



Oakland  
Climate  
Action  
Coalition



CITY OF OAKLAND



LearnLeadLift  
OAKLAND



COSTA RICA



ALAMEDA COUNTY  
HEALTH DEPARTMENT



Trauma Resource  
Institute



West Oakland  
Environmental  
Indicators Project



PACIFIC  
INSTITUTE



The Resource  
Innovation  
Group



This event is made possible through a collaboration of the Oakland Climate Action Coalition, the City of Oakland, The San Francisco Foundation, the Funders' Network for Smart Growth and Livable Communities, and the East Bay Community Foundation.

## Oakland Leaders Self-Care & Resiliency Workshop Instructors

**Bob Doppelt:** Bob is the Executive Director of The Resource Innovation Group, a non-profit focused on solutions to climate change affiliated with Willamette University, where Bob is a Senior Fellow. He is also an adjunct professor at the University of Oregon where for 10 years he has taught systems thinking and global warming policy. In addition to his background in environmental science, he is trained as a counseling psychologist and worked as a family counselor for many years early in his career. He has been practicing meditation for almost 30 years and runs workshops in mindfulness-based sustainability-focused individual and organization change across the U.S. and E.U. He is the author of three popular books on the topic: *From Me to We: The Five Commitments Required to Rescue the Planet, Your Organization, and Your Life* (Greenleaf Publishing 2012); *The Power of Sustainable Thinking* (Earthscan Publishing 2008); and *Leading Change Toward Sustainability* (Greenleaf Publishing 2003).



**Martha Parra:** Martha is a bicultural and bilingual, Licensed Clinical Social Worker. She is currently working at the Department of Behavioral Health with the County of San Bernardino with the Juvenile Justice System. Ms. Parra received her Master's degree in Social Work at University of Southern California (USC), where she specialized in the Community Organization Planning and Administration (COPA). Ms. Parra has extensive experience working with the geriatric population, crisis intervention, substance abuse, at-risk children such as foster care youth, LGBTQ, and gang members. She has also provided counseling and spiritual instruction for children and adolescents on a volunteer basis. For the last 11 years, she has provided clinical services and crisis services for children, transitional aged youth, adults, and older adults in community centers, schools, and outpatient clinics. Most recently, her work has included training clinicians, managers, and support staff in the Trauma Resiliency Model (TRM) at the Department of Behavioral Health and training community members within the Community Resiliency Model (CRM). Ms. Parra has also provided services for families interested in becoming foster or adoptive parents. She is also currently a Master Trainer and Facilitator with the Trauma Resource Institute (TRI).



**Larry Sanchez:** Larry has 30 yrs experience in the mental health field. Positions held have been a Psychiatric facilities manager, SNF Administrator, Administrator for a federal refugee center as part of the Cuban political exchange program under President Regan, and a Program Specialist for a developmentally disabled adults day program. Most recently during the past 15 years as a Social Worker II with the San Bernardino County Department of Behavioral Health holding positions as a Patients Rights Advocate, children's mental health counselor, and as an adult clinician in a mental health clinic. Trainer and Facilitator with the TRI Institute specializing in CRM and TRM modalities for department staff. Community involvement included a SBCTY Board of Supervisors five year appointee to the Board of Directors of the Community Action Partnership of San Bernardino County and Board member of the California Residential Facilities Council.

