

BRAZOS COUNTY VIRTUAL REGIONAL WORKSHOP

September 16, 2021

9:00 a.m. - 4:10 p.m.

<b>Time</b>	<b>Title</b>	<b>Description</b>	<b>Speaker(s)</b>
9:00 a.m.	Welcome	Introduction to Brazos County Virtual Workshop and It's Time Texas' mission	Amy McGeady, PhD, CEO, It's Time Texas
9:30 a.m.	<b>Opening Panel:</b> Weaving Together a Collective Story	Dream about a community that has the resources to nurture all members to feel connected and well. In this session, you'll gain a deeper awareness of the varied challenges and resources that exist to build on the collective story of the Brazos County region. Each of our realities intersect and create community relationships that teach us what our collective needs are. Identify two factors significantly affecting the health of the community, develop a narrative for how we talk about health within your region, and examine opportunities to bridge community knowledge to solve health challenges.	<b>Moderator:</b> Joycelyn Jurado, Program Director for Collaborative Innovations for Community Health at It's Time Texas  <b>Speakers:</b> <ul style="list-style-type: none"> <li>• Sara Mendez, Brazos Health District</li> <li>• Lisa Wamsley, Sonshine Center Outreach</li> <li>• Towanda Webber, Madison Health Resource Center</li> </ul>
10:30 a.m.	<b>Interactive Activity</b>	<b>Interactive Activity</b>	<b>Interactive Activity</b>
10:35 a.m.	<b>Roundtable Discussion:</b> Power in Numbers: Discovering our Community Knowledge	Uncover the potentials that exist for collaboration to strengthen the shared network of supporting health. Reflect on a case study about challenges within a community and how they were addressed through collaboration and shared resources.	<b>Moderator:</b> Maggie Amaku, MPH, Program Manager at It's Time Texas
11:40 a.m.	<b>Resource Feature:</b> It's Time Texas Build Healthier Toolkit	It's Time Texas offers a free resource that aims to assist you as you work toward building and sustaining a	It's Time Texas

		Community Health Collaborative. We consider a CHC to be a group of community members, leaders, or organizations working together to address the health needs in their community. In this toolkit, you will find a wide variety of resources, tools, best practices, and case studies that will guide you at every stage of CHC framework.	
12:05 p.m.	<b>LUNCH BREAK</b>	<b>LUNCH BREAK</b>	<b>LUNCH BREAK</b>
1:00 p.m.	<b>Presentation:</b> Working with Transgender Clients	Explore your own concepts of gender and sex, as well as how this intersects with our approaches to clients whose gender is not what we would expect. Review the wholly client-centered paradigm and learn communicative techniques for ascertaining gender as well as developing a communication toolbox in working with clients from across the gender spectrum.	<b>Speaker:</b> <ul style="list-style-type: none"> <li>• Katrina Stewart, Pride Community Center</li> </ul>
2:00 p.m.	<b>Interactive Activity</b>	<b>Interactive Activity</b>	<b>Interactive Activity</b>
2:05 p.m.	<b>Presentation:</b> ProQOL: Measuring Compassion Satisfaction and Compassion Fatigue Among Helping Professionals	Professional quality of life is the quality one feels in relation to their work. The ProQOL is the most commonly-used survey to measure the effects of helping others and provides results for compassion satisfaction, secondary traumatic stress, and burnout. During this workshop, you will complete an individual ProQOL and review your results, learning new coping skills and the positive and negative affects you feel as a working professional.	<b>Speaker:</b> <ul style="list-style-type: none"> <li>• Melissa Becerra, LCSW</li> </ul>

2:55 p.m.	<b>BREAK</b>	<b>BREAK</b>	<b>BREAK</b>
3:00 p.m.	<b>Closing Panel:</b> Creating Space to Care for our Mental Health	The reality of the pandemic created major shifts in our ways of life, globally. Conversations about health have been more intentional in naming the physical and mental needs each of us face. Whether it's managing our blood pressure, making efforts to exercise, or acknowledging the need to slow down and breathe, there is much to consider to maintain our health. During this session, you'll understand how mental and physical health intersect, and obtain tools needed to take care of your well-being.	<b>Moderator:</b> Arlet Polack, Program Manager at It's Time Texas, Community Capacity  <b>Speaker(s):</b> <ul style="list-style-type: none"> <li>• Jessi Hall, MHMR Authority of Brazos Valley</li> <li>• Isaac Saldivar, Telebehavioral Care, Texas A&amp;M Health Science Center</li> <li>• Angel Glover, Women's Holistic Counseling</li> </ul>
4:00 p.m.	<b>Closing Remarks</b>	<b>Closing Remarks</b>	<b>Closing Remarks</b>