



CMGMH CONNECTION

Congratulations to Dr. Jessica Henderson Daniel! *The First African-American Woman President-Elect of the American Psychological Association*

On Tuesday, December 13th, the Boston Women of Color Psychologists held a celebration dinner in honor of Dr. Jessica Henderson Daniel who will serve as the first African-American woman President of the American Psychological Association (APA) in 2018.

"The lengthy description of her career in psychology, education and mental health barely captures the many contributions that [Dr. Daniel] has made in service of children, students and professional practice," explained William James College (WJC) President, Dr. Nicholas Covino, in an email correspondence to WJC students, faculty, and staff.

Jessica Henderson Daniel, PhD, ABPP, is an Associate Professor of Psychology in the Department of Psychiatry at Harvard Medical School, and Director of Training in Psychology in the Department of Psychiatry and Associate Director of the LEAH (Leadership Education in Adolescent Health) Training Program in the Division of Adolescent Medicine at Children's Hospital Boston.

In 1993, as Chair of the Massachusetts Board of Registration of Psychologists, Dr. Daniel proposed that the Board consider passing regulations requiring both instruction and training about people of color in order to be licensed as a private practitioner in the state. After several public hearings, the regulations passed, making Massachusetts the only state with such regulations. In recognition of her reorganization of the Board and the passage of these regulations, Dr. Daniel received the 1993 Massachusetts Psychological Association Ezra Saul Psychological Service Award, the 1995 Boston Section of the National Council of Negro Women's Courage of Conviction Award, and the 1999 Heiser Award from APA.

At the American Psychological Association, Dr. Daniel has held numerous positions, including President of the Society for the Psychology of Women (Division 35); and Member of the Committee for the Advancement of Professional Practice, the Council of Representatives, the Ethics Code Task Force, and the APA Finance Committee. In addition, she has served as Senior Member of the Early Career Psychologist Task Force and Chair of the APA Presidential Centering on Mentoring Task Force. She is also a founding faculty member of the APA Leadership Institute for Women in Psychology.



Dr. Jessica Henderson Daniel (second from left), President-Elect of the American Psychological Association, with WJC Faculty (from left to right) Drs. Natalie Cort, Mari Carmen Bennasar, and Gemima St. Louis.

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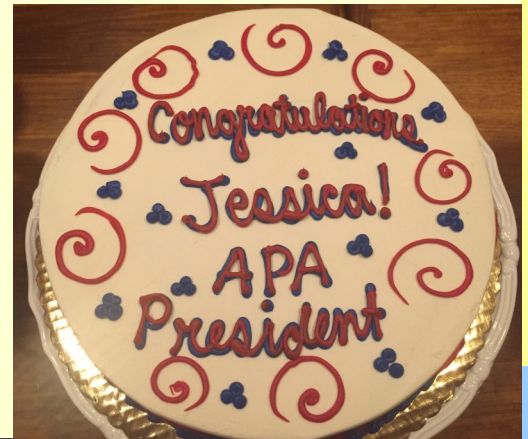
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Congratulations to Dr. Daniel (cont.)

"Dr. Daniel has been an influential role model and an inspiration throughout my career," remarked Gemima St. Louis, Ph.D., Co-Director of the Center for Multicultural & Global Mental Health (CMGMH). Dr. St. Louis was mentored by Dr. Daniel during her predoctoral internship training at Children's Hospital Boston. "She leads with such grace, humility and compassion. She inspires and empowers her mentees to be strong advocates for historically marginalized individuals and communities," said Dr. St. Louis. "There is a Buddhist proverb that states, 'If you light a lamp for someone, it will also brighten your path.' I have no doubt that Dr. Daniel's legacy will continue to shine, as she has brightened the paths of numerous psychologists and women of color over the past few decades."

Dr. Daniel's strong commitment to diversity and inclusion in the field of psychology is an inspiration to all. "She is a multitasking person who is destined to make a great difference in this new challenge and opportunity," said Dr. Covino. As she embarks on this next chapter of her professional life, WJC and CMGMH congratulate and wish Dr. Daniel all the best in her well-deserved role as President-Elect of the American Psychological Association!

To read more about Dr. Daniel's stellar career, please visit <http://www.jessicadanielforapapresident.com/about.php>



The Boston Women of Color Psychologists celebrating Dr. Jessica Henderson Daniel on December 13, 2016.

Boston Women of Color Psychologists by Charmain F. Jackman, Ph.D.

The Boston Women of Color Psychologists (BWOC) was founded in August 2013 by Drs. Charmain Jackman & Robyn Glover. The inspiration for this group was set by our former supervisor, Dr. Jessica Henderson Daniel, who hosted similar gatherings for ALANA trainees and psychologists in her work setting. Our purpose was to create a space for women of color psychologists in Massachusetts to gather for personal and professional support, professional development, referrals, and networking. Now in its 4th year, BWOC continues to grow and to support the growth of its members.

Dr. Daniel has been an example of the power of persistence, the importance of mentoring and giving back, of vulnerable leadership, and of generosity. Here is a quote of Dr. Daniel's that truly embodies her vision of women in leadership: "I don't want women to just be at the top, I want them to run things."

Charmain F. Jackman, Ph.D., is a licensed psychologist with specialties in Clinical Child/Adolescent Psychology and Forensic Psychology. She completed her clinical internship at Children's Hospital Boston and a post-doctoral fellowship in Forensic Psychology at the Massachusetts General Hospital. She has also served as an Instructor at Harvard Medical School for over 10 years. Dr. Jackman is currently the Director of Health & Wellness at Boston Arts Academy.

To learn more about BWOC, please contact Charmain.Jackman@gmail.com.

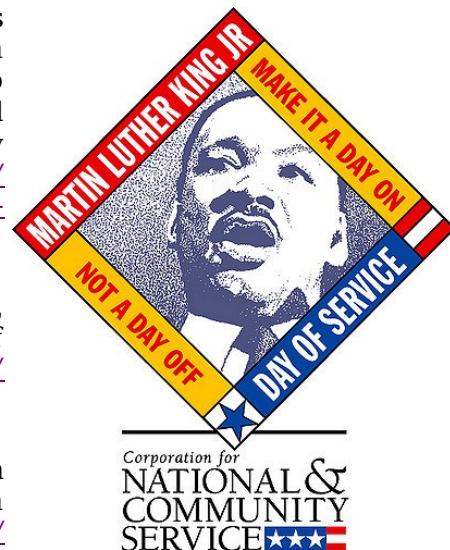
Celebrating Martin Luther King, Jr. Day

January 16, 2017

There are a number of events occurring in the Boston area to honor the legacy of Dr. Martin Luther King, Jr.

In addition to film screenings, discussions, and various other events, **Martin Luther King, Jr. Day of Service** is a nationwide effort to transform the federal holiday honoring Dr. Martin Luther King, Jr. into a day of community service. The Martin Luther King, Jr. Day of Service empowers individuals, strengthens communities, bridges barriers, and creates solutions to social problems. To learn more, visit www.mlkday.gov.

- The **Massachusetts Service Alliance (MSA)** is supporting numerous Martin Luther King, Jr. Day of Service projects that will take place in several regions of Massachusetts. Volunteers will have the opportunity to prepare and serve meals for low-income families, host food, book, and clothing drives, create "STEM education kits" for elementary school students, and spruce up inner city school buildings. Visit <http://files.constantcontact.com/5ea9ab46001/496b45a4-fc07-4edf-85b6-78aaaf77cffd.pdf>
- **Temple Israel of Boston** will be hosting a number of MLK Jr. Day events, including a Day of Service at Boston Latin School and a film screening of Ava DuVernay's documentary "13th". Visit <http://www.tisrael.org/tzedek/> for the full list of events.
- **Hope, Despair, and the Blues—MLK Day Commemoration 2017.** Boston University's annual commemoration of the life of alumnus Dr. Martin Luther King, Jr. January 16th, 2pm. For more information visit <http://www.bu.edu/dos/2017/01/03/boston-university-mlk-day-2017-duke-ellington-randall-horton/>



Upcoming Events & Conferences

- January 15th (application deadline): **The Committee on Children, Youth and Families of the American Psychological Association** is seeking individuals to join a workgroup to assist committee members in the development of a policy guide that will address racial/ethnic disparities in youth mental health, specifically advocates and researchers with expertise with African-American, Latino/Hispanic, Indian American, and Asian American populations. **Individuals should send an email indicating their interest in participating in the workgroup to Ashley Butler, PhD, CYF Chair at ambutler@bcm.edu**
- January 16 (submission deadline): The Institute for Sexual and Gender Minority Health and Wellbeing at Northwestern University and Center on Halsted is seeking submissions for the **5th Annual National LGBTQ Health Conference**, April 28-30, 2017 in Chicago. For more information, visit <http://isgmh.northwestern.edu/conference/#.WD8aGLlrKUK>
- January 31: **An Evening of Gratitude, Hope, & Reflection - Celebrating diversity through spoken word, art, song, and dance.** 6PM. William James College. Sponsored by the Office of the Dean of Students and the Center for Multicultural and Global Mental Health.
- February 9th: Film Screening — *Wawa No Cidal*. An indigenous Taiwanese family's struggles against capitalist property developers on ancestral lands. 7PM at WJC. Hosted by Dr. Mengchun Chiang and the Black Mental Health Graduate Academy. Free and open to the public. RSVP to CMGMH@williamjames.edu
- June 20th: **Re-Envisioning the Brilliance of Boys of Color: Inspiring Professionals Dedicated to Empowering the Social-Emotional and Academic Development of Our Youth.** 9am-4pm at WJC. Conference sponsored by the Center for Multicultural and Global Mental Health, the Concentration on Children and Families of Adversity and Resilience, the Department of Community Engagement, and the School Psychology Department at William James College. **Register** at https://netforum.avectra.com/eWeb/DynamicPage.aspx?Site=MSPP&WebCode=EventDetail&evt_key=faa94f7e-4c8b-4d27-90d3-f2bf945ba1bb

We Are All Refugees

by Claire Fialkov, Ph.D.

Last year, I wrote a New Year's reflection article for the Taos Institute Publication. When asked to write one this year for the *Center for Multicultural & Global Mental Health* January Newsletter, I realized how little has changed.

Many called 2015 the "year of the great unraveling." Political and religious conflicts threatened the globe, creating uncertainty and anxiety. Brutal acts of terrorism linked to the Islamic State in Palmyra and Paris, Aleppo, and San Bernadino threatened our real and perceived sense of safety. We witnessed the pain inflicted by Boko Haram and the Shabab in Africa, the abuse in Myanmar and Ukraine, and the defeat of serious Mideast peace talks. This year, more than ever, we are beginning to see that the old adage that "all politics is local" might need to change - indeed, all politics is now global. The Syrian conflict continued with yet another year of suffering for refugees across Europe and beyond. The refugee crisis led voters in the UK to decide to leave the European Union and here in the U.S. we have a new leader promising tighter borders, walls, and extreme vetting of refugees. Let us not forget the deeper truth that we are all refugees. We all seek safety, connection and community.

I ask the same questions as last year: How do we remember that new worlds of meaning are possible? How might we channel our resources to inspire a way forward, to create more faith and life giving energy in the world?

The immersion programs at WJC offer students the opportunity to visit another part of our world. In a rural town in central Kenya, we work for two weeks with local Non-Governmental Organizations such as the Kimo Wellness Foundation. Many of our Kenyan partners lived through ethnic or civil wars and community trauma and they are a resilient people. We wonder with them, "*How do you know when trust is present in a relationship, in a team, in a community? What nurtures trust and safety?*" We talk a lot about our mutual experiences with trust. We invite dialogues about each other's personal histories and shared cultures. Instead of using our English word "trust," Kimo prefers to say "Imani," a Swahili word that translates to mean "faith." Nelly Nduta Ndirangu and James Karanja Kamau, Kimo team leaders, said they have faith that the process of staying in the conversation works; knowing that even when we come from different tribes and disagree, we can join together. Nelly said that the benefit of having an environment of faith is that it "*erases fears of interacting... this causes peacefulness and an improved positive focus on life.*"

Faith is born out of harder times, when we need to draw on our resilience to survive and thrive. Faith is the capacity to not despair.

Research suggests that people who survive and rebound most successfully from trauma frequently have had an early caregiver who showered them with unconditional love. Trust comes from early on and bubbles up when we are again surrounded by safe and secure relationships. Faith is born out of harder times, when we need to draw on our resilience to survive and thrive. Faith is the capacity *to not despair*. The good news is that we are flexible and open to change throughout our lifetimes. We can all decide to collect micro-experiences of faith throughout our lives that give rise to Imani, the faith that things can change, and we can make our way forward together.

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In writing a reflection for this year, I was reminded of a story that I previously shared in the Taos Institute Publication. On December 21, a bus was traveling on a dirt road near Mandera, in the far Northeast corner of Kenya. The bus was attacked with gunfire and two passengers were immediately killed. The narrative had become painfully familiar, with Shabab militants ordering passengers off the bus with a separation of Christians and Muslims and the intention to kill the Christian “infidels.” But this time, faith prevailed. Muslim passenger Abdirazak Aden Yarow said that *“one of us shouted that we were all Muslims, and then everyone did the same.”* Clothing was quickly exchanged, with the Christian women receiving headscarves from the Muslim women on the bus. In the chaos, the gunmen became confused and ordered, *“Go back to your bus!”* and they left the passengers to go on their way together.

Nairobi Islamic scholar Sheikh Mohamed Ibrahim Shakul said, *“it is good people see the real position of the Muslims...this is going to bring bond and closeness.”* The driver of the bus, Shukri Farah Abikar said the community will not be separated because, *“We live together and travel together on this road.”*

Again, this year, I was grateful to remember the Mandera bus story. Let’s all remember that new worlds of meaning are possible. Let’s decide to focus on the fact that in 2016 malaria deaths are down 60% since 2000, that there was a peace deal that ended a five decade civil war in Columbia giving over 1 million people faith that they might return home, and, on a smaller scale, I am grateful to remember our dedicated students who taught 325 school children in Kenya about clean hands and character strengths like hope, forgiveness, and kindness. During this first month of the New Year, let’s continue to discover, elevate, and send back into the community the powerful faith-building practices of everyday life.

Claire Fialkov, Ph.D., is a clinical psychologist and consultant. She is an Associate Professor in the Clinical Psychology Program at William James College and the Co-Director of the Kenya Service Learning and Cultural Immersion Program.

An earlier version of this article appeared as: Fialkov, C. (2016, January 15). *Faith as a way forward*. The Taos Institute Publication: Creating Promising Futures through Social Construction.



Current Events Corner

Mental Health in the News

- **“Agony in a Venezuelan mental health hospital.”** NY TIMES. Video exploring the impact of limited access to medication and supplies on mental health patients in Venezuela. <https://www.nytimes.com/video/world/americas/100000004818146/agonny-in-a-venezuelan-mental-health-hospital.html?rref=collection%2Ftimestopic%2FMental%20Health%20and%20Disorders>
- **“Telemedicine no less effective than in-person therapy for vets with PTSD.”** The Huffington Post. “We can now save the travel time and bring treatment right to them.” http://www.huffingtonpost.com/entry/telemedicine-for-ptsd-no-less-effective-than-in-person-therapy_us_58517e89e4b092fo8686ae17?utm_hp_ref=mental-health
- **“Living in a material world: How to avoid raising material kids in today’s world.”** Western NY Family Magazine. WJC professors Bruce Ecker, Ph.D. and Arlene Silva, Ph.D., NCSP, on teaching children to develop healthy attitudes toward happiness and material possessions: <https://www.joomag.com/magazine/2016-wny-family-magazine-november-2016/0059461001477319477?short>
- **“Abortion is found to have little effect on women’s mental health.”** NYT. Study finds that “psychological symptoms increased only in women who sought abortions but were not allowed to have the procedure”, but that “those feelings dissipated quickly”. http://www.huffingtonpost.com/entry/telemedicine-for-ptsd-no-less-effective-than-in-person-therapy_us_58517e89e4b092fo8686ae17?utm_hp_ref=mental-health
- **“The mental health crisis in Trump’s America.”** NYT. Possible implications of Trump’s promise to “repeal and replace” the Affordable Care Act. <http://www.nytimes.com/2016/12/12/opinion/the-mental-health-crisis-in-trumps-america.html?rref=collection%2Ftimestopic%2FMental%20Health%20and%20Disorders>
- **“9 ways to survive the holidays when you’re alone.”** Prevention Magazine. WJC Professor Jason Holland gives advice to those who have recently lost loved ones on how to cope with and embrace the holiday season. <http://www.foxnews.com/health/2016/12/16/9-ways-to-survive-holidays-when-youre-alone.html>

Serving Syrian Refugees in the Boston Area

The Center for Multicultural and Global Mental Health (CMGMH) is proud to be overseeing William James College's (WJC) partnership with Jewish Family Service of Metrowest (JFS) to serve Syrian refugee families who are resettling in the Boston area. William James College students and faculty will provide trauma-based and culturally-informed mental health and psychosocial support to up to 14 refugee families, as well as consultation to volunteers and other assistance to this important humanitarian effort.

Jewish Family Services provides vital social, health and community services to support people in need and is working with HIAS, a global Jewish nonprofit organization that has served and advocated on behalf of refugees for more than 130 years, to resettle a number of Syrian refugee families who are relocating in the Boston area this winter.

Jewish Family Service CEO Marc Jacobs, LICSW, and Rosemarie Coelho, LICSW, approached Dr. Nicholas Covino, President of WJC, Dr. Stanley Berman, Vice President of Academic Affairs, and Dr. Jill Bloom, Co-director of CMGMH and Director of the Global Mental Health Concentration, to collaborate with JFS and HIAS to support the mental health of the refugee families resettling in Boston. CMGMH's commitment to serving culturally diverse individuals and providing trauma-informed care drives this effort to meet the needs of these families who have lived through war, displacement, and other traumatic experiences.

"We are very honored to be part of this extraordinary initiative that JFS has undertaken, and at a critical time in our history when refugees' futures, worldwide, are tenuous at best," explained Dr. Jill Bloom.

CMGMH will serve as the liaison between the various programs at WJC and community organizations that will be involved in this resettlement effort. Faculty at WJC,

including Dr. Jill Bloom, Dr. Stan Berman, Dr. Yousef AlAjarma, Dr. Nicholas Covino, and Dr. Richard Mollica, Director of the Harvard Program in Refugee Trauma at the Massachusetts General Hospital and Harvard Medical School, will work with William James College students enrolled in the Global Mental Health and African and Caribbean Mental Health Concentrations to provide consultation and direct service alongside JFS and HIAS. Other programs and departments at WJC, including the Freedman Center, Brenner Center, School Psychology Program, and Organizational and Leadership Psychology Program will also provide support.

William James College students and faculty members will be embedded into the teams of volunteers that will work directly with each individual family. These students and faculty will not only be available to offer mental health care assistance and provide insight for trauma-informed care, but will be available to assist the families in a number of ways as primary contacts in their new communities.

Dr. Yousef AlAjarma and a number of Arabic speaking WJC students will assist in translation and speaking directly with refugee families, many of which may have limited English speaking proficiency.

"What is unique about these Syrian refugee families, and different from many immigrant groups," explained Dr. Jill Bloom, "is that they are coming here with no family or community ties to assist in their acculturation and resettlement in the U.S."

CMGMH is proud to partner with JFS to meet the many individual needs of Syrian refugee families who are becoming members of our community in the Boston area.

Resources For More Information About The Needs of Refugees:

- APA Task Force (2009) Working with Refugee Children and Families: Update for Mental Health Professionals
- Cartwright, K., El-Khana, A., Subryan, A., Calam, R. (2015). Establishing the Feasibility of Assessing the Mental Health of Children Displaced by the Syrian Conflict. *Global Mental Health*, (2).
- Hassan, G. (2016). Providing Mental Health for Syrian Refugees. Webinar Series, Society for the Study of Psychiatry and Culture.
- Jefee-Bahlou, H. (2016). Mental Health Care for Syrian Refugees: Clinical Implications. Webinar Series, Society for the Study of Psychiatry and Culture.
- Mental Health and Psychological Support for Refugees, Asylum Seekers and Migrants on the Move in Europe. A Multi-Agency Guidance Note. https://mhpss.net/?get=262/English_mhpss_guidance_note_12_01_2016.pdf
- Psychological Support for Syrian and Iraqi Refugees and Internally Displaced Persons. http://mhpss.net/?get=262/GIZ-Factsheet-RV-MHPSS_engl.pdf
- Syrian Health Network (2014). Syria's Health: Focus on Mental Health.
- Ventevogal, P. (2016). The Mental Health of Syrian Refugees. Webinar Series, Society for the Study of Psychiatry and Culture.
- WHO Response to the Syrian Crisis (2015) http://www.emro.who.int/images/stories/syria/Revised_WHO_SitRep_December2015.pdf
- World Health Organization (2015). Assessment of Mental Health and Psychosocial Needs of Displaced Syrians in Jordan. <http://www.syrialearning.org/resource/19462>
- World Health Organization (2015). Regional Report, Response to the Syrian Crisis. <http://reliefweb.int/report/syrian-arab-republic/who-response-syrian-crisis-regional-situation-report-january-2015>

William James College Announced New Scholarships for Students Dedicated to Serving Underserved Populations

William James College (WJC) has announced that \$350,000 will be awarded to graduate students who are dedicated to serving veterans and historically marginalized populations. These scholarships uphold WJC's commitment to diversifying the mental health field, providing culturally-competent care to underserved communities, and offering financial support to WJC students to complete their graduate degree programs.

For more information about the Military Service Members and Veterans Scholarships, visit: <http://www.williamjames.edu/academics/centers-of-excellence/military-veterans-psychology/military-service-members-and-veterans-scholarships.cfm>



For more information about Serving the Mental Health Needs of the Underserved Scholarships, visit: <http://www.williamjames.edu/academics/centers-of-excellence/multicultural-and-global-mental-health/serving-the-mental-health-needs-of-the-underserved-scholarship.cfm>

Implications of Islamophobia Important Discussion at WJC Facilitated by Waheeda Saif, LMHC

The Center for Multicultural and Global Mental Health (CMGMH) hosted close to 70 students, clinicians, and community members on December 5th, 2016 for a presentation on "*Implications of Islamophobia: Its Impact Beyond the Muslim Community and How the Narrative is Being Changed*". Waheeda Saif, LMHC, Program Coordinator at Riverside Trauma Center, examined the impact of Islamophobia within the Muslim community, especially in the identity development of Muslim children. As incidents of Islamophobia and other hate crimes have risen in recent months, the influence of Islamophobia has had a far-reaching impact on both Muslims and other marginalized and minority communities throughout the country.



Ms. Saif offered concrete examples of ways to become allies to disenfranchised groups, in both clinical and non-clinical settings, as well as provided resources for attendees to utilize in order to take part in changing the current narrative. CMGMH is grateful for Ms. Saif's willingness to facilitate such an important conversation and will continue discussions of how to support and advocate for marginalized and underserved populations in our community and across the globe.

For more information about upcoming CMGMH events and programs, please visit:

www.williamjames.edu/cmgmh, www.facebook.com/cmgmh, and www.twitter.com/cmgmh_wjc