



CMGMH CONNECTION

Native American Heritage Month

Since 1990, the U.S. Government has set aside the month of November as Native American Heritage Month, or as it is commonly referred to American Indian and Alaska Native Heritage Month (The Library of Congress, 2017), to celebrate the diverse cultures, traditions, and histories of Native people; and raise awareness about the challenges Native Americans have faced historically and continue to confront daily.



Native American Mental Health

People of Native American heritage experience significant disparities in access to health care and in the quality of services that they receive nationwide. According to the American Psychiatric Association (2010), 36% of Native Americans lack health insurance—a rate that is three times higher than that of whites. Native American individuals are also at higher risks for serious psychological disorders (i.e., 1.5 times higher than the rate of the general population) and experience PTSD more than twice as often as other groups. Contributing factors include a lack of culturally-sensitive services, stigmas

- ◆ 5.2 million people in the United States identify as American Indian and Alaska Native.
- ◆ The U.S. population grew by 9.7%, from 281.4 million in 2000 to 308.7 million in 2010.
- ◆ In comparison, the American Indian and Alaska Native population increased almost twice as fast as the total U.S. Population (U.S. Bureau of the Census, 2014).

about mental illness, and discriminatory practices that lead to isolation and further marginalization of many Native American communities (Mental Health America, 2016).

Effective strategies aimed at addressing these systemic barriers must incorporate cultural traditions and approaches that can strengthen Native American families and communities, and eliminate oppressive practices and institutional policies that prevent Native American individuals from

accessing and benefitting from mental health services. Moreover, a greater understanding is needed of the roles of spirituality, languages, and cultural healing practices of Native Americans, which have sustained these communities throughout history.

Citations:

American Psychiatric Association. (2010). *Mental health disparities: American Indians and Alaska Natives*.

Retrieved on October 17, 2017 from https://www.integration.samhsa.gov/workforce/mental_health_disparities_american_indian_and_alaskan_natives.pdf

The Library of Congress. *Native American Heritage Month 2017*. Retrieved on October 17, 2017 from <https://nativeamericanheritagemonth.gov/>

Mental Health America. (2016, June 30). *Native American communities and mental health*. Retrieved on October 17, 2017 from <http://www.mentalhealthamerica.net/issues/native-american-communities-and-mental-health>

National Congress of American Indians. *Native American Heritage Month*. Retrieved on October 17, 2017 from <http://www.ncai.org/initiatives/native-american-heritage-month>

U.S. Bureau of the Census. (2014). *The American Indian and Alaska Native population: 2010*.

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Scholarship Awardee Spotlights

AWARDS & Scholarships



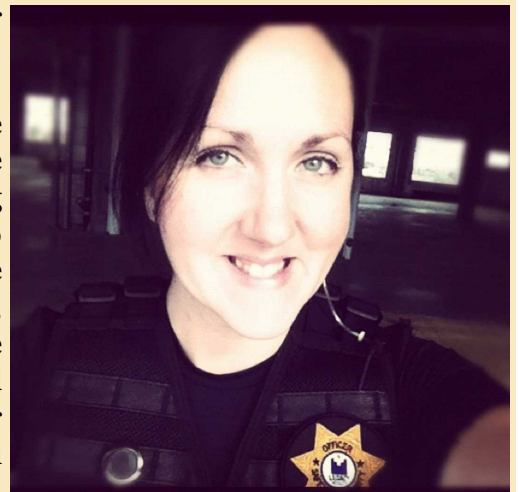
In the spring of 2017, under the auspices of the Center for Multicultural & Global Mental Health, William James College established the ***Serving the Mental Health Needs of the Underserved Scholarships***. The primary objectives of the scholarship are to: (1) recruit students committed to pursuing careers in which they will provide culturally informed mental health and/or organizational wellness services to underserved groups (e.g., immigrants, refugees, racial and ethnic minorities, LGBTQ groups, trauma exposed individuals, rural communities, etc.); (2) increase diversity at William James College; and (3) provide financial support to enable students to earn their Master's or doctoral degrees. Each award supports 2/3 of tuition costs throughout students' enrollment at William James College.

The 2017-2018 cohort of awardees was selected based on a combination of academic achievements, volunteer and community service to underserved groups, demonstrable commitment to social justice and advocacy, leadership skills, and financial needs. As **CMGMH Fellows**, the six (6) award recipients will actively engage in mentoring, outreach, social-cultural, and professional development initiatives at WJC. In this issue of the Newsletter, we profile three of the Fellows. The December issue will spotlight the other three awardees.

Meet the New CMGMH Fellows!

APRIL CLAYTON is originally from Troutdale, Oregon. She is a wife and a mother to six children, ages 7-20. Since 1999, April has worked within the criminal justice system in numerous capacities, ranging from juvenile corrections to hospital security. In those positions, she had the opportunity to complete risk assessments, participate in treatment groups for offenders, implement treatment plans, and testify in criminal and civil commitment hearings. She also volunteered for several organizations such as the Pregnancy Resource Center, Clackamas County Youth Gang Taskforce, and the Oregon Department of Corrections. April is a survivor of numerous childhood traumas. Her father spent 19 years in prison for the crimes he committed against her. April stated,

"Participating in the legal process as a victim of crime enabled me to gain a deeper understanding of how the system works. I became increasingly interested in victim advocacy and providing community protection... I developed a desire to help put an end to mass incarceration in this country. I want to advocate and provide clinical services to those who receive inadequate defense, disproportionately long sentences, or those who are otherwise unable to aid in their own defense. Providing these services will help drive down recidivism rates, enabling us to keep our communities safe and intact. I want to be an advocate for social justice, especially as it relates to those in contact with the legal system (victims, offenders, and everyone impacted by crime)."



Favorite Quote: "Injustice anywhere is a threat to justice everywhere."

-Martin Luther King ,Jr.

As a graduate student in the Clinical Psychology Program at WJC, April plans to work at training sites where she can serve the most vulnerable members in our community. She seeks to increase her knowledge about psychology and the law, participate in social justice initiatives, and organize events on civil and human rights. Her long-term goals are to work within the legal system, be an advocate and a voice for reform, and influence policies that help reduce recidivism. "It has been my life goal to be a voice for those who have none," said April. "I understand what that feels like in a deeply personal way."

Scholarship Awardee Spotlights (cont.)



Favorite Quote: “Don’t just count your days, make your days count.”

-Muhammad Ali

Michelle Codner was born and raised in Jamaica and moved to the United States nine years ago to pursue an employment opportunity at a residential facility. She completed her undergraduate degree in Psychology at the University of the West Indies and acquired a master’s degree in counseling psychology from the American International College. She is currently pursuing a doctoral degree in Clinical Psychology at William James College.

Michelle has worked with clients in a group home for many years and has experience working with individuals with Autism Spectrum Disorders, ADHD, Intellectual Disabilities, Oppositional Defiant Disorders, Conduct Disorders, Reactive Attachment Disorders, Bipolar Disorders, Depression, and Anxiety. As a graduate student at WJC, Michelle plans to contribute to the field of psychology by participating in volunteer activities and acquiring the skills necessary to assist clients in coping with their psychological distress. Her long-term goals include opening a private practice and a charitable foundation, teaching at a college, and traveling the world to offer pro bono services. Michelle plans to continually

advocate for the clients and families with whom she works, in particular those who face issues of inequality, discrimination, racism, and prejudice. She plans to participate in campaign drives to educate marginalized individuals on their rights and societal laws, and attend trainings geared towards harm reduction and empowerment of the underserved to challenge systems where they are unfairly disadvantaged.

Sothavy Doeur is a graduate student in the Master’s in Clinical Mental Health Counseling Program at WJC where she is completing an Emphasis in Expressive Arts Therapy. She graduated from Boston College in 2015 with a major in Applied Psychology and Human Development. She was the first in her family to graduate from college and matriculate to a master’s degree program. Sothavy was inspired to pursue a career in psychology due to her experience growing up with parents who suffered from PTSD and depression from the Cambodian genocide. She has a strong desire to learn more about mental illness in order to better serve individuals in her Cambodian community where conversations about mental illness are often suppressed.

Sothavy’s long-term goals are to become a licensed mental health counselor and Expressive Arts Therapist, acquire more knowledge about the effects of war-related trauma and depression on populations affected by genocide, and continue her service learning and volunteer work with the Cambodian community. Sothavy plans to obtain a doctoral degree, ideally in Counseling and Dance/Movement Therapy. One of her passions is breakdancing, also known as “breaking”. She remarked, “breaking has truly helped me discover my sense of self through various movements, and has helped me find a strong community of support that has shaped my overall identity.” She further noted, “A lot of my parents’ values have taught me to maintain a strong sense of grit—that is, the ability to be courageous, the development of passion from what you do, and the will to keep going.” Her ultimate dream is to open a counseling center that will incorporate expressive arts as an integral part of a person’s development for self-growth, healing, and transformation.



Favorite Quote: “Do not try to be deep. Try to be clear and depth will follow.”

-Nomy Arpaly



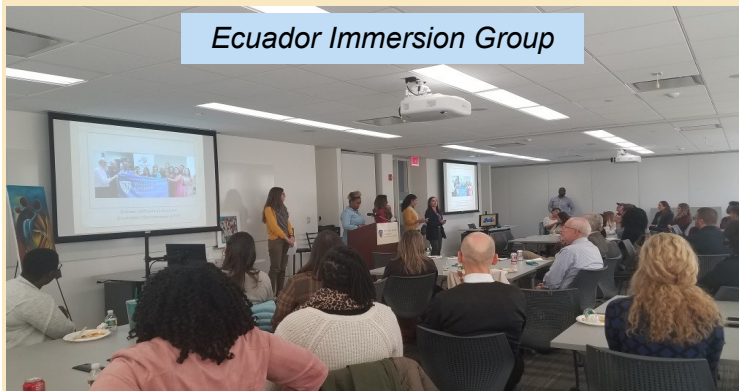
Serving the Mental Health Needs of the Underserved Scholarships

To learn more about the application process and eligibility criteria, click [here](#) or contact CMGMH@williamjames.edu

Service Learning Group Presentations

Each year, William James College (WJC) students and faculty take part in international service learning initiatives in low and middle-income countries. These cultural immersion programs are designed to give students and faculty a unique opportunity to work collaboratively with various schools, clinics, hospitals, and social service agencies in countries such as Ecuador, Guyana, Haiti, and Kenya. On October 18th, in front of an audience of more than 50 people, the students who took part in the 2017 summer immersion programs gave presentations about their experiences and reflected on the impact of the service learning programs on their personal and professional development.

To watch the livestream from the group presentation, click [here](#).



Ecuador Immersion Group



Guyana Immersion Group



Haiti Immersion Group



Kenya Immersion Group

Implications of Islamophobia:

Its Impact Beyond the Muslim Community and Key Components of Allyship

Monday, November 13th, 2017, 6:30 pm - 8:30 pm — William James College

CMGMH is pleased to host *Implications of Islamophobia*, a presentation that will examine the impact of Islamophobia within the Muslim community, especially in the identity development of Muslim youth. It will also address the far-reaching influence of Islamophobia on other marginalized and minority communities, and describe ways in which the narratives around American-Muslims are changing. Attendees will learn key components of allyship, and will explore ways in which they can become allies to these disenfranchised groups in both clinical and non-clinical settings.

Presenter: Waheeda Saif, LMHC



Waheeda Saif is a licensed mental health counselor with a Master's degree in Mental Health Counseling from Boston College and a Post-Graduate Certificate in Trauma Studies. She has over a decade of experience working with individuals and communities in the aftermath of homicides, suicides, natural disasters, terrorism, and other highly stressful and traumatizing incidents.

This event is free and open to the public. To register, click [here](#).

Haitian Mental Health Summit in Miami



On October 7, 2017, Dr. Gemima St. Louis delivered a presentation on ***"Haiti Service Learning & Cultural Immersion Programs: Promoting Intercultural Awareness, Knowledge and Community-Based Collaborations"*** at the Biannual Haitian Mental Health Summit. The Summit on *Building Bridges between Haiti and the Diaspora* was hosted by Rebâti Santé Mental at the Albizu University Main Campus in Miami, Florida.

From left to right: Mr. Exumé Rivélino, Mr. Jean Ernst Délicate, Dr. Gemima St. Louis, Mr. Samson Jean Edouard, Dr. Guerda Nicolas, Mr. Noel Wislhet, and Mr. Aimé Lindsay

New England Psychological Association Conference

On October 21st, CMGMH faculty presented at the New England Psychological Association (NEPA) Conference. The symposium, titled ***"Innovations in Global Mental Health,"*** demonstrated the ways William James College provides innovation in global mental health through curriculum development, service learning and immersion programs, and ongoing research projects. The goals of the symposium were to increase sensitivity to diversity and difference, promote learning and sharing of cross-cultural experiences, and bridge the gap between psychological and educational theory and the lives of global citizens.



From left to right: Ms. Michelle Napoli, Dr. David Haddad, Dr. Gemima St. Louis, Dr. Jill Betz Bloom, Dr. Claire Fialkov, Dr. Mari Carmen Bennasar, Dr. Jodie Kliman, and Dr. Paola M. Contreras

Veterans Day Commemorative Event at WJC



Veterans Day is dedicated to American veterans of all wars. Commemorated in many countries as Armistice Day, November 11th became a federal holiday in the United States in 1938 (U.S.D.V.A., 2015). In honor of Veterans Day this year, the Military & Veterans Psychology (MVP) Program at William James College will host a Commemorative Event on Thursday, November 9th, 2017, from 11:30 a.m. to 1:00 p.m. in the Atrium. The event will include Opening Remarks by Travis Bickford, a Student Panel, a Presentation by Dr. Gerald Sweet, and Traditional Color Guard. This event is open to the WJC community. For more information please contact Travis Bickford at Travis_Bickford@williamjames.edu.

U.S. Department of Veterans Affairs. (2015, July 20). History of Veterans Day. Retrieved October 17, 2017, from <https://www.va.gov/opa/vetsday/vetdayhistory.asp>

Become A CMGMH Partner!!!

The primary mission of William James College's Center for Multicultural and Global Mental Health (CMGMH) is to train, educate and mentor a cadre of professionals to address mental health disparities, practice trauma-informed care, and serve culturally diverse individuals and communities locally, nationally, and internationally. Our vision is to inspire and empower students, clinicians, educators, and other providers as agents of social justice with a passion for and commitment to serving historically marginalized populations.



CMGMH is seeking partnerships with schools, clinics, community health centers, social services agencies, and faith-based organizations that serve immigrants, refugees, LGBTQ communities, and other underserved groups to offer clinical field placements, volunteer opportunities, and service learning experiences for graduate students at William James College.

To become a partner, please contact us at cmgmh@williamjames.edu.

"Act as if what you do makes a difference. It does."

-William James

Save the Date: Upcoming CMGMH Events

The following events will take place at William James College:

- November 13th: **Implications of Islamophobia: Its Impact Beyond the Muslim Community and Key Components of Allyship.** 6:30pm-8:30pm (contact cmgmh@williamjames.edu)
- January 22nd: **Immigrant Stories: A Student Panel.** 6:30pm – 8:30pm (contact cmgmh@williamjames.edu)
- April 28th: **LGBTQ Youth: Magnifying the Splendor of the Rainbow.** 8:30 am—4:30 pm (contact Meridith_Apfelbaum@williamjames.edu)
- May 5th: **Conference on Haitian Mental Health.** 8:30 am—5:00 pm (contact cmgmh@williamjames.edu)

November Holidays & Observances

- November 1: **International Stress Awareness Day.** [Read Here.](#)
- November 1: **All Saints' Day.**
- November 1 - 30: **Native American Heritage Month.** [Read Here.](#)
- November 2: **All Souls' Day.**
- November 2: **Latina Women's Equal Pay Day.** [Read Here.](#)
- November 11: **Veterans Day.** [Read Here.](#)
- November 13: **World Kindness Day.** [Read Here.](#)
- November 16: **International Day for Tolerance.** [Read Here.](#)
- November 18: **International Survivors of Suicide Day.** [Read Here.](#)
- November 23: **Thanksgiving** [Read Here.](#)

Professional Development Events & Conferences

- November 11th, 2017: **Boston's Veterans Day Parade.** <http://www.boston-discovery-guide.com/veterans-day.html>
- November 19th, 2017: **Mass. Center for Native American Awareness and Bridgewater State University Pow-Wow.** <http://www.mcnaa.org/natl-native-am-heritage-day-pow-wow-bridgewater---sun-nov-19-2017.html>
- December 4th, 2017: **From the Prayer Rug to the Couch: Understanding the Culture of Islam and Best Practices in Treating Muslim Clients.** <https://www.eventbrite.com/e/from-the-prayer-rug-to-the-couch-understanding-the-culture-of-islam-and-best-practices-in-treating-registration-39251350847>
- January 27th-29th, 2018: **5th International Conference on Education and Psychological Sciences (ICEPS 2018).** <http://www.iceps.org/>
- March 15th-17th, 2018: **10th Annual Muslim Mental Health Conference.** <http://mailchi.mp/380d7527b397/muslim-mental-health-conference-call-for-proposals-399495?e=5ba106d246>
- May 4th-5th, 2018: **LGBT Health Workforce Conference.** <http://bngap.org/lgbthwfconf/>
- June 22nd-23rd, 2018: **Inaugural Convention of Asian Pacific American Feminist Psychologists.** https://docs.google.com/forms/d/e/1FAIpQLSfakU2K0tughv74SR8oVwM_SKR1nW_-hgDfc6p2eHeBh77g/viewform
- June 29th-July 1st, 2018: **Society for the Psychological Study of Social Issues' 2018 Summer Conference.** <http://www.spssi.org/index.cfm?pageId=480>
- July 1st-5th, 2018: **International Congress of International Association for Cross-Cultural Psychology (IACCP).** <http://www.iaccp.org/node/627>
- October 18th-21st, 2018: **The National Latina/o Psychological Association Conference.** <https://www.nlpconference.org/>
- November 13th-17th, 2018: **Caribbean Regional Conference of Psychology.** <http://crep2018.org/>

Current Events Corner

Mental Health in the News

- **“What To Do If You Feel Traumatized By The Las Vegas Shooting”** *Huffington Post*. It's not hard to feel personally affected by something so devastating, regardless of your own involvement. In fact, it may be out of your control: So-called vicarious trauma can be a biological response to horrifying events. [Read Here.](#)
- **“How Power Outages Can Affect Mental Health”** *Time*. Being without power comes with obvious physical health risks, but blackouts also take a lasting toll on people's mental health, experts say. This often ignored issue is slowly gaining more recognition in disaster response. [Read Here.](#)
- **“Study: Humanitarian program benefits mental health of Syrian refugee youth”** *YaleNews*. A new study demonstrates that an eight-week humanitarian intervention can improve the mental health and psychosocial wellbeing of Syrian refugee and Jordanian youth affected by Syria's war. [Read Here.](#)
- **“Racism and Mental Health”** *American Psychiatric Association*. Racism and racial discrimination adversely affect mental health, producing depression, anxiety, and heightened psychological stress in those who experience it. [Read Here.](#)
- **“Coal towns struggle for good mental health care”** *USA Today*. Rural Appalachia's coal country lacks mental health facilities for those in need of therapy and renewal of prescription medications. [Read Here.](#)