *The Developing Mind: How Relationships and the Brain Interact to Shape Who We Are* (2nd. Ed., Guilford, 2012). This book introduces the field of interpersonal neurobiology, and has been utilized by a number of clinical and research organizations worldwide. Dr. Siegel serves as the Founding Editor for the Norton Professional Series on Interpersonal Neurobiology which contains over sixty textbooks. *The Mindful Brain: Reflection and Attunement in the Cultivation of Well-Being* (Norton, 2007) explores the nature of mindful awareness as a process that harnesses the social circuitry of the brain as it promotes mental, physical, and relational health. *The Mindful Therapist: A Clinician's Guide to Mindsight and Neural Integration* (Norton, 2010), explores the application of focusing techniques for the clinician's own development, as well as their clients' development of mindsight and neural integration. *Pocket Guide to Interpersonal Neurobiology: An Integrative Handbook of the Mind* (Norton, 2012), explores how to apply the interpersonal neurobiology approach to developing a healthy mind, an integrated brain, and empathic relationships.

Dr. Siegel's unique ability to make complicated scientific concepts exciting and accessible has led him to be invited to address diverse local, national and international groups including mental health professionals, neuroscientists, corporate leaders, educators, parents, public administrators, healthcare providers, policy-makers, mediators, judges, and clergy. He has lectured for the King of Thailand, Pope John Paul II, His Holiness the Dalai Lama, Google University, and London's Royal Society of Arts (RSA). He lives in Southern California with his family.

Taste of Wellness Activities (9:55 - 10:25 am):

QiGong with Julie Brams, LMFT

QiGong is a form of gentle exercise composed of movements that are repeated a number of times, often stretching the body, increasing fluid movement (blood, synovial and lymph) and building awareness of how the body moves through space. When you practice and learn a qigong exercise movement, there are both external movements and internal movements. These internal movements or flows in China are called *neigong* or "internal power." These internal neigong movements make qigong a superior health and wellness practice.



Bio: Julie Brams, MA, LMFT, LPCC is a psychotherapist, Vipassana meditation practitioner/teacher, and writer in Los Angeles. Since 1992 she has been integrating her therapy work helping others regain their innate wellness from an eco-psychology perspective, teaching mindfulness meditation, and connecting with the more-than-human world. Recently certified as a Forest Therapy Guide by the Association of Nature and Forest Therapy, Ms. Brams is now taking people into the woods as a way to reciprocally heal themselves and their environment. She is dedicated to social change and environmental sustainability through re-establishing our intimate connectedness with the rest of nature.

Mindfulness of the 5 Senses with Dr. Danny Zamir

Mindfulness involves paying attention on purpose, in the present moment, and nonjudgmentally to the unfolding of experience moment by moment. The practice of mindfulness often leads to a sense of balance and psychological well-being. To cultivate mindfulness a person does not try to create any particular state of mind, but attempts to just become aware of each thought, feeling, or sensation as it arises in the present moment and to let each thought, sensation, or feeling pass away without judgment or attachment. While this is a simple practice, it can be both challenging and transformative. This morning, Dr. Danny Zamir will provide an introduction to mindfulness meditation as a mental wellness practice and will lead participants in a guided mindfulness practice that will help you to intentionally tune in to the direct experience of your 5 senses in order to cultivate heightened awareness that will allow you to come back to living in the present moment.



Bio: My name is Danny Zamir and I am a clinical psychologist in Santa Barbara. I practice psychology at UCSB and lead a mindfulness group for college students. In addition, I have a private practice where I conduct individual therapy and couples counseling. I specialize in the intersection of physical and mental health as well as Cognitive Behavioral Therapy for anxiety disorders. I take an integrative approach to therapy that includes several empirically supported treatment models to help people to meet their goals and improve their lives. I strive to help the people I work with to develop sustainable happiness, increased satisfaction with life, and greater psychological resilience. I find that mindfulness practice can be a powerful tool to improve mental health and enjoyment of life.

Mindful Eating Practice with Dr. Michelle McParland

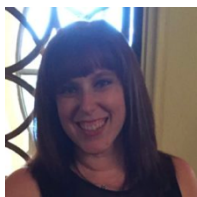
Mindful eating is associated with numerous positive physiologic and emotional outcomes. We will discuss some of these benefits as well as experience some of the basic principles of eating mindfully. Nutritionist and Psychologist Michelle McParland will lead us through some exercises intended to promote greater awareness of our bodily experience and relationship to food.



Bio: Michelle McParland, Ph.D., RDN, is a Registered Dietitian Nutritionist as well as a licensed Clinical Psychologist in private practice in Los Angeles. She is trained in Mindfulness Based Eating Awareness, which she uses along with other modalities, to help others find nourishment, joy and healing through their relationship with food. She has worked at UCLA's outpatient eating disorders program, Monte Nido residential treatment program, California Pain Medicine Center, has consulted with Reconnect Integrative Trauma Treatment Center, has presented at conferences, and regularly advises athletes including those at the Dance Academy at the Coburn School in downtown Los Angeles. Always seeking ways to help bring presence to one's body and eating experience, Michelle is currently completing training in Neuroaffective Touch, a body focused and neurologically informed therapy that offers psychobiological interventions to those who struggle with a varied range of disordered eating and eating challenges.

Yoga with Jen Quick

This session will focus on calming the mind through movement and breath work. Through take home exercises and simple guided movements, this session will teach you take-home exercises that you can use to calm yourself as well as a practice that can be done as a whole family.



Bio: Jennifer Quick serves as Congregation Or Ami's Youth Program Manager. Jennifer grew up in Oak Park and attended San Diego State University, earning a Bachelor's Degree in Psychology. Subsequently, she earned a Multiple Subject Teaching Credential at California State University, Northridge. She spends her free time teaching and practicing yoga and is a 200RYT certified yoga teacher with specialized training in kid and teen yoga as well.

Wellness Workshops (12:45-1:50 pm):

Whole-Child Parenting: Supporting Life-Ready Teens with Ryan Gleason

In this session, Ryan Gleason will address the growing confusion and complexity of preparing students for college and careers. Drawing on key learning from research and his experience in working with 20+ districts throughout California, Ryan will present common challenges and tangible tools for families to better support their teens in preparing for life-readiness.



Bio: Ryan Gleason has a decade of experience as an educational administrator in California. Having worked as a change leader at the site, county, and district office levels throughout southern California, he offers a unique perspective about preparing the whole-child for college, career, and life-readiness. He is the current Director of Education and Leadership in the Las Virgenes Unified School District and was deeply involved in the creation of the new Las Virgenes Center for Educational Excellence, which offers a continuum of learning opportunities for teachers, administrators, and families.

When Strong Emotions Get in The Way with Estee Diamond, MS, LMFT

Finding peace while sitting on a mountain meditating, relaxing on a warm, sandy beach or visiting a tranquil spa retreat is a no-brainer. Conjuring calmer emotional states can seem near impossible when anxiety, anger, intensity or depression impact our perspective. Adolescence is a wild and wonderful phase of development full of a wide range of emotions, passionate conversation and growth. Are emotions running high or getting out of control in your home? Is depression clouding the better moments? Are you feeling defeated and ineffective? If so this workshop is for you!

Today we will make sense of how the brain leaps into survival mode compounding intensity and reactivity. We will explore the path to less conflict, healthier boundaries, and more positive interactions. Learn specific strategies to get back in touch with your best self, soften the edges and avoid the fallout of reactivity, walling off or shutting down by practicing responses that leave you feeling grounded, secure, resilient and connected to each other.



Bio: Estee is a Licensed Marriage and Family Therapist who has been helping her clients feel secure, grounded and more resilient for over 30 years. Estee works with couples, children and families specializing in the treatment of trauma, addiction and mood disorders. She maintains two private practice offices located in Agoura Hills & Encino. Estee is passionate about her work and believes in the transformational power of healthy relationships, and the present moment's potential to cultivate wisdom, healing and overall well-being.

Listening To Nature: How Our Relationship with Nature Improves Our Physical and Emotional Health with Julie Brams, LMFT

Scientific research is showing that sensory time spent in connection with nature changes our biology in positive ways including reducing stress, boosting immunity, improving cognitive functioning, and deepening our relationship with the natural world. In this workshop you will be offered a series of guided invitations to assist you in slowing down, awakening your senses and finding your own authentic way of being with the rest of nature. We will end with a tea ceremony made from plants foraged from the land. Come relax into the beauty all around us and learn simple practices that you can incorporate into your daily self-care.



Bio: Julie Brams, MA, LMFT, LPCC is a psychotherapist, Vipassana meditation practitioner/teacher, and writer in Los Angeles. Since 1992 she has been integrating her therapy work helping others regain their innate wellness from an eco-psychology perspective, teaching mindfulness meditation, and connecting with the more-than-human world. Recently certified as a Forest Therapy Guide by the Association of Nature and Forest Therapy, Ms. Brams is now taking people into the woods as a way to reciprocally heal themselves and their environment. She is dedicated to social change and environmental sustainability through re-establishing our intimate connectedness with the rest of nature.

Talk Loudly and Talk A Lot: Story Sharing from a Parent, a Teen and a Psychologist--How to Get Through Tough Times with Debby Pattiz, Dani Pattiz, and Dr. Gia Marson

The title of this panel discussion "Talk Loudly and Talk a Lot" is borrowed from teen Dani Pattiz's mental health journey and outreach work which seeks to spark conversation about and remove the stigma from today's teen mental health crisis. This session brings together a mental health professional with experience treating adolescents, a teen with experience battling depression, and a parent with experience overcoming the hurdles that prevent families from seeking help. The presentation will provide an overview from all three of these perspectives on how to identify signs that a teen may be in trouble, what to do about it, and how to find support for teens and their families

along the way. Participants will have the opportunity to ask questions anonymously or join the conversation about teen mental health openly.



Bio: Dani, an eleventh grader, is engaged in bringing mental health advocacy, outreach, and education to teens and families in her community. Dani has conducted workshops for teens, delivered presentations to middle school staff, and shared her mental health journey to an overflowing synagogue on Yom Kippur. Dani's openness and courage have helped spark important conversations about teen mental illness, suicide and depression with Congregation Or Ami, LVUSD, and beyond.



Bio: Debby is Dani's mom. As a parent who struggled to understand her child's battle with depression and how to handle it, Debby has joined her daughter's "Talk Loudly and Talk a Lot" campaign. By speaking out about her own journey, Debby hopes to help remove the stigma that so often isolates families and prevents them from seeking help for their children.

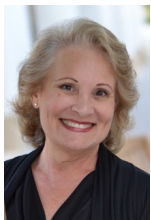


Bio: Dr. Gia Marson is a psychologist, clinician, and lecturer in private practice in Santa Monica and Calabasas. Dr. Marson treats adolescents and adults for a variety of problems and for peak performance. She is currently a consultant to the UCLA Medical Stabilization and Outpatient Eating Disorders Programs. She has been a featured, expert contributor for NBC, for Maria Menounos' book The Everygirl's Guide to Life about girls' development and for the University of California's public service video about eating disorders. She has been a clinical supervisor for psychology interns and postdoctoral fellows, a clinician at The Renfrew Center Intensive Outpatient Program & The Monte Nido Treatment Center Residential Program, Founder/Director of the UCLA CAPS Eating Disorder Program. She also served as a psychologist-member of the UCLA Athletic Care Committee where she was a member of a multidisciplinary team treating at risk athletes. She knows full recovery is possible from mental health challenges because she has witnessed it throughout her career. Drgiamarson.com | 310.526.3123

Stress Management and Wellness with Carol A. Polevoi, LMFT, CBS, CPC

According to the National Institute on Health and the studies published in major medical journals, stress is said to be the cause of about 87% of all disease. We respond mentally, emotionally and

physically to internal and external stressors affecting almost every system in our bodies therefore influencing how we feel and behave. In this workshop, we are going to identify our stressors and learn practices that we can incorporate in our everyday lives to help minimize the effects of stress. We may not be able to control the stress that comes our way, but by being proactive in self-care and using tools to manage our stress, we can empower ourselves to live happier, healthier lives and have more meaningful relationships.



Bio: Carol A. Polevoi has been a mental health specialist for over three decades. She spent more than two of them as owner and clinical director of the Counseling Resource Center in Agoura Hills, where she works with individuals, families, couples, groups, and businesses. Ms. Polevoi is a licensed psychotherapist, certified as an Integrative Body Psychotherapist (IBP) and teacher, biofeedback specialist, and professional coach specializing in mind/body therapy, stress management, wellness, relationships and trauma. She is also a C-Suite Advisor writing articles on stress management, health and wellness for the CSQ Magazine. Prior to her current practice, Ms. Polevoi has an extensive background in education as well as coaching, educating and managing within the corporate world. Ms. Polevoi enjoys presenting seminars and workshops to businesses and schools in the community. It is her passion to help provide support and innovative therapeutic interventions to help people live happier and healthier lives, relieve physical and psychological pain as well as resolving troublesome patterns of behavior.



Mental Health & Wellness Summit Evaluation

February 25, 2018

- ☐ Parent
 ☐ Teen
 ☐ Community Member
 ☐ Mental Health Professional
 ☐ Teacher
☐ Other _____
☐ Congregation Or Ami Partner
 ☐ Not Congregation Or Ami Partner

About the Summit: Place an X on the response that best describes your experience.

Communications Leading up To Summit	Excellent	Good	Fair	Poor	Very Poor
Registering for Summit	Very Easy	Easy	Somewhat Easy	Hard	Very Hard
Welcoming	Highly Engaging	Pretty Engaging	Somewhat Engaging	Nearly Engaging	Hardly Engaging
Expectations for Summit	Exceeded Expectations	Met Expectations	Somewhat Met Expectations	Nearly Met Expectations	Hardly Met Expectations
Awareness Gained	Very Much	Much	Some	Little	Very Little
Skills Gained	Very Much	Much	Some	Little	Very Little
Useful Information	Very Much	Much	Some	Little	Very Little
Overall Rating for Summit	Very High	High	Okay	Low	Very Low
Recommend Summit to Others	Very Likely	Likely	Somewhat Likely	Unlikely	Very Unlikely

What is one thing you are taking away from this event?

What improvements can we make to the event (based on your ratings)?

What topics would you like to see at future workshops?

What presenters would you recommend?

Thank you for your information