



# Voices of Compassion

Leading the Emotional Recovery



**FRIDAY, OCTOBER 16, 2020**

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**Courage**  **Connection**  **Compassion** 

[CHCONLINE.ORG/COMPASSION](https://chconline.org/compassion)

# Voices of **Compassion**

Leading the Emotional Recovery

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# Welcome

## Dear Friends,

On behalf of everyone at Children's Health Council, I want to thank each and every one of you for joining us today as we gather virtually for a time of hope and healing. Our wonderful emcee, Byron Pitts, journalist, author and co-anchor of ABC's *Nightline* will guide us through the event. We have a hugely talented group of speakers who have come together to lift us up with their experience and wisdom, and we'll hear from the amazing young singer songwriter, Thunderstorm Artis. You can read more about all of them in this program.

We've all been navigating rough waters these last months and our children, teens and young adults have been on an emotional rollercoaster. They need more support than ever before. I am looking forward to this time when we can all step back for a moment to connect and reflect, consider our next steps and come away with ideas to help support our kids and families with courage and compassion. Thank you again and welcome to Voices of Compassion.

My best,

*Rosalie Whitlock*



**Rosalie Whitlock, PhD**

CEO OF CHILDREN'S HEALTH COUNCIL

# About

## Voices of Compassion

Our world has been turned upside down in the past several months. The uncertainties created by the pandemic combined with concerns about social justice have been taking a huge emotional toll. How do we move forward from here? What does community look like now? Let's come together so that we can lift up one another and share insights and creative thinking so that we can reach higher ground together.



## Children's Health Council

We believe in a world where every child, teen and young adult can reach their full promise and potential.

We offer evaluations, educational programs, community education and treatment for ADHD, Learning Differences, Anxiety & Depression and Autism. We serve families on the Peninsula and South Bay as well as the greater San Francisco Bay Area through our clinical services, schools and education and outreach programs. We've been serving kids and families for nearly 70 years and have impacted over 1,000,000 children, teens and young adults.



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for children, teens and young adults  
for nearly 70 years

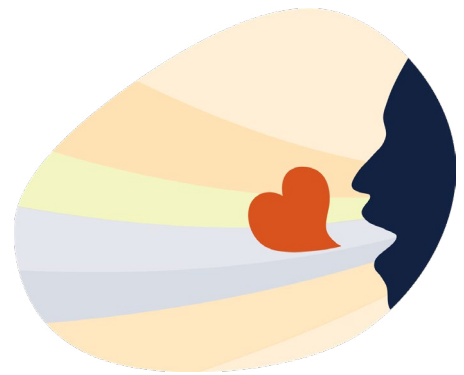


# Event Program

12:00 PM

## Welcome & Remarks

**Byron Pitts**, Co-anchor of ABC's *Nightline* & Author, *Be the One*



12:10 PM

## Featured Speaker

**Dr. James Doty**, Director & Founder, CCare, Clinical Professor of Neurosurgery, Stanford University

12:30 PM

## Blue Ribbon Panel Discussion

**Wanda Holland Greene, MA**, Head of Hamlin School in San Francisco

**Dr. Ramsey Khasho**, Chief Clinical Officer of Children's Health Council & Licensed Psychologist

**Julie Lythcott-Haims, JD, MFA**, Writer. Speaker. Human.

**Byron Pitts**, Co-anchor of ABC's *Nightline* & Author, *Be the One*

**Dr. Denise Pope**, Founder of Challenge Success & Senior Lecturer, Stanford Graduate School of Education

1:20 PM

## Musical Inspiration

**Thunderstorm Artis**

1:25 PM

## Closing Remarks

**Byron Pitts**, Co-anchor of ABC's *Nightline* & Author, *Be the One*

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# Special Guests

## FEATURED SPEAKER



### Dr. James Doty

DIRECTOR & FOUNDER, CCCARE, CLINICAL PROFESSOR  
OF NEUROSURGERY, STANFORD UNIVERSITY

James R. Doty, M.D. is the founder and director of the Center for Compassion and Altruism Research and Education (CCARE) at Stanford University of which His Holiness the Dalai Lama is the founding benefactor. He works with a variety of scientists from a number of disciplines examining the neural bases for compassion and altruism. He is also a clinical professor in the Department of Neurosurgery at Stanford University School of Medicine. Dr. Doty is an inventor, entrepreneur and philanthropist. He holds a number of patents on devices which are used on patients around the world. He has founded multiple start-ups and is the former CEO of Accuray (NASDAQ:ARAY). He has provided support to a number of charitable organizations supporting peace initiatives and providing healthcare throughout the world. Dr. Doty has funded research, provided scholarships and endowed chairs at multiple universities. He is a veteran of the U.S. Army having spent 9 years on active duty service in the Army Medical Corp.

He is on the Board of a number of non-profits and is the former chairman of the Dalai Lama Foundation and the former vice-chair of the Charter for Compassion. Doty is the Senior Editor of the recently published Oxford Handbook of Compassion Science and is the author of the New York Times bestseller, *Into the Magic Shop: A Neurosurgeon's Quest to Discover the Mysteries of the Brain and the Secrets of the Heart* that has now been translated into 36 languages. His work has been cited in media throughout the world including *The Wall Street Journal*, *The New York Times*, *The Guardian*, *Time Magazine* and many others.



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## BLUE RIBBON PANEL



### Wanda Holland Greene, MA

HEAD OF HAMLIN SCHOOL IN SAN FRANCISCO

Wanda M. Holland Greene is Head of School at The Hamlin School in San Francisco, a mission-driven institution dedicated to best practices and innovation in the education of girls and young women. She is nationally recognized and respected as an experienced leader in education with a passionate voice and powerful presence that inspire communities to achieve equity and excellence for all children. For the past thirty years, Holland Greene has focused her professional time and attention on a wide and varied range of issues in education: mental health and emotional well-being; anti-racism and cultural competency; neurodiversity and learning differences; gender inequity and stereotype threat in the classroom; effective performance appraisal systems for teachers; and global citizenship. She has taught, mentored, and inspired thousands of children on the east and west coasts, and her writing, speeches, seminars, and professional presentations have permeated the educational and political landscapes from San Francisco to Cape Town.

Prior to Holland Greene's tenure at Hamlin, which began in 2008, she served for eleven years as a senior administrator at The Park School in Brookline, MA. She began her career in education in New York City at The Columbia Greenhouse Nursery School and continued thereafter at The Chapin School, where she was a teacher and the school's first Director of Student Life. Currently, she is a trustee of Columbia University, Head-Royce School, a Pahara-Aspen Education Fellow at The Aspen Institute, and a former trustee of Concord Academy, The Chapin School, Hamilton Families, and Lick-Wilmerding High School. A former faculty member of the National Association of Independent School's Aspiring Heads Fellowship, Holland Greene continues her mentorship and advocacy for brand new heads of school as an executive coach.

A proud Brooklyn native, Holland Greene graduated from The Chapin School in 1985 and earned a bachelor's degree from Columbia College in 1989, majoring in English Literature with a minor concentration in psychology. She holds a master's degree in curriculum and instruction from Teachers College, earned a permanent teaching license in New York State upon completing Barnard College's Elementary Education Program, and has completed extensive coursework in private school leadership at Teachers College's Klingenstein Center.



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## Dr. Ramsey Khasho

CHIEF CLINICAL OFFICER AT CHILDREN'S HEALTH COUNCIL & LICENSED  
CLINICAL PSYCHOLOGIST

Dr. Ramsey Khasho has over 20 years' experience evaluating and treating children, teens and families. He specializes in pediatric anxiety and depression, ADHD, ASD, forensic assessment and family therapy.

Dr. Khasho is a court-appointed expert for the State of California, and has provided testimony about the psychological evaluations of children and adolescents. He has over 10 years of non-profit executive management experience and is actively involved in the supervision and training of graduate students. Dr. Khasho is also an adjunct faculty member at the University of San Francisco teaching graduate level courses for the School of Education, Counseling Psychology Department.



## Julie Lythcott-Haims, JD, MFA

WRITER. SPEAKER. HUMAN.

Julie Lythcott-Haims believes in humans and is deeply interested in what gets in our way. She is the New York Times bestselling author of the anti-helicopter parenting manifesto *How to Raise an Adult*. Her TED Talk on the subject has more than 5 million views, and in 2020 she became a regular contributor with CBS This Morning on parenting. Her second book is the critically-acclaimed and award-winning prose poetry memoir *Real American*, which illustrates her experience as a Black and biracial person in white spaces. A third book, *Your Turn: How to Be an Adult*, will be out in April 2021.

Julie is a former corporate lawyer and Stanford dean, and she holds a BA from Stanford, a JD from Harvard, and an MFA in Writing from California College of the Arts. She serves on the board of Common Sense Media, and on the advisory board of LeanIn.Org, and she is a former board member at Foundation for a College Education, Global Citizen Year, The Writers Grotto, and Challenge Success. She volunteers with the hospital program No One Dies Alone. She lives in the San Francisco Bay Area with her partner of over thirty years, their young adults, and her mother.



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## Byron Pitts

CO-ANCHOR OF ABC'S *NIGHTLINE* & AUTHOR, *BE THE ONE*

Known for his thought-provoking coverage and commitment to exceptional storytelling, Byron Pitts is a multiple Emmy award-winning journalist and co-anchor of ABC's *Nightline*. In 2013, Pitts became an anchor and Chief National Correspondent at ABC. Prior to working for ABC, Pitts was the Chief National Correspondent for *CBS Evening News* with Katie Couric. He was also CBS's lead correspondent at Ground Zero immediately following the September 11th attacks and won an Emmy for his coverage.

A news veteran with over 20 years of experience, other major stories Pitt has covered include the war in Afghanistan, the aftermath of Hurricane Katrina, the military buildup in Kuwait and the refugee crisis in Kosovo, to name a few. Pitts realized a life-long goal when he was named a Contributing Correspondent to CBS's *60 Minutes* in 2009. Pitts' many achievements are all the more extraordinary when he tells of the many obstacles he faced as a child. Raised by a single mother in a working class neighborhood in Baltimore, Pitts was illiterate until the age of 12 and had a persistent stutter. Capitalizing on his desire to play football, his mother mandated he receive B's or above in school in order to play. With that focus, Pitts learned to read and went on to attend Ohio Wesleyan University. With the help of his roommate and a college professor, Pitts found the support and encouragement necessary to pursue a career in broadcast journalism—a field that demands excellence in writing and speaking. By staying focused, setting simple and achievable goals and finding strength in faith, Pitts overcame powerful odds. He graduated in 1982 with a BA in Journalism and Speech Communications.

In May of 2017, Byron released his next book *Be the One: Six True Stories of Teens Overcoming Hardship with Hope*. Through stirring interviews and with his award-winning storytelling ability, Byron Pitts brings the struggles and triumphs of six everyday heroes to other teens just like them, encouraging all to be the source of inspiration in their own lives and to appreciate the lives of others around them.

Pitts' gift and determination shone throughout his illustrious career garnered him several prestigious awards, including a national Emmy Award for his coverage of the Chicago train wreck of 1999, a National Association of Black Journalists Award, and second national Emmy Award for individual reporting of the September 11th terror attacks. He is also the recipient of four Associated Press Awards and six regional Emmy Awards. Pitts lives in Weehawken, New Jersey.



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## Dr. Denise Pope

FOUNDER OF CHALLENGE SUCCESS & SENIOR LECTURER,  
STANFORD GRADUATE SCHOOL OF EDUCATION

Denise Pope, PhD, is a Senior Lecturer at the Stanford University Graduate School of Education, where she specializes in student engagement, curriculum studies, qualitative research methods, and service learning. She is co-founder of Challenge Success, a research and intervention project that provides schools and families the tools they need to raise healthy, motivated students. Challenge Success is an expanded version of the SOS: Stressed-Out Students project that Dr. Pope founded and directed from 2003-2008.

She is the author of *Doing School: How We Are Creating a Generation of Stressed Out, Materialistic, and Miseducated Students* (Yale University Press, 2001), which was awarded Notable Book in Education by the American School Board Journal, 2001, and lead author of *Overloaded and Underprepared: Strategies for Stronger Schools and Healthy, Successful Kids* (Jossey-Bass, 2015). She also co-hosts the Stanford University SiriusXM radio show called "School's In."

Dr. Pope lectures nationally on parenting techniques and pedagogical strategies to increase student health, engagement with learning, and integrity. She is a 3-time recipient of the Stanford University School of Education Outstanding Teacher and Mentor Award and was honored with the 2012 Education Professor of the Year "Educators' Voice Award" from the Academy of Education Arts and Sciences. Prior to teaching at Stanford, Dr. Pope taught high school English in Fremont, CA and college composition and rhetoric courses at Santa Clara University.

### SPECIAL THANKS FOR ARTISTIC INSPIRATION



## Thunderstorm Artis

SINGER-SONGWRITER, *THE VOICE* CONTESTANT



# 20 Random Acts of Compassion for 2020

1. **Wave and say hello** to everyone you see.
2. **Hold the door open** for someone.
3. **Reach out** to someone who might be struggling.
4. **Make a donation in a loved one's honor** to a cause they're passionate about.
5. **Write a thank you note** to someone who made a difference in your life.
6. **Call a friend or relative** you haven't spoken to in awhile, "just because."
7. **Make a supportive sign** and put it in your window for all to see.
8. **Become a pen pal** to someone in a nursing home or hospital.
9. **Pay it forward** and put a few coins in a stranger's about-to-expire parking meter.
10. **Talk to a therapist** and prioritize your mental health.
11. **Volunteer** (live or virtual) to help a cause you care about.
12. **Donate toys, clothes or supplies** to your favorite cause.
13. **Talk to a child** about their favorite subject.
14. **Donate blood or bone marrow.**
15. **Make a gratitude list** of things you're grateful for.
16. **Hug your parents (or kids) extra long.**
17. **Check in on an elderly neighbor.**
18. **Tell someone that you love them.**
19. **Compliment someone.**
20. **Be kind to yourself.**



**Courage.**



**Connection.**



**Compassion.**



# Make a Gift of Compassion

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**Mental health concerns are more widespread than ever before.**

Please consider a gift of compassion to support our crucial work that provides best-in-class learning and mental health services for youth in our community.

**GIVE NOW**



Best-in-class learning  
and mental health services

for children, teens and young adults for nearly 70 years

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# Is your child struggling in school? We can help.



**Winston  
Preparatory  
School**

*education for the individual*

Winston Prep, the leading school network for students with learning differences has opened a new campus in Marin County, CA!

Visit [wintonprep.edu](http://wintonprep.edu) to learn more about our innovative programs.

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The Winston Preparatory School does not discriminate against applicants and students on the basis of race, color, or national or ethnic origin.



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**WE'RE HERE TO SUPPORT  
YOUR CHILD'S SOCIAL, EMOTIONAL  
AND BEHAVIORAL HEALTH.**



Mental health and learning disorders are real, common and treatable, and when a child is struggling, the whole family is affected. **At the Child Mind Institute, we're here to help you wherever you are** — providing in-person evaluations and virtual treatment for children, teens, young adults and parents.

**We are experts in the diagnosis and treatment of:**

- ▶ Autism spectrum disorder
- ▶ Anxiety, including selective mutism, separation anxiety and social anxiety
- ▶ Attention-deficit hyperactivity disorder (ADHD)
- ▶ Behavior problems
- ▶ Bipolar disorder
- ▶ Depression
- ▶ Developmental disorders
- ▶ Learning disorders, including dyslexia, dysgraphia and non-verbal learning disorder (NVLD)
- ▶ Obsessive-compulsive disorder (OCD)
- ▶ Phobias and fears
- ▶ Sleep difficulties
- ▶ Speech and language disorders
- ▶ Suicidality and self-harm
- ▶ Trauma and stress

In response to the COVID-19 crisis, our team has been committed to providing our gold-standard, evidence-based care at a distance. Now, in compliance with state regulations, we are welcoming families back into the office, in addition to continuing our telehealth services.

To learn more about our services and request an appointment visit [childmind.org/care](https://childmind.org/care) or call **(877) 203-3452**.

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2000 Alameda de las Pulgas  
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- »We nurture and celebrate individual strengths and talents.
- »We cultivate self-confidence and the joy of learning.

*We grow together.*

- »Our highly-trained faculty foster continuous student growth within a supportive environment.
- »We educate and actively partner with families.

*We honor community.*

- »Our students' shared experience cultivates a sense of belonging.
- »Our families, faculty, and staff develop meaningful, lasting relationships.



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- ✔ Speech and language therapy
- ✔ Occupational therapy
- ✔ Financial assistance
- ✔ DBT Skills Groups



## Reach out. We're here for you.

**English:** 650.688.3625 | **Español:** 650.688.3650 | **Email:** [careteam@chconline.org](mailto:careteam@chconline.org)

[CHCONLINE.ORG/TELETHERAPY](https://chconline.org/teletherapy)



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**[SANDHILLSCHOOL.ORG/VISIT](https://SANDHILLSCHOOL.ORG/VISIT)**



**Sand Hill School**

The Silicon Valley school where learning differences are considered superpowers

Helping 2nd – 8th grade students with language-based learning differences, ADHD and school-based anxiety **learn to love school again.**

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**Learning Challenges, Behavior &  
Distance Learning**

NOVEMBER 10, 2020 | 6:30 PM - 8:00 PM

**Autism & Social Skills**

DECEMBER 20, 2020 | 6:30 PM - 8:00 PM

**REGISTER FREE AT**

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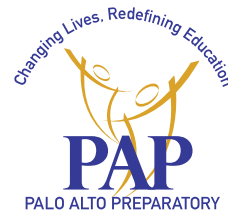
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# CHC Services

## Areas of Excellence

ADHD, Learning Differences, Anxiety & Depression, Autism

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## Clinical Services

Multidisciplinary teams provide evidence-based evaluations, therapy, consultations and trainings on ADHD, anxiety and depression, learning differences and autism. Teletherapy and online services. Clinics in Palo Alto, Ravenswood and South Bay. Young child to young adult.

## Sand Hill School

An independent day school with strengths-based learning for 1st – 8th grade kids with dyslexia and other learning and attention differences. Distance Learning and Hybrid Learning.

## Esther B. Clark Schools

Therapeutic day schools serving students with emotional and behavioral challenges from 59 school districts in our community. Campuses in Palo Alto and San Jose. Grades K-10.

## Community Connections

Classes, workshops, and conferences; parent support groups; partnerships; volunteer programs; and 24/7 online resource library.

---

## Our Vision

We believe in a world where every child, teen and young adult can reach their full promise and potential.

## Our Mission

To transform young lives by providing best-in-class learning and mental health services to families regardless of language, location or ability to pay.



---

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and mental health services**

for children, teens and young adults  
for nearly 70 years

## CONTACT US

**General Information:** 650.326.5530

**Help:** [careteam@chconline.org](mailto:careteam@chconline.org) | 650.688.3625

**Español:** 650.688.3650 | **San Jose:** 408.831.7512

## LOCATIONS

650 Clark Way, Palo Alto, CA 94304

2280 Kenwood Avenue, San Jose, CA 95128

1848 Bay Road, East Palo Alto, CA 94303

**CHCONLINE.ORG**

# 24/7 Crisis Resources

If you or someone you know is hurting and **needs help now**, reach out to these 24/7 crisis lines.

- **Dial 911 or go to your nearest emergency room or urgent care**
- **Santa Clara Crisis Line:** 855.278.4204
- **San Mateo Crisis Line:** 650.579.0350
- **San Francisco Crisis Line:** 415.781.0500
- **Crisis Text Line:** 800.273.8255 or Text BAY to 741741 (Anyone can send a message! Kids, teens and adults.)
- **Star Vista's Crisis Hotline:** 650.579.0350
- **National Suicide Prevention Hotline:** 800.273.8255
- **Uplift Mobile Crisis Team:** 408.379.9085 / toll-free 877.412.7474
- **Alum Rock Mobile Crisis:** 408.294.0579
- **Lifeline Crisis Chat:** [crisischat.org](https://crisischat.org)
- **OnYourMind Teen Chat (M-Th, 4:30-9:30 pm):** [onyourmind.net](https://onyourmind.net)



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## CONTACT US

**General Information:** 650.326.5530

**Help:** [careteam@chconline.org](mailto:careteam@chconline.org) | 650.688.3625

**Español:** 650.688.3650 | **San Jose:** 408.831.7512

## LOCATIONS

650 Clark Way, Palo Alto, CA 94304

2280 Kenwood Avenue, San Jose, CA 95128

1848 Bay Road, East Palo Alto, CA 94303

**CHCONLINE.ORG**





Ready to find answers and get help?

 **chc** is here for you.



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**Español:** 650.688.3650



**Email:** [careteam@chconline.org](mailto:careteam@chconline.org)

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With nearly 70 years of experience helping kids, teens, young adults and families navigate some of life's most difficult challenges, **Children's Health Council is proud to support the promise and potential of every child.**