



9th Annual School Wellness Summit

October 26, 2022

Hotel Corque, Solvang, CA

9:00am - 3:30pm

---

## - AGENDA -

- 8:30 Attendee Registration ~ Networking Coffee**
- 9:00 Welcome**  
Dr. Susan Salcido, Santa Barbara County Superintendent of Schools
- 9:05 Reconnect, Refresh and Renew**  
Suzanne Grimmesey, PIO/Chief of Strategy and Community Engagement Santa Barbara County Department of Behavioral Wellness
- 9:20 A Holistic Approach to School Wellness: Centering the Child**  
Amy DeLisio, Director, Center for Wellness and Nutrition
- 9:50 Workplace WellBeing; An Integral Approach to Thriving**  
Isabelle Wettergren, MA, NBHWC, CWP, Director, Teachers Wellness Coaching & Consulting
- 10:40 *Morning Break***
- 10:50 Local School Wellness ~ Revitalize and Rejuvenate!**  
Mike Danzik, California Department of Education,  
Eric Span and Margaret Sedor, Sweetwater Union High School District
- 11:55 100 Mile Club: Creating Healthy, Happy, Connected Kids, Families and Communities**  
BJ Walker, 100 Mile Club, National Program Director and Dave Doubravsky, Assistant Superintendent, Education Services, Jurupa Unified School District
- 12:35 Promoting Active Living and Active Lifestyle**  
Joan Hartmann, Third District County Supervisor
- 12:45 *Lunch Break***
- 1:30 Veggie IQ: A Recipe for Success**  
David Kerr, MD, Director of Research and Innovation at Sansum Diabetes Research Institute, Santa Barbara, and Director of Digital Services for the Diabetes Technology Society and Katie Kinsella, Project Coordinator, Sansum Diabetes Research Institute
- 2:15 ACEs and Resilience: Understanding and Moving Beyond Our Shared Trauma**  
Barb Finch, Children & Adult Network Director, Santa Barbara County Department of Social Services and Terri Allison, MoonLit Consulting, Early Care and Education Consultant
- 3:00 Closing Remarks**  
Ashley Costa, Executive Director, Lompoc Valley Community Healthcare Organization



---

9th Annual School Wellness Summit • October 26, 2022 • Hotel Corque, Solvang, CA

- PRESENTER BIOGRAPHIES -



**MASTER OF CEREMONIES**

**Katherine Hawksworth, MPH**

**Program Manager, Center for Wellness and Nutrition, Public Health Institute**

**[Katherine.Hawksworth@wellness.phi.org](mailto:Katherine.Hawksworth@wellness.phi.org)**

Katherine Hawksworth is a Program Manager with the Center for Wellness and Nutrition, a program of the Public Health Institute. Ms. Hawksworth provides training and technical assistance to schools, health departments, and community members to create healthier environments. Ms. Hawksworth has experience in Local School Wellness Policy, curriculum development, training design, and facilitation, and continues to work to address school and community nutrition, physical activity, and other wellness topics. Ms. Hawksworth has a Bachelor of Arts in Women's Studies and a Minor in Health Education and a Master in Public Health from San Francisco State University.



**Dr. Susan Salcido**

**County Superintendent of Schools, Santa Barbara County Education Office**

Dr. Susan Salcido has worked on the front lines in education for over 26 years as a high school English teacher and coach, a junior high school principal, deputy superintendent, and now, as our Santa Barbara County Superintendent of Schools.

During her five years as Superintendent, Dr. Salcido's unwavering support of schools, children, and families, coupled with her exceptional leadership skills, have drawn praise from all regions and segments of the community.

In her role as Superintendent, Dr. Salcido supports 20 school districts and oversees 200 programs serving 70,000 children & youth countywide. During her tenure, she has been a strong supporter of school safety and an advocate for youth mental wellness, helping to access increased grant funding for both.

A former Woman of the Year and Administrator of the Year, she attended public schools growing up in Santa Maria, earned her bachelor's degree and master's degree from UCSB, and her doctorate from USC, focusing on organizational change, leadership, and student equity.



---

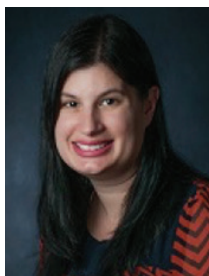
9th Annual School Wellness Summit • October 26, 2022 • Hotel Corque, Solvang, CA

- PRESENTER BIOGRAPHIES -



**Suzanne Grimesey, MFT**  
**PIO/Chief of Strategy and Community Engagement**  
**Santa Barbara County Department of Behavioral Wellness**  
**[suzkirk@sbcbswell.org](mailto:suzkirk@sbcbswell.org)**

Suzanne Grimesey is a licensed Marriage and Family Therapist and works for the County of Santa Barbara, Department of Behavioral Wellness. Suzanne has worked closely with countywide school districts providing training and leading school based Behavioral Health disaster and trauma response including postvention response for suicides, student deaths, psychological first aid, and aiding in establishing ongoing support structures. In 1997, she began her work with the County of Santa Barbara, Department of Behavioral Wellness and began her training and work providing first responder debriefings which she has continued to provide since this time. She serves as the Public Information Officer (PIO) for the department and is the Chief of Strategy and Community Engagement, serves on the Public Information Team for the County of Santa Barbara, provides critical incident debriefings for first responders and others, and provides countywide Disaster Behavioral Health coordination and community recovery.



**Amy DeLisio, MPH, RD**  
**Director, Center for Wellness and Nutrition**  
**[Amy.DeLisio@wellness.phi.org](mailto:Amy.DeLisio@wellness.phi.org)**

Amy DeLisio is the director at the Center for Wellness and Nutrition, a program of the Public Health Institute, where she provides overall vision and strategic direction, and project oversight for a large portfolio of federal, state, local and private grants. Ms. DeLisio is a well-established leader in innovative public health nutrition education and social marketing approaches, food and nutrition security efforts, school wellness initiatives, nutrition and health policy, and chronic disease prevention programs. Ms. DeLisio is passionate about implementing community-driven approaches that increase equitable policies and social justice in low- resource communities that have been historically left out. She has comprehensive skills in training and capacity-building efforts for local institutions with an emphasis on community and youth leadership. Ms. DeLisio is a Registered Dietitian with a Master's in Public Health degree from the University of Southern California. Amy earned her bachelor's degree and attended the Coordinated Program in Dietetics at Youngstown State University.



---

9th Annual School Wellness Summit • October 26, 2022 • Hotel Corque, Solvang, CA

- PRESENTER BIOGRAPHIES -



**Joan Hartmann,**  
**Third District County Supervisor for the Santa Ynez Valley, the City of Lompoc along with the Gaviota Coast and the western two-thirds of the City of Goleta**

Joan has lived in Santa Barbara County part-time since 1999 and full-time since 2004. She served for six years as a Court Appointed Special Advocate (CASA) for children in the foster care network. She also served on the Wildling Museum's Board of Directors, the Fund for Santa Barbara's Grant Making Committee, and the Santa Barbara Foundation's LEAF Advisory Committee. Joan began her career in the academic world, serving as Director of the Public Policy Program at the Claremont Graduate School; Assistant Professor of Environmental Studies and Government at Oberlin College; and later as an adjunct professor of Environmental Studies at USC. She has also worked in the policy and budget offices and as legal counsel for several federal government agencies. She has also served in government with the Congressional Research Service, the Department of the Interior and the U.S. EPA, Region 3 and helped found the Southern California Wetlands Recovery Project, a novel public-private partnership to restore coastal Southern California rivers and wetlands. She spearheaded the Buellton Urban Growth Boundary initiative which requires a vote of the people before the City can expand its boundaries, the first such initiative in Santa Barbara County. She also advised the Goodland Coalition which successfully campaigned for a similar initiative in Goleta. She is married to James (Jim) Powell, and has one adult daughter, and two adult stepchildren.



**Isabelle Wettergren, MA, NBHWC, CWP**  
**Director, Teachers Wellness Coaching & Consulting**  
**[isabelle@teacherswellness.org](mailto:isabelle@teacherswellness.org)**

Isabelle is native of Montréal, Canada, speaks French fluently. She holds a Bachelor's degree in Kinesiology and a Masters in Health & Wellness Psychology. She is a National Board-Certified Health & Wellness Coach, Certified Wellness Practitioner, Certified Professional Recovery Coach, Certified Facilitator in Addiction Awareness, and Resilience & Thriving Facilitator. She is also a Certified Wellness Professional from the National Wellness Institute, where she also holds workplace wellness certifications, volunteers at conferences, and serves on the Council on Wellness Certification Excellence. Isabelle taught Physical Education and led wellness initiatives in California public schools for more than 20 years. Isabelle recently left her teaching position to fully commit to her passion for helping educational leaders create and implement organizational strategies scientifically known to enhance workplace wellness and culture. As Ambassador of Workplace Wellness, she facilitates highly interactive online and in-person workshops designed to help individuals and organizations harness their strengths, elevate purpose, and cultivate resilience.



---

9th Annual School Wellness Summit • October 26, 2022 • Hotel Corque, Solvang, CA

- PRESENTER BIOGRAPHIES -



**Michael Danzik, MPH, RD**

**California Department of Education, Nutrition Education Consultant**  
[mdanzik@cde.ca.gov](mailto:mdanzik@cde.ca.gov)

Mike Danzik is a Nutrition Education Consultant for the California Department of Education. His previous responsibilities included state-wide school meal marketing efforts, as well as training on the National School Lunch and School Breakfast requirements. Mr. Danzik is the subject matter expert for state and federal competitive food and beverage rules and access to free water in school requirements. He contributes to state-wide efforts for Local School Wellness Policy implementation. Mike holds a Master's in Public Health Nutrition and is a Registered Dietitian.



**Eric Span**

**Director Nutrition Services, Sweetwater Union High School District**

Eric Span is the Director of Nutrition Services for Sweetwater Union High School District. He has been in this role for over 10 years, and has 18 years in K-12 School Nutrition as well as being a trained chef. Having graduated culinary school 33 years ago, Eric has vast knowledge in recipe building, procurement, and leading large teams. His passion and love for serving great food guides him as he provides the highest quality and nutritious meals for Sweetwater students. Eric is a proponent of the Farm to School movement and currently working to build the bridge between school food and classroom education. Eric is currently serving as the Public

Policy and Legislative Committee Chair for the California School Nutrition Association.



**Dr. Margaret A. Sedor, Ph.D., NCSP, LEP, ABSNP**

**District Suicide Prevention & Wellbeing Coordinator**  
**Sweetwater Union High School District**

Dr. Margaret A. Sedor, NCSP, is a School Psychologist and serves as the District Suicide Prevention and Wellbeing Coordinator within the Sweetwater Union High School District. She is Adjunct Faculty in the Department of Counseling and School Psychology at San Diego State University. Over the past 20 years, Dr. Sedor has provided leadership in the areas of mental health and wellbeing at the county, state and national level. Currently, she serves on the NASP School Safety and Crisis Response Committee, the CASP Legislation Committee, CASP Mental Health Committee, and the California Department of Education Social Emotional Learning Task Force. As a nationally recognized presenter, Dr. Sedor provides training in MTSS, mental health and wellbeing, social emotional learning, restorative practices, crisis response, and suicide prevention, intervention, and postvention.



---

9th Annual School Wellness Summit • October 26, 2022 • Hotel Corque, Solvang, CA

- PRESENTER BIOGRAPHIES -



**BJ Walker**  
**National Program Director, 100 Mile Club**  
[bjwalker@100mileclub.com](mailto:bjwalker@100mileclub.com)

BJ is a clinical social worker by degree, but 'retired' from this field while raising her three boys, who are now grown. She has worked with non-profit organizations since 1982, both as an employee and a volunteer, including serving on several local and national boards. BJ first served on the Board of 100 Mile Club, before becoming an employee in 2013. She now serves as the National Program Director, overseeing the program and looks forward to the daily adventures it brings.



**Dave Doubravsky**  
**Assistant Superintendent, Education Services, Jurupa Unified School District**

Dave has spent the last 30 years in K-12 education. He has been in the role of Assistant Superintendent for 12 years. His experience includes, Director of Child Welfare and Attendance (CWA), Elementary Principal, Middle School Assistant Principal, Elementary Teacher. Dave is a strong advocate for healthy students and physical fitness. He is a lifelong endurance athlete – competing in marathons, long distance cycling events, and triathlons including the 2019 Arizona Ironman Triathlon.



**Paula Bences**  
**100 Mile Club, Operations Manager and Program Specialist**  
[Paula@100mileclub.com](mailto:Paula@100mileclub.com)

Paula kicked off her non-profit career in 2015. She spent several years in sales and marketing and has a passion for property management and public relations, which she earned a degree in. She now serves as the Operations Manager and oversees daily tasks at the 100 Mile Club, and is excited to be bringing her knowledge and experience to the organization. When she's not in the office, Paula loves spending time with her family and grandchildren and celebrating life to the fullest.



---

9th Annual School Wellness Summit • October 26, 2022 • Hotel Corque, Solvang, CA

- PRESENTER BIOGRAPHIES -



**David Kerr MD, FRCPE**

David is Director of Research and Innovation at Sansum Diabetes Research Institute, Santa Barbara, and Director of Digital Services for the Diabetes Technology Society. Before coming to Santa Barbara in 2014, David practiced endocrinology in the UK and, during his time there, led a very large study looking at using in-school education to reduce the consumption of soda to prevent excess weight gain in children. In Santa Barbara he has helped to establish evidence-based programs focusing on using digital health for diabetes prevention based on improving self-efficacy for hard-to-reach families.



**Katie Kinsella**

**Project Coordinator, Sansum Diabetes Research Institute**  
**[kkinsella@sansum.org](mailto:kkinsella@sansum.org)**

In 2021, Katie combined her passions for food science, social justice, and education to launch the Veggie IQ Program. In this youth-led movement, local students learn about science, nutrition, technology, and marketing to encourage their peers to think about food as medicine. Katie holds a Masters of Education with a specialization in working with at-risk youth from marginalized communities. Katie has also worked in social justice education in South America, and is the Co-Founder of Mission Scholars, a local organization that empowers underrepresented youth on the path to college and career.



**Brian Bartlett**

Brian Bartlett is a web developer and online marketing consultant. His firm, Imperative Media, works with profit and not-for-profit organizations including healthcare, education, senior services, legal, and hospitality. He has worked on many web and community projects for Sansum Diabetes Research Institute, including the creation and development of the Veggie IQ program.



---

9th Annual School Wellness Summit • October 26, 2022 • Hotel Corque, Solvang, CA

- PRESENTER BIOGRAPHIES -



**Barbara Finch**

**Children & Adult Network Director, Santa Barbara County Department of Social Services**  
**[bfinch@countyofsb.org](mailto:bfinch@countyofsb.org)**

Barb Finch is the Director of Children and Adult Networks for the Santa Barbara County Department of Social Services. As Director of the KIDS Network, the Child Abuse Prevention Council, and the Adult and Aging Network, she engages community stakeholders and facilitates communication, coordination and collaboration on behalf of children, youth and families, older adults, and people with disabilities. She has been a local champion and catalyst for launching Resilient Santa Barbara County, a cross-sector, countywide ACEs and Resilience network, and has been co-chair of the local Bridges to Resilience Conference for the past five years. She is passionate about building connections that strengthen individuals, families and communities.



**Terri Allison**

**MoonLit Consulting, Early Care and Education Consultant**

Terri Allison was a co-founder and Executive Director of Storyteller Children's Center, an early care and education program for children ages 18 months to five and their families. Terri retired from her position in July 2015. Since that time, she has been working as an Early Care and Education Consultant. She is a co-founder and facilitator of Resilient Santa Barbara County, a cross-sector initiative rooted in the science of Adverse Childhood Experiences (ACEs). In addition to a Multi-Subject Teaching Credential, she received a Post Graduate Certificate in Infant-Parent Mental Health from the University of Massachusetts, Boston. In 2018, Terri received a Post Graduate Certificate from the Napa Fellowship Program's Reflective Supervision, Consultation and Facilitation Academy. Terri is also the co-author of *Moon Mother, Moon Daughter-Myths and Rituals that Celebrate a Girl's Coming of Age*.