



Proyecto HÉROES NEWSLETTER

September 22, 2017

Highlighting Proyecto HÉROES news and activities

Co-Directors

Jessica Adams (CALM)
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Advisory Board & Leadership Council

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Ismael Ulloa
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Organizations

Community Action Commission
Council on Alcoholism and Drug Abuse
Child Listening Mediation (CALM)
Domestic Violence Solutions
Isla Vista Youth Projects
Just Communities
La Casa De La Raza
SBC Promotores Network
Our Lady of Guadalupe Parish
SB City Council
SB Police Department
SB Response Network
SB Unified School District
South Coast Task Force on Youth Safety
University of California, Santa Barbara
Youth and Family Services YMCA

Reaching Out to the Community



From local family fairs to churches and youth centers, our team has been connecting with the community, offering our service and research study opportunities, while representing Proyecto HÉROES.



Launching the Prevention Program

Our team is thrilled to have

launched the HÉROES Prevention Program! Our promotoras and UCSB student mentors have participated in the refinement of this community-based parent and youth prevention program. Parents and kids learn about brain development,



adverse childhood experiences (ACES), mindfulness, restorative practices, and resources! Families receive grocery card gift cards for their participation. From ground-up, this program is designed by the community and for the community.

Upcoming Events

September 23: Free DACA renewal workshop @ La Casa de la Raza 601 E. Montecito Street, 9 a.m.-3 p.m.

October 7: [JDRF Walk One](#) to End Type One Diabetes

October 11: South Coast Task Force on Youth Safety Quarterly Council Meeting from 3-5p.m. at Louise Lowry Davis Recreation Center

October 16: Bridges to Resilience conference at the Santa Ynez Marriott

November 2: CALM is hosting a celebration of the healing work of CALM, “CALM at Heart: Fostering Love” at the Coral Casino, Four Seasons Biltmore from 11:30am-1:30pm. For more information and tickets see:

https://secure.lglforms.com/form_engine/s/3iTUkSgr2w2Au8pk_YYnVQ

Ongoing: SB Promotora Network collaboration with Tri Counties Regional Center and Alpha Resource Center. Families who have children with special needs from 16 and up are invited to participate and learn more about additional resources and support. Contact Josefa Rios at jrios@sbceo.org

Coming soon: Next HEROES Advisory Board meeting. Please look out for an email announcement and join us!

Follow us on Social Media

Webpage: heroessb.wordpress.com

Instagram: [@projectheroessb](https://www.instagram.com/projectheroessb)

Twitter: [@drkiakeating](https://twitter.com/drkiakeating)



Teen-Led Isla Vista

One of our partners, the St. George Youth Center, hosted a teen-led community forum in “Isla Vista: I’m a Student Too” Town Hall. Teens presented results from their study and facilitated an engaging community dialogue regarding the next steps for addressing some of

the challenges in the community. Thank you to the teens and staff of St. George Family Youth Center for coordinating this event.

For more information contact leonor.reyes@ciymca.org



Congratulations, graduates!

Some of our wonderful undergraduate research assistants graduated from UCSB in the spring 2017. Some had spent several years of continuous dedication to our Proyecto HEROES team. Although we will miss our research assistants, we know that they will always remain a part of us, both in our hearts and in the work we created together. We have no doubt that they are off to contribute to the world in amazing ways! Congratulations!

Recruiting for our Prevention Study

We are actively seeing families! **Parents and youth (ages 8-12) receive 4 sessions with a promotora and youth mentor, and receive up to \$80 for their participation in research.** Let us know if you have families you would like to refer! Please contact *Jessica Adams* (jadams@calm4kids.org) or *Maryam Kia-Keating* at (maryamkk@ucsb.edu).

Recruiting for our Survey Study

Parents and their children, ages 8 to 16, are invited to participate in an individual 1- hour interview! They will receive \$30 for their time. If you have referrals, please let us know by contacting *Maryam Kia-Keating* at (maryamkk@ucsb.edu) or *Diana Capous Santacrose* at (dianacapous@gmail.com).