

2024 PCHO Annual Conference Speaker Bios



Jordan Betts Sahr serves as the Director of Community Mobilization at Miss Julie's School of Beauty, where they champion a trauma-informed and therapeutic approach to cosmetology. With over 14 years of experience as an entrepreneur and educator in the beauty industry, Jordan is dedicated to empowering communities to create safe, healing workspaces where survivors of sex-trafficking can thrive both personally and professionally. She is certified as a Tending the Roots instructor through the Trauma-Informed Network Resource Center, skilled in restorative circles, and trained in mental health safety.

In her work, Jordan integrates her extensive knowledge of trauma-informed care with her passion for the transformative power of beauty. Her focus on "Healing Trauma through Beauty" emphasizes how the beauty industry can go beyond aesthetics, helping individuals not only process and heal from trauma but also build fulfilling, sustainable careers.



Rebecca Maynard, LMHC, brings 37 years of experience in the mental health field. She began her career at East House and has held key leadership roles throughout her journey. At Orleans County Mental Health, Rebecca served as SPOA Manager, Care Management Supervisor, and AOT Manager over the course of nine years. She then dedicated 18 years to the Monroe County Office of Mental Health, where she took on pivotal roles, including AOT Manager, SPOA Manager, and Chief of Priority Services. Rebecca has also held executive positions, serving as the CEO of The Healing Connection and Senior Director at Villa of Hope. Recently, she returned to East House as Vice President of Service Excellence, bringing her extensive expertise back to where it all began. In addition to her professional accomplishments, Rebecca is a talented artist,

working across various mediums. Her artwork is regularly featured at Pittsford Fine Art. She deeply understands the therapeutic power of creativity and believes that for many, art can play an essential role in the recovery process.



Moses Robinson is a highly experienced and dedicated law enforcement officer with over 39 years of service. He has held various roles within the Rochester Police Department, including School Resource Officer and Crime Prevention Officer.

He serves as the community liaison officer, working closely with diverse community members, particularly youth, to build strong relationships between the police and the community.

Mr. Robinson is also a member of the Crisis Intervention Team, which focuses on improving relationships between law enforcement and individuals experiencing mental health crises. He is also a consultant for the US Department of Justice, providing guidance on school safety and promoting a trauma-informed approach to address cultural bias and oppression within schools and communities.

Education: Bachelor of Arts in Criminal Justice Administration

Awards:

- Center for Youth Services Community Service Award
- Mason & Shriners's Distinguished Community Service Award
- Rochester Safety Council Life Saving Award
- Missing & Exploited Children Law Enforcement Community Service Award
- Center for Dispute Settlement "Fair Play" Peacemaker Award
- The Law and Order Award 2023
- Asian Pacific Islanders American (APAA) PIE Award 2023

EquiCenter Bios

Sara McLaughlin, Senior Director of Programming a PATH Certified Therapeutic Riding Instructor and mentor at the EquiCenter. Sara has her Bachelor of Science in Human Services and has worked in the field of Therapeutic riding and Equine-assisted learning for over 25 years. She has been at Equicenter for 20 years and was selected as PATH international's region 2 Professional of the Year in 2024. Sara has been involved in creating new programs at Equicenter and loves to watch how people can be impacted by the joys of nature, the outdoors, and horses.

Lindsay Alberts is the Senior Director of Operations, a PATH Certified Therapeutic Riding Instructor, and a mentor at the EquiCenter. She has been with the EquiCenter for over 14 years. Lindsay has been working with horses for over 30 years and has competed in Hunter

Jumpers, Eventing, and Dressage earning her USEA Silver Medal in Training Level Eventing and USDF Bronze Medal in dressage. Lindsay is a licensed veterinary technician and keeps a close eye on the health of the herd at the EquiCenter. She helps to instruct and mentor instructors who teach nearly 200 students per week at the EquiCenter. Having many veterans in her family, as well as first responders, she was drawn to helping structure EquiCenter's Mission Mustang Program along with other equine programming geared towards those populations. Lindsay's goal is to help the healing and magic of horses touch as many different populations as possible while providing a safe and empowering environment for all horses and humans.

Katie Nuber serves as Director of Therapeutic Horticulture at EquiCenter, a nonprofit organization located in Honeoye Falls, NY whose mission is to foster growth, wellness, and educational opportunities for people of all ages and abilities through the power of equestrian, horticultural, and outdoor experiences. In this role, Katie oversees the curriculum development and implementation of year-round nature-based experiential learning and wellness-focused programs on the organization's teaching farm. The highly diversified and organically-stewarded farm provides produce and plants to a farm-to-table culinary program, onsite events, a community garden support program, and hunger relief efforts, which served over 3,000 people throughout the Finger Lakes region in 2023. From 2018-2023, Katie was the curriculum developer and facilitator of veteran farming programs through the Veterans Affairs Farming and Recovery Mental Health Services (VA FARMS) pilot program representing ViSN-2. Katie coordinated with the Whole Health Initiative at VA Finger Lakes and Cornell University Small Farms' Farm Ops Project as one of nine sites to create a model of farming and therapeutic horticulture programs for VA campuses across the nation. Katie's aim in all the programs she offers is to create opportunities and an environment where people grow, plants flourish, and the surrounding community is nourished.

Elizabeth Brooks, LCSW-R, is the Director and Co-Creator of the Monroe County Veterans Nature-Based Therapy Program at the Equicenter Therapeutic Riding Center in Honeoye Falls, NY. She also owns a private EMDR therapy practice, treating individuals throughout New York State and providing clinical consulting services. With over 12 years of experience in trauma-focused therapy, Elizabeth is dedicated to supporting veterans and individuals facing complex trauma.

Her time at Fort Drum Behavioral Health provided valuable insights into the needs of active-duty personnel, their families, and veterans, which led to her recruitment to Monroe

County. In this role, Elizabeth has actively developed the ecotherapy program, conducted peer support groups to inform the curriculum, and successfully launched 12-week intensive outdoor therapy groups. Currently in its second season, the program is expanding to reach more individuals in need.

Elizabeth is focused on breaking down silos in mental health care to ensure veterans have access to comprehensive support. By integrating nature-based therapy into existing services, she aims to create a more accessible and inclusive experience for those she serves.



Liddy Bargar, Director of Housing Initiatives, Human Services Coalition, CASAC-T.

Liddy is driven to be part of transforming the homeless response system and improve housing conditions for low income people. Raised in the community where she now works Liddy is able to leverage her lived experiences navigating local systems into her work directing HSC's Housing Initiatives including coordinating the Continuum of Care, Ithaca Eviction Displacement Defense, and Ithaca Guaranteed Income. Liddy grew her experience in the homeless response system as the Samaritan Center Director and founder of a small transitional housing program for women experiencing

homelessness at Catholic Charities Tompkins/Tioga.



Simone Gatson, Coordinated Entry Lead and Continuum of Care Housing Specialist, Human Services Coalition, Bachelor of Science (B.S.).

Following graduation from Cornell University during the COVID-19 pandemic, Simone has found a passion and career in caring and advocating for our most vulnerable community members with universal positive regard. When the pandemic exposed the vulnerability of households surviving paycheck-to-paycheck, Simone started working on the 2-1-1 helpline, guiding families through new and unfamiliar services when many were experiencing eviction for the first time. Following

promotion to a systems-level viewpoint as Continuum of Care staff, Simone began incorporating evidence-based leading-edge practices into the Ithaca/Tompkins homeless response system. This work has led to the publication and subsequent endorsement by the City of Ithaca and Tompkins County of Home, Together: Tompkins, the CoC's plan to end unsheltered homelessness and better serve people who have severe service needs, and to a recent housing surge in June 2024 that housed forty people experiencing chronic homelessness, half of whom were sleeping on the streets days before move-in.

Simone hopes to continue encouraging innovation in the homeless response system by moving away from a system that punishes individual "failures" and instead lowers barriers to services by improving collaboration between organizations.



Michelle D. Uzoma, MA, MHC-LP, Clinical Director, Gavia LifeCare Center. Michelle has a Bachelor's degree in Political Science and Government from Buffalo State University and a Master's degree in Clinical Mental Health Counseling from Medaille University.



CGR President Erika Rosenberg leads the nonprofit consulting organization's portfolio of work with nonprofits and foundations in community indicators, evaluation, strategic data analysis, asset mapping and landscape scans, and collective impact. Ms. Rosenberg has directed a wide variety of projects, including CGR's Community Indicators projects, program/policy evaluations, and environmental scans. Her passion is helping communities, institutions and groups make meaningful use of data, analysis and research to inform strategic priorities and collaborative solutions.



Kimberly Brown is an accomplished educator and assistant principal in the Rochester City School District at Joseph C. Wilson Commencement High School. She holds dual master's degrees in Inclusive Education and Educational Leadership. Certified in Trauma, Illness, and Grief (TIG) as well as Life Space Crisis Intervention (LSCI), Kimberly brings a wealth of expertise in supporting students' emotional and academic growth. As the Dignity for All Students Act (DASA) coordinator for her particular school building, she is dedicated to fostering a safe, inclusive environment free from bullying and discrimination. She also developed an innovative program through her educational consulting company, Kimet Scholarly Services, focused on building students' emotional resilience and conflict resolution skills through emotional intelligence strategies, empowering them to navigate challenges with confidence and

empathy. Outside of her high school role, she serves as an Adjunct Professor at St. John Fisher University and actively engages in community service as a member and current president of Sigma Gamma Rho Sorority, Inc. In her free time, she enjoys reading and traveling.



Dr. Sherry Nau, Ed.D, LCSW is a native of Rochester. She has a Master's degree in Social Work from Syracuse University and a Doctorate Degree from the University of Rochester in Counseling and Education. She has worked in various agencies in Rochester in the field of Substance Abuse and Mental Health. Sherry and her partner opened Gavia LifeCare Center in March 2021. This OMH Licensed Outpatient Clinic serves the Rochester community, providing individual & group psychotherapy, in addition to medication management. Her passions include gardening, travel, and spending time with her therapy dog Nemo.



Candyce Singletary is a practitioner of Diversity, Equity, and Inclusion, and a NYS certified Trauma Informed Care Trainer. She has been working in many facets of the community, fighting for equity for marginalized populations. She was a member of the Police Accountability Alliance, the governing board advocating for the Police Accountability Board to be established, to hold law enforcement in the City of Rochester accountable for police misconduct. She was also a member of Enough is Enough, an organization that assists victims of police brutality through every step of the process from obtaining legal assistance to going to court and obtaining records. Candyce has also served at several community organizations, leading their DEI initiatives, helping to shape an inclusive culture, and training trauma-informed care through a lens of racial equity. She was also nominated for the Color of Success Leadership Award in 2023 through the Great Rochester Chamber of Commerce, for her work in DEI in the community.



Pascale Leone brings over two decades of experience in the nonprofit sector, with a deep focus on reproductive rights, public health, and housing justice. For the past 14 years, her work has centered on supportive and affordable housing, driving transformative change for historically marginalized and disadvantaged communities. Since 2022, Pascale has served as the Executive Director of the Supportive Housing Network of New York (the Network), a nonprofit membership organization representing more than 200 organizations that operate and develop supportive housing in New York. Under her leadership, the Network launched its first-ever State of Supportive Housing report, providing an unprecedented, comprehensive overview of the state’s supportive housing landscape.

Pascale has also spearheaded critical initiatives to address the evolving needs of supportive housing staff and the tenant community. She secured funding and led the development of the Safety and Wellbeing Training Series and Community of Practice, a three-year training series designed to strengthen staff skills, foster community, and reignite a sense of mission within the sector. Pascale also serves on the steering committee of the Racial Equity in Supportive Housing collaborative, successfully launching its third cohort of the Ready Emerging Leaders in Supportive Housing (RELISH) program, which is focused on empowering Black professionals in the nonprofit housing sector for leadership roles.

Before joining the Network, Pascale spent nine years at the Corporation for Supportive Housing (CSH), most recently as the Vice President of Diversity, Equity, Inclusion, and Belonging (DEIB). In that role, she crafted and implemented CSH’s Racial Equity Framework, driving both internal and external organizational change, including the development of CSH’s Redesigning Access by Centering Equity (RACE) initiative aimed at increasing supportive housing production and building capacity in communities most impacted by systemic inequality and structural racism. This work earned CSH Crain’s New York Business “Diversity and Inclusion: Showing the Way” award in 2022. Prior to her DEIB leadership, Pascale worked on state and local initiatives to expand supportive housing access for vulnerable populations, including drafting New York State’s first supportive housing needs assessment, which influenced Mayor Bill de Blasio’s NYC 15/15 plan to create 15,000 units of supportive housing over 15 years.

Pascale holds a Bachelor of Arts in Africana Studies and Political Science from the University at Albany, State University of New York, and a Master’s in Public Policy from the Rockefeller

College of Public Affairs and Policy. She serves as Vice President of the Health & Housing Consortium Board of Directors and as an Advisory Member for the Center for Health Care Strategies' Better Care Playbook. Pascale's leadership has been widely recognized, including her inclusion in PoliticsNY & NY Metro's 2023 Nonprofit Power Players list and City & State's 2024 Above & Beyond: Social Services honorees.

Tonier Cain



From her website: Tonier works tirelessly to raise the awareness about trauma informed care around the world. She has trained providers in all 50 states. Tonier is an advocate and educator, speaking all over the world on trauma, addiction, incarceration, homelessness, substance abuse and mental health. Her work has been used as a model in other countries for the establishment of their trauma informed care protocols.

Tonier was the former team leader for the *National Center for Trauma Informed Care*, with the *National Association of State Mental Health Program Director*. Currently she works to create international leaders in the field of Trauma Informed Care. She hosts an annual national conference to update and enlighten providers on current best practices. Tonier's methods have proven to be effective, resulting in numerous awards for her work. She has been honored by two governors, a mayor and a state attorney with proclamations naming days after her, because of her help to transform their city and state.

Tonier is the C.E.O. and Founder of *Tonier Cain International*, Founder and President of *Neen Cares, Inc.* A 501 C 3, Founder and Co-C.E.O. of *M.E.T.-R Integrated Health Global*, as well as the Founder and C.E.O. of *Purposeful Entertainment*, a media production company. She is an award-winning Film Producer that is the Creator and Producer of the upcoming tv show *Restoration*, Executive Producer of the film *Walking Thru Bullets*, subject and Co-Producer of the Award-Winning Film *Healing Neen*, along with being featured in the Documentary *Behind Closed Doors: Trauma Survivors in the Psychiatrist System* and advising on the film *Like Any Other Kid*.

Tonier is an author and serves as a *Citygate Network* Board Member. Her commitment to advocating for those who are often forgotten hasn't gone without recognition. She has been featured in many articles including December's 2014 *Ebony* magazine and appeared on over 17 talks shows. Tonier Cain uses her life experiences to make a difference for trauma survivors.

As the new CEO of Project URGE, a faith-based organization focused on leveraging the resources of well-served communities to provide equitable access and services to under-served communities in Rochester, she continues her mission to shine a light on how trauma underscores, intersects, and is a direct result of racism, caste, and systems that oppress.