



2026 School Wellness Summit
Wednesday, October 7, 2026
8:30AM-3:30PM
Santa Barbara County Office
of Education Auditorium

Learning • Linking • Leading • Transforming School Wellness Together

- PRESENTER BIOGRAPHIES -



Dr. Susan Salcido
County Superintendent of Schools, Santa Barbara County Education Office
www.sbceo.org

Dr. Susan Salcido has 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.



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.



Maryam Shayegh, Nutrition and Wellness Coordinator
Los Angeles County Office of Education

Maryam Shayegh is a registered dietitian and health advocate leading Nutrition and Wellness Programs for the Los Angeles County Office of Education. Maryam works with Los Angeles County local education agencies and key partners to strengthen healthy school communities through a variety of grant-funded initiatives focused on nutrition education, physical activity, local school wellness policy implementation, and employee wellness. Maryam also serves on the California Child Nutrition Advisory Council, providing leadership to advance the health and nutrition education for California's youth.

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Jennifer Kim, RDN, Nutrition Services Director
Hawthorne School District

Jennifer Kim has served as the Nutrition Services Director at Hawthorne School District for nine years. She also has 10 years of CACFP experience working in Head Start programs. Before entering the field of school nutrition, Jennifer began her career in clinical and public health nutrition, but quickly discovered her passion for supporting healthy meals for children. She is the Nutrition Advisor on the Board of Chapter 1 of the Southern California School Nutrition Association, and is on the Nominating Committee for the Chapter for her third consecutive year.



Nelly Alonso, Director of Child Nutrition Services
Los Nietos School District

Since beginning her journey in school nutrition in 2021, Nelly Alonso has become a transformative force in student wellness. As the Director of Child Nutrition Services at Los Nietos School District, Nelly is redefining school meal programs through innovative, scratch-based culinary initiatives and a “people-first” leadership philosophy. By launching the Fuel for Life: Nourish to Flourish program, she connected the cafeteria and the classroom, bringing hands-on nutrition into core academics to support students’ physical and mental well-being. Her visionary leadership has earned prestigious national and statewide recognition, including the USDA Healthy Meals

Incentives Award and the CSBA Golden Bell Award for Local School Wellness. A UC Santa Cruz alumna with a degree in Sociology, Nelly is currently pursuing a Master of Science at USC, continuing her mission to build high-performing team cultures that drive student achievement through nutrition.



Rachael Steidl, Executive Director & Founder, Youth Well

Rachael Ross Steidl is the Founder and Executive Director of YouthWell, a Santa Barbara County nonprofit working to improve access to mental health and wellness support for youth ages 5-25 and their families. Since founding YouthWell in 2016, Rachael has helped develop countywide programs focused on prevention, early intervention, care coordination, resource navigation, mental health education, youth leadership, and community collaboration, collectively reaching more than 2,000 youth, parents, providers, and educators annually. In 2026, Rachael led the opening of the YouthWell Collaborative, Santa Barbara County’s first Youth Integrated Wellness Center, bringing together community partners and creating a welcoming place for youth

and families to access support and resources. Rachael previously founded and served as publisher of the ParentClick Network and has more than 25 years of experience in management, marketing, community engagement, and strategic planning. A Santa Barbara native and mother of three daughters, she holds an M.A. in Clinical Psychology.



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**Maribel Landeros, IPS Program Supervisor,
Santa Barbara County Department of Behavioral Wellness**
mlanderos@sbcbswell.org

Maribel Landeros is the Individualized Placement and Support (IPS) Program Supervisor. IPS is a new program within Behavioral Wellness that serves clients in specific programs to find meaningful employment. Previously, in her work with the County of Santa Barbara Department of Behavioral Wellness, Maribel was part of the Community Engagement team facilitating workshops on Resiliency, QPR, La CLAVE, Opioid Overdose Prevention and 8 Dimensions of Wellness as well as other services offered through Behavioral Wellness. She supports the Lompoc community by volunteering with the Lompoc Valley Community Health Organization, LVCHO. Maribel possesses over 20 years of experience serving underserved populations living throughout Santa Barbara County. She has led community education initiatives on various topics including Alzheimer's, asthma, smoking cessation, cancer screening, caregiver support, and more. Acknowledging mental health as a critical, yet often overlooked need within the community, Maribel is committed to offering resources that emphasize mental health and overall well-being.



Suzanne Grimesey, MFT PIO/Chief of Strategy and Community Engagement
Santa Barbara County Department of Behavioral Wellness
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.



Katherine Hawksworth, Facilitator & Host, 13th Annual School Wellness Summit

Katherine Hawksworth has over 20 years of experience and expertise in youth development and engagement, Local School Wellness Policy, curriculum development, training design, and facilitation. The perspective Ms. Hawksworth brings to her work is rooted in a commitment to health equity and racial and social justice. Katherine holds a Bachelor of Arts in Women's Studies with a Minor in Health Education and a Master of Public Health from San Francisco State University.