



# Serve Washington

Changing Communities. Changing Lives.

## AmeriCorps Swearing-In Ceremony Friday, October 30, 2020 10:00 a.m. - 11:15 a.m.

Join your AmeriCorps peers from across Washington state to celebrate service and kick-off the new program year. This morning's program will include a new video-based "roll call" of programs, keynote addresses by Congresswoman Pramila Jayapal and Congressman Derek Kilmer, and the AmeriCorps Oath of Service that members around the country have taken for the last twenty-five years.

### Post-Ceremony Workshops

#### **11:30 a.m. - 12:45 p.m. - "You Can Help" for AmeriCorps Members**

*Virtual Workshop (75 min.)*

Presented by Thea Zunick, Ed.D, Manager of Community Engagement, The Jed Foundation

#### **11:30 a.m. - 12:45 p.m. - "You Can Help" for Program Staff**

*Virtual Workshop (75 min.)*

Presented by Wenimo Okoya, Ed.D., Director of High School Implementation, The Jed Foundation

A fundamental part of supporting mental health and preventing suicide is to train community members to identify and support those who may be struggling with a mental health challenge and refer them to professional help if needed. JED's "You Can Help" will help educate you on how best to support others. The workshops are meant to be interactive and conversational with a focus on actions that the audience can take to support others who may be in distress. Topics include:

- Data and statistics about young adult mental health
- Signs and symptoms of distress to look for
- How to be supportive and give help to others
- Conversation starters around mental health
- Signs of suicidality and how to respond
- Information on where to go for help and support

[About The Jed Foundation](#)

| [About Thea Zunik](#)

| [About Wenimo Okoya](#)



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## **1:15 p.m. - 2:45 p.m. - “Developing Our Resilience & Grit”**

*Virtual Workshop (90 min.)*

Facilitated by Tray Deadwyler, Think for Good, Incorporated

Participants will learn five proven elements to build and maintain resilience in their personal and professional lives. During the workshop, participants shall identify their beliefs & key disciplines to support perseverance through a myriad of life and leadership situations.

[About Tray Deadwyler](#)

## **3:00 p.m. - 4:30 p.m. “Critical Leadership, Mindfulness and Service”**

*Virtual Workshop (90 min.)*

Facilitated by Jeff Birdsall, Birdsall Consulting

Leadership is a common term in community service but how do we really define leadership? Critical leadership provides a theoretical framework for leadership that is primarily addressed to the greater common good. This framework will be used to explore our service as well as reflect on current global issues such as: climate change, the pandemic and structural racism. Mindfulness practices come from all different cultural traditions and provide tools to help us develop deep inner and systemic awareness as well as be grounded and centered amidst the challenges in leadership and community service. Come to this session to explore, in an interactive way, the important connections between critical leadership, mindfulness and social change - which many recent academic research studies are examining.

Objectives:

- *Develop an understanding of Critical Leadership Theory and apply the tenants to your service as well as use as a lens to reflect on current issues such as: climate change, the pandemic and structural racism.*
- *Deepen awareness about strategies to be balanced, grounded and resilient in service.*
- *Understand resilience practices coming from diverse cultural traditions which can be used to develop balance and deepen one’s awareness.*
- *Learn about new academic research in the areas of leadership, mindfulness and social change.*
- *Build community with your national service peers and celebrate national service.*

[About Jeff Birdsall](#)



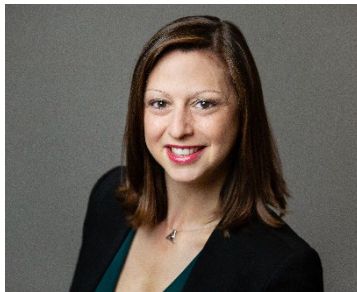
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## JED The Jed Foundation

The Jed Foundation is a non-profit organization that protects emotional health and prevents suicide for teens and young adults in the United States. JED partners with high schools and colleges to strengthen their mental health, substance misuse and suicide prevention programs and systems.



### Thea Zunick

Thea brings more than 15 years of experience in higher education, volunteer engagement, social justice, wellness initiatives, and training and development to JED. Her passion for supporting teens and college students stems from direct engagement with student leaders across the country through speaking engagements and direct campus advisement. Thea earned an Associate's Degree from Middlesex County College, a Bachelor's degree in Psychology and Elementary Education from The College of New Jersey, a Master's degree in Student Personnel in Higher Education from University of Florida, and a Doctorate of Education for the Design of Learning Environments from Rutgers University.



### Wenimo Okoya

Wenimo joined JED after 11 years of working in and with schools in communities of color. She started her career as a middle school teacher and after seeing the health disparities that affected her students and their families, she decided to pursue her Master of Public Health at the Columbia Mailman School of Public Health and later an Ed.D. in Health Education at Teachers College, Columbia University, where her research focus was the adoption of trauma sensitive practices in NYC schools. Most recently, she left the Children's Health Fund where for six years she helped build and run a school-based health program. She has also trained over 1000s of school professionals, presented at various national conferences, and teaches at CUNY Lehman College and Columbia Mailman School of Public Health.



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## Tray Deadwyler

Tray T.S. Deadwyler is the Founder of Think for Good- supporting individuals and organizations as they increase their efficacy through creative ideation, planning and implementation. Committed to systemic problem-solving and co-creating a theory of change to achieve success in any area. Think for Good works collectively with their clients to push beyond the normal sense of charity and altruism to develop foundational solutions, embodying the company mission, "Solve it Together".

Affectionately known as the "Service Nerd" by his colleagues, Tray focuses on developing cross-sector solutions and training professionals to effectuate empathy in communities. With service to the community at his core, Tray's civic and professional transcript spans organizations such as the American Red Cross, Atlanta Police Department, Communities in Schools, Morehouse College Spelman College, Points of Light Foundation, and the AmeriCorps National Civilian Community Corps, Angels in Distress, Love Beyond Walls, and One World Link.

As a result of his work and commitment to communities, Tray has been honored with the Presidential Volunteer Service Award (2011), named Most Valuable Progressive by the New Leaders Council (2012), selected as one of Aspen Institute's Emerging Nonprofit Leaders (2014), graduated from three American Express Leadership Academies (2012, 2014, 2016), and Georgia Forward's Young GameChangers (2017).

Service at the heart, he volunteers his time and expertise with a myriad of organizations locally and across the country yet frequently presses his way to North Georgia for some necessary rest, camping and hiking.

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## Jeff Birdsall

Jeff leads trainings and facilitates educational programs for national service programs, non-profits and universities throughout the country. He has directed two AmeriCorps programs, The Northwest Service Academy and The Youth Volunteer Corps, and co-founded a youth service program, The Wilderness Volunteer Corps. Currently, much of his work is focused on DEI efforts and is done in partnership with his colleagues at FACE (Facilitating Awareness and Change for Equity) Consulting Collaborative – ([www.faceconsultingcollaborative.com](http://www.faceconsultingcollaborative.com)).

Jeff holds a B.S. in Environmental Education from Lesley University/AEI and an M.A. in Interdisciplinary Studies: Service-Learning - Social Justice through Compassionate Action from Naropa University in Boulder, Colorado. Jeff currently resides in Seattle, WA and has served as an adjunct instructor for Brown University's Leadership Institute as well as for Antioch University. Jeff can be reached at [birdsallconsulting@gmail.com](mailto:birdsallconsulting@gmail.com)