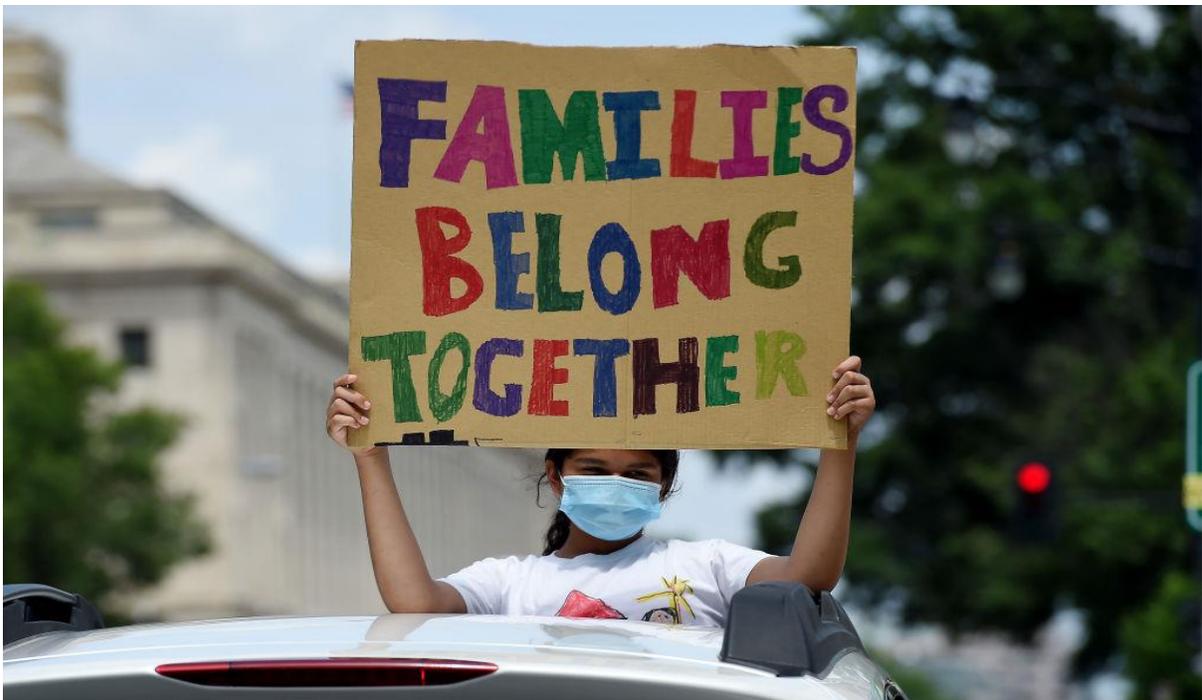


# Trauma-Informed Care and Services for Immigrant Families: A three-part symposium



**Part II: How Health Systems and  
Providers can Deliver Trauma-  
Informed Care to Immigrant Families  
August 25, 2020, 12 – 2:30 p.m. (PDT)**

## Trauma-Informed Care and Services for Immigrant Families: A three-part symposium

### Agenda

**PART II: August 25<sup>th</sup> 12 – 2:30 p.m. (PDT)**

### Trauma in Immigrant Families: How Health Systems and Providers can Deliver Trauma-Informed Care to Immigrant Families

12 – 12:10 p.m.	Introduction and House Keeping	Sergio Aguilar-Gaxiola, MD, PhD <i>UC Davis Health, Center for Reducing Health Disparities</i>
12:10 – 12:25 p.m.	Opening Remarks	David Lubarsky, MD, MBA <i>UC Davis Health</i> Sandra Hernández, MD <i>California Health Care Foundation</i>
12:25 – 12:50 p.m.	A Conversation with California Surgeon General	Nadine Burke Harris, MD, MPH, FAAP <i>Office of the California Surgeon General</i>
12:50 – 1:45 p.m.	<u>Panel Discussion</u> Understanding Trauma- Informed Care and Building Resilience with Immigrant Families to Address Mental Health Needs	Andrés Felipe Sciolla, MD <i>UC Davis Health</i>
	Responding to the COVID Pandemic	Thu Quach, PhD <i>Asian Health Services</i>
	How health systems and providers can deliver trauma- informed care to immigrant families	Altaf Saadi, MD, MSc <i>Massachusetts General Hospital Harvard Medical School</i>



<b>1:45 – 1:50 p.m.</b>	Break	All Participants
<b>1:50 – 2:20 p.m.</b>	Moderated Discussion	Ignatius Bau <i>Consultant</i>
	Questions & Answers	All Participants
	Panelists Recommendations	Panel Members
<b>2:20 – 2:30 p.m.</b>	Closing Remarks	Sandra Hernández, MD <i>California Health Care Foundation</i>
	Upcoming session and wrap up	Sergio Aguilar-Gaxiola, MD, PhD <i>UC Davis Health, Center for Reducing Health Disparities</i>

## Introduction & Housekeeping



### Sergio Aguilar-Gaxiola, MD, PhD

Director, UC Davis Center for Reducing Health Disparities and Professor of Clinical Internal Medicine

#### BIOGRAPHY

Sergio Aguilar-Gaxiola, MD, PhD is a Professor of Clinical Internal Medicine, School of Medicine, University of California, Davis. He is the Founding Director of the Center for Reducing Health Disparities at UC Davis Health and the Director of the Community Engagement Program of the UCD Clinical Translational Science Center (CTSC). He is a past member of the National Advisory Mental Health Council (NAMHC), National Institute of Mental Health (NIMH). He is a current member of the Substance Abuse and Mental Health Services Administration (SAMHSA), Center for Mental Health Services, National Advisory Council. He is a board member of the California Health Care Foundation, a member of the California Department of Public Health Office of Health Equity's Advisory Committee, and a member of the board of Physicians for a Health California. He is a national and international expert on health and mental health comorbidities on diverse populations. He has held several World Health Organization (WHO) and Pan American Health Organization (PAHO) advisory board and consulting appointments and is currently a member of the Executive Committee of the World Health Organization (WHO) World Mental Health Survey Consortium (WMH) and its Coordinator for Latin America and the Caribbean, overseeing population-based national/regional surveys in Argentina, Brazil, Colombia, México and Peru.

Dr. Aguilar-Gaxiola has extensive experience in population-based needs assessments and community-engaged research studies with a primary focus on identifying unmet health and mental needs and associated risk and protective factors. His work has focused on community-based approaches to addressing and reducing health/mental health disparities in underserved populations, the translation of evidence-based information and the successful implementation and dissemination of evidence-based information. He is an expert consultant and trainer of community-based organizations (CBOs), counties, and state and federal agencies on meaningful community engagement, and culturally and linguistically competency training. In the last decade, he has spearheaded California-wide efforts to (1) engage hard-to-reach communities (e.g., migrant workers, *Mixtecos*, Latino LGBTQ) that have been unserved/underserved by public mental health services and excluded in community stakeholder processes, (2) develop and implement a grassroots community engagement process to ensure their input, (3) solicit and gather their voices regarding Prevention and Early Intervention programs, strategies, and strengths, and (4) use the information gathered to transform systems of health care's service delivery. He is the recipient of multiple awards including the 2018 UC Davis Health Dean's Team Award for Inclusion Excellence, along with the Center for Reducing Health Disparities Team for outstanding multidisciplinary team contributions in the area of community engagement, the 2018 NAMI California Multicultural Outreach Excellence Award, and the 2018 Mental Health California's Research and Health Disparities Award. Dr. Aguilar-Gaxiola is currently co-chair of the National Academy of Medicine's (NAM) Committee on Assessing Meaningful Community Engagement for Health and Health Care, a work group of the NAM Leadership Consortium, Collaboration for a Value & Science-Driven Learning Health System.

## Opening Remarks



### David Lubarsky, MD, MBA

Vice Chancellor of Human Health Sciences and Chief Executive Officer for UC Davis Health

#### BIOGRAPHY

Dr. David Lubarsky is the vice chancellor of human health sciences and chief executive officer for UC Davis Health. He oversees UC Davis Health's academic, research and clinical programs, including the School of Medicine, the Betty Irene Moore School of Nursing, the 1,000-member physician practice group, and UC Davis Medical Center, a 625-bed acute-care hospital.

With roughly 14,000 employees, nearly 1,000 students, 1,000 faculty members, an annual operating budget of \$3 billion, and around one million outpatient visits each year, UC Davis Health is a major contributor to the health and economy of the Sacramento region and is a center of biomedical discoveries that help advance health around the world, ranked in the top 30 nationally for medical research.

Since joining UC Davis Health in July 2018, Dr. Lubarsky has re-energized the health system. He recommitted the organization to expanding care for the underserved, earning UC Davis Health public acknowledgment as a leader in caring for Medi-Cal patients, and he's established partnerships with local government agencies, entrepreneurs, technology companies, and with other health systems to further the UC Davis mission to make the world a better, healthier place. UC Davis Chancellor Gary May calls him a problem solver and change maker. And if he has any free time, you can often find him on long rides around the region on his bike.

## Opening & Closing Remarks



### **Sandra Hernández, MD**

President and CEO, California Health Care Foundation

#### BIOGRAPHY

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Sandra R. Hernández, MD, is president and CEO of the California Health Care Foundation, which works to improve the health care system, so it works for all Californians. Prior to joining CHCF, Sandra was CEO of The San Francisco Foundation, which she led for 16 years. She previously served as director of public health for the City and County of San Francisco. She also co-chaired San Francisco's Universal Healthcare Council, which designed Healthy San Francisco. It was the first time a local government in the US attempted to provide health care for all of its constituents. In February 2018, Sandra was appointed by Governor Jerry Brown to the Covered California board of directors. She also serves on the Betty Irene Moore School of Nursing Advisory Council at UC Davis and on the UC Regents Health Services Committee. Sandra is an assistant clinical professor at the UCSF School of Medicine. She practiced at San Francisco General Hospital in the HIV/AIDS Clinic from 1984 to 2016.

Sandra is a graduate of Yale University, the Tufts School of Medicine, and the certificate program for senior executives in state and local government at Harvard University's John F. Kennedy School of Government.

# A Conversation with California Surgeon General

## Nadine Burke Harris, MD, MPH, FAAP

California Surgeon General



### BIOGRAPHY

Dr. Nadine Burke Harris is an award-winning physician, researcher and advocate dedicated to changing the way our society responds to one of the most serious, expensive and widespread public health crises of our time: childhood trauma. She was appointed as California's first-ever Surgeon General by Governor Gavin Newsom in January 2019.

Dr. Burke Harris' career has been dedicated to serving vulnerable communities and combating the root causes of health disparities. After completing her residency at Stanford, she founded a clinic in one of San Francisco's most underserved communities, Bayview Hunters Point. It was there that Burke Harris observed that, despite the implementation of national best-practices for immunizations, asthma, obesity treatment and other preventive health measures, her patients still faced outsized risks for poor health, development and behavioral outcomes.

Drawing in research from the CDC and Kaiser Permanente, Dr. Burke Harris identified Adverse Childhood Experiences as a major risk factor affecting the health of her patients. In 2011, she founded the Center for Youth Wellness and subsequently grew the organization to be a national leader in the effort to advance pediatric medicine, raise public awareness, and transform the way society responds to children exposed to Adverse Childhood Experiences (ACEs) and toxic stress. She also founded and led the Bay Area Research Consortium on Toxic Stress and Health, to advance scientific screening and treatment of toxic stress.

She currently serves as a government liaison for the American Academy of Pediatrics' National Advisory Board for Screening and sat on the board of the Committee on Applying Neurobiological and Socio-behavioral Sciences from Prenatal Through Early Childhood Development: A Health Equity Approach for the National Academy of Medicine.

Her work has been profiled in best-selling books including "How Children Succeed" by Paul Tough and "Hillbilly Elegy" by J.D. Vance as well as in Jamie Redford's feature film, "Resilience". It has also been featured on NPR, CNN and Fox News as well as in USA Today and the New York Times. Dr. Burke Harris' TED Talk, "How Childhood Trauma Affects Health Across the Lifetime" has been viewed more than 6 million times. Her book "The Deepest Well: Healing the Long-Term Effects of Childhood Adversity" was called "indispensable" by The New York Times.

Dr. Burke Harris is the recipient of the Arnold P. Gold Foundation Humanism in Medicine Award presented by the American Academy of Pediatrics and the Heinz Award for the Human Condition. She was named one of 2018's Most Influential Women in Business by the San Francisco Business Times.

## Panelist



### **Andrés Felipe Sciolla, MD**

Professor of Clinical Psychiatry at UC Davis, CA  
Department of Psychiatry & Behavioral Sciences  
Co-Director of RESTART program

#### BIOGRAPHY

Dr. Sciolla is a Professor of Clinical Psychiatry at the University of California, Davis. He is also Co-Director of the RESTART program (Resilience, Education and Supportive Tools for Adults Recovering from Trauma) at the UC Davis Behavioral Health Center.

Dr. Sciolla is a board-certified psychiatrist who graduated from the University of Chile School of Medicine and completed his psychiatry residency training at UC San Diego.

Dr. Sciolla's career focuses on the effects of exposure to social disadvantage and interpersonal adversities during childhood on physical and mental health. He has conducted research in this area and developed innovative educational modules for undergraduate and graduate medical trainees. This interest stems from providing comprehensive psychiatric services to ethnic and sexual minorities, including refugees and immigrants, for close to 20 years.

## Panelist



### Thu Quach, PhD

Chief Deputy of Administration  
Asian Health Services

#### BIOGRAPHY

Thu Quach, PhD has been working in public health and health care for over two decades. Her research, service, and advocacy work have been grounded in her own lived experience as a refugee from Vietnam, and the struggles her family faced in the health care system. Trained as an epidemiologist, she has conducted community-based research, focusing on Asian Americans and immigrant populations, including examining occupational exposures and health impacts among Vietnamese nail salon workers. This work was inspired by her own mother, who passed from cancer at the age of 58, after working as a cosmetologist for decades. These research findings have contributed to the seminal work of the California Healthy Nail Salon Collaborative, which has shaped policy changes and worker rights and safety.

Dr. Quach currently serves as the Chief Deputy of Administration at Asian Health Services, a federally qualified health center in Oakland serving 50,000 patients in English and 14 Asian languages. She is involved in local, statewide, and national research and policy efforts to promote health equity. In 2016, she led the organization in establishing a specialty mental health department. In 2017, Dr. Quach helped form One Nation, a national coalition of over 100 organizations working to galvanize the Asian American and Pacific Islander (AAPI) community around the issue of public charge and its impacts on immigrant families for using vital services, such as health care, food and housing assistance. Currently, Dr. Quach is leading the organization in addressing racial disparities in COVID-19, including starting up a culturally and linguistically competent community testing site and contact tracing targeting AAPIs.

Dr. Quach received her Bachelors of Art at U.C. Berkely, her Master's in Public Health at U.C.L.A. and her Ph.D. in Epidemiology at U.C. Berkeley.

## Panelist



### Altaf Saadi, MD, MSc

Neurology, Massachusetts General Hospital  
Harvard School of Medicine

#### BIOGRAPHY

Altaf Saadi, MD, MSc is a general academic neurologist at Massachusetts General Hospital (MGH) and instructor of neurology at Harvard Medical School. She is also associate director of the MGH Asylum Clinic. Her research is focused on health disparities and social and structural determinants of health among racial/ethnic minorities, immigrants, and refugees.

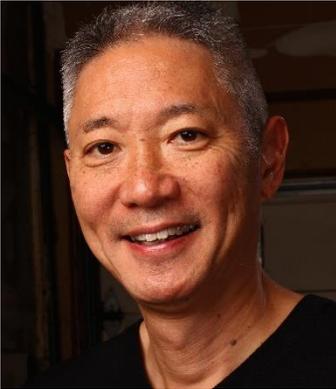
Dr. Saadi completed her neurology training at the Partners Neurology Program at MGH and Brigham and Women's Hospital in Boston, where she also served as chief resident. During her residency, Dr. Saadi's interest in health equity led her to work in resource-limited settings in the Navajo Nation, Tanzania, Zambia, with Boston Healthcare for the Homeless, and with the Doctors Without Borders telemedicine program.

Her research training includes a fellowship with the National Clinician Scholars Program at UCLA, where she conducted several health services research projects and received a master's degree in health policy and management at the UCLA Fielding School of Public Health. One of her projects focused on the understanding of how hospitals and health care facilities can ensure that all patients feel safe when accessing health care, regardless of their immigration status, exploring the concept of "sanctuary" and "safe spaces" in the clinical setting.

As an asylum evaluator for the PHR Asylum Network, Dr. Saadi has conducted evaluations for individuals in the community and in immigration detention centers. She has also assessed the medical conditions of confinement in immigration detention at facilities in California and Texas, including with Human Rights First and Disability Rights California. Her academic work has been published in the *British Medical Journal*, *JAMA*, *JAMA Network Open*, and *Neurology*, among others, and her personal writing in Boston NPR's *CommonHealth Blog*, the *Huffington Post*, the *Los Angeles Times*, *STAT News*, and *Undark Magazine*. Her work has also received media coverage in the *Christian Science Monitor*, *Reuters*, and *Salon*.

Dr. Saadi completed her undergraduate studies at Yale College and earned her medical degree from Harvard Medical School, where she graduated *cum laude* and received the Dean's Community Service Award.

## Moderator



### Ignatius Bau

Consultant

#### BIOGRAPHY

Ignatius Bau is an independent consultant, working with funders, health departments, and community-based organizations on both immigration and health policy issues. He currently is a consultant to Grantmakers Concerned with Immigrants and Refugees, Unbound Philanthropy, California Health Care Foundation, Blue Shield of California Foundation, and The California Endowment on immigration-related grantmaking. He has been a consultant to the National Immigration Law Center on the Protecting Immigrant Families campaign and to the Immigrant Legal Resource Center on the New Americans Campaign. He worked for ten years as an immigration attorney at the Lawyers' Committee for Civil Rights of the San Francisco Bay Area, for seven years as a program officer at The California Endowment, and in various positions at the Asian & Pacific Islander American Health Forum. He was the founding board chairperson of the Northern California Coalition for Immigrant and Refugee Rights, helped to draft the 1989 San Francisco City of Refuge, or "sanctuary" ordinance, and was on the statewide steering committee of Californians United Against Proposition 187

## About

### Center for Reducing Health Disparities

The UC Davis Center for Reducing Health Disparities (CRHD) takes a multidisciplinary, collaborative approach to the inequities in health access and quality of care. This includes a comprehensive program for research, education and teaching, and community outreach and information dissemination.

The center builds on UC Davis' long history of reaching out to the most vulnerable, underserved populations in the region. A comprehensive medical interpretive services program helps overcome limitations in access for those who don't speak English. Its regional telehealth network provides a high-tech link between UC Davis physicians and smaller clinics around the state that cannot afford to maintain medical specialists on staff.

The center represents a major commitment to addressing community needs that goes well beyond the traditional service role of an academic medical center. It is a program designed not only to raise awareness and conduct critical research, but also intended to actually assist those communities whose needs have never been addressed and met by the traditional health-care system.

The center's wide-ranging focus on health disparities includes an emphasis on improving access, detection and treatment of mental health problems within the primary care setting. It will also focus efforts on achieving better understanding into the co-morbidity of chronic illnesses such as diabetes, hypertension, pain conditions, and cancer with depression.

### California Health Care Foundation

The California Health Care Foundation is dedicated to advancing meaningful, measurable improvements in the way the health care delivery system provides care to the people of California, particularly those with low incomes and those whose needs are not well served by the status quo. We work to ensure that people have access to the care they need, when they need it, at a price they can afford.

At the California Health Care Foundation, we know that health care is a basic necessity. We work hard to improve California's health care system, so it works for all Californians.

Because Californians with low incomes experience the biggest health burden and face the greatest barriers to care, our priority is to make sure they can get the care they need.

We are especially focused on strengthening Medi-Cal — the cornerstone of California's safety net. We are also committed to finding better ways to meet the health care needs of the millions of people who remain uninsured in our state. And we are working to better integrate care for Californians who experience mental illness, drug or alcohol addiction, or other complex health conditions.

## Acknowledgements

A special thank you to the California Health Care Foundation (CHCF) for supporting this event and for their strong commitment to finding viable and effective solutions to addressing trauma in immigrant families. We are most grateful to Dr. Sandra Hernandez, CHCF's President and CEO for lending her expertise to the symposium. We also thank Amy Adams for her key collaboration in the planning and oversight of the event and to Eric Antebi, CHCF's Director of Communications and Acting Vice President for External Engagement and Lisa Alferis, CHCF's Senior Communication Officer for their key role in disseminating this important symposium.

In addition, this symposium would not have been possible without the help and support from the UC Davis Center for Reducing Health Disparities team. Their dedication and commitment to creating and implementing a successful event is noteworthy. In particular, Andrea C. Nuñez, Shellie L. Hendricks and the Planning Committee, for all of the behind-the-scenes work and attention to one thousand and then some details. We are indebted to Dr. Renetta Tull, Vice Chancellor Diversity, Equity, & Inclusion and Dr. Hendry Ton, Associate Vice Chancellor for Health Equity, Diversity and Inclusion, for their sustained support and guidance on this symposium.

We are also most grateful for the leadership and direction of Ignatius Bau, in bringing forth this symposium. His expertise and ample experience in trauma and migration, among others, proved to be essential in the planning, implementation and dissemination of the event.

We are deeply grateful to all of our presenters: Dr. David A. Lubarsky, UC Davis Health Vice Chancellor and CEO, Dr. Sergio Aguilar-Gaxiola, Dr. Sandra Hernández, Dr. Nadine Burke Harris, Dr. Andrés Felipe Sciolla, Dr. Thu Quach, and Dr. Altaf Saadi for sharing their time and expertise.

Our gratitude goes out to Janne Olson-Morgan and Cate Powers from the Office of the California Surgeon General for their support of this event. Additional thanks go to Collette Pechin, Administrative Officer to Dr. David Lubarsky, for providing continued backing for this three-part symposium.

Another special thank you to Fostering Media Connections for their work to document the impacts of family deportation. Without their vision, we would not have been able to highlight the experiences of immigrants that have been impacted by trauma.

We would like to also incorporate a special note for the Avelica family that shared their story and journey of having a parent placed in deportation proceedings. We thank and admire the Avelica's courage to reveal the trauma experienced by their family.

We would also like to thank our UC Davis Health Public Affairs and Marketing Office, for their support and creativity. In particular we thank Edwin M. Garcia for his continued support. Thank you Emily K. Lillya and Barbara Hennelly for your commitment to creating cohesive marking materials which contributed to the quality of the symposium.

Additionally, we would like to thank Dan Cotton, who provided invaluable assistance on the Zoom Webinar platform. Without his support and proactiveness we would not have been able to



provide the event in this platform which was the best suitable for this event. We also could not have done this without the support of the UC Davis IT team: Aaron Cocker, Alexander D. Lee, and Rijul Saxena. Their patience and technical support were critical in preparing this event.

And finally, thank you to all those who attend and participate in this symposium. Your interest, engagement and thoughtful questions and comments have elevated the event to new heights. Thank you all for your passion to shed light and improve care and services for immigrant families impacted by the traumatic experiences and multiple stressors associated with migration and now exacerbated by the multiple COVID-19 challenges.