



SURVIVING THE PANDEMIC

Profiles of Community Resilience and Perseverance



LATINO ADVISORY COUNCIL 5TH ANNUAL PROFESSIONAL DEVELOPMENT DAY

FRIDAY, AUGUST 20, 2021

(A Latino Advisory Council Online Event)

SPONSORED BY
THE ILLINOIS DEPARTMENT OF CHILDREN AND FAMILY SERVICES
IN COLLABORATION WITH THE LATINO ADVISORY COUNCIL

Marc D. Smith, Director – The Illinois Department of Children and Family Services

Julia Monzón, Chairperson – DCFS Latino Advisory Council (LAC)

Nancy Rodríguez – Former LAC Chairperson/LAC Institute Day Chairperson

Jennifer Contreras – POS Collaboration Planning Committee Chairperson

Daniel L. Fitzgerald – DCFS Deputy Director, Diversity, Equity and Inclusion

José Javier López, Chief – DCFS Office of Latino Services



August 20, 2021

Dear Colleagues,

¡Bienvenidos! / Welcome! I am pleased and excited to welcome everyone to the 5th Annual Latino Advisory Council Professional Development Day. It is my hope that the trainings provided to you today will be a strong support in your learning and professional development.

This is the 2nd annual virtual event since the start of the COVID-19 pandemic, and the Illinois Department of Children and Family Services, in collaboration with the Latino Advisory Council and POS Planning Committee, DCFS office of Diversity, Equity and Inclusion, Child Link, One Hope United, Latino Services and our partner, Loyola University, have dedicated ourselves to providing the most socially distant and technologically savvy way to have our participants join this event from anywhere.

The 2021 theme is “*Surviving the Pandemic; Profiles of Community Resilience and Perseverance.*” The Mega Panel Workshop for this year will focus on Pandemic Survivors who will provide personal experiences on living and working to overcome challenges in the pandemic.

Additional workshops will cover these topics:

- Mental Health Amidst the COVID-19 Pandemic
- Solidarity in the Midst of Inequity: The Experience of Gads Hill Center's Families”
- Self-Care & Collective-Care for Latino social work and child welfare professionals during COVID
- “Your body is a temple, worship it.”
- Self Help: The Bridge from Crisis to Emotional Stability with the Goal of Recovery across Generational Trauma
- Parent Mentor Program -Parent Engagement

The presenters have put together a great deal of information on self-care for mind, body, spirit, as well as info on the parent mentor program for Latino families and children involved with the child welfare system.

I encourage you to take this opportunity to engage with your colleagues, presenters, service providers, partners and DCFS administrators, who are all working together in a dedicated effort to improve services to Latino American children and families in Illinois. *¡Gracias a todos ustedes por el trabajo que hacen! / Thank you, to all of you and for the work you do!*

Sincerely,



Marc D. Smith

Director, Illinois Department of Children and Family Services





Greetings and Salutations!

The world was changed with the onset of the Corona Nova Virus in 2019 and we are still struggling to deal with the many effects this world-wide pandemic has caused. We have all suffered many losses: material, emotional, spiritual and physical. I do not know of one person who has not been touched by some degree by the pandemic.

Nevertheless, this day is not a day meant to dwell on our losses and the things we miss most, like going to concerts and for me to the movies. I don't know if I miss the movies or the popcorn more. What I do know is that we are stronger than we think and there is a lot of support available despite social distancing, masks and times of sheltering at home.

This day, today, *hoy* is a day for sharing stories. Not just any stories, but stories of hope, resilience and perseverance. A day to share resources and to tell your co-workers and the communities we serve that they are not alone.

Please take this time to rest, relax, regenerate and take heart. Be inspired by the stories you will hear and the information that you will learn to help yourselves and to help others. As Mr Rogers would say, "I'm so glad you came."

Con Cariño,

Julia Monzón, LCSW

2021 Latino Advisory Council Chairperson





¡Bienvenidos! / Welcome!

On behalf of the Office of Diversity, Equity and Inclusion's Latino Services Office, I welcome you to the 5th Annual Latino Advisory Council's Professional Development Day coordinated by the POS Collaboration Committee. Our theme this year:

"Surviving the Pandemic: Profiles of Community Resilience and Perseverance"

Due to the pandemic during the last two years, providing services was challenging. Therefore, today we will be looking at how our health was affected mentally when trying to provide services to families and children. The Latino Advisory Council is offering workshops this year addressing pandemic related issues which are affecting both our DCFS and POS workers.

I want to thank Loyola University's Social Work Department for partnering with us again this year and assisting us in hosting this virtual training event. I also want to thank our Latino Advisory Council's POS Collaboration Committee for their volunteer work in making sure this "Training Institute" takes place. Thank you

José Javier López

Chief, Office of Latino Services
DCFS Office of Diversity, Equity and Inclusion



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School of Social Work

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Greetings from the Loyola University Chicago School of Social Work and all her faculty, staff and students helping to celebrate the 5th annual Professional Day organized by the Latino Advisory Council at the Illinois Department of Children and Family Services.

The Covid-19 pandemic has extended across the globe and has made visible the hyper vulnerability of socially marginalized groups and the fragility of national and global public health and economic systems. The coronavirus has revealed the deep historical injustices that continue to exist for peoples of color in the United States, whom have been disproportionately impacted by the pandemic. The pandemic has also revealed the resilience of our human service professionals, community-based agencies, and state agency partners in responding at a local level to this global challenge.

This conference celebrates the resilience of child and family serving practitioners and organizations in reimagining services and efforts to respond to the challenges of the communities that we serve communities that we serve, while protecting each other through public health measures. I join you today in celebrating the vibrancy and resilience of the many organizations and practitioners that comprise the DCFS Latino Advisory Council and POS agencies. I laud this moment of reflection to appreciate the care and service you provide to the disenfranchised and the hope, support, and security to children and families during very challenging moment. I also admire your continued dedication and this day of professional development that focus on renewal and recharging so that you can continue being the best you can be as a person for others.

Our School of Social Work is honored to co-sponsor this event. Our educational partnership with DCFS and POS agencies have spanned several decades and have included field placements for our BSW and MSW students, a child welfare Journal, several HHS Children's Bureau Training grants. We look forward to a continuing to partner to serve the Latino community.

I take this opportunity to thank DCFS Acting Director Marc Smith, Deputy of Affirmative Action Daniel Fitzgerald, Chief of the Office of Latino Service José Javier López, Chairperson Jennifer Contreras, and members of the Latino Advisory Council for giving us the opportunity to continue our decades long partnership. Together we will continue to advance the preparation of our students and the professional development of DCFS staff to support the children and families of Illinois. Thank you all!

With sincere gratitude,

Goutham M. Menon, Ph.D., MA., MBA
Dean & Professor
August 6, 2021

LATINO ADVISORY COUNCIL

PROFESSIONAL DEVELOPMENT PLANNING COMMITTEE

*The following planning committee members
are responsible for making this Professional Development Day a success:*

Julia Monzón

LAC Chairperson, Community Resources–Family Advocacy Center

Nancy Rodríguez

Former LAC Chairperson, Clinical Practice and Development, DCFS

Jennifer Contreras

Professional Day Planning Chairperson, Operations/Placement, National Youth Advocate Program

Damaris Acevedo

Director of Child Welfare, Association House

Patricia Aguilar

Licensing, Child Link

Sara Castillo

Intact Families, Casa Central

Vanessa Castro

Social Service Program Planner, Early Childhood Education, DCFS

Olivia Chavez

Licensing, DCFS

José Garcia

Clinical Practice and Professional Development, Cook Central

José Javier López

Chief, Office of Latino Services, DCFS

Juan Maldonado

Operations/Investigations

Rosa Molina-LaSalle

Office Coordinator, DCFS

Evelyn Martinez

Operations/Investigations Supervisor, DCFS

Azalea Mejia

Social Service Program Planner, DCFS

Beatriz Ramirez

Recruitment and Resources, Cook County

Yeni Rojas

Latino Advisory Council Chair-Elect, Div. of Child Services, Cook Residential Monitoring Unit

Daizy Salgado

Operations/Placement, Child Link

LATINO ADVISORY COUNCIL

PROFESSIONAL DEVELOPMENT DAY AT A GLANCE

12:00 – 12:30 pm	Open to Sign-In
12:30 – 1:00 pm	Welcoming Speakers Julia Monzón, DCFS Latino Advisory Council Chair Jennifer Contreras, DCFS Latino Advisory Council POS Chair Maria Vidal de Haymes, Ph D, Loyola University Daniel L. Fitzgerald, Diversity, Equality and Inclusion Deputy Director Marc D. Smith, DCFS Director
1:00 – 1:30 pm	Mega Workshop Pandemic Survivors
1:30 – 1:45 pm	Break
1:45 – 3:15 pm	Breakout Workshops Mental Health Amidst the COVID-19 Pandemic Solidarity in the Mist of Inequity: The Experience of Gads Hill Center's Families Self-Care & Collective-Care for Latino Social Work and Child Welfare Professionals during COVID
3:15 – 4:45 pm	Breakout Workshops "Your Body is a Temple, Worship it" Self Help: The Bridge from Crisis to Emotional Stability with the Goal of Recovery across Generational Trauma Parent Mentor Program–Parent Engagement
4:45 – 5:00 pm	Closing Session Daizy Salgado, LAC POS Collaboration Committee (Child Link)

WORKSHOPS

MEGA WORKSHOP: 1 – 1:30 PM

MEGA WORKSHOP: Pandemic Survivors

Presenters: *Julia Monzón – Latino Advisory Council Chair, DCFS*
Beatriz Medina – Recruitment and Resources, Cook County, DCFS
Magdalys Torres – Parent Mentor Coordinator, Talman Elementary
David Velazquez, – Foster Parent

This workshop will focus on learning about each panelist experience of living and working to overcome the pandemic. Some of the panelist may have caught COVID-19 and they will talk about their symptoms and any current side effects of having had COVID-19. A parent will talk about their experience of having to handle work-home life as well as having children who were in the home attempting to complete E-learning.

BREAKOUT SESSION I

1:45 – 3:15 PM

WORKSHOP 1: Self-care & Collective-Care for Latino Social Work and Child Welfare Professionals During COVID

Presenter: Francisco Javier Lozornio, DSW, MSW, LCSW

This workshop will focus on self-care & collective care among Latino social work and child welfare professionals during the pandemic and beyond. The facilitator will introduce a framework and provide practical tools to improve overall wellness in order to avoid burn out.

WORKSHOP 2: Mental Health Amidst the COVID-19 Pandemic

Presenter: Dr. Beatriz Medina, Psy D

The goal in this workshop is to make individuals aware of the potential mental health challenges that they may be facing because of the pandemic and other traumas that are related to COVID-19.

WORKSHOP 3: Solidarity in the Midst of Inequity: The Experience of Gads Hill Center's Families

Presenter: Tony Casey

The workshop will explore how Gads Hill Center recognized our vulnerabilities and acknowledged our humanity in order to become a stronger community, how we discerned our interdependence to stand in solidarity with our families, and reaffirmed hope as the energy to build courage and strength in the midst of uncertainty.

BREAKOUT SESSION II

3:15 – 4:45 PM

WORKSHOP 4: Your Body is a Temple, Worship It

Presenters: Norma Hilda Ortega Gonzalez, Lucy Negrete

This workshop will focus on centralizing the mind, body and soul by practicing the art of yoga. The workshop will help participants manage stress and improve strength, balance and flexibility. The coordinators will talk about the art of yoga and encourage participants to make a space and practice some techniques of yoga in the comfort of their own home.

WORKSHOP 5: Self Help: The Bridge from Crisis to Emotional Stability with the Goal of Recovery across Generation Trauma

Presenter: Dr. Mercedes Martinez

Today's goal: To ask ourselves, are we making a positive impact on those we serve in the face of high turnover, compassion fatigue, limited resources and our own losses through the pandemic? To provide information, recommendations and tools that can be used to assess and strengthen cultural awareness and self-help in regard to recent pandemic, resulting trauma, compassion fatigue and behavioral health challenges on children and their families. To provide information and recommendations and tools with a focus on diversity, equity and inclusion. Practices in disaster behavioral services: guiding principles of cultural awareness, challenges, interventions and burn out in caregivers as well as those providing service.

WORKSHOP 6: Parent Mentor Program (Parent Engagement)

Presenter: Adriana Velezquez

To work in assigned classroom for a full two hours Monday – Thursday and participate in Friday morning trainings. To spend time directly working with children, either in small groups or one-on-one; NOT constantly grading papers, running errands or doing grunt work. To build leadership skills by getting involved in school and community activities.

WORKSHOP PRESENTERS



TONY CASEY

Tony is a School Based Clinician and Quality Improvement Specialist who has been supporting youth on the southwest side of Chicago for the past 6 years. Tony has always had a passion for youth empowerment, working with adolescents since he was a teenager. As a graduate of UIC's Applied Psychology program, Tony learned the power of infusing data-driven results into the work of holistic mental health services. By helping to build a detailed program evaluation process for the school-based mental health programs offered by Gads Hill Center, he has been able to show the quantitative impact that mental health services can have on youth, in both their academics and personal growth. He is committed to using data regarding the success of school-based mental health support to remove barriers to access for youth in Chicago.



DR. BEATRIZ MEDINA

Dr. Medina attained her doctorate in clinical psychology in 2016. She is a psychotherapist and works at Mount Sinai Hospital where she provides therapeutic services for children, adolescents, and their families. In addition, she is a grant coordinator for the Mental Health Awareness Grant provided by the Substance Abuse and Mental Health Services Administration. Through this grant she can provide trainings and presentations to the community about mental health awareness and resources. She received her doctorate in clinical psychology and master's in clinical psychology from the Illinois School of Professional Psychology located in Chicago, Illinois. She also holds a master's in forensic psychology from the Chicago School of Professional Psychology. She holds bachelor's degree with a major in psychology and minor in criminology from Dominican University. She has dedicated her professional time in different environments such as jail, schools, hospitals, and community-based settings.



FRANCISCO LOZORNIO

Francisco J. Lozornio has been a social work practitioner and educator in community mental health and wellness for over 20 years. Francisco's professional social work experience ranges from providing mental health services to youth, families, and adults to working with multidisciplinary teams. His doctoral research focused on integrating holistic models that improve mental health and wellness service delivery to survivors and victims of physical and emotional trauma. Currently he is the Assistant Director of the Online Bilingual Program at Loyola University Chicago.



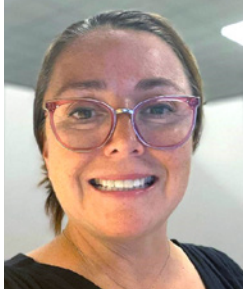
DR. MERCEDES MARTINEZ

Dr. Martinez is a board-certified child, adolescent and adult psychiatrist and mother of 3 adult children. She has had the privilege to provide services to the underserved communities of Chicago for 26 plus years, completing her child fellowship program at the University of Illinois at Chicago in 1998. She completed her adult psychiatric training at Rosalind Franklin School of Medicine and Science. She was awarded the Group for Advancement of Psychiatry Fellowship (1995-1997). Dr. Martinez held the position of medical director for the Illinois Department of Public Health-Division of Behavioral Health. She participated in a video promoted by Dr. Annelle Primm (past Director of Minority and National Affairs for the American Psychiatric Association. She is a state employee since 2014.



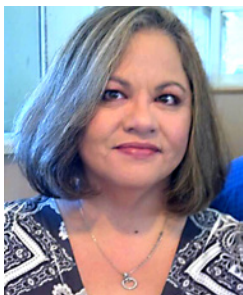
NORMA HILDA ORTEGA GONZALEZ

Norma was born and raised in Guanajuato, Mexico and she has lived in Chicago for 7 years, she started practicing yoga 5 years ago. She learned from videos on YouTube, she is also a triathlete. They think that practicing yoga is a great gift to your mind and body.



LUCY NEGRETE

Lucy was born and raised in Chicago, she has studied yoga for 10 years, she teaches a free class every Friday to her cycling team and she is a triathlete.



JULIA MONZÓN

Julia Monzón has worked in Child Welfare for 30 years. She has BA in Sociology and an MSW from the Jane Addams School of Social Work and is a licensed clinical social worker. She began her career at what was then the Illinois Department of Public Aid and came to DCFS in 1994 as a bilingual child abuse investigator. She has been a caseworker, a supervisor, a clinical reviewer for the former Child and Youth Investment Team, the Statewide Administrator for Permanency Achievement and currently works as a statewide program monitor for Family Advocacy Centers that provide services in English and Spanish. She has given numerous community presentations and conducted Mandated Reporter Training in English and Spanish and provides simultaneous interpretation for large and small venues. Julia is passionate about providing services that make a difference.



DR. MARIA VIDAL DE HAYMES

Dr. Vidal De Haymes is a professor and Director of the Center for Immigrant and Refugee Accompaniment (CIRA) at Loyola University Chicago School of Social Work. She received her MSW from the University of Chicago and her Ph.D. from Ohio State University. Her published research focuses on unaccompanied immigrant minors, immigrant integration in the U.S.; the impact of migration on family relationships, roles and functioning; child welfare; and social work education. She has been the primary investigator, external evaluator, and consultant on several federal and foundation funded national and international research and training grants. She is the Co-editor of the *Journal of Poverty* and serves on several local, national, and international boards, including the Taller de José, Catholic Charities of the Archdiocese of Chicago, the National Council on Social Work Education Board of Directors, the Jesuit Migrant Services Network of Central and North America, and the National Pastoral Migratoria.



ADRIANA VELAZQUEZ

Adriana grew up in the Back of the Yards neighborhood in the Southside of Chicago, where she got her first organizing experience working with friends in her parish to bring awareness and action around the issues of immigration and education. When she was placed at SWOP through One Summer Chicago, she was surprised to learn that she could build a career doing what she'd been doing in her community as a volunteer. Adriana graduated from Northeastern Illinois University in 2015 with a Bachelors in music. She is also the lead vocalist of Quinto Imperio, a local latin

alternative band whose music is rooted in the stories and culture of the Latino and Immigrant community. Adriana works on the Parent Mentor Program as part of the statewide Parent Engagement Institute team and as Organizer and Trainer locally for Elementary Schools on the Southwest side of Chicago.



MAGDALYS TORRES

Magdalys Torres is mother of three children, one in college, product of the Chicago Public Schools, and two sons are currently attending Talman Elementary School. Magdalys is a Parent Mentor Coordinator at Talman Elementary school and has been an active parent, engaged in her children's education from the beginning.

DAVID VELAZQUEZ

David Velazquez is a foster parent for three children ages 6, 8 and 12. David is a 30 year plus veteran of financial services and has a 31 year old daughter of his own. David is a risk analyst for the JP Morgan Chase Corporation..



JENNIFER M. CONTRERAS

Jennifer M. Contreras has been in the Child Welfare field for 13 years. Jennifer holds a Bachelor's degree in International Relations with a minor in Spanish from Loyola University of Chicago. She is currently a Bilingual Treatment Coordinator at National Youth Advocate Program. Jennifer has been in this position for four years but has been in placement for most of her child welfare career. Jennifer has been the POS Chair of the Latino Advisory Council POS subcommittee for about four years. The mission of the POS subcommittee and the POS Collaboration committee is to improve partnership between POS agencies and the Department of Children and Family Services (DCFS). Jennifer has gained great mentors and long-lasting friends while being in the field of child welfare and she looks forward to continuing to guide the new generation of social workers to come. Jennifer knows all too well of self-care and she encourages everyone to relax, reflect and relieve stress by any

means possible. Some of Jennifer's hobbies include traveling, cycling, spa days, reading, twitching, shopping and spending time with family and friends.



DAIZY SALGADO

Daizy Salgado is a 26-year-old Latina, born and raised in Chicago IL. Daizy graduated from Elmhurst University with a Bachelor's Degree in 2017. Shortly after, Daizy pursued her career in the helping profession and has been a Bilingual Case Manager for the last 4 years. She is currently attending Aurora University in hopes to obtain her Master's Degree in Social Work. Daizy's main focus is to complete her education so that she can progress in the Child Welfare field and help other workers. Daizy has been a LAC member for 3 years and is also part of the POS Committee. Daizy's hobbies include traveling, running, and dancing. Daizy enjoys going shopping, going to the spa, and binge-watching Netflix as a form of self-care.

A SPECIAL THANK YOU

The Latino Advisory Council would like to acknowledge the following individuals and institutions for their generous financial and in-kind contributions.

Without their support this Institute would not be possible:

Marc D. Smith

DCFS Director

Daniel L. Fitzgerald

DCFS Deputy Director, Division of Diversity, Equity and Inclusion

Loyola University Chicago

Caroline Gosselin

Maria Vidal de Haymes, PhD

POS LAC Members

Patricia Aguilar, Child Link

Jennifer Contreras, National Youth Advocate Program (NYAP)

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Brooke Taylor, Office of Training and Professional Development

Alix S. Young, Lead Project Assistant, University of Illinois at Urbana Champaign

Bert Tijerina, Graphic Designer, Office of Communications



INSTITUTE TRAINING CREDITS

All registered attendees are expected to arrive on time and attend the full Professional Development Day in order to receive DCFS clock hours, Social Work CEUs, LCPC CEU's and MFT CEUs. It is the attendee's responsibility to check-in at the workshops to receive full credit for the Institute. A maximum of 3.5 CEUs and DCFS Clock Hours may be awarded to participants who attend eligible sessions.

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