

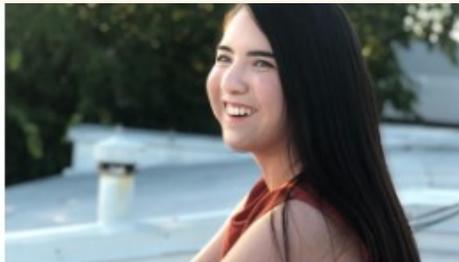


# CMGMH CONNECTION

JUNE/JULY 2019

## Minority Mental Health Awareness Month

July is **#MinorityMentalHealthMonth**. Since 2008, several organizations in the U.S., including the National Alliance on Mental Illness ([NAMI](#)) and Mental Health America ([MHA](#)), have come together to promote greater awareness of the challenges that historically marginalized individuals and communities face in regard to mental illness ([MHA, 2019](#)).



MINORITY MENTAL HEALTH MONTH 2019

**#DepthOfMyIdentity**

[mentalhealthamerica.net/july](http://mentalhealthamerica.net/july)

### In This Issue

- ◆ *Minority Mental Health Awareness Month*
- ◆ *The State of Minority Mental Health in the U.S.*
- ◆ *How Culture Impacts Mental Health*
- ◆ *Celebrating Pride Month*
- ◆ *Civil Rights for People with Disabilities*
- ◆ *WJC in Action*
- ◆ *Annual Cultural Diversity Celebration*
- ◆ *Conferences on Global Mental Health and Palestinian Mental Health*
- ◆ *Community Events, Conferences & Workshops*

While the term “minority” is traditionally linked to ethnic or racial minorities, MHA has focused its advocacy efforts on expanding this term to include individuals from a wide-range of underserved communities, including those who identify as LGBTQIA, refugees and immigrants, religious groups, and others who are often overlooked ([MHA, 2019](#)). NAMI and MHA aim to raise awareness of the need to address mental health issues with a unique lens while integrating the varied needs of culturally diverse communities. Learn how you can make a difference at [MentalHealthAmerica.net/July](http://MentalHealthAmerica.net/July). **#DepthOfMyIdentity**

# The State of Minority Mental Health in the U.S.

Research published by the [Office of Minority Health \(OMH\)](#) and the [Center for Medicare and Medicaid Services](#) indicates that people of color are less likely to access and utilize mental health services, and are more likely to wait until symptoms are severe before seeking treatment.

According to the [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#):

- ◆ In 2017, 18.9% of adults (46.6 million people) had a mental illness. That rate was higher among people of two or more races at 28.6%, non-Hispanic whites at 20.4% and Native Hawaiian and Pacific Islanders at 19.4% ([OMH, 2019](#)).
- ◆ Asian American adults were less likely to use mental health services than any other racial/ethnic group.
- ◆ In 2017, 13.3% of youth ages 12-17 had at least one depressive episode, but that number was higher among American Indian and Alaska Native youth at 16.3% and among Hispanic youth at 13.8%.
- ◆ In 2017, 41.5% of youth ages 12-17 received care for a major depressive episode, but only 35.1% of black youth and 32.7% of Hispanic youth received treatment for their condition.



Despite advances in health equity, disparities in mental health care persist. A report issued by the [Agency for Healthcare Research and Quality \(AHRQ\)](#) shows that ethnic and racial minority groups in the U.S. are less likely to use community mental health services, more likely to use emergency departments, and more likely to receive lower quality care. ***Poor mental health care access and quality contribute to poor mental health outcomes, including higher rates of depression and suicide, among racial and ethnic minority populations*** (OMH, 2019).

## Mental Health Resources

- ◆ [Health Disparities Data Widget](#)
- ◆ [HHS Office of Minority Health Trauma Resources](#)
- ◆ [Talking About Mental Health](#)
- ◆ [National Alliance on Mental Illness \(NAMI\) Mental Health by the Numbers](#)
- ◆ [National Child & Maternal Health Education Program: Moms' Mental Health Matters](#)
- ◆ [National Institute of Minority Health and Health Disparities \(NIMHD\): \*Brother, You're on My Mind\*](#)
- ◆ [National Network to Eliminate Disparities in Behavioral Health](#)
- ◆ [SAMHSA Community Conversations Toolkit](#)
- ◆ [SAMHSA Office of Behavioral Health Equity](#)
- ◆ [SAMHSA Treatment Locator](#)

# How Culture Impacts Mental Health

Cultural norms, belief systems, values and practices play an important role in understanding the ways in which individuals define and make sense of their symptoms, the strategies that they use to cope with their ailments, and how and where they are likely seek help for their physical and mental illnesses. Thus, it is critical for providers to be knowledgeable about the culture of their patients and its potential impacts on mental health care



Here are four ways in which culture impacts mental health ([MentalHealthFirstAid.org](http://MentalHealthFirstAid.org)):

- ◆ **Cultural Stigma:** Every culture has a different way of looking at mental health. For many, there is growing stigma around mental health, and mental health challenges are considered a weakness and something to hide. This can make it harder for those struggling with a mental illness to talk openly and ask for help.
- ◆ **Understanding Symptoms:** Culture can influence how people describe and feel about their symptoms. It can affect whether someone chooses to recognize and talk about only physical symptoms, only emotional symptoms or both.
- ◆ **Community Support:** Cultural factors can determine how much support someone gets from their family and community when it comes to mental health. Because of existing stigma, minorities are sometimes left to find mental health treatment and support alone.
- ◆ **Resources:** It can be challenging or time-consuming to find resources and treatment options that take into account a person's cultural heritage and needs. However, when looking for mental health treatment, it is important to talk to someone who understands one's specific experiences and concerns.

## Resources & Publications

- ◆ The Office of Minority Health established the [Center for Linguistic and Cultural Competency in Health Care](#) (CLCCHC) to address the health needs of populations who speak limited English. Its mission is to collaborate with federal agencies and other public and private entities to enhance the ability of the health care system to effectively deliver linguistically appropriate and culturally competent health care to limited English-speaking populations.
- ◆ [Think Cultural Health](#)
- ◆ [Improving Cultural Competency for Behavioral Health Professionals](#)
- ◆ [“Why is it still so hard for young people of color to get therapy?”](#)



# WJC Students & Staff Celebrated Pride Month

The 2019 Annual Boston Pride Parade, an event that celebrates the LGBTQ+ community and culture, took place on Saturday, June 8th in downtown Boston. William James College's Rainbow Alliance organized a group of students and staff to march, celebrate the 2019 theme of "Looking Back, Loving Forward" and commemorate the [50th Anniversary of the Stonewall Riots](#). #WickedProud, #BostonPride, #Pride



## Resources for Supporting LGBTQ+ Youth

Below is a compilation of **fact sheets, best practices and other resources for supporting lesbian, gay, bisexual, transgender and questioning youth:**

- ◆ American Psychological Association's [Resolution on Gender and Sexual Orientation Diversity in Children and Adolescents in Schools](#).
- ◆ [Trans and queer youth uniting for racial and gender justice](#).
- ◆ [Gay-Straight Alliance Network](#). Resources for adults and advisors who support LGBTQ youth in their schools.
- ◆ [Supporting transgender and gender diverse students in schools: Key recommendations for school health personnel](#). Includes definitions and information about advocacy and support for transgender and gender diverse students.
- ◆ [The impact of homophobia and racism on GLBTQ youth of color](#). Research on the needs of LGBTQ youth of color and tips for ensuring culturally competent programming.
- ◆ [Tips and strategies for meeting the needs of transgender youth](#). Recommendations for addressing the needs of transgender youth.
- ◆ [Toolbox to promote healthy LGBTQ youth](#). This toolbox is a collection of resources for middle and high school counselors, school psychologists, school social workers, etc.
- ◆ [Working with LGBT students of color: A guide for educators](#). Overview of some of the challenges faced by LGBTQ youth of color and resources for serving their needs.
- ◆ [Working with Transgender and Gender-Nonconforming Youth](#). Recommendations for addressing the needs of transgender youth.



# Civil Rights for People with Disabilities

The American Psychological Association (APA) defines a disability as being present “when activities usually performed by people (such as walking, talking, reading, learning) are in some way restricted. Thus, someone with congenital blindness has a disability, as does someone who must use a wheelchair for mobility purposes. Other disabilities are not necessarily apparent, for example, acquired brain injury or chronic depression” ([APA, 2019](#)).

[Click here to find out](#) how the APA is advocating for the rights of people with disabilities through policies that prevent discrimination and provide access to needed services and care to individuals with disabilities.

## How Psychology Can Do More to Prevent Abuse of People with Disabilities

According to an article published in the APA [Monitor on Psychology](#),

- ◆ Fifteen to 20% of the population—an estimated 53 million Americans, and some one billion people worldwide—live with some form of disability. Among the varied challenges they face is an increased risk of violence.
- ◆ Children with disabilities are 3.7 times more likely than nondisabled children to be victims of violence (The Lancet, 2012).
- ◆ Adults with disabilities have about a 50% greater risk of having been the victim of violence within the past year.
- ◆ Adults with mental illness are particularly vulnerable, with nearly four times higher risk of violence (The Lancet, 2012).
- ◆ Poverty is a known risk factor for abuse and neglect, and people with disabilities are more likely than those without to live below the poverty line.



Learn [more about the steps](#) that psychologists and other mental health providers can take to prevent abuse of children, adolescents and adults with disabilities.

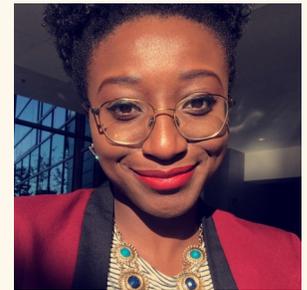
# WJC in Action: Diversity Blog



William James College students and faculty are making a difference by bringing awareness to critical topics such as the impacts of zero-tolerance policies on youth of color and self-care strategies for Black clinicians. Below are three articles published in *Psychology Today* by Black Mental Health Graduate Academy Scholars.

## Self-Care Strategies for Black Clinicians: Managing Racially-Based Stressors

By Beverly Ibeh, Clinical PsyD Student & CMGMH Fellow  
Lead Mentor, Black Mental Health Graduate Academy



“Black clinical psychologists and mental health counselors often face Black patients seeking validation of their pain and distress stemming from systemic oppression, marginalization, and socio-cultural pressures. For these clinicians, their patients’ recounting of their racial traumas may trigger their own racially fostered distress.” [Read more here.](#)

## Doing Therapy While Black: A Black Male Clinician’s Account

By Damon A. Pryor, LMHC  
Academy Scholar & Clinical PsyD Student



“In a world in which Barbecue Beckys and Corner Store Carols are caught on camera, Americans are becoming increasingly aware of cases in which the police are [confronting] Black people doing mundane, everyday activities. Despite these acts being more visible, White individuals’ complaints to law enforcement continue to result in the confrontation of Black individuals engaging in non-threatening daily activities such as sleeping, while Black, on a couch in a college dorm. For Black clinicians conducting in-home therapy, the potential of such complaints should be critical considerations.” [Read more here.](#)

## Role of Zero Tolerance Policies in School-to-Prison Pipeline: Does Zero Tolerance Help or Harm Students of Color?

By Gabrielle Palmer, CAGS

“The School-to-Prison Pipeline (SPP) refers to a system of institutional forces that disproportionately target some groups of students for removal from school through detention, suspension or expulsion. These forces push students out of the classroom and ultimately funnel them into the juvenile and adult criminal justice systems, in part facilitated by the increased presence of student resource officers (Daly et al., 2016). While many factors contribute to the SPP, one of the leading factors is the use of ‘zero-tolerance’ policies in schools that result in harsh punishment or referral to juvenile justice programs.” [Read more here.](#)



# Annual Cultural Diversity Celebration

## *Planting Dreams for the Future, One Seed at a Time*

*“They tried to bury us. They didn’t know we were seeds.”*

— Mexican Proverb

On Thursday, June 13, 2019, the Center for Multicultural & Global Mental Health hosted its **Annual Cultural Diversity Celebration**. This year’s theme focused on *Planting Dreams for the Future, One Seed at a Time*, and was dedicated to *Cultivating and Honoring Strong Partners and Partnerships*.



During the event, three CMGMH partners—the [Bachelor of Science in Psychology and Human Services Completion Program](#), [Boston Children’s Hospital](#), and the [Hearst Foundations](#)—were honored for their commitment to supporting and diversifying the behavioral health workforce in the Greater Boston Metropolitan area.

The program included some Reflections of Gratitude from students and faculty, a Song of Friendship, a Community Poem Reading, and several traditional dances performed by the [Triveni School of Dance](#). Triveni is a non-profit organization dedicated to education and performance of classical Indian dance. It was founded by Neena Gulati, an acclaimed dancer from New Delhi, India. We thank our friends and colleagues for attending the event and congratulate the award recipients!

*“If you think in terms of a year, plant a seed; if in terms of ten years, plant trees; if in terms of 100 years, teach the people.”*

— Confucius



# Global Mental Health Conference



**SAVE THE DATE**

## Global Mental Health Conference

### Envisioning a Humanitarian Psychology

The world is facing the largest humanitarian crisis since World War II. In response, the focus of this conference is on envisioning a humanitarian psychology – a manifesto for action – for global mental health and psychology to address global crises ranging from world violence to the spiraling impact of climate change.



**Sustainable lunch provided**

**Date: Saturday, September 21, 2019**

**8:30am - 4:30pm**

**Cost: 6 CE credits: \$150; No CEs \$75**

**William James College  
1 Wells Ave Newton, MA. 02459**

**RSVP to: [CMGMH@WilliamJames.edu](mailto:CMGMH@WilliamJames.edu)**

# Save the Date!

## CONFERENCE TITLE

# Palestinian Mental Health Without Borders:

## Challenging Barriers and Taking Down Walls

### CONFERENCE FOCUS:

The conference will generate transnational dialogues on community mental health in Palestine, and will take place simultaneously in Palestine (Gaza & Ramallah) and the US (Boston). This conference will explore and reflect on meanings and pathways for creating liberating knowledge and critical community mental health practices in Palestinian contexts. It will be internationally applicable to the work of psychologists, clinicians, social workers, psychiatrists, community organizers and activists, policymakers, and researchers who are interested in coming together to courageously call into question hegemonic psychological and psychiatric theories and practices.

### The conference will include THREE THEMES:

1. Trauma and Resilience in Palestinian Communities under Israeli Occupation
2. Palestinian Mental Health Workers on the Frontlines
3. Breaking Borders, Taking Down Walls: Transnational Solidarity & Struggle

### CONFERENCE LOCATIONS:

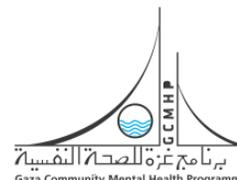
This conference aims to address the exile and fragmentation of Palestinian selves and societies, and therefore will take place simultaneously in Gaza, Ramallah and Boston. You will be able to participate in this conference at:

- 1) Gaza Community Mental Health Programme, Gaza, Palestine
- 2) Palestine Red Crescent Society, Ramallah, Palestine
- 3) University of Massachusetts Boston, Boston, USA



WILLIAM JAMES  
COLLEGE

Center for  
Multicultural & Global  
Mental Health



### CONFERENCE ORGANISERS:

- Yasser M. Abu Jamei, Gaza Community Mental Health Programme
- Yousef AlAjarma, Counseling Department, William James College
- Devin G. Atallah, Department of Psychology at University of Massachusetts Boston; and Palestinian Community of Boston
- Fathi Fiefel, Palestine Red Crescent Society
- Jodie Kliman, Clinical Psychology Department, William James College
- Hana Masud, National Louis University, Racial Justice Action Group
- Othman Mohammad, Department of Psychiatry, University of Massachusetts Medical School-Baystate
- Abeer Musleh, Bethlehem University
- Gemima St. Louis, Center for Multicultural & Global Mental Health, Clinical Psychology Department, William James College
- Karen L. Suyemoto, Psychology and TCCS, University of Massachusetts Boston.

For participants planning on attending the conference at University of Massachusetts Boston: for anyone requiring disability-related accommodations, including dietary accommodations, please visit [www.ada.umb.edu](http://www.ada.umb.edu) before Friday the 18th of October, 2019

### CONFERENCE DATES:

Please save the dates of:  
**Saturday November 2, 2019**

# Mental Health in the News

## What could improve the mental health of refugees? Letting them work

Homelessness, dispersal and detention takes its toll on the well-being of those seeking refuge. Another blow comes in the form of long-term unemployment and the loss of professional identity.



## The Gap Between Rich And Poor Americans' Health Is Widening

Across all groups, Americans' self-reported health has declined since 1993. And race, gender and income play a bigger role in predicting health outcomes now than they did in 1993. Overall, white men in the highest income bracket were the healthiest group.

## San Francisco has proposed what would be the nation's first universal mental health care system.

San Francisco residents could soon receive free mental health care and substance use disorder treatment under a proposed universal mental health care system.... The plan, which is called "Mental Health SF," would include a 24/7 treatment center for any city resident in need of help, whether that's counseling for anxiety or emergency care to treat a psychotic episode.



## UN Expert Warns Inequality and Austerity Are Intensifying Global Mental Health Crisis

The United Nations' top health envoy warned Monday that inequality and austerity are fueling a global mental health crisis that can only be solved by government interventions to reduce economic insecurity and increase funding for crucial public services.



# Community Events, Conferences & Workshops

- ◆ September 5-8, 2019: [32nd Annual Cape Cod Symposium on Addictive Disorders, Resort & Conference Center](#), Hyannis, MA
- ◆ September 21, 2019: [Conference on Global Mental Health](#) — *Envisioning a Humanitarian Psychology*, William James College, Newton, MA.
- ◆ October 19, 2019: [Culturally Responsive Therapeutic Interventions for Boys and Men of Color Who Have Experienced Childhood Sexual Trauma](#), William James College, Newton, MA.
- ◆ October 25-26, 2019: [19th Annual Diversity Challenge](#) — *Race, Culture & WHMP: Survival, Resistance, and Healing in the Current Social Climate*. Institute for the Study and Promotion of Race and Culture, Boston College, Boston, MA.
- ◆ November 3, 2019: *Palestinian Mental Health Without Borders: Challenging Barriers and Taking Down Walls*, University of Massachusetts Boston, Boston, MA.
- ◆ November 5-8 2019: [World Mental Health Congress](#), *Inclusive Approaches in Mental Health: Clinic, Community and Health*; organized by the World Federation for Mental Health, Buenos Aires, Argentina.
- ◆ November 9, 2019: [New England Psychological Association Annual Meeting](#), Southern New Hampshire University, Manchester, NH.
- ◆ November 14-16, 2019: [35th Annual Meeting of the International Society for Traumatic Stress Studies](#) (ISTSS), *Trauma, Recovery, and Resilience: Charting a Course Forward*, Boston Marriott Copley Place, Boston, MA.

## CMGMH Students & Faculty to Present at Annual Meeting of the New England Psychological Association

**On Saturday, November 9, 2019, the following CMGMH students and faculty will present at the [Annual Meeting of the New England Psychological Association](#):**

- ◆ Elana Bayer-Pacht, Amanda Korff, Tia Rivera & Gemima St. Louis — *The PATHWAYS Program: Addressing the Social-Emotional Needs of Urban Youth in School-Based Settings* [Poster Presentation]
- ◆ Emily Crain, Brianna Duval, Kristine Hernandez, Arianna Slotnick, Gemima St. Louis & Jodie Kliman — *The Transformative Power of International Service Learning Programs: An Appreciative Inquiry* [Symposium]
- ◆ Jodie Kliman, Fatuma Dzilala & Yachuilca Moni - *The Social Matrix: A Visual Representation of Intersectional Identity* [Paper Presentation]
- ◆ Jodie Kliman — *The Social Matrix: A Visual Tool for Teaching about Intersectionality* [Poster Presentation at NECTOP]
- ◆ Damon A. Pryor, Gemima St. Louis, David Haddad & Yota Gikas — *Life Stressors and Overall Mental Wellness in Black Men* [Paper Presentation]
- ◆ Gemima St. Louis, Marc Abelard & Sonia Suri — *Child & Adolescent Mental Health Initiative (CAMHI): A Multicultural Behavioral Health Workforce Development Program Serving Children, Adolescents, and Families* [Symposium]
- ◆ Patrick Sviokla, Juliana Rezende, Amanda Korff & Gemima St. Louis — *The Benefits of International Service Learning Programs for Graduate Students in Psychology* [Poster Presentation]