



**2025 School Wellness Summit**  
Wednesday, September 17, 2025  
8:30AM-3:30PM (lunch included)  
**Inspire • Innovate • Implement**

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## - AGENDA -

**8:00**      ***Summit Check-in and Networking Coffee & Tea***

**8:30**      ***General Session***

**Welcome by Dr. Susan Salcido, Santa Barbara County Superintendent of Schools**

***The 2024 Children's Scorecard: A Collaborative Vision for Child, Family, & Community Wellbeing***

Since its inception in 1994, the Children's Scorecard has been a cornerstone resource for understanding the needs of children, youth, and families throughout Santa Barbara County. The 2024 edition is the first publication since the Covid-19 pandemic, and as such, serves as a baseline report anchored in a collaborative vision for wellness, with key data points that can be monitored over time. This session aims to introduce the 2024 Scorecard, highlight key components, invite curiosity, and inspire action.

- **Barb Finch**, Director of Children and Adult Networks, Santa Barbara County Department of Social Services

***From Framework to Flourishing: Staff Well-Being Success Stories That Drive Whole Child Health***

Research from the Yale Center for Emotional Intelligence confirms that staff well-being is the foundation of whole child health. In this session, you'll hear real-world success stories from schools that have boosted educator morale, connection, and resilience—while aligning their efforts with the Whole School, Whole Community, Whole Child (WSCC) model. You'll leave with a practical framework, field-tested strategies, and free resources to launch or strengthen staff well-being initiatives in your own school or district.

- **Kat Satterley**, Program Specialist for Staff Well Being, Orange County Department of Education

**10:00**      ***Morning Break***

— AGENDA CONTINUED ON NEXT PAGE —



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## - AGENDA CONTINUED -

**10:20**     ***Staff Well-Being in Action***

This dynamic, three-part session will showcase practical ways to bring staff well-being initiatives to life. Presenters will share strategies for building buy-in, making time for implementation, and using action planning tools to move from vision to action. Participants will explore the powerful connection between nutrition and mental health, and experience engaging activities that highlight how physical activity supports regulation for staff and students. Come ready to interact, gather ideas, and leave with concrete steps to strengthen staff well-being in your school or district.

- **Dareen Khatib**, Administrator of Health, Safety, and Prevention Programs, Orange County Department of Education
- **Allyson Reeds**, Physical Education Coordinator, Orange County Department of Education
- **Kat Satterley**, Program Specialist for Staff Well Being, Orange County Department of Education

**12:00**     ***Networking Lunch***

**1:00**     ***Afternoon Session***

***From Surviving to Thriving: Navigating Stress and Expanding the Window of Tolerance***

This session will look at and compare compassion fatigue, empathic strain and burnout. A deeper look into the Window of Tolerance model will be provided, and include guided table talks, short takeaway exercises and feature additional resources to use with your teams and with students.

- **Suzanne Grimmersey**, MFT PIO/Chief of Strategy and Community Engagement, Santa Barbara County Department of Behavioral Wellness

***Thriving Together: Resources to Strengthen SEL, Well-Being, and Connection in Schools and Communities***

This interactive session will highlight free, evidence-based resources designed to support social and emotional learning (SEL) and well-being across our school communities. We'll explore FREE tools from the CalHOPE SEL initiative, the Greater Good Science Center at UC Berkeley, Safe Spaces, and other state-supported partners offering practical strategies for educators, administrators, families, and community partners. Whether you're seeking classroom-ready practices, caregiver discussion guides, or tools to strengthen organizational wellness, this session will provide resources that can be adapted to meet the unique needs of students, staff, and families. Participants will leave with curated materials, activity ideas, and access to California's free SEL and mental health supports—all designed to help schools and communities thrive together.

- **Tiffany Carson**, Director, School and District Support, Santa Barbara County Education Office

**3:30**     ***End of Programming***



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**- PRESENTER BIOGRAPHIES -**



**Dr. Susan Salcido**  
**County Superintendent of Schools, Santa Barbara County Education Office**  
**[www.sbceo.org](http://www.sbceo.org)**

**Dr. Susan Salcido** served as Santa Barbara County Superintendent of Schools since 2017, supporting 20 school districts and 10 charter schools, and overseeing 200 programs that serve 70,000 children and youth countywide, including services for the county's most vulnerable students.

During her tenure, Dr. Salcido has advanced key priorities in public education, including school safety, youth mental wellness, educator recruitment and retention, expansion of early education and career pathways, and the creation of the county's first Student Advisory Council.

Educated in Santa Maria's public schools, Dr. Salcido earned bachelor's and master's degrees from UC Santa Barbara and a doctorate from USC in organizational change, leadership, and student equity. She began as a high school English teacher and coach, later serving as assistant principal, principal, and deputy County Superintendent.

Dr. Salcido has been recognized statewide with the Marcus Foster Memorial Award for Administrator Excellence, named a Woman of Achievement by the Association of Women in Communications, and honored as Administrator of the Year for ACSA Region 13.



**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. She facilitates communication and collaboration across sectors and disciplines, engaging a wide array of community stakeholders to collectively address challenges and improve outcomes for residents of all ages and abilities. Her leadership responsibilities include the KIDS Network, Resilient Santa Barbara County, the Child Abuse Prevention Council, the Network of Family Resource Centers, and the Adult and Aging Network.



**Kat Satterley, Program Specialist for Staff Well Being**  
**Orange County Department of Education**

**Kat Satterley** is the Program Specialist for Staff Well Being at the Orange County Department of Education. Kat provides support for schools and districts that wish to improve the physical, social and emotional health of their staff members. She builds the capacity of wellness teams, providing tools resources and trainings that support staff selected wellness goals. Kat is a thirty-year veteran of education having taught in New York and Miami and also served Washington DC as a district administrator. Kat was also a high school and college athletics coach as well as a certified life coach and wellness policy consultant. Her journey in education is founded on passion for health and wellness for all.



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**Dareen Khatib, Administrator of Health, Safety, and Prevention Programs  
Orange County Department of Education**

**Dareen Khatib** is the Administrator of Health, Safety, and Prevention Programs at the Orange County Department of Education where she oversees various whole child centered support for districts and schools, including health education, nutrition and physical activity, school wellness, staff well-being, and family and community engagement. She started her career through various health and nutrition programs focused on serving under-resourced and underserved communities in San Bernardino, Riverside, Los Angeles, and Orange County. She is a public health professional, certified health educator, and registered dietitian with over 25 years of experience in PK-16 education. Most importantly, she is a passionate advocate for equitable access to the pursuit of health.



**Allyson Reeds, Physical Education Coordinator  
Orange County Department of Education**

**Allyson Reeds** is the Physical Education Coordinator at Orange County Department of Education, where she champions student wellness, equity, and instructional innovation. She holds a Master's Degree in Curriculum and Instruction, a Physical Education Teaching Credential, and an Adapted Physical Education Specialist Credential. Allyson recently completed her Doctor of Education through the Global Executive Ed.D. program at USC Rossier School of Education, exploring international education and leadership.

A lifelong athlete and marathon runner, Allyson brings energy and passion to her work, which includes designing inclusive K–12 PE curriculum, coordinating cross country events, leading professional development, and organizing school-wide wellness and culture-building initiatives. Known for her engaging presentations, she inspires educators to elevate physical education as a vital part of whole-child development. Allyson lives in Yorba Linda, CA with her husband, two children, and Goldendoodle, Gigi.



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**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.



**Tiffany Carson**  
**Director, School and District Support**  
**Santa Barbara County Education Office**  
**[tcarson@sbceo.org](mailto:tcarson@sbceo.org)**

**Tiffany Carson** serves as a Director of School and District Support at the Santa Barbara County Education Office, where she leads initiatives focused on social and emotional learning (SEL) and organizational wellness. With nearly 20 years of experience as a special education teacher, high school administrator, and district leader, she plays an active role in the statewide CalHOPE Community of Practice, helping connect districts with resources, professional learning, and funding to support students, educators, and families. Tiffany cares deeply about building resilient, thriving school communities through proactive, collective approaches to wellness. She resides in Santa Barbara and is currently pursuing a doctorate in Organizational Leadership.