

CMGMH CONNECTION

Monthly Newsletter

November, 2016



WILLIAM JAMES
COLLEGE

Center for Multicultural &
Global Mental Health



(From left to right) Dr. Natalie Cort, Adetutu Ajibose, Antoine Salvador, and Fabiola Jean-Felix at the Black Mental Health Graduate Academy Inaugural Celebration on October 20, 2016.

"Difference is of the essence of humanity. Difference is an accident of birth and it should therefore never be the source of hatred or conflict. The answer to difference is to respect it. Therein lies a most fundamental principle of peace: respect for diversity."

-John Hume

Upcoming CMGMH & WJC Events

- November 2: **CE Event - Deconstructing the Haitian Parenting Myth: Transforming the Educational Lives of Haitian Youth**, 3:30PM-6:30PM, Room 335/336
- November 5: **Final day to declare a concentration in the Latino Mental Health Program**. If you have any questions (e.g. "Is it possible to have two concentrations?" or "Do I have to participate in an international immersion trip?"), please contact Dr. Mari Bennasar at Mari_Bennasar@williamjames.edu
- November 8 & 10: **Brown Bag Discussion Series**, 12PM-1PM, Room 334
- November 9: **"Thank You For Your Service"** (A film premier co-sponsored by [WJC's Military & Veterans Psychology Program](#)), 7:30PM, email travis_bickford@williamjames.edu for more information.
- November 9: **Career Development Workshop: Clinical PsyD Career Expo**, 6PM-8PM, Room 335/336
- November 10: **Veterans Day Event at WJC**, 11:30AM-1PM, Atrium
- December 5: **Implications of Islamophobia: Its Impact Beyond the Muslim Community and How the Narrative is Being Changed**, 6:30PM-8PM, Room 335/336

For a list of all CMGMH events, [visit our website](#).

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Celebrating Veterans Day at WJC

This Veterans Day, CMGMH would like to take the opportunity to highlight the programs and resources at William James College (WJC) devoted to serving our veterans.

WJC is committed to providing culturally sensitive behavioral health services to veterans, military service members, and immediate family members affected by war. Fighting overseas for almost 15 consecutive years has generated an increased need with these populations, for which many have experienced psychological wounds from war, including depression, anxiety, and Post-Traumatic Stress. Consequently, WJC developed the Military and Veterans Psychology (MVP) concentration as a vehicle to educate current service members, veterans, and civilian students with a purpose of delivering tailored care for veterans and their families. The MVP concentration is available to all students who desire to work with military and veteran communities. In addition, the Train Vets to Treat Vets® (TVTV) initiative specifically serves veterans enrolled at WJC.

"We now have a large, vibrant community of students who have served in all branches of the Armed Forces," said Robert Dingman, director of Military and Veterans Psychology at WJC. "These highly motivated students, along with committed civilian students, last year provided over 26,000 hours of direct clinical services to veterans, active service-members, and their families."

MVP was recently awarded \$100,000 from Robert Kraft that will support the program as well as provide scholarships for students to train in MVP.

There are 40 veterans enrolled at WJC and many students who graduate put their training to use by serving in the military as psychologists. Katelyn Desrosiers, a second year Clinical Psychology student in



Katelyn Desrosiers (right) at her commissioning ceremony with Navy recruiter, Neekita Cort (left)

the MVP concentration, was awarded a scholarship by the Navy's Health Professions Scholarship Program (HPSP) for Clinical Psychology in May. The Navy awards the Clinical Psychology HPSP scholarship to 5 students each year across the

United States who are currently in graduate school pursuing a doctoral degree in clinical psychology which pays full school tuition and provides a monthly stipend.



Dr. Nicholas Covino, President of WJC (left) and Dr. Robert Dingman (far right) with two guests at the Veterans Day event in 2013.

"I have been commissioned as an officer in the Navy and will do my 5th year internship in Portsmouth, VA at the Naval hospital there," explained Desrosiers. "Following my internship, I will be promoted to Lieutenant and serve as an active duty Navy psychologist wherever I am needed. For example, I could be on a ship serving as the psychologist for the servicemen at sea, or I could be deployed to any Naval base across the globe and will be able to work with active-duty servicemen, veterans, and families of those who are deployed. To me, the military and Veteran community is such an important population to work with and the programs at WJC provide incredible opportunities to be able to not only work with, but also learn from, this deserving population."

MVP is hosting a Veterans Day event on Thursday, November 10th to honor veterans at WJC and across the country. The entire WJC community is invited to join in the event with lunch, a color guard presentation, remarks, student speakers, and special guests. A table will be set to represent our missing soldiers. The event will take place from 11:30am-1pm in the Atrium.

In addition, MVP is co-sponsoring the Boston premier of the film *Thank You for Your Service*, directed by Jason Hall, on November 9th at 7:30 p.m. There are free tickets available to WJC student veterans, military community members, and students who concentrate in MVP. Please email Travis_Bickford@williamjames.edu for more information.

For more information about MVP and TVTV at William James College, visit <http://www.williamjames.edu/academics/centers-of-excellence/military-veterans-psychology/index.cfm>

Summer Immersion Program Highlight - Haiti 2016



In July 2016, a team of nine students and faculty from William James College (WJC) traveled to Vallue, Haiti for a 10-day Service Learning and Cultural Immersion Experience. The *Haiti Service Learning Program*, which is in its 4th year, is a joint partnership between William James College and the Association des Paysans de Vallue (APV), a local non-governmental organization, that aims to engage students in service learning activities and multidisciplinary collaborations with schools, grassroots organizations, and social services agencies in Vallue.

"The experience of being a part of a team working in collaboration with APV and the Vallue community allowed me to gain a better sense of the mutual benefits that can be derived from global partnerships and capacity-building initiatives that are established secondary to collaborative exchange and bi-directional sharing of knowledge," explained Meghan Gowan, a third year student in the Clinical Psychology PsyD program.

Six WJC students (Marie Antoine, Meghan Gowan, Nicole Morreo, Phil Ndegwa, Christine Smith, and Daisy Waukau) **and three faculty members** (Drs. Gemima St. Louis, Jill Bloom, and Robert Kinscherff) **participated in the 2016 Haiti Service Learning & Cultural Immersion Program.**

During the immersion experience, the team facilitated a focus group for 25 adolescents and young adults in order to develop concrete strategies that APV can utilize to increase youth engagement

and participation in community-based programming.

"The student service learning provides me with the opportunity to witness leaders in action and learn the true meaning of transformative leadership. Being a transformative leader is not only investing in yourself but it also requires great investment in others...APV inspires [community members] to grow, prosper, and [it] instills in them a spirit of entrepreneurship..." said Marie Berthonia Antoine, a third year student in the Organizational and Leadership Psychology PsyD program.

In addition to facilitating the focus group, the WJC team also engaged with more than a dozen educators and led a group workshop on child and adolescent development as well as worked with the staff of APV to organize a day of expressive arts groups for more than 50 children.

"The most powerful and moving experience for me was during a Sunday church service we attended. Parishioners danced, clapped, smiled, cried, and threw their arms into the air as they sang and shouted their thanks and praise," explained Christine Smith, a second year student in the Counseling and Health Psychology Master's Program. *"It was a profound experience to see how in Vallue, people live in an environment containing abundant serious health risks, lack a trustworthy government or access to healthcare, and lack access to clean water ... and yet they wholeheartedly have so much to be thankful for."*

Story continued onto the next page.

Continued: Summer Immersion Program Highlight - Haiti 2016



part rooted in identity. In Haiti, I saw an actual connection between people that was more than being neighbors. I saw a connection of love and taking care of each other and their community, especially through the work we did," explained Phil Ndegwa, a second year student in the Counseling Program with concentrations in Couples and Family Therapy and African & Caribbean Mental Health. "What I brought back is the question of 'how do I want to contribute to my Lakou?' Not just in the sense of roles but also how I would like to be a representative of my community."

The Haiti Immersion Program is one of the many ways that WJC supports student education to prepare them for careers that meet the growing demand for access to quality, culturally competent psychological services for individuals, groups, communities and organizations both locally and around the globe.

"Lakou" - This Haitian-Creole word refers to the general community that someone comes from. But besides it being a physical location, it also has a big

Immersion programs are an important component of concentrations offered through the Center for Multicultural and Global Mental Health. To learn more about CMGMH concentrations and cultural immersion programs, visit www.williamjames.edu/cmgmh or email cmgmh@williamjames.edu.

Helping Haiti After Hurricane Matthew

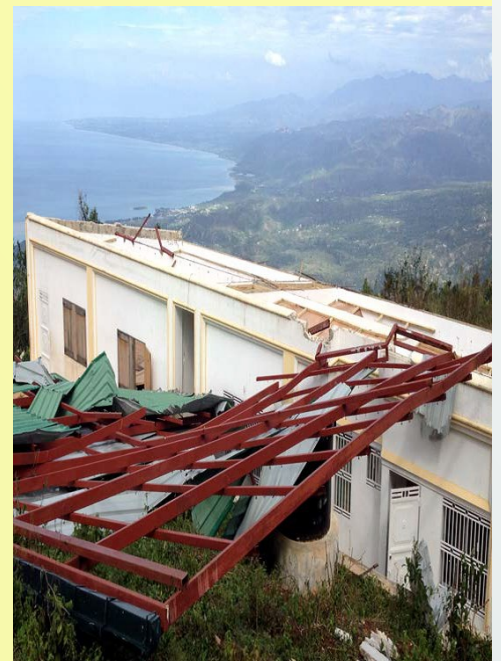
On October 3rd, a category 4 hurricane battered the island of Haiti, leaving a trail of flooded towns, thousands of displaced residents, and more than 800 dead.

William James College and Haitian Community Partners are organizing a fundraising effort to support the community of Vallée, Petit-Goâve. Your tax-exempt donations will help rebuild the local school, which was destroyed in the hurricane.

Please make a donation to Haitian Community Partners, a 501(c)(3) organization, at www.haitiancommunitypartnersfoundation.org/

[Donate Now](#)

For more information about the damage sustained in Vallée following Hurricane Matthew, read [here](#).



The History of the Center for Multicultural and Global Mental Health

The Center for Multicultural and Global Mental Health (CMGMH) at William James College (WJC) was established in 2015. Its primary mission 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 and across the globe. CMGMH now offers three cross-departmental concentrations: *African and Caribbean Mental Health*, directed by Dr. Gemima St. Louis; *Global Mental Health*, directed by Dr. Jill Bloom; and *Latino Mental Health Program*, directed by Dr. Mari Carmen Bennasar.



CMGMH's Inaugural Celebration in June 2015

CMGMH was borne out of a joint collaboration between the Harvard Program in Refugee Trauma, faculty members and existing programs at William James College, formerly known as the Massachusetts School of Professional Psychology (MSPP), and community members.

"It was in 2010 that Dr. Richard Mollica approached Dr. Covino, Dr. Bloom, and me about creating an academic program on global mental health at MSPP," recalled Dr. Stanley Berman, Vice-President for Academic Affairs at WJC. Dr. Mollica is the Director of

the Harvard Program in Refugee Trauma (HPRT) at the Massachusetts General Hospital and Harvard Medical School. "He believed that we shared a common focus on social justice that aligned well with HPRT's core mission," explained Dr. Berman. "The HPRT program, established at Harvard, was a great model for us to build upon. In fact, I went on to complete the HPRT certificate training program in 2013-2014."

The original steering committee for the global mental health initiative consisted of WJC faculty Dr. Stan Berman, Dr. Jill Bloom, and Dr. Nilda Laboy; Dr. Richard Mollica; and an MSPP alum, Dr. Noor Amawi. In addition, Dr. Yousef Al-Ajarma, Dr. Jodie Kliman and Dr. Paola Contreras, all faculty members at William James College, participated in early planning meetings. The program was originally designed as a Master's degree in Counseling Psychology and Global Mental Health that focused on aspects of global mental health and clinical work with refugees. Dr. Paola Contreras served as the director of the global mental health program until it became a concentration across all departments at WJC.

"At WJC, we aim to provide trauma-informed care to immigrants and refugees who have experienced trauma first-hand or who have been exposed to traumatic environments, such as living in a nation experiencing ethnic cleansing or war," said Dr. Berman. "We envision graduates not only seeking careers internationally or serving with global non-profit organizations, but also working around the United States with immigrant and refugee populations, and providing behavioral health care to those who have experienced forced migrations."

Story continued onto the next page.

Continued: The History of the Center for Multicultural and Global Mental Health

In addition to academic concentrations and professional development opportunities for students and faculty, CMGMH also provides international cultural immersion experiences in Ecuador, Haiti, and Kenya. In the summer of 2017, students will participate in a service learning and cultural immersion program in Guyana.

“We are training our students to think globally in order to provide community-based services throughout the United States and around the world,” said Dr. Stan Berman.

“Different cultures and communities have different assumptions about the self and the way that the world works. It is important for us at WJC, and for all mental health professionals, to design mental health approaches that are attuned to different cultural world-views,” explained Dr. Berman.

CMGMH aims to inspire and empower students, clinicians, and educators as agents of social justice with a passion for and commitment to serving historically marginalized groups and addressing mental health disparities among disenfranchised populations in the U.S. and abroad. “We are training our students to think globally in order to provide community-based services throughout the United

States and around the world,” said Dr. Berman. “It is always exciting when WJC can offer programs and agendas that draw on the strengths and talents of all departments and community members. There are clear benefits to the WJC community and external community by working together.”

We thank Dr. Stanley Berman for providing a history of the initiatives that led to the establishment of the Center for Multicultural & Global Mental Health at WJC. Dr. Berman is the Vice President for Academic Affairs at William James College. He joined the faculty in 1987 and has developed several programs, including the Clinical Health Psychology Concentration in the Department of Clinical Psychology and the Master of Science in Clinical Psychopharmacology program. In 2004, Dr. Berman served as the Dean of Programs of Advanced Graduate Study at the College. He supervised the Continuing and Community Education Department, the Freedman Center, Field Education, and Educational Technology during his tenure as Dean. Dr. Berman's professional and scholarly interests are in health psychology, child psychology, global mental health and peace psychology, and in higher education administration.



Multicultural Center Faculty & Concentration Staff

- Chakira M. Haddock-Lazala, PhD
- Claire Fialkov, PhD
- Darlene Gracia, PsyD
- David Haddad, EdD
- Gemima St. Louis, PhD (Co-Director, CMGMH; Director, Concentration in African & Caribbean Mental Health)
- Jill Bloom, PhD (Co-Director, CMGMH; Director, Global Mental Health)
- Jodie Kliman, PhD
- Mari Carmen Bennasar, PsyD (Director, Latino Mental Health Program)
- Michelle Harris, MA, LMHC, ATR-BC
- Natalie Cort, PhD (Director, Black Mental Health Initiative and Black Mental Health Graduate Academy)
- Nilda M. Laboy, PsyD
- Paola Michelle Contreras, PsyD
- Richard F. Mollica, MD, MAR
- Stanley J. Berman, PhD
- Vincenzo G. Teran, PsyD
- Yousef Al-Ajarma, PhD, REAT

Black Mental Health Graduate Academy Inaugural Celebration



Dr. Nicholas Covino, WJC President, provided opening remarks at the BMHGA Inaugural Celebration.

The Black Mental Health Graduate Academy (BMHGA) inducted its 16 Scholars and welcomed 6 Professional Mentors at the Academy's Inaugural Dinner on October 20th. The Academy, developed under the auspices of the Center for Multicultural & Global Mental Health, represents WJC's commitment to diversifying the mental health workforce. The Academy is designed to provide critical mentorship, career orientation, skill building, and professional enrichment to talented Black students pursuing Master's and Doctoral degrees in mental health counseling and psychology.

Dr. Natalie A. Cort, Director of the Black Mental Health Initiative & Graduate Academy, used her opening remarks to acknowledge the historical oppression of people of color and the resultant contemporary inequities. Dr. Cort communicated to the scholars that they are "...the perfect representations of their [ancestors'] beautiful dreams." She ended her remarks by encouraging the attendees to remember and give thanks to "...those ancestor mothers and fathers whose tears and screams, whose despair and moments of hopelessness are repaid in full by our excellence, by our commitment to kindness, and our rejection of casual cruelty."

The following amazingly generous and hardworking individuals were critical to the success of the Academy Dinner: Fabiola Jean-Felix, Sarah Anderson, Antoine Salvador, Marice Nichols, and Kevin Costello.



Welcome to the Black Mental Health Graduate Academy Scholars!

Meet the Academy

Director

- Natalie Cort, PhD

Coordinator

- Fabiola Jean-Felix, MA

Lead Mentor

- Antoine Salvador, MA

Academy Scholars

- Adetutu Ajibose, MA
- Natalia Sofia Alves
- Marie Berthonia Antoine, LMHC
- Samuel Kwame Dance
- Ava Floyd, MA
- Marie Galliotte, MS, BCBA, LABA
- Beverly Ibeh
- Sany Laforest
- Alexis Leca
- Gabrielle Palmer
- Kiera Penpeci, MA
- Hermeline Pierre
- Damon Pryor, MA
- Jeanice Ribeiro
- Darryl Sweeper, Jr.
- Donicka Suprice

Academy Mentors

- Bart Bailey, MBA
- Gina Dessources, MSW, LICSW
- Porsche Lockette, MA
- Miriam Thompson, PhD
- Jordan Wright, MA

Current Events Corner

Mental Health in the News

- **“Do You Have Voter Distress Disorder?”** WGBH News. Watch WJC Associate Professor Dr. Jodie Kliman discuss voter stress and how to combat it. <http://news.wgbh.org/2016/09/26/local-news/do-you-have-voter-stress-disorder>
- **“Sports Stats May Be an Ideal Measure of Mental Health”.** The Atlantic. Tracking athletes’ performances could shed light on psychological conditions that are notoriously difficult to quantify. <http://www.theatlantic.com/health/archive/2016/10/sports-psychology/503318/>
- **“The Link Between Natural Disasters and Domestic Abuse.”** The Atlantic. Flooding in Louisiana has left victims of abuse even more vulnerable. <http://www.theatlantic.com/health/archive/2016/09/disaster-domestic-abuse/501299/>
- **“Is Anybody Paying Attention? Harm and Death Within Inpatient Psychiatric Facilities.”** Huffington Post. An analysis of mainstream news accounts of harm towards patients of inpatient psychiatric care in both the United States and the United Kingdom. http://www.huffingtonpost.com/entry/is-anybody-paying-attention-harm-and-death-within_us_5807cfa4e4b00483d3b5cf02?utm_hp_ref=mental-health
- **“Mental Health in Schools: A Hidden Crisis Affecting Millions of Students.”** NPR. Part One in an NPR Ed series on mental health in schools. <http://www.npr.org/sections/ed/2016/08/31/464727159/mental-health-in-schools-a-hidden-crisis-affecting-millions-of-students>
- **“In Quick Response, de Blasio Calls Fatal Shooting of Mentally Ill Woman ‘Unacceptable’”.** NY Times. Deborah Danner, who was diagnosed with schizophrenia, was shot and killed by a New York City police officer. http://www.nytimes.com/2016/10/20/nyregion/nypd-sergeant-fatal-shooting-bronx-woman.html?_r=0
- **“Fighting for Indonesia’s Mentally Ill, and Counting Toilets as Progress.”** NY Times. Highlighting Nova Riyanti Yusuf, a novelist, mental health advocate, and former member of Indonesia’s Parliament. http://www.nytimes.com/2016/10/22/world/asia/fighting-for-indonesias-mentally-ill-and-counting-toilets-as-progress.html?ref=collection%2Ftimestopic%2FMental%20Health%20and%20Disorders&_r=0

Upcoming Lectures and Global Mental Health Events

- **November 6-18: Global Mental Health: Trauma and Recovery Certificate Program**, Orvieto, Italy. Dr. Jill Bloom will be participating. <http://hpri-cambridge.org/education/gmh/>
- **November 7-11: Caribbean Regional Conference of Psychology**, Port au Prince, Haiti. Dr. Gemima St. Louis will present a paper on “Educating Mental Health Students in Global Citizenship”. <http://www.crcp2016.org/>
- **November 12: Young Men of Color Conference 2016**. Brandeis University, 9am-3pm. Space is limited. Register today for this free conference. http://www.thehome.org/site/PageServer?pagename=news_events_YMOC#.WBEH_bkVDct

Holidays

- November 1: All Saints Day
- November 2: All Souls Day
- November 11: Diwali
- November 11: Veterans Day
- November 11-12: Birth of Bahá’u’lláh
- November 24: Thanksgiving
- November 25: Guru Nanak Dev Sahib birthday
- November 29: Advent Begins



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