



HOPE AND RESILIENCE

Inner Strength, Shared Values, and Collective Healing

March 24–25, 2026

PRECONFERENCE Monday, March 23, 2026

5:30 p.m.	6:45 p.m.	Optional Meet and Greet Strolling Dinner Reception – Vineyard II-III
7:00 p.m.	7:30 p.m.	Optional Guided Mindfulness Session with Julie Houston – Vineyard IV

DAY ONE Tuesday, March 24, 2026

Conference Center					
7:30 a.m.	8:30 a.m.	Registration & Breakfast – California Pre-function			
8:30 a.m.	8:45 a.m.	Welcome and Announcements			
8:45 a.m.	9:45 a.m.	Keynote 1 - Kaitlin Roig Debellis <i>"The Power of Choice": Choosing Your Path Forward</i> California 1&2			
9:45 a.m.	10:00 a.m.	Morning Networking Break			
10:00 a.m.	11:30 a.m.	<table border="1"> <tr> <td>Session 1 Kaitlin Roig Debellis <i>"Choosing Hope": Moving Forward from Life's Darkest Hours</i> California 3</td> <td>Session 2 Deborah Silveria <i>The Resilient Brain: Science Backed Strategies for Strength, Hope and Healing</i> Sonoma 1&2</td> <td>Session 3 Julie Houston <i>Rooted Presence: Cultivating Healing Through Mindfulness and the Body</i> Sonoma 3</td> </tr> </table>	Session 1 Kaitlin Roig Debellis <i>"Choosing Hope": Moving Forward from Life's Darkest Hours</i> California 3	Session 2 Deborah Silveria <i>The Resilient Brain: Science Backed Strategies for Strength, Hope and Healing</i> Sonoma 1&2	Session 3 Julie Houston <i>Rooted Presence: Cultivating Healing Through Mindfulness and the Body</i> Sonoma 3
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11:30 a.m.	12:30 p.m.	Lunch – California 1&2			
12:30 p.m.	1:30 p.m.	Keynote 2 - Ross Szabo <i>Behind Happy Faces; Taking Charge of Your Mental Health</i> California 1&2			
1:30 p.m.	1:45 p.m.	Break			
1:45 p.m.	2:45 p.m.	Healing the Healer - Erica Curtis <i>The Art of Recovery: Exploring Creative Processes for Professional Resilience</i> California 1&2			
2:45 p.m.	3:05 p.m.	Break with Snack			
3:05 p.m.	4:35 p.m.	<table border="1"> <tr> <td>Session 4 Ross Szabo <i>Mental Health Starts With Me: Practical Tools to Take Care of Yourself and Help Others</i> California 3</td> <td>Session 5 Erica Curtis <i>Accessing Hope Artfully: Art Therapy Best-Practices for All Ages</i> Sonoma 1&2</td> <td>Session 6 Roberto Rodriguez <i>Resilience: Ancient Wisdom Meets Cognitive Behavioral Approaches</i> Sonoma 3</td> </tr> </table>	Session 4 Ross Szabo <i>Mental Health Starts With Me: Practical Tools to Take Care of Yourself and Help Others</i> California 3	Session 5 Erica Curtis <i>Accessing Hope Artfully: Art Therapy Best-Practices for All Ages</i> Sonoma 1&2	Session 6 Roberto Rodriguez <i>Resilience: Ancient Wisdom Meets Cognitive Behavioral Approaches</i> Sonoma 3
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4:35 p.m.	5:15 p.m.	Break			
5:15 p.m.	5:30 p.m.	Ride to Farm Dinner - Tram pick up in front of the hotel beginning at 5:15 p.m.			
5:30 p.m.	7:30 p.m.	Dinner – Strolling Farm to Table Dinner – The Farm			
7:30 p.m.	7:45 p.m.	Tram Ride back to Hotel – Throughout the evening until 8:00 p.m.			

DAY TWO Wednesday, March 25, 2026

7:30 a.m.	8:25 a.m.	Breakfast – California 1&2		
8:25 a.m.	8:30 a.m.	Welcome and Introduction		
8:30 a.m.	9:30 a.m.	Keynote 3 - Oz Sanchez <i>Know No Limits!: The Power of Hope and Resilience</i> California 1&2		
9:30 a.m.	9:50 a.m.	Break		
9:50 a.m.	10:50 a.m.	Keynote 4 Jerry Tello <i>Pulling Ourselves Up from Our Root Straps</i> California 1&2		
10:50 a.m.	11:10 a.m.	Morning Networking Break		
11:10 a.m.	12:40 p.m.	Session 7 Oz Sanchez <i>Military Culture and Resilience: Lessons in Mental Toughness and Healing</i> California 3	Session 8: Jerry Tello <i>What's Under the Hood in Guiding the Next Generation</i> Sonoma 1&2	Session 9 Christina Kuntrak <i>How Meaning-Making Shapes the Resilient Brain from Adolescence to Adulthood</i> Sonoma 3
12:40 p.m.	1:00 p.m.	Lunch to Go - California Pre-function		