

Presented by  
**UCSF Benioff Children's Hospital Oakland**  
Center for Nature and Health (CNH)  
and Primary Care Clinic



# Exploring Nature and Health

The latest science and  
strategies to integrate  
nature into patient care



**Saturday, Oct. 27, 2018**

**8:30 a.m. – 5:00 p.m.**

(Outdoor time included!)

**CHORI Library**

5700 Martin Luther King Jr. Way, Oakland

**Contact:** Nooshin Razani, [nrazani@mail.cho.org](mailto:nrazani@mail.cho.org)

**Register:** [www.bitly.com/ucsf-nature2018](http://www.bitly.com/ucsf-nature2018)

Receive up-to-date information  
from medical, public health,  
environmental and parks  
professionals and other partners  
who are currently successfully  
engaging community and patients  
in nature-based interventions.



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## Date/Time

October 27, 2018  
8:30 a.m.–5 p.m.

## Conference Location

CHORI Library  
5700 Martin Luther King Jr Way,  
Oakland

## Educational Credits

**CME/CEU:** UCSF Benioff Children's Hospital Oakland is accredited by the Institute for Medical Quality/California Medical Association (IMQ/CMA) to provide continuing medical education for physicians. UCSF Benioff Children's Hospital Oakland takes responsibility for the content, quality and scientific integrity of this CME activity.

UCSF Benioff Children's Hospital Oakland designates this live activity for a maximum of 6.50 AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This course is offered through the Nursing Continuing Education Program of UCSF Benioff Children's Hospital Oakland Provider approved by the California Board of Registered Nursing, Provider Number 00374 for 6 contact hours.

## Cost

\$50 general  
\$35 students

## Learning Objectives

Attendees will gain:

- Skills to integrate nature into their clinical practices.
- An increased understanding of current literature on nature in public health and clinical medicine.
- An understanding of the role and theoretical application of nature in childhood development, pediatric mental health and a life trajectory.

## Schedule

<b>8:00 a.m.</b>	<b>Registration</b>	
8:30 a.m.	Welcome	Nooshin Razani, MD, MPH
8:40 a.m.	Nature as Medicine: Five Ways to Build Bridges Between Health Care and the Great Outdoors	Daphne Miller, MD
9:00 a.m.	The Science of Nature and Health	Nooshin Razani, MD, MPH
9:30 a.m.	How Nature Heals Trauma: Applications for Clinical Practice	Rachel Gilgoff, MD
10:00 a.m.	Nature and Resilience: The Outdoor Recreation Perspective	Aiko Yoshino, PhD
10:30 a.m.	Q&A	Latifat Apatira, MD, MPH Carmen Bogan, MBA
<b>10:45 a.m.</b>	<b>Outdoor Break</b>	
11:00 a.m.	Urban Releaf - Building Healthy Communities One Tree at a Time	Kemba Shakur
11:30 a.m.	La Cultura Cura: Naturally Healing	José G. González
12:00 p.m.	Nature and Youth Development: Rights Of Passage For Young Men	Jon Gilgoff, LCSW
12:30 p.m.	Discussion	Latifat Apatira, MD, MPH Carmen Bogan, MBA
<b>1:00 p.m.</b>	<b>Lunch</b>	<b>Meet with Outdoors Partners</b>
1:30 p.m.	Administering A Billable Nature Clinic	Jen Matthews, MD
2:00 p.m.	Joy: Taking the Whole Family Outdoors for Health	Morgan Green, MD
2:30 p.m.	Nature as a Clinical Intervention - Facilitated Case Study	Laurie Bostick Cammon, MD
<b>3:30 p.m.</b>	<b>Outdoor Break</b>	
3:45 p.m.	Where to Fill the Nature Prescriptions: An Introduction to Your Outdoor Partners	Annie Burke
4:00 p.m.	Closing	CNH team
<b>4:05 p.m.</b>	<b>Networking, light refreshments</b>	<b>Meet with Outdoors Partners</b>

# Speakers

## Latifat Apatira, MD, MPH

Internal Medicine Doctor, Preventive Medicine and Occupational and Environmental Medicine Specialist

Dr. Apatira is a core Center for Nature and Health team member who helped develop this training. She shares her love for nature and photography through her blog: [www.centerfornatureandhealth.org](http://www.centerfornatureandhealth.org).

## Carmen Bogan, MBA

CEO, The Bogan Group

Ms. Bogan is CEO of the Bogan Group, non-profit development consultants. She specializes in public health promotion and parks and community program development.

## Annie Burke

Organizer, Producer

Ms. Burke works with park agencies and land conservation organizations on 21st century land conservation. Previously she served as the Deputy Director of the Bay Area Open Space Council where she led and coordinated multiple efforts to convene and connect people around health, land stewardship, equity, advocacy, and new media. Ms. Burke has produced three films about partnerships between Native Americans and land conservation organizations, and the films have been shown at festivals and conferences around the country.

## Laurie Bostick Cammon, MD

Pediatrician, Santa Clara County Valley Medical Center's Pediatric Healthy Lifestyle Center

Dr. Cammon's career focus is underserved populations; she is passionate about helping families thrive through exposure to nature. She currently runs a park prescription program in collaboration with Santa Clara County Public Health Department and Santa Clara County Parks which includes bi-monthly nature outings.

## José G. Gonzáles

Founder and Former Executive Director, Latino Outdoors

Mr. Gonzáles' commentary on diversity and environmental outreach has been featured by High Country News, Outside, Earth Island Journal, and Latino USA, and he has been engaged in collaborations with the White House Council on Environmental Quality, U.S. Department of Interior, and the National Park Service.

## Morgan Green, MD

Resident, UCSF Benioff Children's Hospital Oakland

As part of his Pediatric Leadership for Underserved Populations (PLUS) residency, Dr. Green is developing a resident curriculum for nature and health and helps run the Stay Healthy In Nature Everyday program. He received a SHIFT award for Emerging Leader in the outdoors this year.

## Jon Gilgoff, LCSW

Licensed Clinical Social Worker

Mr. Gilgoff is the founder and former Executive Director of the award-winning Oakland-based nonprofit Brotherson the Rise (BOTR), which continues to empower boys and young men of color, adult allies and the institutions that serve them. At BOTR, Jon and other staff developed Trail Brothers, an environmental education and outdoor exploration program for male youth and their families.

## Rachel Gilgoff, MD, FAAP

Pediatrician, UCSF Benioff Children's Hospital Oakland  
Clinical Innovations Lead, Center for Youth Wellness

Dr. Gilgoff is a board-certified child abuse pediatrician, former Academy of Violence and Abuse Scholar, and helped develop BCHO's "Resiliency Clinic." She is a core Center for Nature and Health team member who helped develop this training.

## Jen Matthews, MD

Pediatrician, UCSF Benioff Children's Hospital Oakland  
Faculty Scholar, UCSF Osher Center for Integrative Medicine

Dr. Matthews currently co-directs the SHINE park prescription program as well as an integrative medicine clinic for Children's Hospital Primary Care patients.

## Daphne Miller, MD

Associate Clinical Professor, UC San Francisco  
Research Scientist, UC Berkeley, School of Public Health

Dr. Miller work has focused on aligning agriculture and conservation with human health. In 2009 she worked with the Institute of the Golden Gate to develop the "Park Prescription" program and she is currently working with the Globetrotter Foundation to develop the Health from the Soil Up Initiative, a multi-sector effort to build a "health sensitive" food system from the soil up. Miller was a science contributor to the Washington Post and continues to write for scientific peer-reviewed publications and the popular press.

## Nooshin Razani, MD, MPH

Pediatrician, UCSF Benioff Children's Hospital Oakland  
Assistant Clinical Scientist, Children's Hospital Oakland Research Institute

Dr. Razani founded and runs a collaborative park prescription programs with East Bay Regional Parks District, conducted the first randomized trial of park prescriptions, and is excited to continue advancing the science of nature and health through her role as Director of the Center for Nature and Health.

## Kemba Shakur

Founder and Director, Urban Releaf

Fondly referred to as the "Tree Lady", Ms. Shakur is the Founder and Director of Urban Releaf, an urban forestry nonprofit responsible for the planting and caring of an estimated 23,000 trees in low-income East Bay communities. She founded Urban Releaf 20 years ago, guiding it to success by abiding by two key principles – creating a more beautiful community where residents take pride in where they live and offering opportunities for at-risk youth and unemployed adults to gain marketable skills. She is working on a children's book titled, "A Tree Grows in Oakland."

## Aiko Yoshino, PhD

Assistant Professor, Department of Recreation, Parks & Tourism,  
San Francisco State University

Dr. Yoshino's research includes the psychological resilience gained through extended wilderness-based programs as well as nature-based interventions for marginalized communities to prevent chronic illnesses. She works closely with community-based organizations for research, teaching, and innovative program development. Her teaching experience includes a range of levels, elementary to college, and places, educational outdoor expeditions from Alaska, Taiwan, to the Himalayas.

## Outdoors Partners

Bay Area Wilderness Travel

California Outdoor Engagement  
Coalition

East Bay Regional Parks District

Gateway Mountain Center

Institute and the Golden Gate/Healthy  
Parks Healthy People

National Interscholastic Cycling  
Association

Oakland Parks and Recreation District

San Francisco Recreation and Parks  
District

Sierra Club Outdoors

US Forest Service Woodsy Owl  
Conservation Corp

Youth Outside

And more



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