

# Urban Pathways' 2020 Summit: Building on Our Strengths

Thursday, October 1st, 2020

9:00AM - 4:00PM

To be held via Zoom, with information on access to be provided later.

Below you will find detailed information about the breakout sessions for this year's Virtual Summit. Keep in mind that you will only have access to one workshop in each of the two breakout sessions on the day of the Summit (for a total of 2 workshop sessions for the day). Please select your top three preferences for each breakout session through the Summit registration link. Session capacity is on a first come, first served basis, and you will be notified about which sessions you have been assigned to after registration is complete.

If you have any questions, please email [upemployeesummit@urbanpathways.org](mailto:upemployeesummit@urbanpathways.org).

## Breakout Session 1 Options:

### Yoga for Every(body)

#### About the session:

A gentle yoga class to improve your posture, balance, and coordination, aiming to develop harmony in the body and mind.

#### About the speaker:

**Wesley Collier** has been practicing yoga since 2000. He is a graduate of the Barkan method hot yoga and level II Vinyasa flow teacher training programs in Fort Lauderdale. After growing up in Boston with a background in the arts, Wesley moved to northern California and took advantage of the "perfect weather", running in over 30 marathons including a 62.5 mile ultra marathon. He has traveled extensively in Asia, Europe and South America but found his passion right here practicing yoga! His approach to life, his practice, and his teaching are the same: Breathe, move, laugh, enjoy!

### Our Stories are Our Strength: From Incarceration to Inspiration

#### About the session:

Some of the best clinicians and advocates in our field are here because they first had to advocate for themselves. Their stories and journeys will be shared to inspire us and to help us shatter any misconceptions we may have for our clients. They will share their methods working with clients and shed light on the particular struggles of those impacted by the Criminal Legal System.

Panel organized and moderated by our Reentry Project Coordinator Courtney Dunn.

#### About the panelists:

**Tonie Dreher** has worked at CASES alternative to jail programs for 5 years. She started as a peer specialist having been previously incarcerated. After 20 years in a substance use battle, treatment in 2009 finally made things look different. She wanted to see what she could accomplish and how she could impact the lives of those with similar battles. Her work has been featured in Medium.

**Juan Echevarria** is a Patient Navigator at Mount Sinai Beth Israel inpatient substance use programs. Meeting him now, you would not know about his manslaughter conviction at the age of 23 and the 14 years he spent in prison. You would see the accomplished man he is having recently completed his bachelors in social and deviant studies at John Jay College of Criminal Justice. His story was featured in the New York Times.

## Breakout Session 1 Options (continued):

### Financing for Your Future

**About the session:**

This session will provide practical budgeting and financing advice to guide you toward a more financially sound future.

**About the speaker:**

**Mutual of America** has specialized in providing pension and retirement-related products, programs and services since 1945.

### Atomic Habits

**About the session:**

In this workshop we will teach you an easy and proven way to build good habits and break bad ones. The insight and techniques learned can help you reach your goals, or can help us help our clients to achieve their goals.

How many habits do you have? You might need a minute to think about that question, because habits are by definition behaviors that we perform automatically, with a little or no thought. From making a coffee when we get up in the morning, to brushing our teeth before bed at night, our habits subtly guide our daily lives.

As a result, you may not realize how much power there is in habits. If repeated every day, even the smallest actions, from saving a dollar to smoking a single cigarette can accumulate force and have a huge effect. So, understanding and embracing habits is a great way to take control of your life and achieve more. In this workshop, you'll learn precisely what habits are, how they are formed and how you can harness them to change your life for the better.

**About the speakers:**

**Mark Hurwitz** has been UP's Chief Operating Officer since 2018. Mark has worked on solving homelessness for more than 25 years, as a lawyer/advocate, a Deputy Commissioner for the Department of Homeless, and in leadership roles for several nonprofit organizations. Building on his personal interest in economics and self-improvement, Mark has delved into the behavioral research on habit formation and change.

**Bernadette Reed** is the Program Director of Manhattan's Travelers Safe Haven. Bernadette joined Urban Pathways back in 2011 as a Case Manager, and has over 12 years experience serving the undeserved. Bernadette has an extensive background in group facilitation and training; obtaining a Group Facilitator & Training Certification from National Research Development Institute.

## Breakout Session 1 Options (continued):

### Financial Budgeting for Clients

**About the session:**

Managing your personal finances is a difficult task, and it is not easy guiding others in developing healthy spending practices. This session will provide basic guidance on how to aid the clients we serve in developing more financially responsible budgeting habits.

**About the speaker:**

**Sterling National Bank** provides personal and commercial banking solutions to communities and businesses throughout the New York Metro area and beyond.

## Breakout Session 2 Options:

### Self Massage

#### About the session:

Our bodies are constantly recording our stressful thoughts and troublesome emotions, this leads to chronic pain and discomfort. Through touch, movement and breath, we can release tension and ease the mind. Join David Cutler, LMT to learn a brief self-massage protocol designed to regulate the nervous system and ease physical discomfort.

#### About the panelists:

**David Cutler** is a massage therapist trained in a variety of Eastern and Western modalities. He believes that touch can provide the bridge that re-connects our physical, emotional, mental and spiritual experiences, leading to greater health and vitality. David has trained in the martial arts, yoga, qi gong and meditation. He has sat several silent meditation retreats and has over a decade of experience teaching martial arts. His understanding of these practices inform his unique perspective on bodywork and healing. David received his degree from Pacific College of Oriental medicine and has completed trainings in Shiatsu and Energy Medicine. His study of the energetic anatomy maps provided by ancient cultures in China and India is guided and balanced by a trauma-informed and evidence-based approach to healing the body and navigating the modern stresses currently impacting on our nervous systems.

### Restorative Justice and Dispute Resolution

#### About the session:

Restorative Justice is a theory of justice that emphasizes repairing the harm caused by criminal behavior. It is best accomplished through cooperative processes that include all stakeholders. This can lead to the transformation of people, relationships, and communities. This session will discuss the role that restorative justice can take in informing our policies and our service delivery.

#### About the speaker:

**Halley Anolik** is the director of Education and Training at The Center for Creative Conflict Resolution at OATH and a professor of clinical law at Brooklyn Law School.

## Breakout Session 2 Options (continued):

### How We Can Play a Role in Advocacy

#### About the session:

Join Senator Persaud to learn about her experience as a lifelong advocate and her current role as a State Senator. She will discuss issues surrounding the human services sector, current state legislation, and how staff can get more involved in advocacy.

#### About the speaker:

**Roxanne Jacqueline Persaud** is currently a NYS Senator representing the 19th District, located in Southeast Brooklyn. She was first elected to the State Senate in November 2015 after serving in the State Assembly. She serves as the chair of the Social Services Committee, as well as a member of the Banks, Children and Families, Commerce, Economic Development & Small Business, Labor and Transportation Committees, and the Women's Caucus

Senator Persaud spent many years as a Higher Education Administrator prior to being elected to the State Legislature. She also served as President of the 69th Precinct Community Council in Canarsie, a member of Community Board 18 and Commissioner on the New York City Districting Commission.

Senator Persaud was born in Guyana, South America and migrated to the United States with her parents and siblings. She is a graduate of Pace University from which she holds a Bachelor of Science and Master of Science in Education Administration.

In the Senate, her legislative priorities for the District include safer communities, affordable housing, funding for schools and libraries, supportive services for youth and senior and quality healthcare.

Senator Persaud lives in the Canarsie section of the 19th Senatorial District.

### Are We Really Trauma Informed Practitioners?

#### About the session:

This workshop will challenge our understanding of Trauma Informed Care (TIC) and how this approach is implemented in our programs. The workshop will review the cultural changes that agencies need to address to integrate TIC into their practices. It will also review how trauma relates/connects to social justice issues - and how these issues impact our program participants/service recipients.

#### About the speaker:

**Luis O. Lopez** is the Coordinator for Fidelity and Best Practices at the ACT Institute – at the New York State Psychiatric Institute. He is also a counselor, a trainer, a consultant, and a coach. He has been involved in the implementation and application of Evidence Based Practices since 2003. He joined the ACT Institute in 2013. He has expertise in the areas of Trauma Informed Care, Motivational Interviewing, Dual Recovery, Group Dynamics, Cultural Humility, Stages of Change, Harm Reduction, WRAP, CBT, Wellness Self-Management, and the ACT Model. He has facilitated workshops in over 100 conferences nationally and in Canada. He has conducted consultations in Puerto Rico and the US Virgin Islands. He is also member of the American Counseling Association and ACA-NY.

## Breakout Session 2 Options (continued):

### Stress Relief and Laughter

#### About the session:

This workshop involves a seated and standing series of breathing, tension relief, smiling, mindfulness, and mostly laughing! Learn how to use these tools to bring more laughter and joy into your everyday life, how to start your day on a positive note, and what techniques to use in specific situations.

#### About the speaker:

**Robert Rivest** is an internationally admired performer and teacher. In addition to being a renowned comic mime artist, he is also an accomplished health, literacy and stress relief educator, a gifted mindfulness teacher, a certified laughter yoga master trainer and an engaging public speaker. Since 1990 Robert Rivest has given over 8,000 presentations in Europe, Asia, Africa and across the U.S. His mission is to use mindfulness, laughter and the performing arts to bring greater health and happiness to individuals and organizations around the world.

### Confronting Crisis: When the Supervisor Should Step In

#### About the session:

Often managers find themselves running out of time while their subordinates are characteristically running out of work. This presentation will explore the meaning of time management as it relates to the interaction between managers and their supervisors, their peers, and their subordinates. All these steps will increase the manager's leverage and enable the value of time spent managing staff.

#### About the speaker:

**Dr. Marguerite Brown** is an expert in supported and affordable housing for special needs populations, program design, development, and management, project management, staff development, and corporate compliance for behavioral health Medicaid billable programs.

Dr. Brown has also earned a doctorate in education and executive leadership from St. John Fisher College in Rochester, NY and was awarded the 2018 Leadership Award for her outstanding leadership skills. Dr. Marguerite Brown continues to be a dedicated, innovative administrator and a motivational mentor, who has a proficiency for bringing vision to reality, theory to practice, and working to support others in realizing their full potential.