

# Center for Multicultural & Global Mental Health



## CMGMH CONNECTION

JANUARY, 2018

**Happy New Year! ¡Feliz Año Nuevo! Bonne Année!**

As we welcome the new year, we give thanks for our families, our friends and neighbors, and the numerous communities of which we are a part. We cherish memories from the past, treasure current moments, and embrace a future filled with endless possibilities.

*From our family to yours, best wishes for a joyous and prosperous New Year!*

## Looking Ahead...

In 2018, the Center for Multicultural & Global Mental Health (CMGMH) will continue to pursue its mission to train, educate, mentor, and prepare a cadre of professionals to serve culturally diverse individuals and communities locally and across the globe. We will strive to accomplish our main objective of inspiring and empowering students, clinicians, educators, and other providers as agents of social justice with a passion for and commitment to serving historically marginalized populations.

We will develop new partnerships and initiatives, seek novel opportunities for cross-disciplinary collaborations, facilitate trainings on diversity and multiculturalism, and host social-cultural and professional development activities with a focus on underserved communities. **We invite you to join us on this remarkable journey, and to take an active role in becoming an agent of social change!**

### COMING IN 2018...

- ♦ **Film Screening of "Red Monster"** — A film depicting the psychological effects of childhood sexual abuse on young men of color — Wednesday, February 7th
- ♦ **Conference on LGBTQ Youth** — Saturday, April 28th
- ♦ A new series, titled **WJC in Action**, featuring students, staff, faculty and allies of WJC who are making a significant impact on the communities that we serve.

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# Self-Care in the New Year

By Dr. Allyson Cherkasky, Assistant Professor, Counseling Department

The New Year is often accompanied by reflecting on the previous year and making resolutions for the year to come. This may be a time when we consider our blessings as well as the losses and challenges we had to face. Perhaps some of these blessings and challenges were born of our own doing while others were beyond our control. But either way, the New Year represents a time to reset. This may involve changing a way of thinking or being, or deciding to take concrete steps toward making changes in our own behavior.



Taking Care  
of Yourself  
Matters

As mental health professionals serving others, we are bestowed a great responsibility and privilege to care for others, many of whom are marginalized and suffer from racism, discrimination, lack of social support and adequate resources, and chronic daily stress. Often our clients' lives are punctuated by multiple traumas without a clear end in sight. So with this profound privilege comes risk. Risk of exhaustion, compassion fatigue, challenges juggling our own work and personal lives, and at the far side of the continuum, the possibility for burnout and impairment.

***“Self-care is one tool to help us be and give our best to those we love and those we serve.”***

— Dr. Allyson Cherkasky, Assistant Professor, Counseling Department, William James College

This is a time to remember that self-care is not only important but an ethical imperative: “...counselors engage in self-care activities to maintain and promote their own emotional, physical, mental, and spiritual well-being to best meet their professional responsibilities” (ACA Code of Ethics, 2014). Self-care is one tool to help us be and give our best to those we love and those we serve.

So, how can we best take care of ourselves? The science is compelling that leaning into some basic pillars of wellness makes a significant difference in both our physical and emotional well-being. These include: getting restorative sleep, eating a balanced diet, exercising, meditating, utilizing stress management skills, having positive connections with others, being a part of a community, and doing things that bring us meaning and joy. Small changes can go a long way – meditating for 5-10 minutes a day, reaching out to a loved one more frequently, taking a walk, reading for pleasure, or even deciding to react or respond to something in a slightly different way than you have done previously. Watch, wait, and observe what happens. Monumental steps are not necessary.

It is worth mentioning that even the notion of self-care is culturally-based and being able to take the time to do things we enjoy is a privilege that many simply do not have. In various cultures and groups of people, giving of oneself to help others reaps the greatest rewards. We can certainly learn much from our cultural differences on how to give to others as well as replenish ourselves. This may involve having a leisurely meal and being really present (unplugged) to others. Or an afternoon siesta to relax and recharge. Or a tea ritual with freshly cut herbs. Or prayer, song and dance giving thanks to a deity. Or being in nature and appreciating elements of order in the world. Or adopting a spirit of gratitude and generosity. Or...

*“... counselors engage in self-care activities to maintain and promote their own emotional, physical, mental, and spiritual well-being to best meet their professional responsibilities.”*

— ACA Code of Ethics, 2014

***Whatever way you decide to take care of yourself in the new year, make it a priority, focus on small steps, and choose activities that help bring you greater well-being, equanimity and joy.***

# Martin Luther King, Jr. Day

Dr. Martin Luther King, Jr., a social activist and a Baptist minister, was an influential leader in the Civil Rights Movement from the mid-1950s until his assassination in 1968 (CNN, 2017). Dr. King's lectures and leadership have inspired men and women, young and old, of all races, in the United States and throughout the world.

Dr. King encouraged all citizens to live up to their full potential by applying the principles of nonviolence to make this country a better place to live. Although Dr. King was assassinated in 1968, legislation designating the 3rd Monday in January, near his birthday, as a legal holiday was not enacted until 1983. The first year the U.S. observed the holiday was in 1986 (The King Center, 2014).



*"Through our scientific and technological genius we have made of this world a neighborhood. Now through our moral and ethical commitment, we must make of it a brotherhood." — Dr. Martin Luther King, Jr.*

Each year on the 3rd Monday in January, we observe **MLK Jr. Day of Service, the only federal holiday commemorated as a national day of service** (CNCS, 2017). The day is meant to transform Dr. King's legacy and teachings into community action that can help solve social problems and move us closer to realizing Dr. King's vision. This year, as we remember the life of an icon who brought hope and healing to America, we celebrate the values of courage, truth, justice, compassion, dignity, humility and service that Dr. King taught us through his leadership and character. MLK Jr. Day of Service is a way of honoring Dr. King's teachings by empowering individuals and families, strengthening communities, bridging cultural barriers, and creating sustainable solutions to our most pressing national problems.

## References:

Biography. (2017, June 29). Martin Luther King Jr. Retrieved December 11, 2017, from <https://www.biography.com/people/martin-luther-king-jr-9365086>

CNN. (2017, May 16). Martin Luther King Jr. Day Fast Facts. Retrieved December 11, 2017, from <http://www.cnn.com/2013/09/11/us/martin-luther-king-jr-day-fast-facts/index.html>

Corporation for National and Community Service (CNCS). (2017). About Dr. King and MLK Day. Retrieved December 11, 2017, from <https://www.nationalservice.gov/special-initiatives/days-service/mlkdaygov/martin-luther-king-jr-day-service-resources/about-dr-o>

The King Center. (2014). The King Holiday. Retrieved December 11, 2017, from <http://www.thekingcenter.org/king-holiday>

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## Commemoration of MLK, Jr. Day in the Greater Boston Area

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- **Martin Luther King, Jr. Day of Service: Boston Cares.** [Read More Here.](#)
- **Martin Luther King, Jr. Day Commemoration, Boston University.** [Read More Here.](#)
- **A Celebration of the Life and Legacy of Dr. Martin Luther King, Jr. – Hibernian Hall**
- **Museum of African American History and the Mayor's Office of Arts and Culture.** [Click Here.](#)
- **Museum of Fine Arts: Boston.** [Read More Here](#)

# WJC in Action: Practicing What We Teach

The new segment, *WJC in Action*, celebrates students, staff, faculty, and affiliates of William James College (WJC) who are actively engaged in social justice, volunteering, and community service activities that address the social, emotional, psychological, and spiritual needs of marginalized groups. Throughout the year, we will spotlight individuals and agencies that are devoted to serving underserved communities. This first issue features the story of DROR, an organization based in Israel that was founded by Sima Menora, a WJC student, to support underprivileged girls. It also highlights two events that were organized by the Dean of Students. Join us in celebrating the numerous contributions of individuals and groups that are *meeting the need and making a difference* locally and across the globe!

## The Sky's the Limit!

by Sima Menora, 3rd Year Clinical PsyD Student



DROR is an organization named with the Hebrew acronym for “Rikki and Racheli’s Way”. It was started in Israel in 2011 in memory of two beautiful teenage sisters who passed tragically in a plane crash. They were intelligent, curious, fun and loved sports. To capture these and other traits, the organization has made its mission to empower girls through assistance in education and sports. DROR means sparrow, and the “dror” bird is known as the freedom bird. In memory of Rikki and Racheli, we aim to empower girls through a multi-pronged program, giving them the tools they need to fly, with the goal that nothing will hold them back.

The program is geared towards 7th, 8th and 9th grade girls who are underprivileged. The girls are identified through their teachers and school guidance counselors, and the only criterion is that they are struggling scholastically, socially or emotionally. Committing to DROR means committing to receiving tutoring help, volunteering, and joining in sports activities and social clubs. Tutors help the girls with their studies, and assist them in developing organizational skills and learning strategies. Most important, they serve as role models to our girls, showing them that what one can imagine, one can do. The girls volunteer at a local community center, planting a garden and engaging in other activities with young underprivileged children. Giving to others has been essential in boosting our girls’ confidence. After they volunteer, the girls have groups where they debrief on the volunteering session and engage in socialization activities. The girls also take part in sports and/or hip hop groups.



**Sima Menora** (1st from left) founded DROR in 2011. She has been actively engaged in the leadership of the organization while pursuing her graduate studies at WJC. She and her peers presented a class project conducted on behalf of DROR.

As our big fundraiser is the Jerusalem marathon, the girls are training to run the 10k route in the marathon, along with our team of about 200 people. We invite people from all over the world to virtually join us in a 10k, half marathon or whole marathon, wherever they are. **Run day is March 9, 2018** and we would love to know that others are training and running ‘with’ us. **Please join our video campaign of #whyIrun and tell us why you do!** At DROR, our motto is *With Mind at Body at the Optimum, the Sky's the Limit!* The DROR bird knows no bounds, and we hope that our girls, and everyone who touches DROR and who DROR touches, will be inspired to reach well past their preconceived boundaries. **To learn more, visit <https://www.drornow.org/>**



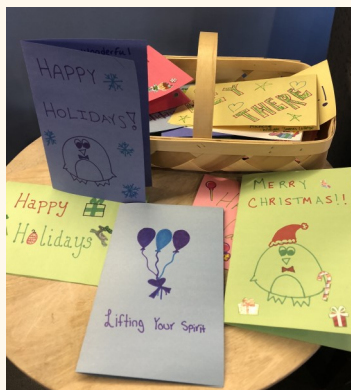
# *WJC in Action: Practicing What We Teach*

## **Community Service Projects: Dean of Students Office**

**Josh Cooper, M.Ed., JD, Dean of Students &  
Meridith Apfelbaum, M.S., Assistant Director for Student Affairs**

### **Samaritans 5K Run/Walk for Suicide Prevention**

William James College was represented at the Samaritans 5K Run/Walk for Suicide Prevention in Boston in September 2017. Pictured from left to right are Samuel Kwame Dance, Veronica Steller, Aileen Peters (Team Captain), and Meridith Apfelbaum, Assistant Director for Student Affairs.



Over the holidays, the Dean of Students Office invited the WJC community to gather for some hot chocolate and take part in a community service activity. Students, faculty, and staff created beautiful inspirational cards for children and adolescents who were hospitalized due to chronic health issues.

*For more information about upcoming community service opportunities through the Dean of Students Office, please contact Josh Cooper, Dean of Students, at [Josh\\_Cooper@williamjames.edu](mailto:Josh_Cooper@williamjames.edu) and Meridith Apfelbaum, Assistant Director for Student Affairs, at [Meridith\\_Apfelbaum@williamjames.edu](mailto:Meridith_Apfelbaum@williamjames.edu).*



# Immigrant Stories: A Student Panel

January 22<sup>nd</sup>, 2018 | 6:30 – 8:30pm

***Four William James College students from Iraq, Israel, Ukraine and Poland will tell their stories during an evening dedicated to a deeper understanding of the immigrant experience.***

**To register [click here](#).**

**Co-sponsored by the Dean of Students Office**



## LGBTQ Youth: Magnifying the Splendor of the Rainbow

Saturday, April 28, 2018 | 8:30 am - 4:30 pm

Conference Coordinator: Meridith Apfelbaum, MS; Plenary Speaker: Asa Sevelius, EdD

Sexual orientation and gender are vital pieces of a young person's identity. Developing and understanding these aspects of identity present a unique journey for each individual. Lesbian, Gay, Bisexual, Transgender, and Questioning (LGBTQ) youth experience a variety of challenges and risk factors because of how others react to the development of their sexual orientation and/or gender expression/identity. This conference builds an awareness of the challenges and adversity that LGBTQ youth face, while exploring ways to address these challenges and celebrate their unique talents, strengths, and gifts of resilience. Available resources for families, schools, faith groups, and communities will be identified.



### Plenary Speaker's Biography

Asa Sevelius, EdD, is the principal of the Heath School in Brookline, MA. He is the first out transgender principal in the Commonwealth and amongst the very few out trans school leaders nationwide. As an educator, Dr. Sevelius has a clear commitment to issues of social justice, closing opportunity gaps, high-quality early childhood education, and fair assessment and evaluation practices. School culture and professional development are particular passions of his. Before leading Heath School, Dr. Sevelius was the Principal of the Conservatory Lab Charter School in Boston. In 2016, Dr. Sevelius earned his doctorate in Educational Leadership from Boston College.



Photo Credit: Lane Turner, Boston Globe



## Spoken Word Night: “Dare to Speak”



On December 5th, the African/Caribbean American, Latino, Asian American/Pacific Islander, Native American/Native Alaskan and Arab American (ALANAA) Multicultural Student Group and the Social Justice Student Coalition hosted a spoken word event titled, “**Dare to Speak**”. The event was sponsored by the Dean of Students Office and co-sponsored by the Black Mental Health Graduate Academy and CMGMH. Students from William James College and adolescents from the Hip Hop Transformation Program shared powerful poems and letters, and presented memorable musical performances throughout the evening.

*The Hip Hop Transformation Program provides an opportunity for Cambridge teens to come together to learn the history of hip hop and the role it plays in our society, and to acquire the skills to write, record, and perform their own hip hop songs. To learn more about the group, [click here](#).*

***To watch the livestreams from “Dare to Speak”, click [here](#) and [here](#).***

## Latino Mental Health Program’s Fiesta

On December 8th, the Latino Mental Health Program hosted an end-of-the-year Fiesta at WJC. The Fiesta was filled with good music, dancing, and food. We would like to thank everyone that attended!

*El 8 de diciembre, el Programa Latino de Salud Mental organizó una Fiesta anual de fin de año. Tuvimos buena música, baile y comida. ¡Nos gustaría agradecer a todos los que asistieron!*



## Grant from Procter & Gamble to Support Kenyan Schools

William James College has been awarded a grant from the Procter & Gamble (P&G) Fund of the Greater Cincinnati Foundation to implement a whole community approach to ensure access to safe water and develop leadership capacity in under-resourced Kenyan schools and communities.

Project Manager and Associate Professor Dr. Claire Fialkov, along with Dr. David Haddad and with the support of the Clinical Psychology and Counseling Departments and CMGMH, will assist Kenyan teachers and youth leaders as they confront community issues and facilitate sustainable change in the health and well-being of the communities we serve.



### Save the Date: Upcoming CMGMH Events

- January 22: **Immigrant Stories: A Student Panel.** 6:30pm–8:30pm
- February 7: **Black History Month Event: Film Screening of “Red Monster”.** 6:00pm–8:30pm
- March 26: **Transracial Adoption and Identity.** 11:30am–1:00pm
- March 29: **Celebrating WJC Student Leaders with a Strong Commitment to Social Justice.** 6:30pm–8:30pm
- April 6: **Conference on Latino Mental Health.** 9:00am–4:30 p.m.
- April 28: **LGBTQ Youth: Magnifying the Splendor of the Rainbow.** 8:30–4:30pm
- May 5: **Biannual Conference on Haitian Mental Health.** 8:30am–5:00 pm

To learn more, contact [cmgmh@williamjames.edu](mailto:cmgmh@williamjames.edu)

### January Holidays & Observances

- January 1: **New Year’s Day.** [Click Here.](#)
- January 1–31: **Poverty in America Awareness Month.** [Read More Here.](#)
- January 1–31: **National Slavery and Human Trafficking Prevention Month.** [Read More Here.](#)
- January 6: **Epiphany.** [Read More Here.](#)
- January 14: **World Day of Migrants and Refugees.** [Read More Here.](#)
- January 15: **Martin Luther King, Jr. Day.** [Read More Here.](#)
- January 27: **International Day of Commemoration in Memory of the Victims of the Holocaust.** [Click Here.](#)
- January 31: **Tu B’Shevat.** [Read More Here.](#)



# Community Events, Workshops & Conferences

- January 20th, 2018: **Women's March 2018 Boston - Cambridge** <https://www.facebook.com/events/862995990536253/>
- January 27th-29th, 2018: **5th International Conference on Education and Psychological Sciences (ICEPS)**. <http://www.iceps.org/>
- March 9th or 16th, 2018: **Sexual Assault & People with Intellectual and Developmental Disabilities: Adaptations to Treatment**. <https://www.eventbrite.com/e/sexual-assault-and-people-with-intellectual-and-developmental-disabilities-adaptations-to-treatment-registration-41239823422>
- March 15th-17th, 2018: **10th Annual Muslim Mental Health Conference**. <http://mailchi.mp/380d7527b397/muslim-mental-health-conference-call-for-proposals-399495?e=5ba106d246>
- April 14th-15th, 2018: **GHIC 2018: Global Health & Innovation Conference**. <http://www.uniteforsight.org/conference/>
- April 19th-21st, 2018: **Society for the Study of Psychiatry and Culture's 39th Annual Meeting**. <https://psychiatryandculture.org/#!/event/2018/4/19/society-for-the-study-of-psychiatry-and-culture39th-annual-meeting>
- May 4th-5th, 2018: **LGBT Health Workforce Conference**. <http://bngap.org/lgbthwfconf/>
- 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>
- July 9th-13th, 2018: **Biennial International Seminar on the Teaching of Psychological Science**. <https://bistops.org/>
- October 5th-7th, 2018: **7th International Conference of Community Psychology, Chile 2018** . [https://www.cipc2018chile.cl/modalidades-de-trabajo/?lang=en#presentacion\\_carteles](https://www.cipc2018chile.cl/modalidades-de-trabajo/?lang=en#presentacion_carteles)
- October 10th-13th, 2018: **5th World Congress of the World Association of Cultural Psychiatry**. <http://wacp2018.org/>
- October 18th-21st, 2018: **The National Latina/o Psychological Association Conference**. [www.nlpconference.org/](http://www.nlpconference.org/)
- November 12th-16th, 2018: **Caribbean Regional Conference of Psychology**. <http://crpc2018.org/>

## Current Events Corner

### Mental Health in the News

- **"Sexual harassment toxic to mental, physical health."** *WebMD*. From the hills of Hollywood to the halls of Congress, little attention has been given to the stresses sexual harassment places on its victims. [Read Here.](#)
- **"Justice from within: The death penalty and a new vision for criminal justice through a racial justice lens"** *Nonprofit Quarterly*. While the death penalty is defended as a helpful response to murder, in reality it marginalizes certain groups through disparities in its application. [Read Here.](#)
- **"Creating a deeply supportive self-care routine."** *PsychCentral*. A self-care routine goes beyond spa days. It stems from reflecting about our needs and our values. It stems from reflecting deeply about who we really are. [Read Here.](#)
- **"Generation at risk: America's youngest facing mental health crisis."** *NBC News*. There is an acute health crisis happening among members of the youngest generation of Americans, with implications for the country's future. [Read Here.](#)
- **"Boston. Racism. Image. Reality."** *Boston Globe*. Race is one of the most important issues facing Boston. Because of that, the *Globe* has made this story available to everyone. [Read Here.](#)
- **"APA calls for consideration of best scientific evidence by CDC, HHS"** *APA*. In the wake of reports about CDC and other HHS employees being "banned" from using certain words, the APA welcomed statements by the CDC director indicating the agency remains committed to its public health mission. [Read Here.](#)