

CMGMH CONNECTION

MAY, 2018

A Work in Progress: Department of Mental Health's Outreach to Communities of Color

The discrimination experienced by people of color with mental health challenges is multi-layered and interwoven due to racism and stigma associated with mental illness. This double stigma results in a lack of sustained focus on providing quality care to these marginalized communities. For example, a one-size-fits-all approach is augmented with interpreter services for clients whose primary language is not English, but the services provided do not take into account the client's culture. Given this history, the responsibility is on the health care provider to reach out to communities of color and demonstrate that it is worthy of the communities' trust.

The Massachusetts Department of Mental Health (DMH) is continuously striving to integrate person-centered, trauma-informed and recovery-focused care into its day-to-day practice. DMH aspires for these values to drive the way the Department conducts community outreach. Currently, DMH staff across the state participate in community conversations about mental health, give presentations to schools and houses of worship, and share resources at health fairs. Some of these activities are focused on reaching communities of color and coordinated with leaders from these communities. DMH is also working to integrate race, equity, and inclusion throughout the Department.

There is no growth without honest self-reflection. DMH is building upon past and current community partnerships while acknowledging the need to do better to serve Massachusetts' communities of color.

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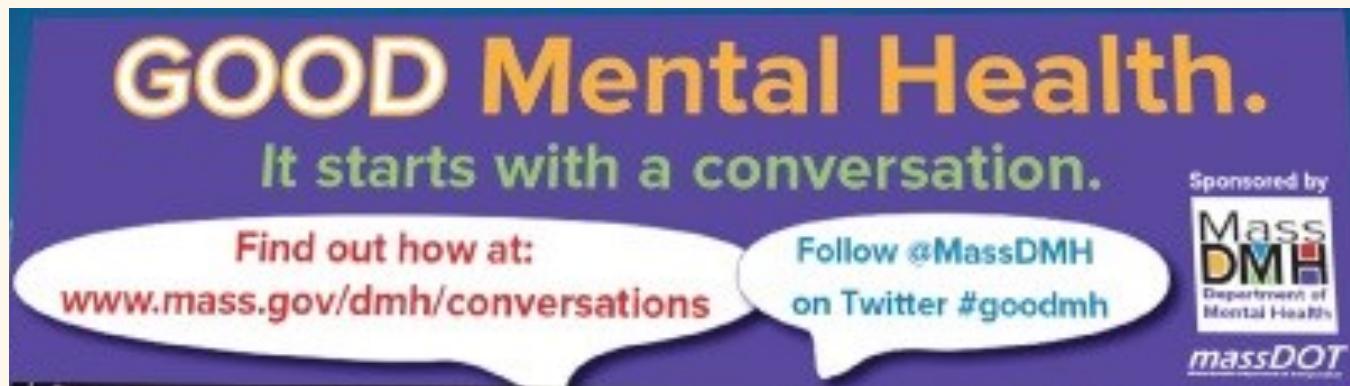
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A Work in Progress: Department of Mental Health's Outreach to Communities of Color (cont.)

The following are examples of exciting new partnerships and collaborations:

- DMH's Division of Children, Youth, and Families along with the Department of Early Education and Care will be hosting statewide, culturally sensitive trainings for Spanish-speaking family childcare providers about infant and early childhood mental health and trauma. These trainings are a step towards addressing the lack of mental health training opportunities for Spanish-speaking family childcare providers in Massachusetts.
- DMH's Metro Boston Area Office along with DMH's Office of Multicultural Affairs sponsored the *2018 Bi-Annual Conference on Haitian Mental Health*, which was held at William James College on Saturday, May 5th. This marks the beginning of a deeper connection with the Haitian Mental Health Network and William James College's Center for Multicultural & Global Mental Health, which hosted the Conference, and outreach to the Haitian community across the state.
- DMH has established the Race, Equity, and Inclusion (REI) internal workgroup in recognition of the need to better reflect the communities within the Commonwealth at all levels of DMH staff. The workgroup's goal is to provide recommendations that will help DMH grow into an organization where all people, staff and individuals served, are treated equitably and feel safe, respected, and welcome.
- The Department of Mental Health is seeking opportunities to hear from leaders and members of Massachusetts' communities of color. Please consider this as an invitation to tell DMH how we can improve our efforts to raise awareness about mental health, encourage people to seek help, and provide culturally appropriate services. **To provide recommendations and ideas to DMH, please contact the DMH Office of Multicultural Affairs at (617) 626-8134 or OMCA@massmail.state.ma.us.**



Celebrating Mental Health Month!

Mental illness is a public health crisis that affects 1 in 5 individuals in the United States. Each year, between 5.6 and 8 million older adults will experience a behavioral health disorder. More than 80% of children and adolescents suffering from a mental illness do not receive adequate treatment.



During the month of May, the Substance Abuse and Mental Health Services Administration (SAMHSA), the National Alliance on Mental Illness (NAMI), the U.S. Department of Health and Human Services (DHHS), and the Massachusetts Department of Mental Health (DMH) among others raise awareness of the impacts of trauma and untreated mental illness on the physical, emotional, and mental well-being of children, adults, families, and communities nationwide (Young, 2017).

Mental Health Month was established in 1949 to promote mental health and wellness, and to celebrate recovery from mental illness (Mental Health America, 2018). Mental health is essential for a person's overall health. Prevention works, treatment is effective, and people can recover from mental disorders and live full and productive lives.

This year, NAMI's theme focuses on "**CureStigma**". Stigma against individuals who are living with mental illnesses is toxic because it creates an environment of shame, fear, and silence that prevents many people from seeking help and treatment. The negative perceptions of mental illness will not change unless we act to effect systemic changes through compassion, empathy, understanding, and removing barriers to accessing and utilizing mental health services. Join the movement! Together we can #**CureStigma**.



References:

- Mental Health America. (2018). *Mental Health Month*. Retrieved April 23, 2018, from <http://www.mentalhealthamerica.net/may>
- National Alliance on Mental Illness (NAMI). *Mental Health Month*. Retrieved April 23, 2018, from <https://www.nami.org/mentalhealthmonth>
- Young, J. L., M.D. (2017, May 02). *Mental Health Awareness Month*. Retrieved April 23, 2018, from <https://www.psychologytoday.com/us/blog/when-your-adult-child-breaks-your-heart/201705/mental-health-awareness-month>

Commemoration of Mental Health Month

- [**NAMIWalks Massachusetts**](#)
- [**Mother's Day Walk for Peace**](#)
- [**Unpacking the Backpack: The Resiliency of Trauma & Race**](#)
- [**Breakfast IV Brothers**](#)
- [**Family Yoga at The Boston Children's Museum**](#)

Asian American & Pacific Islander Heritage Month

Asian American and Pacific American Heritage Month is celebrated during the month of May to commemorate the arrival of the first Japanese immigrant, a fisherman named Nakanohama Manjiro, or “John Mung,” to the United States on May 7, 1843. It also marks the transcontinental railroad’s completion on May 10, 1869 (DiversityInc., 2018).

In June 1977, Reps. Frank Horton of New York and Norman Y. Mineta of California introduced a House resolution to proclaim the first 10 days in May as Asian-Pacific Heritage Week. The following month, Senators Daniel K. Inouye and Spark Matsunaga from Hawaii introduced a similar bill in the Senate (APAICS, 2018). Both bills were passed and on October 5, 1978, President Jimmy Carter signed a Joint Resolution designating the annual celebration. In 1990, President George H. W. Bush signed a bill to extend the week-long celebration to a month-long celebration. In 1992, the official designation of May as Asian-Pacific American Heritage Month was signed into law (The Library of Congress, 2017).



The 2018 theme for the observance of Asian and Pacific American Heritage Month is ***Unite Our Vision by Working Together***. This year's theme focuses on unity and inclusion. “Inclusion is the deliberate act of welcoming diversity and creating an environment where all different kinds of people can thrive and succeed” (Federal Asian Pacific American Council [FAPAC], 2018).

References:

Asian Pacific American Institute for Congressional Studies (APAICS). (2018). *Asian Pacific American Heritage Month*. Retrieved from <http://apaics.org/apa-heritage-month/>

DiversityInc. (2018, April 16). *Asian American and Pacific Islander Heritage Month timeline and facts & figures*. Retrieved from <https://www.diversityinc.com/diversity-management/asianpacific-american-heritage-month-timeline-facts>

The Federal Asian Pacific American Council (FAPAC). (2018). *FAPAC announces the 2018 NLTP theme*. Retrieved from <https://www.fapac.org/pressreleases/5656410>

The Library of Congress. (2017). *About Asian/Pacific Heritage Month*. Retrieved from <https://asianpacificheritage.gov/about/>

Office of Minority Health. (2018). *Asian American and Pacific Islander Heritage Month*. Retrieved from <https://minorityhealth.hhs.gov/omh/browse.aspx?lvl=3&lvid=14#Ideas>

Commemoration of Asian American & Pacific Islander Heritage Month

- [**2018 Asian Pacific American Heritage Month Celebration**](#)
- [**Celebration of Asian Pacific American Culture**](#)
- [**Short Waves: Stories Shaping Our Community**](#)

Haitian Heritage Month

Haitian Art Exhibition *Affinities: Maternity & Creativity*

The art exhibition will be on display from
May 3rd through June 28th, 2018
at William James College.

Affinities: Maternity and Creativity features 30 paintings from New England-based artists and guest-artists from Jacmel, Haiti, exploring the intersection between the state of maternity and creativity.

Hosted by the Haitian Artists Assembly of Massachusetts, Haitian Mental Health Network, and the Center for Multicultural & Global Mental Health at William James College

For more information, please contact:

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MAY is HAITIAN HERITAGE MONTH



Celebrating:
Haitian Contributions to U.S. History and Culture

Boston Main Events sponsored by:
The Haitian-Americans United, Inc. (H.A.U.) & Partners

2018 HAITIAN HERITAGE MONTH KICK-OFF EVENT

Wednesday, May 2, 2018 - 5 pm to 8 pm
Kay Pam Adult Day Care Center
6 Livingstone St. Dorchester Center, MA

HAITIAN HOUSING FAIR AND TPS RESOURCES

Saturday, May 12, 2018 - 10 am to 2 pm
Mildred Ave Community Center
5 Mildred Ave. Mattapan, MA

23RD ANNUAL HAITIAN FLAG DAY CELEBRATION

in collaboration with several Boston City Councilors
Friday, May 18, 2018 - Boston City Hall Plaza, Boston
• 10:30 am - Haitian Flag Day Breakfast, 5th Floor
• 12:00 pm - Haitian Flag Raising Ceremony

18TH ANNUAL HAITIAN - AMERICAN UNITY PARADE

Sunday, May 20, 2018 - 12 pm to 4 pm
Mattapan Square
Blue Hill Ave to Talbot Ave

2018 HAITIAN HERITAGE MONTH CELEBRATION

with MA State Representative Daniel Cullinane
Tuesday, May 22, 2018 - 2 pm to 4 pm
Massachusetts State House
24 Beacon St. Boston, MA

Contact information:
The Haitian-Americans United, Inc. (H.A.U.) and Partners
617.417.8421 or 617.298.2976 | E-mail: unity@hauinc.org



Painting: Arvy Mirel, acrylic 40" x 10", Robertson Joseph | Graphic Design: Yves Repique © NICE IMAGE - 017.320.6236

Workshop on Racial Identity Theory



On Monday, March 26th, Ms. Susan Harris O'Connor, MSW, LCSW, ASQ/CQIA, presented her racial identity model and theory to an attentive audience of students and faculty at William James College. Told within her racial identity autobiographical narrative, Ms. O'Connor's model is directed toward transracial and international adoptees, and has important implications for clinical practice, personal development, and training for mental health providers.

Ms. O'Connor is a national Solo Performance Artist of her book, *The Harris Narratives: An Introspective Study of a Transracial Adoptee*. She has 31 years of experience working in the nonprofit social service sector. Ms. O'Connor has delivered her narrative over 40 times since its creation in 1999. It has been presented at the Harvard Medical Conference Series, Smith College Summer Lecture Series, NAACP/Boston, the Massachusetts Department of Mental Health, the Department of Youth Services, and the Department of Children and Families.



Social Justice Dinner & Dialogue

On Thursday, March 29th, CMGMH and the Dean of Students Office sponsored a *Social Justice Dinner and Dialogue*, that was hosted by the Black Mental Health Graduate Academy to celebrate students who have committed their efforts and energies to promoting social justice through leadership activities, program development, and community service.

In addition to their work in the classroom and in the field, many WJC students go above and beyond to support the greater community. The Dinner provided a unique opportunity to recognize students who have actively engaged in social justice advocacy. These students were nominated by faculty, staff, and peers. As part of the evening program, 27 students were recognized for their wonderful accomplishments in leading by example, and making positive impacts for social change for the William James community and beyond.



WJC in Action: Practicing What We Teach

WJC Students Organized Fundraising for “Read To Me” to Benefit Hospitalized Children

“WJC in Action” is a series that celebrates students, staff, faculty, and affiliates of William James College who are actively engaged in social justice, volunteering, and community service activities aimed at addressing the psychosocial, emotional, and spiritual needs of marginalized and underserved populations. It is intended to acknowledge the contributions of individuals, groups and communities that are *meeting the need and making a difference* locally and across the globe.

On Thursday, April 26th, **Alison Weiner, Kathryn Thibedeau, and Eric Schlesinger** gave a group presentation on a community service activity that they completed as part of their Systems Theory and Practice course at WJC. The group chose to organize a fundraiser for the **“Read To Me” Program** at Hasbro Children’s Hospital in Providence, Rhode Island.

Established in 1994, “Read To Me” is one of the largest hospital-based literacy programs in the country. It provides new children’s books to pediatric patients at Hasbro (most of them economically disadvantaged or with special needs). The new books are made available to children in the Primary Care Clinics, the Child Protection Program, and the Children’s Neurodevelopment Center.

The primary goals of the program are to (1) spark children’s interest in reading, (2) increase parents’ awareness of the importance of reading aloud to their children, and (3) provide an opportunity for pediatricians to stress the importance of reading for the overall health and well-being of children. With support from the Dean of Students Office at WJC, the group was able to collect books and raise \$250 to purchase 100 additional books for the “Read To Me” Program!



To learn more about the fundraiser or to help support the program, please contact:

- ◆ Alison_Weiner@williamjames.edu
- ◆ Kathryn_Thibedeau@williamjames.edu
- ◆ Eric_Schlesinger@williamjames.edu



(From left to right:) Kathryn Thibedeau, Eric Schlesinger, and Alison Weiner

You can find magic
wherever you look. Sit
back and relax, all you
need is a book.

- Dr. Seuss

Cultural Foundations and Interventions in Latinx Mental Health: History, Theory & Racially Conscious Interventions

On April 6th, Hector Y. Adames, PsyD, and Nayeli Y. Chavez-Dueñas, PhD, presented at the conference on ***Cultural Foundations and Interventions in Latinx Mental Health: History, Theory & Racially Conscious Interventions***. Dr. Chavez-Dueñas and Dr. Adames are Associate Professors at The Chicago School of Professional Psychology and Co-Directors of the IC-RACE Lab (Immigration Critical Race and Cultural Equity Lab).



The primary aim of the conference was to provide an intellectually stimulating forum for attendees to share knowledge that will lead to a better understanding and conceptualization of concerns and vulnerabilities of individuals of Latinx backgrounds. Dr. Adames and Dr. Chavez-Dueñas provided



an overview of the diverse cultural roots of Latino/as, exploring both the racial and ethnic differences within the Latino/a community. They also provided steps for developing culturally responsive and racially conscious treatments for Latino/as. The workshop presented valuable information grounded in current research and literature related to the Latino/a community.

Lucero 5K Run/ Walk

The 5K Lucero Run/Walk was created in memory of Dr. Cynthia Lucero, a much-loved community-oriented WJC graduate student from Ecuador who completed her doctoral degree days before the start of the 2002 Boston Marathon, during which she collapsed and died. The Latino Mental Health (LMH) Concentration carries her name and extends her legacy. Every year, Cynthia's family travels from Ecuador to meet the new LMHP students and to share with the William James College community. Around 70 participants ran and walked in this year's Lucero 5K Run/Walk.



Congratulations to all of the participants!!!



Islam 101: Understanding the Basics beyond the Myths and Misconceptions



On Monday, April 23rd, Ms. Waheeda Saif led a 2-hour workshop at William James College whose primary purpose was to expand the audience's understanding of the basic tenets of Islam, along with dispelling some of the common myths and misconceptions that are associated with the religion. Participants learned about the 6 Foundational Beliefs, the 5 Pillars of Islam, and the key principles and core values of Islam.

Ms. Saif is a Licensed Mental Health Counselor who has worked with adolescents and adults for over 10 years, providing therapy to survivors of abuse, sexual assault, and domestic violence. She has been with Riverside Trauma Center since 2008, providing consultation after traumatic events as well as conducting trainings on a range of issues regarding trauma and suicide. Ms. Saif obtained a Master's degree in Mental Health Counseling from Boston College.

CMT Annual Dinner

On Thursday, June 28th, Dr. Natalie Cort will be the Guest Speaker at the 46th Annual Dinner of the Center for Multicultural Training in Psychology (CMT) at Boston University School of Medicine and Boston Medical Center. CMT is the longest-running APA internship to focus on race, culture, class, and social justice. She will speak on the topic of ***Achieving Excellence Through Diversity***.

Dr. Cort is an Assistant Professor in the Clinical Psychology Department and Core Faculty in the Concentration on Children and Families of Adversity and Resilience, and Center for Multicultural and Global Mental Health at William James College (WJC). Dr. Cort is also the Director of WJC's Black Mental Health Graduate Academy. Her NIMH-funded research fellowships have focused on examining racial and ethnic disparities in the mental health field.



Date: Thursday, June 28, 2018, 6:00 - 10:00 p.m.

Location: The Trustee Ballroom, 1 Silber Way, Boston, MA

Free on-street parking. Dinner will be served!

RSVP at cmt@bmc.org or call Ms. Sarah McCoy at (617) 414-4646

Mental Health in the News

- **He wants to encourage people to talk about mental illness. So he talks about his son.** *WBUR.* A former New Hampshire Supreme Court chief justice is visiting schools in New England to talk about the darkest time in his life. Usually he ends up hearing from students about some of their dark times, too.
- **The secret burden of mental illness in Hong Kong.** *CNN.* In one of the most densely populated areas in the world, at least one in six Hong Kong residents has a common mental disorder such as anxiety, depression and psychotic disorders.
- **The state of mental health care in the NBA.** *The Ringer.* NBA stars are speaking out on their personal experiences and are helping drive forward the conversation around depression, anxiety, and other mental illnesses in the NBA. But experts say there's still work to be done to abolish stigmas and ensure proper treatment.
- **Mental health 'neglected issue' but key to achieving Global Goals, say UN chiefs.** *UN News.* Mental health remains one of the most neglected global health issues, even though it is critical to the achievement of the 2030 Sustainable Development Goals (SDGs) adopted by world leaders, top United Nations officials have said at an event in London.
- **Why Mariah Carey's bipolar diagnosis matters.** *Fortune.* Mega-star Mariah Carey has done the world, and herself, a great service by sharing the story of her struggles to regain her health and sense of self after receiving a diagnosis of bipolar disorder in 2001. Carey's story is not unusual.
- **Could deleting Facebook improve mental health?** *GoodTherapy.org.* The Cambridge Analytica scandal is the latest in a series of mounting privacy concerns among Facebook users.

Save the Date!

Celebrating CommUNITY!

Join us for the Center for Multicultural & Global Mental Health's Annual Cultural Diversity Celebration



**Thursday, June 7th, 2018
4:30 p.m. - 7:00 p.m.**

Free and open to the public!
[Click here](#) to pre-register for the event.

Holidays & Observances

- May 1-31: [Asian American and Pacific Islander Heritage Month](#)
- May 1-31: [National Community Action Month](#)
- May 1-31: [National Haitian Heritage Month](#)
- May 1-31: [National Mental Health Month](#)
- May 5: [Cinco de Mayo](#)
- May 7-13: [Children's Mental Health Awareness Week.](#)
- May 10: [National Children's Mental Health Awareness Day](#)
- May 13: [Mother's Day](#)
- May 15- June 14: [Ramadan](#)
- May 21: [World Day for Cultural Diversity for Dialogue and Development](#)
- May 28: [Memorial Day](#)
- May 31: [World No-Tobacco Day](#)

Community Events, Workshops & Conferences

- May 10th, 2018: **Engaging Technology to Increase Mental Health Care Access.** <https://www.eventbrite.com/e/engaging-technology-to-increase-mental-health-care-access-tickets-45012248848>
- May 10th, 2018: **National Children's Mental Health Awareness Day 2018.** <https://www.regonline.com/registration/Checkin.aspx?EventId=2269499>
- May 13th, 2018: **Mother's Day Walk for Peace.** <https://www.mothersdaywalk4peace.org/>
- May 17th, 2018: **Unpacking the Backpack: The Resiliency of Trauma & Race.** <https://www.eventbrite.com/e/unpacking-the-backpack-the-resiliency-of-trauma-race-tickets-45183086829>
- May 19th, 2018: **NAMIWalks Massachusetts.** <http://namimass.org/event/2018-namiwalk-massachusetts>
- May 21st, 2018: **The Peer Workforce and Integrated Health Care.** Please contact the Robert Rousseau Metro Boston Director of Recovery and Human Rights Coordinator at (617) 626-9270 for information.
- June 9th, 2018: **Boston Pride Parade.** To walk with WJC click here: <https://docs.google.com/forms/d/e/1FAIpQLSePKkIpFww3MJHmGtu--Ecxf-JiDcIlau-L8jOyrDHSqhWfTg/viewform>
- June 14th, 2018: **Navigating LGBTQ+ Topics in Therapy & Professional Spaces.** <https://www.eventbrite.com/e/navigating-lgbtq-topics-in-therapy-professional-spaces-tickets-45012518655>
- June 22nd-23rd, 2018: **The Inaugural Convention of Asian Pacific American Feminist Psychologists.** https://docs.google.com/forms/d/e/1FAIpQLSfafVkJU2KOtughv74SR8oVwM_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>
- July 5th-10th, 2018: **Summer Institute in Global Mental.** <https://listserv.tc.columbia.edu/t/2405723/19467986/6419/8/>
- July 9th-13th, 2018: **Biennial International Seminar on the Teaching of Psychological Science.** <https://bistops.org/>
- September 13-16, 2018: **Cape Cod Symposium on Addictive Disorders (Call for Volunteers).** <http://sgiz.mobi/s3/bfcob3357e41>
- October 5th-7th, 2018: **7th International Conference of Community Psychology, Chile 2018.** 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.nlpaconference.org/
- October 19th-20th, 2018: **Diversity Challenge 2018: "Making Race and Culture Work in the STEM Era: Bringing All People to the Forefront."** <http://www.bc.edu/content/dam/bc1/schools/lsoe/sites/isprc/Diversity%20Challenge/2018%20Diversity%20Challenge%20Call.pdf>
- November 12th-16th, 2018: **Caribbean Regional Conference of Psychology.** <http://crcp2018.org/>