



# CMGMH CONNECTION

## National Hispanic Heritage Month



Since 1988, the U.S. Government has set aside the period from September 15 to October 15 in observance of National Hispanic Heritage Month (The Library of Congress, 2017). During National Hispanic Heritage Month, the country celebrates the rich histories and cultures of Hispanic Americans who have made countless contributions to our society.

According to the U.S. Bureau of the Census (2014), there are more than 50.5 million individuals in the U.S. who identify as Hispanic or Latino, making Hispanics the nation's largest ethnic or racial minority group. More than half of the growth in the total population that occurred in the U.S. between 2000 and 2010 was due to the increase in the Hispanic population.

### Hispanic and Latino Mental Health

People of Hispanic and Latino heritage continue to experience significant disparities in access to treatment and in the quality of services that they receive in this country. These inequalities place Latinos at higher risk for more severe and persistent forms of mental health conditions. Some of the factors that serve as barriers to care include pervasive stigma and misunderstandings about mental illness, a dearth of culturally and linguistically competent workforce, mental health misdiagnoses, and inadequate access to health insurance (NAMI, 2017). While Hispanics comprise 17% of the U.S. population, they represent nearly one-third of the uninsured. Nationally, Hispanics account for 32% of the total nonelderly uninsured population (Rudowitz, 2013).

There is an urgent need, locally and nationally, to raise awareness about the mental health needs of Latino and Hispanic communities. Moreover, culturally competent strategies are needed to ensure that health care providers have the appropriate knowledge and skills to effectively address the complex cultural, emotional and psychosocial needs of Latino individuals and families; and ensure that those who are most at-risk for mental illnesses and related disorders receive proper, timely and effective treatment.



Use the hashtag #MiHistoria to spread awareness about Hispanic Heritage Month.

You can also read more [here](#).

#### Citations:

- U.S. Bureau of the Census. (2014). The Hispanic Population: 2010.  
NAMI. (2017). Latino Mental Health. Retrieved October 02, 2017, from <https://www.nami.org/Find-Support/Diverse-Communities/Latino-Mental-Health>  
PBS. (2017). Latino Americans. Retrieved October 02, 2017, from [https://mass.phslearningmedia.org/collection/latino-americans/?utm\\_source=phsedu&utm\\_medium=phsedu%2Cstationsocial%2Cemail&utm\\_campaign=days\\_2017#.Wb1adK3Mze](https://mass.phslearningmedia.org/collection/latino-americans/?utm_source=phsedu&utm_medium=phsedu%2Cstationsocial%2Cemail&utm_campaign=days_2017#.Wb1adK3Mze)  
Rudowitz, R. (2013). Health coverage for the Hispanic population today and under the affordable care act. Henry J. Kaiser Family Foundation.  
The Library of Congress. National Hispanic Heritage Month 2017. Retrieved October 02, 2017, from <https://www.hispanicheritagemonth.gov/>

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# Indigenous People's Day

Across the country, there have been ongoing debates regarding the holiday known as “Columbus Day.” These conversations have focused primarily on the ways we remember and celebrate our country’s history. History is often written by victors, and spread by their descendants. However, the narrative, as can be seen in the case of Columbus Day, is constantly evolving. Howard Zinn, the bestselling author of *A People’s History of the United States* once said, “When we read the history books given to children in the United States, it all starts with heroic adventure — there is no bloodshed — and Columbus Day is a celebration... To emphasize the heroism of Columbus and his successors as navigators and discoverers, and to deemphasize their genocide, is not a technical necessity but an ideological choice. It serves, unwittingly, to justify what was done.”

Columbus Day became a national holiday in 1937. President Franklin Roosevelt signed the order after intense lobbying by the Knights of Columbus, the Catholic fraternal order (Strauss, 2015). Over the past three decades, “Columbus Day” has been criticized for celebrating the discovery of a place that was already inhabited by indigenous people and for the murders and sexual assaults that were perpetrated on indigenous people. Since 1977, there has been a growing call to replace Columbus Day with **Indigenous People’s Day**. This movement was initiated by a U.N.-sponsored conference in Geneva, Switzerland, on discrimination against indigenous populations in the Americas. Fourteen years later, activists in Berkeley, CA, convinced the Berkeley City Council to declare October 12th a “Day of Solidarity with Indigenous People” (Curl, 2017).



Many states such as Alaska, Hawaii, Oregon, South Dakota, and Vermont have already changed the holiday’s name. Several cities, including Los Angeles, CA, Denver, CO, Seattle, WA, and Portland, ME, have taken similar action (Segarra, 2017). Locally, Cambridge, Amherst and Northampton are among the first cities in Massachusetts to formally replace Columbus Day with Indigenous People’s Day. Boston and Brookline are currently working to have their local governments declare Indigenous People’s Day an official holiday (Indigenous People’s Day Massachusetts, 2017). Adopting “Indigenous People’s Day” in favor of Columbus Day offers a unique opportunity to reveal historical truths about the genocide and oppression of indigenous people in the Americas, to stand against historical and current social injustices, and to celebrate indigenous resistance.

***If you would like to endorse and/or volunteer to help Indigenous People’s Day in a citywide campaign to have the Boston City Council declare Indigenous People’s Day on the second Monday in October, you can register [here](#), sign their petition [here](#), or join their [Facebook](#) community.***

***If you would like to learn more about Brookline’s campaign or get involved, please contact them at [info@indigenouspeoplesdayma.org](mailto:info@indigenouspeoplesdayma.org) or [info@uaine.org](mailto:info@uaine.org), or join their [Facebook](#) community.***

## Citations:

Curl, J. (Ed.). (2017, January 15). The Geneva Conference, 1977. Retrieved October 02, 2017, from <http://www.ipdpowwow.org/the-geneva-conference-1977/>  
Indigenous People’s Day Massachusetts. (2017). Home. Retrieved October 02, 2017, from <http://www.indigenouspeoplesdayma.org/>  
Segarra, L. M. (2017, August 31). Indigenous Peoples vs. Columbus Day: Everything to Know. Retrieved October 02, 2017, from <http://time.com/4923164/indigenous-peoples-day-columbus-day/>  
Strauss, V. (2015, October 11). Why Is Columbus Day still a U.S. federal holiday? Retrieved October 02, 2017, from [https://www.washingtonpost.com/news/answer-sheet/wp/2015/10/11/why-is-columbus-day-still-a-u-s-federal-holiday/?utm\\_term=.3db5981c95ad](https://www.washingtonpost.com/news/answer-sheet/wp/2015/10/11/why-is-columbus-day-still-a-u-s-federal-holiday/?utm_term=.3db5981c95ad)

# World Mental Health Day: 25th Anniversary

Every year, *World Mental Health Day* is observed on October 10th, with the overall objective of raising awareness of mental health issues and mobilizing efforts in support of mental health around the world (WFMH, 2017). World Mental Health Day provides an opportunity for all stakeholders working on mental health issues to address the need to make mental health care a reality for individuals across the globe.



This year marks the 25th anniversary of World Mental Health Day. The World Federation for Mental Health (WFMH) established World Mental Health Day on October 10th, 1992. The 2017 theme is “**Mental Health in the Workplace.**” Mental health issues have been shown to increase employee absenteeism, lower rates of productivity and increase costs. This year’s focus will contribute to taking mental health out of the shadows in the workplace and providing organizations the tools needed to assist employees and increase the overall mental well-being of their workforce. On October 10th, several events will be held across the world to draw attention to the importance of mental health, knowing there is much to be done to increase public education and advocacy.

***Use the hashtag #WorldMentalHealthDay to spread awareness about World Mental Health Day and join WFMH on their [Twitter](#) and [Facebook](#) pages.***

WFMH. (2017). World Mental Health Day 2017. Retrieved October 02, 2017, from <https://www.wfmh.global/wmhd-2017/>

## Working with Syrian Refugees: Medical and Psychological Implications for Self- Care Friday, October 27, 2017, 9:00 am - 4:30 pm

With the Syrian conflict now in its seventh year, the war has created one of the biggest crises since World War II. Five million Syrians are currently displaced outside of their home country, and 13.5 million people inside Syria are in need of aid. This one-day conference, co-sponsored by the Center for Multicultural & Global Mental Health, will focus on the challenges confronted and strategies devised to provide health and mental health care to Syrians within Syria and to those displaced in neighboring countries.

### **Conference Faculty:**

#### **Physicians from the Syrian American Medical Society**

**Jill Bloom, PhD**, Associate Professor, Clinical Psychology Department; Co-Director, Center for Multicultural and Global Mental Health; and Director, Global Mental Health Concentration at William James College.

**Richard Mollica, MD, MAR**, Director, Harvard Program in Refugee Trauma (HPRT) of Massachusetts General Hospital and Harvard Medical School; and Faculty, Global Mental Health Program at William James College.

WSR12 | 6 CE Credits | \$125

Graduate Students, General Public, Other Professionals | No CE Credits | \$67.50

William James College, 1 Wells Avenue, Newton, MA

***To register for the conference, [click here.](#)***



# Scholarship Awardee Spotlights

## Latino Mental Health Program Scholarship Awardee

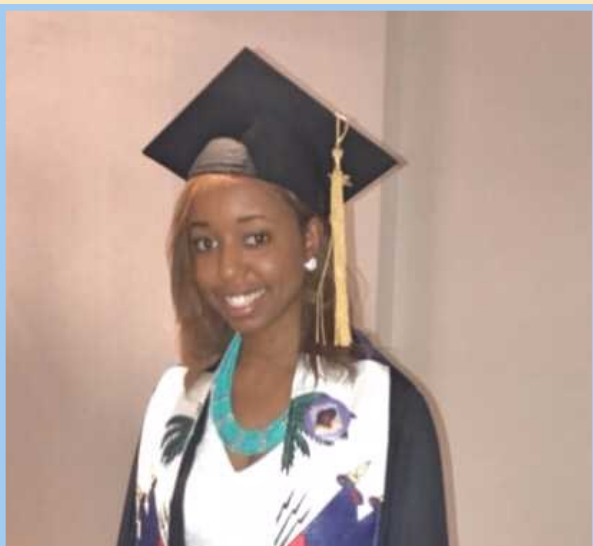
**Juan Rosario**, a first-year Clinical Psychology student at William James College (WJC), was recently awarded a Latino Mental Health Program scholarship due to his strong dedication and commitment to the delivery of human services in the Latino community. Juan was born in Manati, Puerto Rico, and raised in Chicago, Illinois. He completed his undergraduate degree at Northeastern Illinois University (NEIU). While at NEIU, he majored in Justice Studies and minored in Criminology. His passion for psychology and social justice led him to intern at the “Coalition to save our Mental Health Centers”. He has also worked as a caregiver providing care to clients with Alzheimer’s. He has volunteered at the Center on Halsted, whose mission is to provide outreach to the LGBTQIA community. Juan is the first person in his family to earn a bachelor’s degree and pursue doctoral studies.

Juan’s long-term professional goals are to obtain training in neuropsychology and biofeedback, and utilize his linguistic and clinical skills to have a positive impact on the lives of underserved Spanish-speaking populations. Additionally, he plans to pursue a post-doctoral fellowship in neuropsychology and complete a M.S. in Clinical Psychopharmacology. Juan looks forward to advocating for a more just society in areas such as human rights, homelessness, poverty, racism, and the LGBTQIA community during his time at WJC. He hopes to join WJC clubs, perform community service, and participate in service learning activities.



**Juan’s Favorite Quote:** *“The greatest enemy of knowledge is not ignorance; it is the illusion of knowledge.”- Stephen Hawking*

## Black Mental Health Graduate Academy Scholarship Awardee



**Donicka’s Favorite Quote:** *“If we could change ourselves, the tendencies in the world would also change.” – Mahatma Gandhi*

**Donicka Suprice** is a first-generation Haitian American, the eldest of three siblings, and the first in her family to receive a graduate education. Donicka, an Advanced Standing Student in the Clinical Psychology Program, is the recipient of the Black Mental Health Graduate Academy Scholarship. She has an undergraduate degree in psychology from Framingham State University and a Master’s in Clinical Mental Health Counseling with an emphasis in Couples and Family Therapy from WJC. During her master’s program, her clinical experiences included being an intern at the Massachusetts Society for the Prevention of Cruelty to Children in Worcester and at Wayside Youth & Family Support Network in Waltham.

*Continue onto the next page.*

## Scholarship Awardee Spotlights (cont.)

Donicka's professional goals include increasing personal growth, continuing to gain a variety of clinical experiences in different settings, and being involved in her school and local community by finding ways to serve others and raising awareness through multicultural advocacy and activism. Following her graduation, Donicka plans to work for a NGO, advocate for children's rights, incorporate global mental health, promote awareness about global humanitarian issues, and ultimately make a significant impact on the world.

At William James College, Donicka is a member of CMGMH and a scholar in the Black Mental Health Graduate Academy. She is also a student member of ACA and APA, a member of the National Alliance for the Advancement of Haitian Professionals, and a student member of the Haitian Mental Health Network. Donicka plans to join ALANAA and the Social Justice Student Coalition as well as participate in several of the service learning opportunities throughout her graduate experience. Outside of WJC, Donicka is a volunteer for the Greater Boston Food Bank and a member of UNICEF's Next Generation and the UNICEF Congressional Action Team. She is also a member of a Christian-based mission team, which travels annually to different cities in Haiti to provide aid with medical, educational, and basic needs.

As a first-generation Haitian American, Donicka believes in Haiti's motto, "L'Union Fait La Force" (which means strength through unity). While Haiti has faced numerous catastrophic tragedies such as the 2010 earthquake and Hurricane Matthew, the nation has never failed to believe in hope for tomorrow. Donicka believes that together, we will see a future full of promising change.

### Save the Date: Upcoming CMGMH Events

The following events will take place at WJC:

- October 18: **Immersion Programs Presentation.** 11:30am-1pm (contact [cmgmh@williamjames.edu](mailto:cmgmh@williamjames.edu))
- October 27: **Syrian Refugees Conference.** 9:00 am – 4:30 pm, [https://netforum.avectra.com/eweb/DynamicPage.aspx?Site=MSPP&WebCode=EventDetail&evt\\_key=a5d7a74e-8380-43a0-bae2-48f4c2590449](https://netforum.avectra.com/eweb/DynamicPage.aspx?Site=MSPP&WebCode=EventDetail&evt_key=a5d7a74e-8380-43a0-bae2-48f4c2590449)
- November 9: **Immigrant Stories: A Student Panel.** 6:30pm – 8:30pm (contact [cmgmh@williamjames.edu](mailto:cmgmh@williamjames.edu))
- November 13: **Implications of Islamophobia: Its Impact Beyond the Muslim Community and Key Components of Allyship.** 6:30pm-8:30pm (contact [cmgmh@williamjames.edu](mailto:cmgmh@williamjames.edu))

### October Holidays & Observances

- October 1– 7: **National Diversity Week.** [Read Here.](#)
- October 1– 7: **Mental Illness Awareness Week.** [Read Here.](#)
- October 1– 31: **LGBT History Month.** [Read Here.](#)
- October 9: **Indigenous People's Day.** [Read Here.](#)
- October 10: **World Mental Health Day.** [Read Here.](#)
- October 11: **International Day of the Girl Child.** [Read Here.](#)
- October 11: **National Coming Out Day.** [Read Here.](#)
- October 14: **United Nations Day.** [Read Here.](#)
- September 15-October 15: **Hispanic Heritage Month.** [Read Here.](#)
- October 17: **International Day for the Eradication of Poverty.** [Read Here.](#)
- October 25: **Unity Day.** [Read Here.](#)
- October 31: **Halloween.**

# Professional Development Events & Conferences

- October 6th-7th, 2017: **Building Bridges between Haiti and the Diaspora (Miami, FL).** <https://www.eventbrite.com/o/rebati-sante-mentale-13695590716>
- October 7th, 2017: **Sinking Columbus: Boston Marches for Indigenous People's Day!** <http://www.indigenouspeoplesdayma.org/uncategorized/sinking-columbus-boston-marches-indigenous-peoples-day/>
- October 13th-14th, 2017: **Diversity Challenge Conference (Boston, MA).** <https://www.bc.edu/bc-web/schools/lsoe/sites/isprc/diversity-challenge/Registration.html>
- October 20th, 2017: **Shifting the Narrative: Helping Adolescents Recover from Traumatic Grief and Suicide Loss (Natick, MA).** <https://www.eventbrite.com/e/shifting-the-narrative-helping-adolescents-recover-from-traumatic-grief-and-suicide-loss-registration-35006100188>
- October 20th– 21st, 2017: **New England Psychological Association (NEPA) & Northeast Conference For Teachers of Psychology (NECTOP) Annual Meeting.** <http://www.newenglandpsychological.org/>
- October 27th-Nov 4th, 2017: **Cuba APA International Learning Partner Program Trip.** <http://www.apa.org/international/outreach/learning-partner.aspx>
- November 4th, 2017: **Massachusetts Psychological Association (MPA) Annual Conference.** <http://www.masspsych.org/events/EventDetails.aspx?id=993362&group=>
- March 15–17, 2018: **10th Annual Muslim Mental Health Conference.** <http://mailchi.mp/380d7527b397/muslim-mental-health-conference-call-for-proposals-399495?e=5ba106d246>
- May 4th-5th, 2018: **LGBT Health Workforce Conference.** <http://bngap.org/lgbthwconf/>
- June 29th-July 1st, 2018: **Society for the Psychological Study of Social Issues' 2018 Summer Conference.** <http://www.spssi.org/index.cfm?pageId=480>
- July 1st-5th, 2018: **International Congress of International Association for Cross-Cultural Psychology (IACCP).** <http://www.iaccp.org/node/627>
- October 18th-21st, 2018: **The National Latina/o Psychological Association Conference.** <https://www.nlpconference.org/>
- November 13th-17th, 2018: **Caribbean Regional Conference of Psychology.** <http://crcp2018.org/>

## Current Events Corner

### Mental Health in the News

- **“Resilience, suffering and silver linings after a disaster”** *CNN*. The torrential rains may have ended, yet many people in Texas, Florida and the Caribbean continue to feel the impact of hurricanes Harvey and Irma in unseen, dramatic ways. [Read Here.](#)
- **“The little-known benefit of DACA: It reduced mental illness in dreamers’ children”** *The Washington Post*. A recently published study produced a striking finding: when mothers are eligible for DACA protection, their kids’ mental health improves dramatically. [Read Here.](#)
- **“I Needed Someone To See Me’: One Refugee’s Story Of Recovery”** *NPR*. A peer psychosocial counselor in Berlin, is part of a growing effort to address the mental health needs of refugees in Germany. [Read Here.](#)
- **“Can technology help global suicide prevention?”** *BioMed Central*. September 10<sup>th</sup> 2017 marked the 15th World Suicide Prevention Day. Now eHealth interventions can play a role in the global public health strategy for suicide prevention. [Read Here.](#)
- **“Not Having Paid Sick Leave Can Have Dire Mental Health Consequences”** *Huffington Post*. Studies have shown that a lack of paid sick leave harms workers’ physical health, but it may also be linked to psychological distress that can ultimately take a toll on workers’ mental health and employers’ bottom lines. [Read Here.](#)



# Immersion Programs Presentation

**Interested in learning about how you can engage with communities around the world?**

**Join us for the Annual Immersion Programs Presentation to hear WJC students and faculty discuss their experiences in Ecuador, Guyana, Haiti, and Kenya as well as obtain more information about upcoming immersion trips.**

**Date:**

**Wednesday,  
October 18, 2017**

**Time: 11:30 am-  
1:00pm**

**Location:**

**Rooms 335 &  
336**



**Please RSVP to  
[CMGMH@williamjames.edu](mailto:CMGMH@williamjames.edu)**



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Global Mental Health**