Cultural Competence Summit XX: Supporting Community Defined Practices

Date: March 15 – 16, 2017

Location: Hyatt Vineyard Santa Rosa, CA

Wednesday, March 15, 2017

7:30am – 5:00pm - Registration
7:30am – 8:30am - Continual Breakfast
8:00am – 8:30am - Opening Blessing
8:30am – 9:00am - Welcome - Board of Supervisors
9:00am – 10:30am - Keynote – Patrick J. Kennedy
10:15am – 10:30am - Break
10:30am – 12:15pm - Kevin Berthia
12:15pm – 1:30pm – Lunch (included with registration)

Workshops Session 1 (1:30pm – 3:00pm)

Cultura y Bienestar: Traditional Healing as a Community Defined Practice
Tracy Hazelton, MPH, Division Director, Mental Health Services Act, Alameda County Behavioral Health Care Services
Juan Cuba, Mental Health Educator, La Clinica de La Raza
Patricia Royball, Supervisor Cultura y Bienestar, La Clinica de La Raza
Ernesto Olmos, Traditional Healer

La Clinica de La Raza, in partnership with Alameda County Behavioral Health Care Services, implements a prevention and early intervention program called Cultura y Bienestar that promotes mental health and wellness for the Latino community through a braided model of promotores, mental health specialists and traditional healers. This comprehensive, practice-based model, is theoretically grounded on research that indicates that within the Latino community signs and symptoms of mental health challenges are reduced when there's a connection to cultural roots and traditions. Our presentation will highlight the use of traditional medicine and healers as a way to promote mental health, reduce stigma and serve as a platform to compliment western medicine for the overall goal of increased health, wellness and quality of life.

The Los Angeles County Mental Health Academy: Supporting the Needs of Culturally Diverse Communities
Adrienne Cedro-Hament, LCSW, Board Liaison, LA County Department of Mental Health
Ann-Marie Yamada, PhD, Associate Professor, University of Southern California

Over a decade of project development and initiatives by the Los Angeles County Department of Mental Health have supported the development of promising practices such as the Mental Health
Academy to enhance the capacity for faith-based organizations to offer de-stigmatized support to individuals with mental illness. This presentation will introduce the program rollout, initial findings and lessons learned.

**Growing a Bilingual Workforce**  
**Musetta Pezearce**, Adjunct Faculty Health Careers Academy, Santa Rosa Junior College  
**Wanda Tapia**, Executive Director/CEO, Latino Service Providers  
**Amy Faulstich**, Mental Health Services Act Coordinator, Sonoma County Behavioral Health

The need for a bilingual workforce in California is great. This workshop will demonstrate how a County partnered with a well-respected small grassroots organization to implement strategies to target, support, and assist bilingual and bicultural staff to join the behavioral health workforce. Also, how this small grassroots organization has gone further to create a workforce pipeline for high school students to consider behavioral health a career choice.

**Healthier Community Arts Initiative: Community Inclusion**  
**John M Black**, Founding Member, CEO, Operations Manager, Peer Recovery Art Project  
**Rachel Cross**, Peer Recovery Art Project/ AWBW Leader, Youth Development Program Specialist

Peer Recovery Art Project is a community service arts organization, founded in 2009 by a group of mental health consumer visionaries who believed there can be a place in our community for everyone. We gathered together as artists, as special event coordinators and now as Mod Spot, partnering with Stanislaus Magazine, Modesto View, Project Yes and Arts for Freedom program as small business developers, not because of an illness or common diagnostic labeling but simply for the love of the arts. Peer support, social networking, and community service arts organization is our foundation of expertise.

**Stigma of mental illness a barrier for Asian Indian Women seeking treatment**  
**Surinder Gill, PhD**, Clinical Support Services Manager, River Oak  
**Jagdeep Nesbit, M.A. P.P.S.**, School Counselor, Mt. Eden High School

Asian Indian families, especially women, rarely seek professional help for mental illness. The stigma is intense. Providers and families alike need better understanding of how providers can help. You will benefit from insider perspectives based in both personal experience and research, on how to engage and work with Asian Indian women.

**Family Partners - Bridges to Families, Supporters of Community**  
**Jennifer Tuipulotu**, Mental Health Family Services Coordinator, Contra Costa Behavioral Health Services  
**Janet Costa**, Family Partner-Team Lead, Contra Costa Behavioral Health Services  
**Paula Serrano-Cardenas**, Family Partner, Contra Costa Behavioral Health Services

Family Partners have strong connections to the community and are key to culturally competent, family-focused, family-driven services. A panel of Family Partners will share their role in mental health treatment and how cultural humility promotes competency when encouraging families to engage and remain informed when addressing their loved one’s needs.

**3:00pm – 3:15pm Break**
Workshops Session 2 (3:15pm – 4:45pm)

Suicide within Children and Adolescents - Cultural Factors to Consider
Luis M. Garcia, PsyD, Vice President of Quality Care, Cultural Diversity and Outcomes, Pacific Clinics

Empowering Individuals, families and the community is vital to the reduction and risk of suicidal behaviors within Latino children and adolescents. Suicide shares risk and protective factors with mental and substance use disorders, trauma, and other types of violence, such as bullying and domestic violence. Cultural factors play a big role in treatment and recovery for these families.

Emotional Emancipation Circles Implemented in California: Healing for Communities for African Ancestry
Kristee Haggins, PhD, Senior Associate, California Institute for Behavioral Health Solutions, (CIBHS)
Theoplia Jackson, PhD, Bay Area Chapter President/Director, Department of Humanistic & Clinical Psychology, The Association of Black Psychologists, Inc./Saybrook University
Cheryl Grills, PhD, Past President of ABPsi/Professor, The Association of Black Psychologist/Loyola Marymount University
Alondra L. Thompson, LCSW, EEC-CPI Facilitator/Participant (Rosetta Wellness Center Team)
Tjuana Smylie, Graduate Student, Saybrook University

An introduction to the Emotional Emancipation Circles (EEC’s), an innovative grassroots healing circle and community defined practice designed by and for people of African ancestry will be provided. The EEC–California Professional Initiative - a collaboration between Community Healing Network (CHN), the Association of Black Psychologists, Inc. (ABPsi) and the California Institute for Behavioral Health Solutions (CIBHS) will be introduced. The Community Development Team model which supported the implementation and sustainability of the EECs across the state will be described and preliminary outcome data of the EECs conducted in California will be provided. In summary, workshop participants will learn about the rationale for the EECs, hear feedback regarding the impact of the EECs, hear directly from a circle facilitator about their experience, have a brief experiential experience similar to participating in an EEC, and identify how to be an EEC ally whether or not they are a person of African ancestry.

Aunties & Uncles Project: "Healing California Native Communities through Meaningful and Collaborative Partnership"
Cecilia Dawson, Aunties and Uncles Project Coordinator, Sonoma County Indian Health, Inc.
Naomi Atchely, Tribal Members Service Coordinator, Stewarts Point - Kashia Band of Pomo Indians
Nelson Jim, LMFT, Behavioral Health Director, Sonoma County Indian Health Project, Inc.

This presentation reviews critical community partnership development of the Aunties and Uncles Project (AUP) of Sonoma County Indian Health Project, Inc., a community- and cultural-based intervention and skills building CDEP model. The focus population of AUP includes seven local Pomo and Wappo tribes of Sonoma County. The AUP consists of community-level suicide prevention and mental health stigma reduction; youth tutor; and depression screening. Strategies for restoring and developing trust & integration of cultural and community strengths will be highlighted.
Translation of instrument for depression, anxiety, and PTSD in Laotian, Cambodian, and Vietnamese: Report from the field

Natalie T. Ah Soon, MPH, Project Coordinator, RAMS, Inc. Asian and Pacific Islander Mental Health Collaborative
Tai Chang, PhD, Associate Professor, California School of Professional Psychology at Alliant International University

The study aimed to develop and translate a screening instrument for depression, anxiety, and PTSD for Asian American and Pacific Islander communities that could be administered by non-clinical staff in community settings. Laotian, Cambodian, and Vietnamese community agencies were consulted to tailor the instrument insuring cultural appropriateness.

Community Engagement with Diverse Populations

Melen Vue, Director of Community Engagement, National Alliance on Mental Illness-California (NAMI-CA)
Zuleima Flores, Community Engagement Coordinator, National Alliance on Mental Illness-California (NAMI-CA)

NAMI CA will discuss the statewide initiative to adapt one of our signature program to better address the cultural and linguistic needs of diverse populations across California as well as the importance of engaging the community and building relationships on a state and local level.

Transformational Healing (La Cultura Cura)
Hector Sanchez Flores, Director, National Compadres Network Organization

La Cultura Cura is a transformative health and healing philosophy that recognizes that within an individual’s, families and community’s authentic cultural values, traditions and indigenous practices exist the pathway to healthy development, restoration and lifelong well-being. This culturally based framework focuses on building on the natural opportunity factors and on what is healthy within an individual, family, community or culture. This indigenous based life view promotes what is right based on culturally grounded physical, emotional, mental and spiritual principles and practices. This philosophy and process of transformational health and healing is illustrated in the following elements, as in the parts of a tree that root an individual, family and/or community. This interconnected movement is necessary to consider for integrated health, healing, growth, leadership development and individual, family and community P.R.I.D.E.

4:45pm Adjourn
5:00pm – 630pm Reception
Thursday, March 16, 2017

7:30am – 8:30am - Continental Breakfast

8:00am – 8:15am – Welcome Opening

8:15am – 8:30am   Welcome and Intro

8:30am – 10:00am - Keynote TBD

10:00am – 10:15am - Break

10:15am – 12:00pm  Plenary Session

Promoting Community Defined Evidence Practices through the CA Reducing Disparities Project

Marina Castillo-Augusto, M.S, Chief, Community Development & Engagement Unit, California Department of Public Health, Office of Health Equity
La Roux Pendleton, MPH, Lead, California Reducing Disparities Project, California Department of Public Health, Office of Health Equity
Jahmal Miller, MHA, Deputy Director, California Department of Public Health, Office of Health Equity
Cheryl Grills, PhD, Past President of ABPsi/Professor, The Association of Black Psychologist/Loyola Marymount University

The California Reducing Disparities Project (CRDP) is a $60-million-dollar initiative that aims to reduce mental health disparities by providing organizational and evaluation support to validate community defined evidence practices across five CRDP priority populations (African American, Asian and Pacific Islander, Latino, LGBTQ, and Native American) that have shown promise in improving mental health outcomes. A statewide perspective of health equity, overview of both Phases of the CRDP and introduction to the multicultural evaluation strategy are provided.

12:00pm – 1:15pm – Lunch (included with registration)

Workshops Session 3  (1:15pm – 2:45pm)

These are our stories, these are our Songs
Taylor Wong, Member of POCC’s Asian American Committee, Alameda County Behavioral Health Care Services
Trung Hua, Member of Pool of Consumer Champions’ (“POCC”) Asian American Committee, Alameda County Behavioral Health Care Services
Melanie Legacy, Member of Pool of Consumer Champions’ (“POCC”) Asian American Committee, Alameda County Behavioral Health Care Services

Members of Alameda County’s Pool of Consumer Champions’ Asian American Committee will describe the onset of mental health challenges, stabilization, and what keeps them in balance. While symptoms arise periodically, health is restored again, and life is to be enjoyed. They will express what they value and their goals.
How to connect with la gente Latinx
Wanda Tapia, Executive Director/CEO, Latino Service Providers
Emilia Carbajal, Workforce Development Specialist, Latino Service Providers

Each year Latino Service Providers has engaged its members to inform direction when appropriate to the programs and services provided. In this session participants will learn about the programs and services offered, such as a monthly partner meeting; weekly electronic bicultural resource newsletter and website presence. Participants will be able to see what our members have to say and learn about the success of our programs, and review our evaluation tools.

Because Black Minds Matter 2! – Building Mental Health Friendly Communities for African Americans
Gigi R. Crowder, L.E., Master Trainer, Tri-Cities Community Development, Mental Health Friendly Communities
Pastor Horiacio Jones, President/CEO, Tri-Cities Community Development, Mental Health Friendly Communities

This workshop will introduce attendees to several community defined strategies and practice based evidence practices specific to the African American Community. The subject matter expert presenters will educate and inform attendees about health disparities and share faith based approaches that promote building mental health friendly communities across California.

Culturally Appropriate Outreach Strategies for Socially Isolated Older Adults living in the Tenderloin Neighborhood of San Francisco
Daniel Hill, BA, Program Manager, Curry Senior Center
Andres Lozano, Bilingual Peer Outreach Specialist

Curry Senior Center’s Peer Outreach Program employs older adults to cultivate meaningful, trusting relationships to isolating seniors living in the Tenderloin neighborhood of San Francisco. Client centered and Peer driven, the program’s aim is to reduce isolation and encourage social connection through activities, services, and relationship building.

CalMHSA Statewide PEI Project: Reaching California’s Diverse Communities with Each Mind Matters Tools and Resources
Aubrey Lara, Associate Program Manager, CalMHSA
Lisa Smusz, MS, LPCC, Program Consultant, Each Mind Matters
Nicole Jarred, Program Consultant, Each Mind Matters

CalMHSA has developed Each Mind Matters tools and resources for suicide prevention and mental health education and awareness in underserved communities throughout California. Attend this interactive workshop to learn more about FREE/low-cost materials available for a wide variety of audiences, and community-defined practices for effective dissemination and outreach.

Real Life. Real People. REAL Connections
JoAnne Forman, MFT, REAL Mental Health Initiative Program Coordinator, Congregation Rodef Sholom
Moji Javid, LCSW, Director of Synagogue Engagement, Congregation Rodef Sholom

The REAL Campaign creates a unique bridge between behavioral health and spiritual community, helping to reduce stigma and reach individual swith mental health challenges in a culturally-responsive
manner. Learn about the cultural lens of Judaism, ways behavioral health and spiritual communities can partner, and activities to start mental health conversations.

2:45pm – 3:00pm Break

Workshops Session 4 (3:00pm – 430pm )

Strategies and Practices for Diverse Populations
Justine Rangel, Interim Cultural Competency Officer, San Bernardino County, Department of Behavioral Health, Office of Cultural Competence and Ethnic Services
Sonia Rubio, Program Manager I, San Bernardino County, Department of Behavioral Health, Office of Prevention and Early Intervention

This presentation will discuss cultural specific prevention and early intervention efforts within San Bernardino County, specifically efforts and strategies aimed at targeting diverse groups who are undeserved, unserved and/or inappropriately served.

Problem Gambling Screening, Problem Gambling Screening, Assessment and Treatment Integration in a Primary Care Setting: Preliminary Data and Lessons Learned from North East Medical Services (NEMS)
Sai-Ling Chan-Sew, LCSW, Clinical Consultant, North East Medical Services
Michael S. Liao, MSW, Director of Programs, NICOS Chinese Health Coalition

North East Medical Services (NEMS), a SF bay area-based non-profit community health center, received a HRSA grant for behavioral health integration with primary healthcare. NEMS partnered with NICOS Chinese Health Coalition to implement problem gambling screening, assessment and treatment in its health clinics. The workshop will share preliminary program data.

Mental Health Empowerment through Cultural Humility
Paul Hoang, LCSW, Service Chief I, Centralized Assessment Team, County of Orange, AOABHS
Lorna Pham, PsyD., Executive Director; Viet-C.A.R.E, Clinical Director; Clean Path Behavioral Health

This presentation will highlight the best practices approach to outreach and engage the unserved and underserve API population to increase acceptance and utilization of the mental health services. Presentation will include challenges and success stories through the lenses of a community non-profit organization, Viet-C.A.R.E. and a clinician/supervisor of the County of Orange’s Psychiatric Emergency Response Team. Presenters will facilitate discussion and effective response strategies development for attendees to apply at their respective agency.

Holistic Mental Health: Complementary Cultural Practices and Healing Beliefs
Strengthening client wellness, recovery & resilience
Connie Cha, PhD, Diversity Services Coordinator, Fresno County Behavioral Health

The presentation will address holistic health approaches in complementary cultural practices and healing beliefs as a community-defined preference to strengthening Western medicine for wellness, recovery and resilience. This model is currently implemented at the Holistic Center in Fresno and found it to be useful for certain individuals and cultural community groups.
Gathering of Native Americans
Janet King, MSW, Program Manager of Policy & Advocacy, Native American Health Center
Carolyn Kraus, UCSF Medical Student, Research Intern, California Consortium for Urban Indian Health

Native Americans enjoyed wellness until U.S. Federal Policies outlawed Native American Culture. The loss of culture produced mental illness. The restoration of culture found in Native American best practices restore wellness. Gathering of Native Americans (GONA) is one such model being implemented in California.

Building Bridges between Communities with Peer Support, Partnerships and Employment
Mertice ‘Gitane’ Williams, CPRS, ICPRS, Recovery Evaluation Group, MHSAOAC
Patricia Blum, PhD, CPRP, Vice President, Crestwood Behavioral Health Inc.
Lori Ashcraft, PhD, CPRP, Executive Director, Recovery Opportunity Center, LLC

This highly interactive, inspiring workshop describes ways to link residential communities, with employment and peers. A partnership connected to Resilience Inc. and Crestwood Behavioral Health, Inc. This is an innovative training that employs peer personnel. We will showcase the Dreamcatchers Empowerment Network, a project which employees’ residents during rehabilitation.

4:30pm Adjourn
Keynote Speaker Biographies – Day 1

**Kevin Berthia** is a grateful suicide survivor and suicide prevention advocate. Kevin was born with a genetic major depression disorder that he inherited from his biological mother. In 2005 at the age of 22, Kevin attempted to take his own life by jumping from the Golden Gate Bridge. After jumping the railing, he stood on a 4 inch narrow cord about 220 feet in the air. For 96 minutes, with nothing to stop him from falling except a listening ear, Kevin spoke with a first responder who eventually talked him back over the railing.

In May of 2013, 8 years after his attempt at the Golden Gate Bridge, Kevin was invited by The American Foundation for Suicide Prevention (AFSP) to present The Life Savers Award to the officer who talked him back to safety. Kevin spoke publicly for the first time of the about the events that led up to that day March 11, 2005. Since, his story of HOPE has been featured by multiple media outlets including Nightly News with Brian Williams, ABC Fusion, The Steve Harvey Show, Men's Health Magazine and People Magazine.

The photo of Kevin standing on the cord was front page of the San Francisco Chronical, placed on the 75 most iconic photos of the 21st Century, and has since gone viral on social media.

Kevin Berthia is a Grateful Suicide Prevention Advocate, encouraging people to talk through their problems rather than think about ending their lives. Kevin believes that depression may be a part of you, but it is not who you are and that no one knows better the darkness that surrounds suicide than those who have walked in its shadow, or the light that comes from knowing that they might be able to help others avoid similar grief.

Kevin speaks both individually and with the officer who saved his life: Sgt. Kevin Briggs (Ret.), The Guardian of The Golden Gate. Kevin is now the father of three beautiful children and resides with his family in Northern California.

**The Honorable Patrick J. Kennedy**
**Former United States Representative, Rhode Island; Co-Founder, One Mind, and Founder, Kennedy Forum**

The Honorable **Patrick J. Kennedy** is a former member of the U.S. House of Representatives and the nation’s leading political voice on mental illness, addiction, and other brain diseases. During his 16-year career representing Rhode Island in Congress, he fought a national battle to end medical and societal discrimination against these illnesses, highlighted by his lead sponsorship of the Mental Health Parity and Addiction Equity Act of 2008--and his brave openness about his own health challenges.

The son of Senator Edward “Ted” Kennedy, he decided to leave Congress not long after his father’s death to devote his career to advocacy for brain diseases and to create a new, healthier life and start a family. He has since founded the Kennedy Forum, which unites the community of mental health, and co-founded One Mind for Research, a global leader in open science collaboration in brain research. Kennedy is also the co-author of “A Common Struggle,” which outlines both his personal story and a bold plan for the future of mental health in America. Patrick lives in New Jersey with his wife, Amy, and their four children.