

MARCH, 2021



Project TeamUP

NEWSLETTER

for HRSA Project TeamUP at the University of San Diego



FREE TO THRIVE
A Fresh Start for Human Trafficking Survivors

Important Dates

- **April 13th** -Seminar Series: Voices from the Field
- **April 15th** - Using Technology to Increase Access to Mental Health Care for Underrepresented Populations Training
- **April 28th** - BHW Priority Area 2: Final Spanish-Language course due
- **April 26th-May 15th:** Individual Exit Interview/Job Search Meeting
- **June 2021:** Complete Annual CMFT and PNP Exit Survey and turn in final hours

Community Spotlight

"Free to Thrive provides legal services and support to human trafficking survivors. We provide services through our legal clinic, which is mobile, holistic, and trauma informed. It is mobile, meaning that we meet clients in confidential locations around San Diego (prior to COVID-19). It is holistic, meaning we don't just look at a single legal need, but we look at them as whole people. Legal people have a lot of "non-legal" needs. We partner with organizations around San Diego to provide them with their basic needs and beyond (food, clothing, safety, housing, education, employment, mental and physical health). Free to Thrive is also trauma informed, meaning we do our best to ensure that our clients are not retraumatized throughout the legal process."

- *Jamie Beck, President and Managing Attorney*
See page 3 to learn more about Jamie

Resource Highlight

From the Digital Resource Library

Union of Pan Asian Communities (UPAC) is a non-profit organization that provides health and human services to under-served Asian, Pacific Islander, Latino, Middle Eastern, East African, African American and other ethnic populations of San Diego.

U P A C

Student Spotlight: Feji Etibo



“I LOVE WORKING WITH KIDS, THEY ALWAYS SURPRISE ME. I FIND THEM SO FRAGILE AND VULNERABLE, IT MAKES ME HOPEFUL THAT BY WORKING TOGETHER WE CAN MAKE A SIGNIFICANT IMPACT. THERE IS NOTHING MORE GRATIFYING THAN WATCHING KIDS TRANSFORM.”

Feji is a second-year student in the Marital and Family Therapy program. She is completing her fieldwork at Rady's Children's Outpatient Psychiatry in Escondido, where she is serving a predominantly underserved population of children and adolescents up to age 18 impacted by a range of mental health diagnoses. Following graduation, Feji hopes to continue to work with children and adolescents.

She is grateful for Project TeamUP's dedication to educating their students through workshops, seminars and conferences. The conference held by the Collaborative Family Health Association served as an opportunity for her to connect with inspiring professionals in the field and to reconnect with her personal drive to go above and beyond for her clients and community.

Feji believes that her growth is just beginning. By leaning into curiosity and moments of discomfort, she chooses to embrace all of the lessons graduate school has to offer. She advises first-years and incoming students to never stop seeking out opportunities to learn. She fuels her dedication to her work through books, podcasts, Ted Talks, and connecting with colleagues in the field. She asks you: **what do you want your legacy to be?**

Alumni Spotlight: Jazmine Rodriguez

Advice to students: "Be present in the work you do and never forget the WHY in what you do. Because even in the roughest days, you are making a difference."



Jazmine Rodriguez received her master's in School Counseling from the University of San Diego in May 2020. Upon graduating, Jazmine is fulfilling the role of the very first school counselor at Valley Oak Middle School in Visalia, CA, where she grew up. Jazmine has taken the tools and lessons from her time in San Diego and is applying them towards intentional program development. She is grateful for Project TeamUP and Platicas for introducing Spanish terminology in mental health.

In a predominantly Latino community, Jazmine has empowered parents to see themselves as part of the school system. In just a few month Ms. Rodriguez has sparked collaboration within the community, introduced group work among both students and parents, and is fighting to have school counselor representation at the elementary school levels. The current theme for Jazmine is growth: growing the awareness of the impact school counselors have on the community, growing necessary connections between administrators, teachers and counselors, and dedicating herself to personal and professional growth in order to show up for the children every day.

Professional Spotlight: Jamie Beck

[Access full interview here](#)

Jamie Beck's title is President and Managing Attorney of Free to Thrive. Jamie founded the organization in 2017. Jamie's role as President is that of a governance role. She manages the day to day operations of a non-profit, which means supporting the board of directors, overseeing finances, fundraising, compliance, Human Resources, and all the other administrative pieces of running a business. In her Managing Attorney role, she oversees all of Free to Thrive's legal services. She oversees the attorneys, who each have an individual role within the organization. Jamie oversees case rounds of every new client regarding what their experience has been, while also providing her attorneys with support and guidance to help them best meet the needs of each individual client.

