



# BLACK HISTORY MONTH

FEBRUARY 2020

# REACH

A Healthier Community Is Within Our Reach

Made possible with funding from the Centers for Disease Control and Prevention.

## FACES OF RESILIENCE YOUTH JOIN CONFERENCE PANEL:



One of the highlights of the conference was the youth panel “Resilient Youth: Harmed and Healing”. Our very own Faces of Resilience youth advocates, Timothy Vaughn and Mackenzie Cook, did a phenomenal job speaking on the importance of trauma informed education and their personal experiences with trauma in the school system. They expressed to the audience that no matter your background you can be resilient and achieve your dreams. Timothy and Mackenzie both felt they brought a lot of excitement to the conference and would love to speak again. This is a huge step for Stockton youth realizing how impactful their voice can be.

## ACTIVE PEOPLE, HEALTHY STOCKTON



Public Health Advocates is joining a national movement spearheaded by the Centers for Disease Control to get more people physically active. Active People Healthy Stockton promotes better health by inspiring residents to find active routes to the places we go every day. Whether walking, biking or rolling we encourage you to get moving! Join us in making sure everyone is more physically active. Over the next year, PHAdvocates and other community partners will be hosting activities throughout the city to identify barriers to active routes

and determining what can be done to improve the mobility of our communities. We want to hear from you! For more information contact Erin Reynolds at [ER@PHAdvocates.org](mailto:ER@PHAdvocates.org) or 209-644-1501.

## TRAUMA CONFERENCE REVIEW

Public Health Advocates hosted *Rooted in Community: Moving from Trauma to Healing*, our organizations first trauma-focused conference, on November 20-21 in Long Beach, Ca. This conference served to educate, inspire and equip over 257 health partners, educators and community activists to mobilize and bring healing to ourselves and the communities of color we serve.



## Upcoming Events

### January 2020

- 1: Offices closed
- 7: Steering Committee at 5:30pm
- 9: FOR Healing Youth Leadership at 5:30pm
- 14: FOR Marshall Youth Leadership at 3pm
- 16: Community Leadership Meeting at 5:30pm
- 20: MLK, Jr. Day— Offices Closed
- 22: Youth Parks Training Kick-Off at 5pm
- 23: FOR Healing Youth Leadership at 5:30pm
- 24: Community to School Walk Audit at 5:30am
- 28: FOR Marshall Leadership at 3pm

### February 2020

- 4: Steering Committee Meeting at 5:30pm
- 5: FOR Stagg Youth Leadership at 2:30pm
- 11: FOR Marshall Youth Leadership at 3pm
- 11: Clergy Meeting at 5:45pm
- 13: FOR Healing Youth Leadership at 5:30pm
- 17: President's Day— Offices Closed
- 19: FOR Stagg Youth Leadership at 2:30pm
- 25: FOR Marshall Youth Leadership at 3pm
- 27: FOR Healing Youth Leadership at 5:30pm

### Health & Fitness Sundays

- TODHOP Health Sunday - every 3rd Sunday
- SDVC Health & Fitness Sunday - every 4th Sunday
- VIP Health & Fitness Sunday— every 4th Sunday

### Food Distribution

- Mayfair SDA Senior Brown Bag Food Distribution - 2nd/4th Fridays

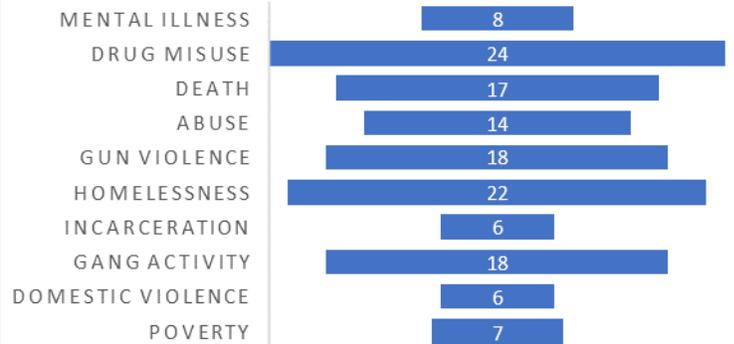
 @reachsanjoaquin

 [stocktonreach.org](http://stocktonreach.org)

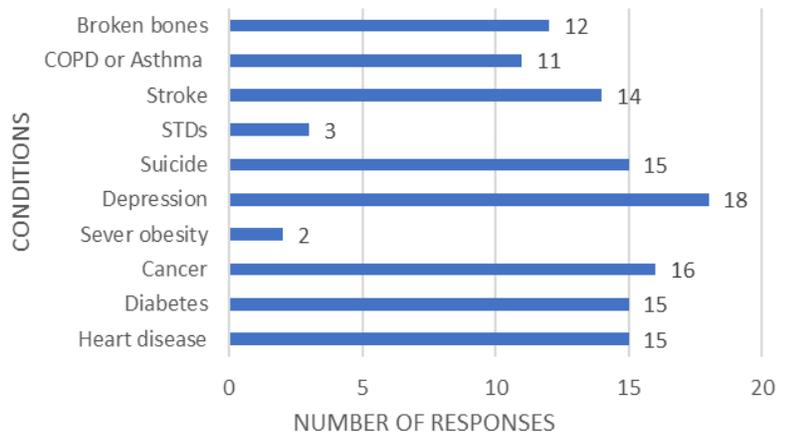
**THEIR TRUTHS**

On September 30, 2019 nearly 50 Marshall Elementary students participated in a listening session to share their thoughts on how trauma impacts their communities and methods they use to feel better when experiencing trauma. The listening session results will be used to draft policies and practices students want applied on their school campus to support them when they are experiencing difficult times. Below are graphs of the question's students were asked and their responses.

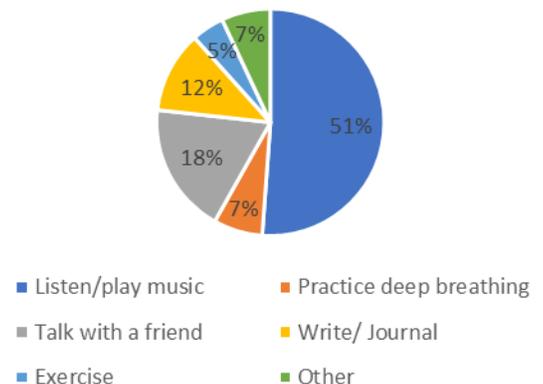
**WHICH OF THESE EVENTS NEGATIVELY EFFECTS YOUR COMMUNITY?**



**Have you or a family member experienced any of the following health conditions?**



**When you have a lot on your mind or having a bad day how do you relax?**



**WELLNESS TIP**

Here's a new habit for a new year!

**Plan Your Day!**

If you feel your life is a spin on one giant hamster wheel, there is hope. Set aside time every morning — even five minutes — to simply close your eyes, breathe deep and focus on what the day will (and won't) bring. Savor the sense of calm.

Planning your day can dramatically reduce feelings of stress or anxiety. Planning your day can help you identify obstacles and plan ways to get around them. This practice also is a great way to keep track of your progress throughout the day.

Wellness tip courtesy of: <https://blog.cheapism.com/good-habits-for-new-year/#slide=2>

**ACTIVE PEOPLE HEALTHY STOCKTON PHOTO CONTEST**

Take a photo of yourself walking, biking and rolling to one of your everyday destinations, then hashtag #ActivePeople #ActivePeopleHealthyStockton to be entered to win a contest. Winners will be selected on an ongoing base and receive a gift!



**PUBLIC HEALTH ADVOCATES**  
EVERYONE HAS THE RIGHT TO BE HEALTHY

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**REACH PARTNER DIRECTORY**

**FBO Partners**

- Harvest Church Ministries
- Mayfair Seventh Day Adventist
- Rock of Hope City Church
- Shiloh Delta Valley Church
- The Open Door House of Prayer Ministries
- Victory In Praise
- Wings of Healings Christian Center
- Valley View Church
- Holy Kingdom of Praise Ministries

**CBO Partners**

- Conway Homes Resident Council
- Emerald Pointe Townhomes
- North Stockton Bengals
- TEAM Charter Bianchi
- Teen IMPACT Center