



Projecto HÉROES NEWSLETTER

April 1, 2016

Highlighting Projecto HÉROES news and activities.

Projecto HEROES Does Outreach

Co-Directors

Jessica Adams (CALM)

Maryam Kia-Keating (UCSB)

Advisory Board & Leadership Council

Mark Alvarado

Diana Capous

Cynthia Cruz

Erika Felix

Fran Forman

Michael Furlong

Cecilia Herrera

Ismael Huerta

Lynn Karlson

Marcus Lopez

Raquel Lopez

Marsha Marcoe

Andrea Medina-Ramirez

LuAnn Miller

Jose Moctezuma

Cathy Murillo

Mariana Paredes

Gilbert Reyes

Leonor Reyes

Josefa Rios

Selena Rockwell

Anthony Rodriguez

Cecilia Rodriguez

Saul Serrano

Jarrold Schwartz

Ed Stonefelt

Ismael Ulloa

Luis Guillermo Uribe

Frann Wageneck

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



San Marcos High School (SMHS) Students

Projecto HEROES team attended the annual Health Fair Day at San Marcos High School on March 7th, 2016 to raise awareness about mental health and to provide information

about resources in the community. High school students participated in our Instagram campaign to speak out against violence, promote community strengths and support Projecto HEROES. Many students and even Principal Behrens joined in the fun and took a photograph for Instagram: to see more photos from the fun day, go to

[@projectheroessb](https://www.instagram.com/projectheroessb) and [#heroessb/](https://www.instagram.com/heroessb/)

Stay tuned for more outreach pictures from our upcoming

attendance at the Cottage Mental Health Fair. Let us know if you are holding an event where we can host a table and participate!



SMHS Principal Behrens

Promotores de Salud Collaboration & Training

Jessica Adams and Jose Moctezuma provided their expertise during a training for the Santa Barbara County Promotores de Salud Network recently. The training was focused on Early

Upcoming Events

April 2, 2016: CALM's Celebrity Author's Luncheon Fundraiser. For more information: [CALM Luncheon](#)

April 8, 2016: Proyecto HEROES Advisory Board meeting, 9-10:30 a.m., CALM

April 13, 2016: South Coast Task Force on Youth Safety, Quarterly Council Meeting from 3-5pm at the Faulkner Gallery Main Downtown Library.

April 21, 2016: *Building A Restorative Community: A Youth Centered Approach.* The first annual Restorative Community Network Symposium. First United Methodist Church. 9 a.m.-4 p.m. Contact ajourney@cscsb.org to register

April 28, 2016: Saul Acaraz Glass Art Show & Sale from 5-9pm hosted by Las Abuelitas of Santa Barbara. For more information visit www.sbpal.org

April 29, 2016: SB Police Activities League hosting Putting Kids First Gala at 5:30pm at the Fess Parker Doubletree Resort

April 30, 2016: CADA's Rock the Bacara Amethyst Ball Fundraiser. For more information: [CADA's Rock the Bacara](#)

May 25, 2016: Youth and Family Services YMCA brings you Reaching for Stars, a great dining experience.

(If you have an event you would like us to announce in the next newsletter, please send us an email at projectheroessb@gmail.com)



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Instagram: [@projectheroessb](#)

Facebook: [ProjectHeroesSB](#)

Webpage: heroessb.wordpress.com/
#HEROESSB

Childhood Brain Development and Quality Childcare. Jessica and Jose focused on understanding the effect of trauma and violence on brain development and ways of building resiliency and fostering healthy brain development. Their presence was well received and much appreciated. The 28 attendees expressed an interest in disseminating the information learned in their communities so that other families could benefit from this information!

Proyecto HEROES Presenting at Division 45's Research Conference at Stanford

Maryam Kia-Keating and Diana Capous will be presenting at the biennial Society for the Psychological Study of Culture, Ethnicity, and Race (American Psychological Association, Division 45) Research Conference, which will be held at Stanford University in July of 2016. They are invited to present an interactive discussion titled "**Community Based Participatory Research with Ethnic Minorities: Challenges and Recommendations**" and will share many insights from the Proyecto HEROES collaboration with psychologists and other professionals engaged in mental health research and services.

The Next Generation: Passing it On

Maryam Kia-Keating was inspired by Proyecto HEROES and sitting on review panels at the NICHD to design and teach a course about the principles of community-based participatory research (CBPR) to undergraduates at UCSB. Over the course of a 10-week seminar, students will learn about the principles of CBPR, specific methods of doing this work, and the importance of relationships. We welcome the opportunity for you to be an invited guest to our class and share about your experience/expertise within the community as a member of Proyecto HEROES. Please email Maryam if you are interested!

We Welcome A New Student Member to the Advisory Board



Alejandra (left) and Diana (right) at the SMHS Health Fair

Alejandra is a student at San Marcos High School. She joined our Instagram campaign during the San Marcos Health Day (Alejandra (left), Diana (right))! Alejandra is very excited to join the Proyecto HEROES Advisory Board and to send brief video updates for our meetings.