



# CMGMH CONNECTION

## *Celebrating One Year of Excellence!*

This June, the Center for Multicultural and Global Mental Health (CMGMH) at William James College (WJC) is celebrating its first anniversary. "It has been a year of tremendous growth," said Gemima St. Louis, Co-Director of CMGMH. "In addition to the well-established Latino Mental Health Program, CMGMH now offers two concentrations in African & Caribbean Mental Health and Global Mental Health. Our academic programs are designed to educate students on the systemic impacts of mental health disparities on communities of color locally and across the globe; and provide culturally-diverse experiential learning opportunities that will inform and deepen students' knowledge, cultural awareness, and cultural competency."



***CMGMH's Inaugural Celebration in June 2016***

CMGMH's initiatives are part of WJC's institution-wide diversity goals. "William James College has set out on an important path to diversify our school and the psychology workforce as a whole," explained WJC President, Dr. Nicholas Covino. "CMGMH is a critical piece in the work that we do here by educating the public as well as facilitating various initiatives and events related to diversity."

CMGMH's mission to train, mentor, and prepare students to serve culturally diverse individuals and communities has taken shape through numerous projects, including the creation of the Black Mental Health Graduate Academy. "The Black Mental Health Graduate Academy, under the leadership of Dr. Natalie Cort, is an initiative full of excitement, dignity, and elegance," said Dr. Covino.

Over the past year, CMGMH has organized a series of professional development events and provided culturally-sensitive training and education to hundreds of students, providers, and community members. Moreover, WJC students and faculty have actively participated in international service learning programs in Ecuador, Guyana, Haiti, and Kenya. CMGMH's cultural immersion programs this summer will have a new focus on faculty engagement. "This faculty immersion initiative will allow WJC faculty to share their expertise while taking part in the richness of the immersion learning experiences," explained Dr. Covino.

WJC's diversity efforts are wide-ranging. "What I am most proud of in terms of diversity at WJC are the steps forward that we have taken that are less obvious and eye-catching," said Dr. Covino. "They serve as the building blocks that will move us forward in embracing and supporting diversity among the student body and staff. For example, we hired consultants who are experts in multicultural mental health workforce education who have helped the Diversity Committee to shape our strategic plan, which has been presented to the Board of Trustees. We have created clear goals to increase diversity at William James College which will include increasing our self-identified minority student population to 25%."

"We are committed to training, mentoring, and empowering the next generation of leaders of social justice and agents of social change," said Dr. St. Louis. "We have tangible proofs that our students and faculty are *meeting a need and making a difference on a global level....* We are very proud of their accomplishments and of all the exciting initiatives that have emerged out of the Multicultural Center this year. We look forward to the future with great hope and optimism."

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# Reflections on the Center for Multicultural and Global Mental Health

Richard F. Mollica, MD, MAR

In celebration of the Center for Multicultural and Global Mental Health's (CMGMH) first anniversary, Richard F. Mollica, MD, MAR, reflected on his vision for CMGMH. Dr. Mollica is a CMGMH faculty member and is one of the founders of the Global Mental Health Program at William James College. In 2011, he was conferred a Doctor of Humane Letters, Honoris Causa degree by WJC.

Dr. Mollica is the Director of the Harvard Program in Refugee Trauma of Massachusetts General Hospital and Harvard Medical School. HPRT designs and implements curriculum and trainings for primary care practitioners working in settings of human conflict, post-conflict, and natural disasters (1). Dr. Mollica and his team have provided care for over 15,000 survivors of mass violence worldwide over the past 36 years (1).



## Establishing a Global Mental Health Program at WJC

According to Dr. Mollica, the creation of the Center for Multicultural and Global Mental Health was "serendipitous". "CMGMH's foundations began to form after I was awarded an honorary doctorate at WJC in 2011," explained Dr. Mollica. "I got to know Dr. Nicholas Covino, Dr. Stanley Berman, Dr. Jill Bloom, and WJC alumna Dr. Noor Amawi, who all shared the idea that global mental health could be an important new psychology track at the College. The vision was to create an integrated, holistic approach that focused on body, mind, and spirit."

Dr. Mollica was excited to work with William James College faculty in order to embed the curriculum and practices he had implemented at HPRT into a new concentration in global mental health. "One of the wonderful things about psychologists and mental health counselors is that, along with nurses, they are the ones who listen most deeply to the patients. This is essential when working with survivors of trauma and violence... There are three areas that we must focus on when treating people who have experienced violence and human rights violations: (1) make sure they are physically healthy; (2) assess the psychological damage; and (3) work with the patient on their spiritual health, including spiritual issues involved in losing one's world, being violated, and witnessing death... The Global Mental Health Concentration (at WJC) teaches students to focus on all three of these areas, not favoring one over the other, in order to provide the best possible care to their clients."

## Vision for CMGMH

Dr. Mollica believes that there is a need for well-trained clinicians to serve as leaders, not only in the fields of psychology and counseling, but also in public policy and general humanitarian efforts. "The humanitarian community is in crisis and there is a lack of imagination at the policy level," stated Dr. Mollica. "There are 66 million refugees in the world and one billion people displaced by climate change, in addition to domestic and international problems of hunger, homelessness, addiction, and violence... [Through the Center for Multicultural and Global Mental Health,] we are teaching and molding effective leaders that can integrate the health of mind, body, and spirit into effective public policy and treatment for survivors of these traumas."

*Story continued on the next page*

Earlier this year, Dr. Mollica and Dr. Jill Bloom, Co-Director of CMGMH, organized a self-care workshop at WJC for the case managers and employees at Jewish Family Service (JFS) of Metrowest. JFS is working to resettle a number of Syrian refugee families in the Boston area and WJC faculty and students are actively engaged in this project. "Rosie Coelho, who is a social worker at JFS, is a pioneer in the field and JFS's model for resettling refugees is both holistic and effective," said Dr. Mollica. One of the major problems in humanitarian work is burnout, which is what the self-care workshop aimed to address. "Few of us can listen deeply and empathetically in a way that doesn't damage ourselves. As someone working closely with refugees and victims of violence, you will often hear difficult stories. It is important to make sure that the workers adopt effective self-care strategies."

***"We are training students to be global citizens and address the world's most pressing problems," explained Dr. Mollica.***

Dr. Mollica and Dr. Bloom are collaborating with the Syrian American Medical Society (SAMS), which provides surgical support and medical supplies to doctors in Syria, to organize a conference on self-care in September 2017. "They are overwhelmed by the level of brutality they are experiencing themselves as well as hearing from their patients and colleagues," said Dr. Mollica. "SAMS has a mental health project and wants to train their colleagues, both here and abroad, on effective self-care so that they can continue to support their volunteers and doctors in the field."

The Center for Multicultural and Global Mental Health at William James College offers a variety of programs, concentrations and professional development activities that are designed to provide students with the knowledge and skills to work in diverse roles as mental health providers. "We are training students to be global citizens and address the world's most pressing problems," explained Dr. Mollica. "Students will be competent in conventional situations with mainstream populations as well as have expertise in global mental health," allowing them to work effectively with diverse clients around the world.

## Source:

1. Harvard Program in Refugee Trauma. <http://hprt-cambridge.org/>



## Harvard Program in Refugee Trauma

*world peace.... global health and mental health.... science and culture*

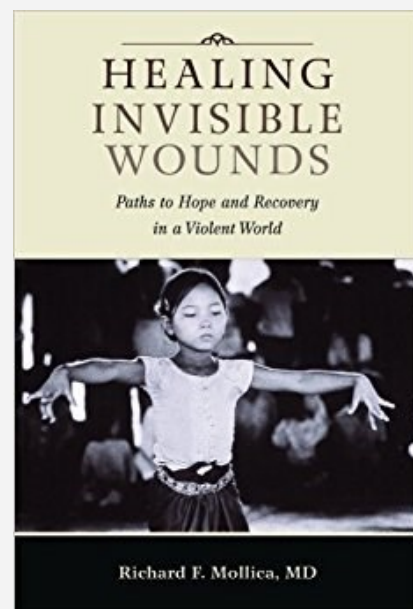
## More Information

Harvard Program in Refugee Trauma. <https://www.facebook.com/hprtcambridge/>

Richard F. Mollica, MD. *Healing Invisible Wounds: Paths to Hope and Recovery in a Violent World.* <http://hprt-cambridge.org/human-spirit/healing-invisible-wounds/>

Richard F. Mollica, MD, MAR. <http://www.williamjames.edu/about/profiles/faculty/richard-mollica.cfm>

"William James College Partners with Jewish Family Service to Help Syrian Refugees." <http://www.williamjames.edu/news/william-james-college-partners-with-jewish-family-service-to-help-syrian-refugees.cfm>





# Re-envisioning the Brilliance of Boys of Color

A Conference on Positive Youth Development

On May 20th, William James College (WJC) hosted over 120 students, faculty, educators, and mental health professionals at the Annual Conference on Positive Youth Development, *Re-Envisioning the Brilliance of Boys of Color: Inspiring Professionals Dedicated to Empowering the Social-Emotional and Academic Development of Our Youth*. The event brought together the expertise of numerous departments at WJC, including the Department of Community Engagement, the Concentration on Children & Families of Adversity & Resilience, the School Psychology Department, the Center for Multicultural and Global Mental Health, and the Counseling Department's Expressive Arts Therapy Program.

"[This conference is a] celebration of the brilliance, creativity, and strengths of boys of color, which are frequently unrecognized by our educational, legal, and mental health systems," explained Dr. Natalie Cort, Assistant Professor in the Clinical Psychology Department and Director of the Black Mental Health Graduate Academy at WJC. "The goal of this conference [was] to expand our perceptions of boys of color, beyond the well-known risk factors they experience, by exploring their varied developmental trajectories and contextual factors that impact those pathways... We at WJC are proud to serve as a space to facilitate important conversations like this for mental health professionals and educators in our community."



The conference consisted of three panel presentations: (1) *Liberating the Brilliance of Boys of Color: Deconstructing the Cradle to Prison Pipeline*; (2) *Inspiring the Brilliance of Boys of Color: Innovative Mentorship and Advocacy*; and (3) *Increasing Cultural Responsiveness and Reducing Racial Disparities in Our School Systems*. Panel presenters and moderators came from diverse backgrounds including non-profit directors, educators, mental health providers, and juvenile justice advocates.



In addition to the panels, Hon. Leslie E. Harris, JD, (Ret.), Former Associate Justice for the Suffolk Juvenile Court, and Ron Walker, Founder and Executive Director of the Coalition of Schools Educating Boys of Color (COSEBOC), gave Keynote Addresses which both highlighted the need for mentors and advocates to support the resiliency and existing strengths of boys of color. Performances by Hip-Hop Transformation Group, Youth and Family Enrichment Services String Quartet, and Oladipupo "Ladi" Ogundipe of Inquilinos Boricuas en Acción brought vibrancy and excitement to the conference.

"CMGMH has hosted a number of outstanding events, including the most recent Conference on Boys of Color," said Dr. Nicholas Covino, President of William James College. "It was a wonderful day for our institution where thought leaders gathered to discuss important educational and social initiatives. We look forward to continued partnership with the presenters, panelists, organizations, and attendees who participated in this conference."

For more information about CMGMH's upcoming events, please visit [www.williamjames.edu/cmgmh](http://www.williamjames.edu/cmgmh)



# Reflections on Diversity at William James College

*In celebration of CMGMH's anniversary, we asked WJC students, faculty, and staff to reflect on the diversity initiatives at WJC they are most proud of and what they envision for the future.*



"I am most proud of CMGMH's special events that highlight cultural aspects of different ethnic groups such as music, art, food, religion, and social issues. Attending both a conference about boys of color and a discussion on Islamophobia left me feeling more empowered to advocate for our youth of color and Muslims who face marginalization on a daily basis. I do not take for granted opportunities to safely come together as a community and challenge ourselves to be more open-minded for the sake of our professional development."

**-Alexis Leca**, 1st year student in the Clinical PsyD Program with concentrations in Children and Families of Adversity and Resilience (CFAR) and African & Caribbean Mental Health; Black Mental Health Graduate Academy Scholar

"Here at WJC, we not only speak about inclusivity and diversity but we are actively engaged in a process of growth, resulting in programs that reflect our vision and mission. I am very proud of our collaboration with the students as well as the mentorship and leadership within

CMGMH. Our programs and activities reflect that 'Sí, se puede!' — 'Yes, we can!'"

**-Mari Carmen Bennasar, PsyD**, Director of the Latino Mental Health Program, Assistant Faculty in the Counseling Department, and CMGMH Core Faculty



"The breadth of commitment to diversity at William James has always been impressive. It can easily be seen in the classrooms, the curriculum, and our Centers of Excellence. However, the College's commitment extends beyond to programming and events, community service, student organizations, immersion trips, and throughout the numerous ways we work with and support the greater New England community. I'm proud because the far reach of our extent makes it known that support for diversity and inclusion is a major piece in the culture of William James College."

**-Josh Cooper, MEd, JD**, Dean of Students



"I am glad to have chosen a school that respects diversity and has an initiative set in place to address the issues facing people of color. I am also glad that I work with people who recognize their own responsibilities to their communities. The quality of this ownership and leadership encourages me to do the same as I strive to be an effective clinician. I love the immersion programs offered by CMGMH because they offer a unique perspective on lifestyles unknown to or assumed by others. They embody the William James College's mission of experiential learning and I appreciate that."

**-Philip Ndegwa**, 2nd year student in the Counseling Program with concentrations in Couples and Family Therapy and African & Caribbean Mental Health

"I feel incredibly privileged to be part of the first cohort of students in the CMGMH's Global Mental Health Concentration. Over this past year, my eyes have been opened to so many new perspectives that have increased my understanding of the greater global mental health community. I am particularly looking forward to integrating my global course work this summer on the Guyana immersion trip to provide training and education on suicide prevention and initiatives to decrease mental health stigma."

**-Alexis DiGasso**, student in the Clinical PsyD Program with concentrations in Children and Families of Adversity and Resilience (CFAR) and Global Mental Health





## (Cont.) Reflections on Diversity at William James College



"CMGMH has been very active in supporting diversity as it pertains to psychology and our students' development. I am very proud to be at WJC where diversity is celebrated through real social justice actions and I am proud to support CMGMH as it offers ongoing engagement with the community. For example, CMGMH offers diverse events, like the *Wawa No Cidal* film screening in February 2017 and *Re-Envisioning The Brilliance of Boys of Color* conference in May 2017. The future of mental health is going to draw strengths from a diverse workforce, and I see that CMGMH is leading the way toward it."

**-Meng Chiang, PhD**, faculty member in the Clinical Psychology Department

"In my two year experience at WJC, I have noticed a significant increase in diversity of cultures and ethnicities on campus. I envision that WJC will increase this trend, attracting international students and students of various backgrounds and experiences to continue to inform our range of culturally mindful care as mental health counselors and psychologists in training."

**-Darryl Sweeper Jr.**, 2nd student in the Counseling Program with concentrations in Expressive Arts Therapy and African & Caribbean Mental Health; Black Mental Health Graduate Academy Scholar



This past January, the Dean of Students Office and the Center for Multicultural and Global Mental Health presented **An Evening of Gratitude, Hope, & Reflection: Celebrating Diversity Through Spoken Word, Art, Song, & Dance**. That evening, members of our WJC community reflected on the beauty of the arts, diversity, and how we can be agents for social change. I was extremely proud of and grateful for everyone that participated in that program and look forward to more empowering, inspiring collaborations with CMGMH!

**-Meridith Apfelbaum, MS**, Assistant Director for Student Affairs



"I have been able to apply my education at William James College serving clinically as a behavioral health provider through the Latino Mental Health and Global Mental Health programs, offering education in disease control and prevention in Guayaquil, Ecuador and in the rural town of Thika in central Kenya. I have also contributed to research efforts in the improvement of education quality and graduation outcomes in the local schools of central Kenya. The experiential education here at WJC has offered me a concrete foundation for the clinical efforts that I will pursue in the future, both locally and internationally. Furthermore, being the project coordinator for the Black Mental Health Graduate Academy has solidified my interests in community development and program evaluation, particularly in supporting children and families that have been historically marginalized."

**-Fabiola Jean-Felix, MA**, 4th year student in the Clinical PsyD Program with concentrations in Latino Mental Health and Children and Families of Adversity and Resilience (CFAR); Black Mental Health Graduate Academy Coordinator

"The Global Mental Health Program provides students with a platform to advocate for services, protect the rights of people with mental illnesses, and build capacity in different communities."

**-Marie B. Antoine**, 2nd year student in the Organizational and Leadership Psy.D. Program with a concentration in Global Mental Health

*"Education is improving the lives of others and for leaving your community and world better than you found it."* — Marian Wright Edelman

*"Strength lies in differences, not in similarities."* — Stephen R Corey



## (Cont.) Reflections on Diversity at William James College



"CMGMH provides an important academic and non-profit frame for accessing grants and conducting research in Africa... The model for our [Kenya immersion] project is the concurrent delivery of health and hygiene products in tandem with a whole community, social-emotional learning program to insure sustainability and continuity of care within schools and families."

-**Claire Fialkov, PhD**, Associate Professor in the Clinical Psychology Department. Co-Director of the Kenya Immersion Program. Pictured with **David Haddad, PhD**, Co-Director of the Kenya Immersion Program.

"Being a part of the Global Mental Health Concentration has allowed me to connect with a cohort of students who care about and are interested in global mental health work, just like me. Together, we are not only able to exchange ideas but also support each other in our mission. That connection is something that I find to be truly special."



- **Ashley White**, 3rd year student in the Clinical PsyD Program with a concentration in Global Mental Health

## Current Events Corner

### Mental Health in the News

- **"US College Teaches Veterans to Heal Each Others' Mental Wounds."** *Reuters*. Dr. Bob Dingman, Director of the Military and Veterans Psychology Concentration, speaks to Reuters at William James College of Psychology, the first in the nation to run a program focusing specifically on training military veterans to treat the mental health problems of their fellow soldiers and veterans, in Newton, Massachusetts <https://www.usnews.com/news/us/articles/2017-05-26/us-college-teaches-veterans-to-heal-each-others-mental-wounds>
- **"Second Chance Kids."** *FRONTLINE*. Inside the fight over the fate of juveniles in prison for murder, following a landmark Supreme Court ruling. "How much punishment is enough? [...] and are human beings capable of change?" –Robert Kinscherff, PhD, JD, Associate Professor at WJC. <http://www.pbs.org/wgbh/frontline/film/second-chance-kids/>
- **"A Framework for Developing and Evaluating Health and Mental Health Interventions."** *Journal of Pediatrics and Neonatal Care*. Dr. Ed De Vos, Associate Vice President for Research at William James College published an article about developing and evaluating interventions that better target social and environmental determinants of health. <http://www.williamjames.edu/news/faculty-spotlight-hournal-of-pediatrics-and-neonatal-care.cfm>
- **"When Your Child Is a Psychopath"**. *The Atlantic*. The condition has long been considered untreatable. Experts can spot it in a child as young as 3 or 4. But a new clinical approach offers hope. [https://www.theatlantic.com/magazine/archive/2017/06/when-your-child-is-a-psychopath/524502/?utm\\_source=nl-politics-daily-052417](https://www.theatlantic.com/magazine/archive/2017/06/when-your-child-is-a-psychopath/524502/?utm_source=nl-politics-daily-052417)

## Upcoming Events & Conferences

- June 7: **The Hispanic Neuropsychological Society's Cultural Neuropsychology Summit**. 9am-5pm. Boston. <https://hnps.org/the-cultural-neuropsychology-summit-2017/>
- June 10: **Boston Pride Parade**. WJC's Rainbow Alliance and the Dean of Students Office have organized a group of students, faculty, and staff to march in this year's parade. <http://www.bostonpride.org/parade/>
- June 15: **CMGMH's Annual Cultural Diversity Celebration**. 4:30pm-7pm. RSVP by June 9th. <http://events.r20.constantcontact.com/register/event?oeidk=a07ee6qrrog952e655c&llr=66tpz8bab>
- June 22: **Center for Multicultural Training in Psychology (CMT) 45th Annual Dinner**. 6pm-10pm. The Trustee Ballroom. For more information, contact Ms. Sarah McCoy at [Sarah.McCoy@bmc.org](mailto:Sarah.McCoy@bmc.org). <http://www.cmmh-cmt.org/cmt.php>
- July 1-25: **The 2017 Summer Encampment Program for youth 15-18 years old** who want to become a part of a national and intergenerational community of social justice activists and leaders from across the country. Hampshire College, Amherst, MA. For more information, visit <http://encampmentforcitizenship.org/what-we-do/how-to-apply.php>
- October 27-Nov 5: **Cuba APA International Learning Partner Program Trip**. <http://www.apa.org/international/outreach/learning-partner.aspx>



# Out of Many, One Community

Join us for the Center for Multicultural and Global Mental Health's  
***Annual Cultural Diversity Celebration!***

Thursday, June 15th, 2017  
4:30pm - 7:00pm

Free and open to the public!

R.S.V.P. by June 9th — Email: [CMGMH@williamjames.edu](mailto:CMGMH@williamjames.edu)



**WILLIAM JAMES  
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Center for Multicultural &  
Global Mental Health

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