Cultural Competence
Mental Health Summit XVI
Embracing Social Justice and Equity
to Build Healthier Communities

November 17 - 18, 2009
Hyatt Regency San Francisco Airport

"Hands"
by Gabriel Gonzales,
San Bernardino County
November 17, 2009

Dear Friends and Colleagues:

It is my great pleasure to welcome you to the Sixteenth Cultural Competence and Mental Health Summit, hosted this year by San Mateo County. An annual event since 1993, the Summit offers participants a unique opportunity to experience statewide collective learning about cultural competence; celebrate the diversity that enriches our work; and inspire new directions that will lead us to become even more effective in serving California’s diverse population.

In the midst of the most challenging economic crisis our nation has experienced in years, when existing disparities have the potential to increase, we must be more focused than ever on cultural competence as one of our core values. Our theme this year: Embracing Social Justice and Equity to Build Healthier Communities expresses our recognition that our goal of improving cultural competence will be advanced by embracing social justice and health equity challenges to build communities in which individuals and families achieve wellness and recovery. We are delighted to welcome keynote speaker Adewale Troutman, M.D., whose work in Louisville, Kentucky and eloquence in the film series, Unnatural Causes: Is Inequality Making Us Sick?, powerfully demonstrates the connection between social and ethnic disparities and poor health outcomes.

We also want to thank the many volunteers whose partnership and countless hours of participation in the statewide and local planning for this event transformed the vision into a reality! What better reminder of the power of partnerships in support of social justice and equity than our keynote speaker, Dolores Huerta, whose mobilization of the farm worker’s movement in California improved the course of history for many families in this nation.

More than ever before, this is a time to study the paths of those who walked before us for lessons we can integrate in new directions for the future. Join us for a wonderful adventure this week at the Summit!

Sincerely,

Louise Rogers, M.P.A.
Director
Behavioral Health and Recovery Services
San Mateo County Health System
Keynote Speaker Biographies

Dr. Adewale Troutman has had a distinguished record of achievement in public health education, leadership, research, and advocacy. Currently, he is the Director of the Louisville Metro Department of Public Health and Wellness where he leads the department’s 350 employees in the protection, preservation and promotion of the health, environment and well-being for the country’s 16th largest city. In addition, he serves as an Associate Professor at the University of Louisville School of Public Health.

Dr. Troutman holds an M.D. from the University of Medicine and Dentistry of New Jersey and an M.P.H. from the Columbia University School of Public Health. He also earned an M.A. in Black Studies from the State University of New York, and served a residency and internship in Family Medicine at the Medical University of South Carolina.

Dr. Troutman also served as the Director of the Fulton County Department of Health and Wellness in Atlanta, Georgia. He also served as a senior scientist for Community Health and Preventive Medicine at the Morehouse School of Medicine where he worked with former U.S. Surgeon General David Satcher on a study of racial disparities in health.

Dr. Troutman has also served as the Director of Emergency Medical Services for the United Hospitals Medical Center in Newark, New Jersey; as Medical Director and Acting Health Officer of the Newark Department of Health and Human Services; and as Medical Director of the North Newark Health Center.

Born in New York City’s South Bronx, Dr. Troutman is the first African American to serve as the Director of Health in the Louisville Metro area. He is married and has four children.

Dolores Huerta, President of the Dolores Huerta Foundation, has been a community organizer/activist for over 50 years. Ms. Huerta continues working to develop community leaders, advocating for the working poor, women and children. She travels daily speaking at universities and organizational forums on issues of social justice and public policy.

Ms Huerta is also co-founder, Secretary-Treasurer /1st Vice President Emeritus of the United Farm Workers of America; and a board member of the Feminist Majority.

Her many awards and honors include the Puffin Foundation/Nation Institute Creative Citizenship Award in 2002; the Smithsonian Institution - James Smithson Bicentennial Medal in 2001, the Eleanor Roosevelt Human Rights Award bestowed by President Clinton in 1998; Ms. Magazine honored her as of three “Women of the Year” in 1998; Ladies Home Journal named her one of the “100 Most Important Women of the 20th Century”; induction in the Women’s Hall of Fame in 1993; Kern County’s Woman of the Year from the California State Legislature; the Ohtli Award from the Mexican Government; and eleven honorary doctorates from universities throughout the United States.

As the legislative advocate for the Community Service Organization and the United Farm Workers, Huerta was instrumental in passing historic legislation that brought disability insurance to farm workers, voting ballots in Spanish, driver’s licenses in the driver’s ethnic language, eligibility for public assistance for resident immigrants, and legalization for one million farm workers under the Immigration Reform Act of 1984-85.

Huerta obtained many firsts in union contracts that had been denied to farm workers: drinking water and sanitary facilities in the field, medical coverage for farm worker families; an employer-paid pension fund, job security, seniority rights, rest periods, paid vacations and holidays, and protection from pesticides.
Embracing Social Justice and Equity to Build Healthier Communities

MONDAY
NOVEMBER 16, 2009

4:00 PM - 7:00 PM REGISTRATION ................................................................. Grand Peninsula Foyer

TUESDAY
NOVEMBER 17, 2009

7:00 AM - 5:00 PM REGISTRATION (Exhibit Hall Open) ........................................... Grand Peninsula Foyer

7:00 AM - 9:00 AM CONTINENTAL BREAKFAST .................................................. Grand Peninsula Foyer

7:30 AM - 8:30 AM BLESSING FROM THE LATINO COMMUNITY ............... Check in at Registration for Location
Estela R. Garcia, DMH - Executive Director, Instituto Familiar de la Raza, San Francisco, CA
Dr. Garcia will offer a ceremony from Mexico traditions of central Mexico to honor our ancestors and acknowledge the work of participants in promoting social justice and healing.

8:00 AM - 5:00 PM CONSUMER/FAMILY MEMBER HOSPITALITY ROOM .......................................................... 9th Floor

8:30 AM - 9:15 AM WELCOME ........................................................................ Grand Peninsula Ballroom
Michele Maas, MSW (Anishinaabe) - Director of Client Services, San Francisco Family and Child Guidance Clinic, Native American Health Center
Jei Africa, PsyD - Chair, Cultural Competence and Mental Health Summit XVI Statewide Planning Committee
Louise Rogers, MPA - Director, San Mateo County Behavioral Health and Recovery Services
Supervisor Rose Jacobs Gibson - San Mateo County Board of Supervisors

9:15 AM - 10:30 AM KEYNOTE ADDRESS .................................................................. Grand Peninsula Ballroom
Introduction by Supervisor Rose Jacobs Gibson - San Mateo County Board of Supervisors
Adewale Troutman, MD, MPH, MA - Director, Louisville Metro Department of Public Health and Wellness

10:30 AM - 10:45 AM BREAK

10:45 AM - 11:30 AM RESPONSE PANEL ............................................................ Grand Peninsula Ballroom
Tina Tong Yee, PhD - Clinical and Consulting Psychologist
Valerie Edwards, MSW, LCSW - Fieldwork Consultant and Lecturer, UC Berkeley School of Social Welfare
Taunuu “Tau” Ve’e-Remmers, MA - Native Hawaiian and Pacific Islander Affairs Division Manager, Asian and Pacific Islander American Health Forum

11:30 AM - 12:00 PM CULTURAL COMPETENCE PROFESSIONAL AWARD ............. Grand Peninsula Ballroom
Presented by Rachel Guerrero, LCSW, MSW - Chief, Office of Multicultural Services, California Department of Mental Health and Louise Rogers, MPA - Director, San Mateo County Behavioral Health and Recovery Services
Embracing Social Justice and Equity to Build Healthier Communities

TUESDAY NOVEMBER 17, 2009

12:00 PM - 1:15 PM  LUNCH (included with registration) ................................................................. Grand Peninsula Ballroom

Performance by Beats, Rhymes and Life

In Fall of 2008 a group of youth came together to join an Oakland-based program that would change their lives and become the inspiration for a feature film. The Beats, Rhymes and Life Youth remind us that nothing is more powerful and transformative than Hip Hop culture and music. For eight months they worked together to produce a full length album, two concerts and help build a program that continues to serve as a model for engaging under-served and marginalized youth by using Hip Hop music as a catalyst for change and development. They are the subject of a feature film by San Francisco director Kerri Gawryn, which is set to premier September 2010. The film is one of the biggest to focus on youth in Oakland in over a decade. It can be previewed at www.brlfilmproject.com.

12:00 PM - 4:00 PM  OAKLAND COMMUNITY ACUPUNCTURE ................................................................. Exhibit Hall

Kil-Young Yu, LAc, CMT
Christopher Randle, LAc

1:15 PM - 2:45 PM  WORKSHOPS SESSION I

WORKSHOP 1 ........................................................................................................................................ Regency C

Confronting Cultural Disparities among African American Males and Identifying Those Barriers to Promote Positive Clinical Outcomes
Kenneth Stephenson - Social Worker, San Mateo County Aging and Adult Services

This workshop will provide the concept to improve clinical outcomes for African American males by confronting cultural barriers and lack of communication. Participants will incorporate how cultural influences and racial bias affect clinical outcomes through overcoming barriers.

Gang Affiliation, Identity Development and Ethnic Identity Formation in African American Adolescent Males
Jeshana E. Avent-Johnson, PsyD - Therapist, California School of Professional Psychology at Alliant International University

African American males between the ages of 10 and 24 represent 26 percent of the US population, but represent over 37 percent of the gang population. Presenters will look at African American gang members, identity development, and discuss why gang life is seen as a viable alternative for African American males, in a quest for their identity. Presenters will also discuss potential interventions for working with this population.

WORKSHOP 2 ........................................................................................................................................ Sandpebble E

What Does Being White Have to Do with It: White Privilege and Racism?
Nancy C. Arvold, MFT - Senior Teacher/Trainer, The UNtraining: UNtraining White Liberal Racism

How white people “catch it,” how it manifests in our lives, and what we can do about it. This interactive workshop addresses the history of racism, models for understanding pervasive current racism, and discusses how it can be challenged in the mental health system. Participants will learn a mindfulness practice, take part in an exercise in examining or “tracking” incidences involving racism, and examine white privilege.
Embracing Social Justice and Equity to Build Healthier Communities

TUESDAY

NOVEMBER 17, 2009

1:15 PM - 2:45 PM  WORKSHOPS SESSION I (continued)

WORKSHOP 3.................................................................................................. Sandpebble CD

The Power of Equitable Youth Voice Engaging and Sustaining Non-traditional Youth Leaders by Enhancing Supportive Environmental Factors
John Yap - Youth Development Coordinator, Youth and Family Enrichment Services – Youth Development Initiative
Katrina Socco - Director of Programs, San Mateo County, Youth Leadership Institute

This success in engaging diverse youth in advocacy and leadership is determined by how we address risk and resiliency factors in the environments that surround them, including our workspaces. This discussion will focus on the Youth Development Standards of Practices that foster supportive environments for authentic and successful youth participation.

Healing Generational Trauma through Latina Youth Empowerment and Indigenous Spiritual Practices
Rosalva V. Vargas, MFT, PhD - Bilingual Therapist II / Program Coordinator for the Latina Leadership Program, Rebekah Children’s Services
Randall Ramirez, LCSW, MFT - Chief Clinical Officer, Rebekah Children’s Services

The workshop will present theories of generational trauma and re-wounding of Latina youth as they attempt to transmit culture to their peers. It will explore use of empowerment and leadership to integrate culture and spirituality to boost resilience and identity formation and discuss next phase of research, which includes parallel process of incorporating parents and family.

WORKSHOP 4................................................................................................... Sandpebble AB

Strengthening Adolescent Communities through Integrated Youth Development, Family Support, and Community-Based Practices
Douglas Styles, PsyD, MFT - Clinical Director, Youth and Family Enrichment Services
Clarise Blanchard, PhD, MFT - Department Director, Recovery Services, Youth and Family Enrichment Services
Kara Wahlin, MA, MFT Intern - Program Coordinator Daybreak, Youth and Family Enrichment Services
Heather Storer, MSW - Youth Development Initiative Program Manager, Youth and Family Enrichment Services

The initial part of this presentation outlines ways of inviting collaboration with adolescents in residential treatment, specifically focusing on successful approaches using group therapy and social justice modalities, and integrating adolescents into their community. Highlighting community-building techniques and addressing the challenges posed by mandated clients, attendees will learn about ways to inspire clients in contributing to and changing their communities.

The presentation will examine the challenges and successes of integrating positive Youth Development (YD) principles into youth residential programs. YD, the process of nurturing the developmental growth of youth, is essential to prepare youth for successful transition to adulthood. This workshop explores balancing youth development and therapeutic approaches, and how youth-driven service delivery can strengthen program outcomes and ultimately transform lives.

Finally, using a dynamic group model that includes community members, this presentation will focus on building and experiencing awareness of cultural diversity and social justice through specific integrated experiential group activities. Energy and enthusiasm required!
1:15 PM - 2:45 PM  WORKSHOPS SESSION I (continued)

**WORKSHOP 5**

Addressing Cultural Competence Cross-Sectorally through a Countywide Framework

Crispin Delgado, MPP - Management Analyst III, San Mateo County Health System
David Boesch, MPA - County Manager, County of San Mateo, County Manager’s Office
Jei Africa, PsyD - Health Equity Initiatives Manager, San Mateo County Behavioral Health and Recovery Services

In its two years of existence, the San Mateo County Countywide Cultural Competence Committee (SMCCCC) has brought together liaisons from departments across the organization to develop a countywide framework addressing cultural competence in the County.

Implementing a Health Equity Framework and Plan in an Integrated Health Services Department

Vidya Iyengar, MFT - Ethnic Services and Training Manager, Contra Costa Health Services, Mental Health Division
Concepcion James - Manager, Reducing Health Disparities Unit, Office of the Director, Contra Costa Health Services

This panel will present an overview of the reducing heath disparities (RHD) movement launched by Contra Costa Health Services with a focus on health disparities specific to mental health consumers and family members. We will discuss the evolution of the RHD five-year plan as it relates to the specific initiatives identified, role of leadership, systems adaptation to organizational policies and its impact on the community served.

**WORKSHOP 6**

Racial and Ethnic Mental Health Disparities Coalition (REMHDCO)

Stacie Hiramoto, MSW - Director for Special Programs, Racial and Ethnic Mental Health Disparities Coalition (REMHDCO)
Leticia Alejandrez, MA - Executive Director, California Family Resource Association
Carolyn Chadwick - Chief Operating Office, Tessie Cleveland Community Services Corp.

The Racial and Ethnic Mental Health Disparities Coalition (REMDHCO) is the first statewide mental health advocacy coalition to focus its efforts on the needs of racial and ethnic communities. Find out what REMHDCO has accomplished, why it is needed, and why similar coalitions are needed at the local level to facilitate transformation of the mental health system as envisioned by the Mental Health Services Act (MHSA).

System Transformation through Critical and Innovative Collaborative between Public Mental Health, Ethnic Cultural Communities and Grassroot Organizations

Thuhién Nguyen, PhD - MHSA Cultural Competency Coordinator, Santa Clara Department of Mental Health
ChunYu Pu, PhD - Clinical Psychologist and Family/Community Advocate, Ethnic Cultural Community Advisory Committee (ECCAC)

Presenters and panelists will discuss effective cultivation and formulation of a multi-ethnic and multi-cultural community advisory committee, and its successful transformation from a committee to multiple culturally and linguistically competent family outreach and engagement projects serving the underserved, provided by family members, consumers and community advocates, from the Asian/Pacific Islander, Latino, Native American, African American, African immigrant, refugee, and LGBT communities.
1:15 PM - 2:45 PM  WORKSHOPS SESSION I (continued)

**WORKSHOP 7** ..........................................................Harbour B
*Impact of Colonization on Native American Individuals and Communities*
**Nazbah Glenda L. Tom, MA, MFTI** - Interim Project Director, Family & Child Guidance Clinic, Native American Health Center

Facilitator will include in the workshop an overview of historical trauma. She will tie in intergenerational trauma into the current psychosocial make up of Native Americans, particularly Urban Natives. Trauma will be a primary focus of the presentation with its relationship to substance abuse, violence, and somatic presentation of individuals and communities. Treatment modalities of drama therapy, somatics, and cultural interventions will be shared and discussed as successful interventions with Urban Native population.

**WORKSHOP 8** ..........................................................Harbour A
*Understanding Employees and Job Applicants with Psychiatric Disabilities*
**Steven Bruce, Esq.** - Interim Executive Director and Managing Attorney, People with Disabilities Foundation

Employment is part of the path to recovery. However, given the stigma and misplaced fears associated with psychiatric diagnoses, consumers face both intrinsic and extrinsic barriers in their return to work. This session will offer participants a greater understanding of the steps involved in assessing and overcoming those barriers.

**WORKSHOP 9** ..........................................................Bayside
*Understanding the Stigma of Mental Illness in Latinos*
**Francis G. Lu, MD** - Professor of Cultural Psychiatry, University of California, Davis Health System

**Benjamin Barreras, MD, MPH** - Department of Psychiatry, University of California, San Francisco

Using a training DVD featuring three simulated clinical interview vignettes, we will explore how the stigma of mental illness manifests in the individual, family, and community in Latinos and how health care professionals can work in partnership with patient, family and traditional providers to negotiate and implement acceptable treatment plans, which will help reduce mental health disparities.

2:45 PM - 3:00 PM  BREAK

3:00 PM - 4:30 PM  WORKSHOPS SESSION II

**WORKSHOP 1** ..........................................................Bayside
*Another Kind of Valor: Veterans and Post-Traumatic Stress Disorder (PTSD)*
**Ed Diksa, ScD**

**Maureen Robles, RN, MN** - Veteran’s Services Coordinator, Orange County Department of Behavioral Health

Over 250,000 veterans will return to California. Estimates are that 30% will have some degree of PTSD. Spouses/children will also feel the effects of PTSD, depression and substance abuse. This workshop will help providers understand the military culture and how to engage/treat service members and their families.
Embracing Social Justice and Equity
to Build Healthier Communities

3:00 PM - 4:30 PM  WORKSHOPS SESSION II (continued)

WORKSHOP 2
Addressing Health Disparities and Unmet Health Needs in Maternal, Child and Adolescent Health
Anand Chabra, MD, MPH, FACPM - Maternal, Child and Adolescent Health Director and California Children’s Services Medical Director, San Mateo County Health System, Family Health Services
Lizelle Lirio, RN, MS, CNS - Maternal, Child and Adolescent Health Coordinator, San Mateo County Health System, Family Health Services

The Maternal, Child and Adolescent Health program, guided by a new comprehensive needs assessment conducted every five years and completed June 2009, addresses unmet health needs and health disparities among San Mateo County’s families. Focus areas include reducing Black infant mortality, decreasing adolescent births while supporting pregnant and parenting adolescents, improving mental health services and outcomes, engaging fathers, increasing immunization rates, and reducing childhood overweight.

WORKSHOP 3
Introduction to the Work of the Vietnamese Family Support Group
Chuan Van Pham - Community/Family Advocate and Peer Mentor, the Vietnamese Family Support Group in Santa Clara County
My Ha Le - Community/Family Advocate

This workshop describes the Vietnamese Family Support Program in Santa Clara County. The program was designed by consumers and family members to address unmet mental health needs in the Vietnamese community. The presenters will discuss how the program was designed to promote culturally competent services, challenges in implementation, innovative ways to help consumers and family members, and success stories.

Things to Consider When Working with Asian American Families
Sunjung Cho, LMFT - Clinical Supervisor, Asian American Recovery Services
JoAnn Izu, PhD - Senior Researcher, WestEd

Family therapy is becoming increasingly important as an approach to substance abuse treatment, especially when working with racial/cultural minorities that privilege the family over individual members of the community. We hope to share some of the challenges and successes in engaging and retaining Asian Americans in treatment, strengthening family functioning and relationships, and increasing cultural accessibility and utilization of alcohol and other drug and mental health counseling services in the Asian American community.

Outreach Strategies for Mental Health Promotion: The Role of Ethnic Media Among Vietnamese Communities in the U.S.
Lien Cao, MS, MFT - Associate Director, Asian American Recovery Services

Project Tam An aims to destigmatize mental health and promote the interest to engage in mental health services. Through local ethnic media sources, we aired weekly radio broadcasts and published newspaper columns. Additionally, we held a Forum with workshops and discussions for parents and youth. Using a focus group of eight Vietnamese adults to assess the initial effectiveness of Tam An, the preliminary finding suggests an increased understanding of mental health treatment. This acknowledges that community outreach efforts must be conceived from models that are community specific and culturally relevant.
3:00 PM - 4:30 PM  WORKSHOPS SESSION II (continued)

**WORKSHOP 4** ................................................................. Harbour A

*Mental Health Program at On Lok Lifeways: Interdisciplinary Approach to Mental Health Services for Multicultural Population of Older Adults*

Irena F. Ginsburg, PhD - Director of Mental and Behavioral Health Services, On Lok Lifeways
Benjamin Kao, LCSW - Mental Health Clinician, On Lok Lifeways

This presentation will provide an overview of the mental health program at On Lok Lifeways, an original PACE (Program for All-inclusive Care for Elderly) center. Some of the challenges of the interdisciplinary approach that are encountered by the clinicians will be explored through case presentations and discussions.

**WORKSHOP 5** ................................................................. Regency B

*Meeting Mental Health Challenges in Today’s Economic Environment - With Focus on Filipino Culturally Competent Services for Individuals Coming Out of the Judicial System*

Sarah Gonzalez - Executive Director, Filipino Youth Coalition and Community Development Services, Ethnic and Cultural Community Advisory Committee (ECCAC) of Santa Clara County
Pastor Johnny LaPenias - Community Interventionist, NEW CREATIONS - Coventry Ministry

Santa Clara County has the highest number of Filipino residents (80,000) among the counties of Northern California. This presentation of cultural competency and recovery services covers Santa Clara County operations and represents a model for similar demographics in other areas in California. With severe budget cuts looming, there is the inevitability of early release of 38,000 prisoners into our communities – this socio-judicial population will have tremendous stresses imposed on them as well on our communities. With a high percentage of people of color in our jail system, there will be a substantial percentage of Filipinos who will be in need of culturally competent services. Where will they go? Will their families, if they have any, take them in? Will there be jobs since there already is a high jobless rate? What can we do to embrace this critical issue of social justice to build a healthier community?

As part of the innovative Ethnic and Cultural Communities Advisory Council program under the Mental Health Department of Santa Clara County, focused on Filipino service needs, this presentation will address these issues.

**Building Collaborations among Community Members to Address the Needs of the Filipino Community**

Karla Talkoff, MFT - Special Services Counselor, Jefferson Union High School District
Laarni San Juan, RN, MPH - Public Health Nurse, San Mateo County Health System, Family Health

Filipinos are the second largest Asian community in the United States and Filipinos have been in this country for over 200 years. Yet, many Filipinos continue to face barriers in acculturating in their new home. This presentation will talk about how interested community stakeholders came together to create Filipino Mental Health Initiative (FMHI), which sparked numerous efforts to address issues in the community, such as providers’ training, parenting workshops and community outreach events.
3:00 PM - 4:30 PM  WORKSHOPS SESSION II (continued)

WORKSHOP 6  ................................................................................................... Sandpebble AB

Reducing Racial and Ethnic Disparities Utilizing Data, Continuous Quality Improvement and Meaningful Cycles of Change

William Rhett-Mariscal, PhD - Associate, California Institute for Mental Health – Center for Multicultural Development
Amando Cablas, PhD - Senior Health Care Program Analyst, California Children's Services, Public Health Department, Santa Clara Valley Health and Hospital System
Matthew R. Mock, PhD - Consultant, California Institute for Mental Health (CiMH)

Developing data indicators and utilizing continuous quality improvement tools to drive programming provides agencies with specific mechanisms for reducing racial and ethnic disparities for the communities they serve. This panel will report on the experience of counties working together in a learning collaborative to reduce disparities through continuous quality improvement.

TOOLS for Improved Program Performance and Enhanced Outcomes

Mike Neely - Partner, Times, Organizations, Offices, Lives, Systems (TOOLS) Project
Donnie Watson, PhD - Senior Research Scientist/Principal Investigator, Friends Research Institute
Cheryl Branch - Executive Director, Los Angeles Metropolitan Churches
Desirée Crèvecoeur-MacPhail, PhD - Research Psychologist/Principal Investigator, UCLA Integrated Substance Abuse Programs

The goal of the TOOLS Project is to improve health related outcomes for minority communities. This panel presentation will demonstrate how TOOLS and other community based organizations can work to improve client outcomes and program performance through the use of proper management and leadership techniques and process improvement strategies.

WORKSHOP 7  ................................................................................................... Sandpebble CD

Digital Storytelling: My Voice, My Life

Victor Damian - Youth Task Force Program Coordinator, Children’s System of Care, San Francisco Department of Public Health

Digital Storytelling is a very innovative form of therapeutic intervention that allows an authentic dialogue and sharing of personal and real experiences through use of media. This is a presentation of Digital Storytelling: My Voice, My Life that captures the voices, experiences, and lives of youth and their families in San Francisco through their wellness and recovery. Each story is created by the youth and family members, using their own voices, pictures, video, and soundtrack.
WORKSHOP 8

Intergenerational Allegiances: Making Space for Youth Voice on Racism
Lauren Parker Kucera, MA - Director, coAction
Lex Beaty - Trainer, coAction

This interactive workshop seeks to engage adults who would like to be more effective allies for young people as they make their way in working for racial justice. Many diversity, equity and antiracism projects and programs are now in place in schools, communities and neighborhoods across the US. How can we as adults, in roles such as teachers, services providers, mentors, parents/family members or community join more effectively in these initiatives, be stronger allies to those targeted by racist policies and practices and share our power to better support young people in their various stages of antiracist organizing?

LGBTQIA Students of Color: School-Based Interventions
Krystel Edmonds-Biglow, PsyD - Associate Professor, California School of Professional Psychology at Alliant International University
Erica Holmes, PsyD - Assistant Professor, California School of Professional Psychology at Alliant International University

Often LGBTQIA (lesbian, gay, bisexual, transgender, questioning, intersexual, asexual) youth of color have significant difficulties in school settings and school based mental health professionals should be aware of the unique characteristics of the population. Communities of color have some difficulty embracing various sexual orientations which ultimately leave the youth feeling alienated, shameful and unsupported. Additionally the LGBTQIA community has traditionally ignored the specific concerns of people of color, which results in the youth also feeling alienated from that community, as well.

WORKSHOP 9

Going Outside the Box: Useful Strategies to Engage Communities in Developing a Primary Prevention Framework
Stephen Kaplan, LCSW - Director, Alcohol and Other Drug Services, San Mateo County Behavioral Health and Recovery Services
Faye McNair-Knox - Executive Director, One East Palo Alto
Dave Mineta - Deputy Director, Asian American Recovery Services
Jorge Guzman - Community Prevention Specialist, Puente de la Costa Sur

San Mateo County Behavioral Health and Recovery Services developed and adopted “A Primary Prevention Framework for Substance Abuse and Mental Health.” The “Framework” describes a new prevention approach for promoting behavioral health and community well-being. Among its core values are: “behavioral health is integral to individual health and community well-being,” and “culturally diversity is a strength that must be accounted for and utilized to our approach.”

This workshop will present the “Framework” and discuss what action steps have been taken to implement the strategies including partnering with organizations outside the traditional stakeholder groups, influencing city planning policy, and mobilizing community based organizations.

The workshop will engage participants in a discussion on how to tailor the implementation of the principles and strategies in the “Framework” specific to the environmental, cultural, and economic diversity of their community.

At the conclusion of the workshop participants will have a working knowledge of how they can begin to implement a similar strategy in their communities.
4:45 PM - 5:00 PM  CLOSING CEREMONY ......................................................... Grand Peninsula Ballroom

Performance by Rhythms of the Pacific - Ueta Sililo Mu’asika, Ongolea Tiueti, Vili Young

In the Pacific, drumming connects directly to our hearts. The rhythm of drumming moves us to action. It is very powerful for it moves us like no other form of music. We come together, we dance, and we move to the drumming Rhythm of the Pacific.

5:00 PM - 6:00 PM  NETWORKING AND POSTER SESSION ........................................... Exhibit Hall

Poster presenters will be available for questions.

Performance by Yangquin Zhao - Yangqin Soloist, Melody of China

Yangqin Zhao, prophetically named after the instrument she plays, is one of the foremost yangqin (Chinese hammered dulcimer) performers in the world. The trapezoidal instrument’s strings are struck with two lightweight bamboo beaters with rubber tips.

6:00 PM - 9:00 PM

Latino Collaborative Caucus ............................................................... Harbour AB

The Eclectic and Sublime: Pre-Columbian Music from the Past to the Present is a series of ethno-musical presentations that shows the commonalities of music through a historical perspective. Darren de Leon will present the portion that represents the music of Pre-Columbian Indigenous America of the past and moves through to the present. The rhythms he presents are rooted in the ceremonial traditions of the many indigenous communities of North, Central, and South America which addresses the issues surrounding healing, spirituality, celebration and reflection. Current Musica Latina trends are a hybrid rooted in the music of the African diasporas combined with these pre-Columbian traditions. de Leon will survey the common roots of music and how they traveled through time and sprouted into the contemporary styles of Salsa, Cumbia, Electronica, Samba, Roc en Espanol, and Reggaeton.

PRIDE Initiative Caucus ................................................................. Regency B

The LGBTQQI Caucus, in partnership with the Pride Initiative of San Mateo County, cordially invites you to a learning session filled with opportunities to share information and resources that benefit the LGBTQQI communities across California. There will be discussions focused on specific GLBT populations such as youth, older adults, families, people of color and the transgender community.

“Unnatural Causes: Is Inequality Making Us Sick?”

Film Presentation and Discussion ...................................................... Regency C

Jennifer Gross, MPH - San Mateo County Health System, Health Policy and Planning
Crispin Delgado, MPP - San Mateo County Health System, Health Policy and Planning

Learn how the San Mateo County Health Department used the “Unnatural Causes: Is Inequality Making Us Sick?” film series, a seven-part documentary series exploring racial and socioeconomic inequalities in health, with county staff. Watch one episode, “In Sickness and In Wealth” and participate in a discussion by two trained facilitators. Learn how you can initiate your own film series and discussions around social determinants of health.
Embracing Social Justice and Equity to Build Healthier Communities

7:00 AM - 8:00 AM  YOGA WITH TRIPTI MAHENDRA, YOGA INSTRUCTOR (Yoga Mat Required) .....Regency C
7:00 AM - 4:45 PM  REGISTRATION..............................................................Grand Peninsular Foyer
7:00 AM - 8:30 AM  CONTINENTAL BREAKFAST (Exhibit Hall Open)..............Grand Peninsular Foyer
8:00 AM - 5:00 PM  CONSUMER/FAMILY MEMBER HOSPITALITY ROOM..............................9th Floor
8:30 AM - 9:15 AM  WELCOME........................................................................Grand Peninsular Ballroom
   Performance by Afro-Cuban Drumming Group
   Musicians: Feliberto (Fito) Reinoso, Jose Luis Gomez, Iluminado Maldonado, Jose Francisco Barroso, Harold (Butch) Haynes, N. Bruce Williams, Leon Smith, and Sandi Ramon

The Afro-Cuban Drumming Group is a group of African American, Cuban, and Puerto Rican musicians who have developed a close cultural and spiritual network through music and art which are integral to their drumming.

David Boesch - County Manager, San Mateo County
Rachel Guerrero, LCSW - Chief, Office of Multicultural Services, Department of Mental Health
Steven Tierney, EdD, CAS - Professor of Counseling Psychology; Chair, Community Mental Health Program, California Institute of Integral Studies
Linford Gayle - Director, Office of Consumers and Family Affairs, Chair Emeritus, MHSA Oversight and Accountability Commission

9:15 AM - 10:45 AM  KEYNOTE ADDRESS..................................................Grand Peninsular Ballroom
   Introduction by Regina Moreno, MFT - Co-Chair, Cultural Competence Committee, San Mateo County Behavioral Health and Recovery Services
   Dolores Huerta - President, Dolores Huerta Foundation

10:45 AM - 11:00 AM  BREAK

11:00 AM - 11:45 AM  RESPONSE PANEL......................................................Grand Peninsular Ballroom
   Raymond Mills - AOD Advocate, Community Leader, Coordinator of Voices of Recovery
   Catherine Tactaquin - Executive Director, National Network for Immigrant and Refugee Rights
   Davina Kotuls, PhD - Author, Activist and Psychologist

11:45 AM - 12:00 PM  CULTURAL COMPETENCE SERVICE IN ACTION AWARD...........Grand Peninsular Ballroom
   Presented by Rachel Guerrero, LCSW, MSW - Chief, Office of Multicultural Services, California Department of Mental Health and Stephen Kaplan, LCSW - Director, Alcohol and Other Drug Services, San Mateo County Behavioral Health and Recovery Services

12:00 PM - 1:15 PM  LUNCH (included with registration)..............................................Atrium
   Spoken Word Performance by Alejandra Mojica and Thelma Flores

12:00 PM - 4:00 PM  OAKLAND COMMUNITY ACUPUNCTURE....................................Exhibit Hall
   Kil-Young Yu, LAc, CMT
   Christopher Randle, LAc
Embracing Social Justice and Equity to Build Healthier Communities

WEDNESDAY
NOVEMBER 18, 2009

1:15 PM - 2:45 PM WORKSHOPS SESSION III

WORKSHOP 1 ........................................................................................................... Harbour B
Promotores in Mental Health and Prevention and Early Intervention
William Rhett-Mariscal, PhD - Associate, California Institute for Mental Health – Center for Multicultural Development
Maria Lemus - Executive Director, Vision y Compromiso

Promotores play a key role in advancing the well-being of their communities. Prevention and Early Intervention offers an opportunity to partner with them in promoting mental health. Effective partnership requires deliberate planning, expertise, sufficient funding and support. We present the findings of a policy paper on partnering with Promotores in mental health.

WORKSHOP 2 ............................................................................................. Grand Peninsula A
Building Bridges between the Hearing and the Deaf
Barbara Bell, LCSW - Clinical Social Worker, Hearing and Speech Center of Northern California
Gay N. Echeverria, LCSW - Psychiatric Social Worker II, San Mateo County Behavioral Health and Recovery Services

This presentation will give a brief overview and variety of the hearing impaired population of all ages and different cultural backgrounds. There will be a panel consisting of two clinicians and four panelists. Presentation will cover culture, language, what it is like being deaf in a hearing world, statistics regarding population, audiogram information, equipment available for the deaf, and diagnosis and treatment.

WORKSHOP 3 ............................................................................................. Grand Peninsula C
Working with Cultural Differences: The Refugee, Interpreter and Mental Health Counselor
Sally Sharrock, LMFT - Clinical Supervisor, Asian Americans for Community Involvement/Center for Survivors of Torture
Armina Husic - Program Supervisor, Asian Americans for Community Involvement/Center for Survivors of Torture

Psychotherapy with refugees often entails working with cultural perspectives unfamiliar to the psychotherapist. We will examine how culture influences the expression of trauma, the nature of cross-cultural communication, and common issues arising between refugees, interpreters and therapists. Case examples will highlight the presenters’ experiences working with traumatized refugees.

Implementing the Language Assistance Services Program for the San Mateo County Health System: Challenges and Lessons Learned
Joe Balabis, MPH, CPH - Community Healthy Planner, San Mateo County Health System, Health Policy and Planning Division

Roughly 41% of San Mateo County residents speak a non-English language at home. The San Mateo County Health System implemented the Language Assistance Services program to address the needs of its growing limited English proficient (LEP) clientele. This presentation will focus on the implementation of this program, the challenges faced and the lessons learned from the experience.
WORKSHOP 4 .......................................................... Regency A

Spirituality and Recovery
David Lukoff, PhD - Consultant, California Institute for Mental Health (CiMH)
Khani Gustafson, MSW - Associate, CiMH Center for Multicultural Development

The Spirituality and Recovery workshop will focus on the importance of spirituality in the recovery process. This training will include the historical and current context of spirituality in mental health services, the current initiative for spirituality and recovery in California, testimony of consumers related to the value of spirituality in mental health services, and a variety of methods to bring spirituality into programs. Topics to be addressed include understanding the impact of spirituality on recovery, using these tools, assessments and therapeutic interventions.

Mental Health and Spirituality: Supporting the Consumer and Family Member Movement
Gigi Crowder - Ethnic Services Manager, Alameda County Behavioral Health Care Services

This workshop will highlight the efforts of Alameda County’s Behavioral Health Care Services in broadening the perspective of cultural competency by organizing and encouraging collaborations among consumers, family members, spiritual communities and its leaders, and providers to explore spirituality as a resource in the early intervention, prevention and recovery process.

Utilizing Faith-Based Organizations as a Mechanism to Provide Mental Health to Minority Populations
Erica Holmes, PsyD - Director of Training, Faithful Central Bible Church, Family of Champions Counseling Center

The African American church has the ability to be a place of safety and healing in allowing mental health providers to serve their congregations and greater community in a substantial way. This presentation offers illustrations of ways African American churches provide needed resources to their members and the greater community providing linkage and access to treatment for mental health needs.

WORKSHOP 5 .......................................................... Regency C

Transition Age Youth: Policy Shifts to Meet the Demands of a Growing Culture for a Misidentified and Misunderstood Population
Linda Velasquez, LCSW - Transformative Systems of Care for Transition Age Youth (TAY) Consultant, Department of Mental Health and California Mental Health Directors Association (CMHDA) and Counties
Lisa Foster - Senior Policy Consultant, California Research Bureau
Heather M. Dearing - Executive Director, California Coalition for Youth
Dana Edgull, LCSW - Project Director, Monterey County System of Care: La Familia Sana/

The Healthy Family: Avanza Project
Juan Estrada - Youth Coordinator and Provider, La Familia Sana Program: Avanza Al Futuro

The California State Library, California Coalition for Youth and Transformative Systems of Care for Transition Age Youth (TAY) have partnered to address policy changes needed to prevent stigmatization of our youth and eliminate disparities among sub-cultures of our TAY population. This workshop will present a viewing of “VOICES FROM THE STREET: Homeless Youth Speak Out on State Policy,” presented by the California Research Bureau and New America Media that speaks to who TAY are and why their life’s challenges need to be addressed. The Monterey County TAY Program that is Youth and Family driven will be presented. This workshop will demonstrate how transformation of current TAY systems require critical development of youth principles and practices that have proven effective in building on young people’s capacities, strengths and developmental needs. Panel of advocates for TAY will discuss a bridge to a policy action plan and focus on what steps need to be taken to identify TAY as a group entitled to its own funding and/or the appropriate criteria adjustments required to make TAY eligible for categorical funding.
WORKSHOP 6 .......................................................................................................................... Harbour A

Sanando el Corazon: An Integrated Approach to Treat Depression in Latino Women
Ingrid Zimmermann de la Torre, MFT - Clinic Coordinator, Instituto Familiar de la Raza, San Francisco, CA
Vilma Entrenas-Yepez, PhD - Clinical Psychologist, San Francisco Department of Mental Health, Community Behavioral Health Services

This presentation addresses the work on the development of a 16-week integrative cognitive behavior therapy group depression treatment that incorporates cultural beliefs and practices to reduce symptoms of depression among Spanish-speaking immigrant women with a history of trauma. The therapeutic group provides an opportunity for women to explore and reflect on their lives, receive support from professionals and peers, and make lasting changes to their health and their lives.

WORKSHOP 7 .......................................................................................................................... Grand Peninsula D

Cultural and Spiritual Approaches to Healing Intergenerational Trauma in Native American, African American, Hmong American, and Latino American Communities
Joyce Gonzales - Training and Technical Assistance Coordinator, Feather River Tribal Health Services, CCOC
James Matthews - Senior Counselor, Butte County Department of Behavioral Health Services, CCOC
Montrie Jamari - Senior Counselor, Butte County Department of Behavioral Health Services, CCOC
Yeng Vang - Counselor, Butte County Department of Behavioral Health Services, CCOC
Alva Ileana De La Torre-Pena, MFT - Mental Health Clinician, Northern Valley Catholic Social Service

This panel discussion will describe how Connecting Circles of Care (CCOC) has incorporated a spiritual and cultural based approach to healing intergenerational trauma with different cultural communities.

Trauma Informed Services from a Cultural Lens
Ellen Goldstein - Peninsula Trauma Center for Trauma Informed Care
Ziomara Ochoa, MFT - MFT II, South Central Mental Health Youth Team, San Mateo County Behavioral Health and Recovery Services,

Trauma is becoming increasingly recognized as a significant factor in a wide range of health, behavioral health, and social problems. Trauma is a central mental health concern and the one common denominator for individuals accessing multiple services provided by diverse systems. Therefore, an integrated and universal approach to recognizing and treating trauma with sensitivity to distinct cultural perspectives is essential in order to meet the complexity of needs for clients in a coordinated way.
Embracing Social Justice and Equity to Build Healthier Communities

WEDNESDAY
NOVEMBER 18, 2009

1:15 PM - 2:45 PM  WORKSHOPS SESSION III (continued)

WORKSHOP 8 ..........................................................................................................

Mental Health Workforce Development: A Pathway toward Equity
Gwendolyn Foster, MSW - Director, California Social Work Education Center, Mental Health Training Program
James Midgley, PhD - Harry and Riva Specht Professor of Public Social Services and Dean Emeritus, University of California, Berkeley School of Social Welfare

Achieving health, economic, and social equity in diverse communities requires access to educational opportunities that lead to employment and to high quality services for individuals and communities. This panel presentation will provide an overview of the CalSWEC Mental Health Stipend Program as a strategy for workforce development and will engage participants in exploring its potential for local and statewide systems change.

Building Our Future Workforce: Training Therapists and MFTs to Be Multiculturally Competent
Gail Kinsley-Dame, LMFT - Program Director, Masters Program, Graduate School of Professional Psychology, John F. Kennedy University
Matthew R. Mock, PhD - Professor of Psychology, Private Clinical and Consulting Practice

The demand for bi-lingual, bi-cultural and multiculturally competent therapists to provide mental health services has grown as the demographics of California and the nation have changed. Presenters will share their experience of developing a cohort program with a specific focus on providing culturally competent mental health services to Latino/Hispanic communities.

WORKSHOP 9 .............................................................................................

Yoga as Activism: Wellness in Vulnerable Underserved Communities
Luna Calderon, LCSW - Clinical Services Manager, Youth Services, San Mateo County Behavioral Health and Recovery Services
Bidut Bose - Executive Director, Niroga Institute
Tamara Standard - Yoga Teacher, Yoga Girl

Yoga is commonly seen as a trendy form of exercise available to those who can afford gym memberships and private studios. Vulnerable populations including poor communities of color, homeless youth, and those dealing with substance abuse and mental illness generally do not have access to yoga. In this presentation, panelists will describe how yoga has been used as an effective holistic, low-cost intervention on the streets, in shelters, juvenile detentions centers and inner-city schools.

2:45 PM - 3:00 PM  BREAK
Embracing Social Justice and Equity to Build Healthier Communities

WEDNESDAY NOVEMBER 18, 2009

3:00 PM - 4:30 PM  WORKSHOPS SESSION IV

WORKSHOP 1 ................................................................................................. Grand Peninsula A
Avanzamos
Luisa Pérez - *Familia a Familia* Classes, Spanish Support Group Coordinator, NAMI Español, Ethnic and Cultural Community Advisory Committee (ECCAC) Latino
Juan Pérez - NAMI VP, NAMI Español, Ethnic and Cultural Community Advisory Committee (ECCAC) Latino

Attending support groups in English and many conferences in English and trying to understand this devastating illness, I became aware that the Spanish speaking community was not attending. Important information was not being filtered to my community. I became involved for fifteen years, with my focus being to educate the Spanish speaking about serious mental illness.

*Building Grassroot Collaborative for the Underserved—A Chinese Community Experience*
ChunYu Pu, PhD - Clinical Psychologist and Family/Community Advocate, Pu and Associates and Ethnic and Cultural Community Advisory Committee (ECCAC)
Jen Hong, PhD - Family/Community Advocate, Ethnic and Cultural Community Advisory Committee
Su Ling Chen, PhD - Parenting Education Specialist

Developing family and consumer based services and providing activities that are culturally and linguistically effective are essential to the success of the recovery of the loved ones, the well-being of their families and communities at large.

WORKSHOP 2 ........................................................................................................ Regency A
San Mateo County Pacific Islander Initiative: Working Beyond Silos to Improve Cultural Competency and Promote Health Equity
Leafa Taumoepoeau - Community Program Specialist, San Mateo County Health System, Behavioral Health and Recovery Services
Jennifer Gross, MPH - Community Health Planner, Get Healthy San Mateo County Task Force, San Mateo County Health System, Health Policy and Planning
Derek Smith, MSW, MPH - Project Director, Tobacco Prevention Program, San Mateo County Health System, Chronic Disease and Injury Prevention Unit
Edith Cabuslay, MPH - Program Services Manager, San Mateo County Health System, Chronic Disease and Injury Prevention Unit

Tongan residents experience more negative health outcomes than their peers. More Tongan youth are overweight/obese and are least likely to meet physical activity standards. In an effort to address health inequities, we conducted a series of focus groups and surveys to inform the work we do with the Tongan community.

Prevention in the San Gabriel Valley: Culturally-Relevant Approaches to Empower Asian American and Pacific Islander Populations Through School and Community Partnerships
Wenli Jen, EdM - Prevention Program Coordinator, Asian Pacific Family Center

Recognizing the unique needs of Asian American and Pacific Islander populations, the integration of cultural competence, research and data-driven approaches in planning and implementation will be explored. This includes strategies to sustain and cultivate school/community partnerships through understanding capacity, objectives, and utilization of existing resources for relevant, appropriate and comprehensive practices.
WORKSHOPS SESSION IV (continued)

WORKSHOP 3

Embracing and Providing Services for the LGBTQQI Youth
Rochelle U. Collins, ASW - Program Director, Project Eden/ Horizon Services, Inc., Lambda Youth Project
Dana Johnson, MSW - Lambda Youth Counselor, Project Eden/ Horizon Services, Inc., Lambda Youth Project

In this workshop you will learn the meaning of the acronym, LGBTQQI and its culture, as well as successful ways with working with this population. There will be information regarding finding culturally diverse LGBTQQI social networks and events. Those attending this workshop will be provided an understanding of discrimination and tolerance with the LGBTQQI youth and perspectives on being an ally and its importance. There will also be information with successful ways of working with LGBTQQI youth with mental health and substance abuse issues. Our workshop topic is Embracing and Providing services for LGBTQQI Youth.

Transgender Cultural Competency Mental Health and Substance Abuse
Sabrina Suico - Manager, Transgender Recovery Program, Walden House, Inc.

The presentation provides an overview of the Walden House Transgender Program highlighting the development of culturally competent and sensitive treatment through review of the program policies and procedures, curriculum development, capacity building, and inclusion of consumer voice and representation. In addition, we will discuss how the program overcame some major barriers including: systematic and social discrimination and exclusion, transphobia, invisibility, and lack of sensitive coordinated care services.

WORKSHOP 4

Issues of Historical Trauma in African American Health and Wellness
John Grimes, MA, MFT - Assistant Director of Adult Systems of Care, San Francisco Department of Public Health, Community Behavioral Health Services
N. Bruce Williams - Director of San Francisco Respite/ChildCare Program, Family Support Services of the Bay Area

The presentation provides an overview and examines the implications of historical trauma in the health and wellness of African Americans. Historical, social, and the systematic process of oppression will be illustrated, as well as its manifestation of psychological, spiritual, and psychic trauma and disharmony. The presenters will cite some critical considerations and recommendations in establishing culturally sensitive and culturally relevant clinical assessment, diagnostic formulation, and treatment planning.

WORKSHOP 5

Pathways: The Many Unique Roads to Wellness and Recovery
Sandra Robison - Director, Pathways to Discovery
Theresa Jue - Peer Counselor, Pathways to Discovery
Marcia Coffield - Administrative Assistant/Peer Counselor, Pathways to Discovery
Laurie Cueva - Education Coordinator, Pathways to Discovery
Zane Burton - Training Director, Pathways to Discovery
Jo Jo Calubaquib - Finance Officer, Pathways to Discovery

Our panel, through our personal stories, will explore how Pathways is a role model for Wellness and Recovery. We will examine Client Culture and what it has to say around maintaining our personal inner balance. We will also discuss some of the tools that enable clients to be supportive of each other and proactive.
Embracing Social Justice and Equity to Build Healthier Communities

WEDNESDAY NOVEMBER 18, 2009

3:00 PM - 4:30 PM  WORKSHOPS SESSION IV (continued)

WORKSHOP 6 ........................................................................................................... Harbour A

Healing Circles: The Talking Circle Tradition and American Indian Community Engagement for Mental Health Promotion
Elisa Marina Alvarado, LCSW - Council Member, Native Family Outreach and Engagement Project (NFOE), Santa Clara County
Don Johnson - Council Member, Native Family Outreach and Engagement Project (NFOE), Santa Clara County
Raymond Fiddler - Founding Member, Native Family Outreach and Education Project

Workshop participants will learn of the talking circle, an American Indian tradition of “speaking from the heart.” Participants will learn of its use by the Native Family Outreach and Engagement project (Santa Clara County) as a primary approach for reducing isolation, stigma and promoting mental health among American Indian families. The workshop will include a presentation and the opportunity to experience a talking circle.

WORKSHOP 7 ............................................................................................ Grand Peninsula B

Cyberbullying: No Rules, No Limits, No Safety
Kao Saechao, ASW - Mental Health Counselor, Asian Americans for Community Involvement
Phoebe Tieu - Psychology Trainee, Asian Americans for Community Involvement
Veronica Palad - Wellness and Recovery Coordinator, Asian Americans for Community Involvement

With the advancement of technology and communication, bullying has transcended from the schoolyard into cyberspace. The prevalence of cyberbullying has increased, raising the need for awareness, education, and prevention in working with diverse communities. This presentation aims to educate the different forms of cyberbullying and the psychological impact on victims.

WORKSHOP 8 ........................................................................................................ Regency B

Strategies in Advancing Diversity and Inclusion: Urban and Rural Setting
Nelson Jim, MA, MFT - Director of Cultural Competence and Client Relations, City and County of San Francisco, Department of Public Health
Sharon Jones, MA, MFTI - Mental Health Services Act Coordinator, Merced County Mental Health

This presentation will identify and explore some important and critical factors in developing partnerships with cultural, ethnic, racial and linguistic communities in urban and rural settings. Effective and culturally appropriate community outreach and engagement strategies, sensitivity to cultural history and experiences, and the importance of cultural resiliency and cultural protective factors will be illustrated, as well as how to overcome barriers in urban and rural settings.

Addressing Barriers to Mental Health Services for Latinos, Veterans and Their Families, and Urban and Rural Native Americans in San Diego
Laura Andrews - Senior Outreach Services Coordinator, Mental Health America of San Diego County

This presentation will address barriers to mental health services for Latinos, veterans and their families, and urban and rural Native Americans in San Diego County.
3:00 PM - 4:30 PM  WORKSHOPS SESSION IV (continued)

WORKSHOP 9

Diversity, Cultural Awareness and Its Impact on the Delivery of Mental Health Services in the 21st Century

Richard Jennings, JD - Director of Human Resources, Momentum for Mental Health
Marjeana Wells - Employment Services Job Developer, Momentum for Mental Health

Diversity among consumers and service providers in mental health is an often overlooked dimension of service delivery. Cultural awareness is therefore a vital competency for all mental health service providers. Utilizing a variety of exercises, group discussion, handouts and service provider stories, this presentation will provide additional practical experiences for participants in growing their cultural awareness as providers.

4:45 PM  CLOSING REMARKS

Jei Africa, PsyD - Chair, Cultural Competence and Mental Health Summit XVI Statewide Planning Committee

Presenter biographies and workshop handouts available at www.cimh.org
We would like to thank our sponsors and exhibitors for their support of the Cultural Competence and Mental Health Summit XVI.

**Silicon Valley Community Foundation**

Silicon Valley Community Foundation is a leading voice and catalyst for innovative solutions to the region’s most challenging problems.

The community foundation was created in 2006 through the landmark merger of Peninsula Community Foundation and Community Foundation Silicon Valley.

Serving all of San Mateo and Santa Clara counties, Silicon Valley Community Foundation is a partner and resource to organizations improving the quality of life in our region, and to those who want to give back locally, nationally and internationally. Thousands of individuals, families, corporations, nonprofit and government organizations, and community leaders work with us to address critical needs and make an impact through effective programs and inspired philanthropy.

**Asian American Recovery Services, Inc.**

The purpose of Asian American Recovery Services, Inc. is to decrease the incidence and impact of substance abuse in the Asian and Pacific Islander communities of the San Francisco Bay Area. To accomplish this goal, Asian American Recovery Services, Inc. develops and provides innovative outreach, treatment, prevention and research services for its target populations. Because there are multiple causes and effects of substance abuse, Asian American Recovery Services, Inc. also engages in ancillary activities to meet its goal.

**The California Endowment**

The California Endowment, a private, statewide health foundation, was established in 1996 to expand access to affordable, quality health care for underserved individuals and communities, and to promote fundamental improvements in the health status of all Californians. The Endowment makes grants to organizations and institutions that directly benefit the health and well-being of the people of California.

**California Police Chiefs Association**

The California Police Chiefs Association (CPCA) was established in 1966 and represents the interests of California’s 338 municipal police chiefs as well as their second-in-commands. CPCA members protect over 78 percent of Californians. The Association provides its members with training and networking opportunities and has an active public policy advocacy program.
El Centro de Libertad / The Freedom Center
El Centro de Libertad, The Freedom Center offers outpatient substance abuse treatment and related services in English and Spanish, helping people realize their full potential. Services include prevention, primary treatment, youth services, executive coaching, family education, parent education, aftercare, relapse prevention, anger management, domestic violence groups and alumni groups.

G.O.A.L.S. For Women
G.O.A.L.S. For Women ensures disadvantaged women and families who identify with the African American experience have access to free, high quality, culturally competent mental health services by deploying mental health counselors & peer advocates, providing cultural competence trainings, cross-cultural clinical supervision, educating community and policy makers, and mobilizing collaborations.

Philippine News
For more than 40 years, Philippine News has been a vital resource for the Filipino American community. As the only nationally circulated Filipino American newspaper, it has not only effectively linked Filipinos across America, but also helped them meet their information needs and realize their aspirations to be part of the national mainstream.
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Filipino Mental Health Initiative
McKinnon Body Therapy Center
Mental Health Spirituality Initiative
NAMI San Mateo County & NAMI Santa Clara County
National Association of Social Workers
NICOS Chinese Health Coalition - Problem Gambling Technical Assistance and Training Project
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Gale Bataille, MSW
Interim Director, CiMH Center for Multicultural Development (9/08-10/09)
Emeritus Mental Health Director

Nelson Jim, MFT
Director of Cultural Competence and Client Relations
San Francisco Department of Public Health

Gigi Crowder
Senior Program Specialist
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Asian American Recovery Services

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Lecturer and Coordinator
CalSWEC II Mental Health Stipend Program
San Francisco State University

Raja Mitry
San Mateo County Mental Health Board

Many thanks to the Summit Subcommittee members and CiMH:

Suzanne Aubry
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Yadhira Christensen
Toni DeMarco
Kristen Dempsey
Rosette Diaz
Anne Dilenschneider
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We would also like to thank the Community Planning Forum attendees and Summit volunteers for your help in making this event possible.
San Mateo County Behavioral Health and Recovery Services is committed to making meetings accessible to the widest range of people possible. Please let us know of ways in which we can better respond to your needs.
Behavioral Health and Recovery Services (BHRS) Mission - We build opportunities for people with or at risk of alcohol and drug addiction and mental health challenges to achieve wellness and/or recovery through partnership, innovation, and excellence. The BHRS Office of Diversity and Equity builds health equity throughout San Mateo County by focusing on training, community collaboration and capacity building through ethnic/cultural initiatives.

San Mateo County Behavioral Health and Recovery Services
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The California Institute for Mental Health is a non-profit public interest corporation established for the purpose of promoting excellence in mental health. CiMH is dedicated to a vision of “a community and mental health services system which provides recovery and full social integration for persons with psychiatric disabilities; sustains and supports families and children; and promotes mental health wellness.”

The California Mental Health Directors Association is dedicated to the accessibility of quality cost-effective mental health care for the people of California. Principal goals are to advocate for quality mental health systems of care, which are culturally competent, consumer-guided, family-sensitive, and community-based.