

RIO GRANDE VALLEY REGION VIRTUAL REGIONAL WORKSHOP

September 21

9:00 a.m. - 3:40 p.m.

| Time | Title | Description | Speaker |
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| 9:00 a.m. | Welcome | Introduction to Rio Grande Valley Virtual Workshop and It's Time Texas' mission | Amy McGeady, PhD, CEO, It's Time Texas |
| 9:30 a.m. | Opening Panel: 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 Rio Grande Valley 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. | Moderator: Melissa Garcia, South Texas Regional Director at It's Time Texas Panelists: <ul style="list-style-type: none"> • Hugo Zurita, Good Neighbor Settlement • Alberto Espinoza, Valley Baptist Legacy Foundation • Lisa Mitchell, Bennett, UT Health School of Public Health, Brownsville |
| 10:30 a.m. | BREAK | BREAK | BREAK |
| 10:40 a.m. | Roundtable Discussion: 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. | Moderator: Maggie Amaku, MPH, Program Manager at It's Time Texas |
| 11:45 a.m. | ACTIVITY: Brain Break | ACTIVITY: Brain Break | ACTIVITY: Brain Break |
| 11:50 a.m. | Resource Feature: It's Time Texas | It's Time Texas offers a free resource that aims to assist you as you work toward building and sustaining a Community | It's Time Texas |

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| | Build Healthier Toolkit | 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. | |
| 12:15 p.m. | LUNCH BREAK | LUNCH BREAK | LUNCH BREAK |
| 1:00 p.m. - 2:00 p.m. - TWO CONCURRENT SESSIONS | | | |
| 1:00 p.m. | Panel: Calling All Educators! | This conversation will explore one school district's efforts to create an environment that promotes wellness and health for all members of the school system. Their efforts have created thoughtful wrap-around-services for staff, students, and families to care for the mental, emotional, and physical needs across the community. | Host: PSJA ISD Wellness Program |
| 1:00 p.m. | Presentation: 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. | Speaker(s): <ul style="list-style-type: none"> Melissa Beccera, LCSW |
| 2:00 p.m. | BREAK | BREAK | BREAK |
| 2:10 p.m. | Closing Panel: 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, | Moderator: Andrea Rosario, Living Healthier Program Director at It's Time Texas Speaker(s): <ul style="list-style-type: none"> Ivan Garza, School Psychologist, BISD |

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| | | you'll understand how mental and physical health intersect, and obtain tools needed to take care of your well-being. | <ul style="list-style-type: none"> • Roxanne Pacheco, MSSW Psychotherapist, Hope Family Health Center • Carmen Lira, Licensed Psychologist |
| 3:00 p.m. | Closing Remarks | Closing Remarks | Closing Remarks |