

REGISTER NOW!

2019 AFRICAN-AMERICAN MENTAL HEALTH CONFERENCE



**ENGAGING AND EMPOWERING COMMUNITIES
THROUGH EDUCATION, ADVOCACY AND ACTION**

FEBRUARY 28, 2019

Los Angeles Convention Center
1201. S. Figueroa St.
Los Angeles, CA. 90015



ABOUT THE CONFERENCE

The Los Angeles County Department of Mental Health (LACDMH) is pleased to sponsor and host the 2019 African American Mental Health Conference. The theme of the conference is “Engaging and Empowering Communities through Education, Advocacy, and Action.” The conference will bring together mental health and allied professionals, policy makers, consumers and stakeholders to improve awareness regarding mental health issues and its impact on families and communities. The conference features keynote addresses by Altha J. Stewart, M.D. and Bryant T. Marks, Sr., Ph.D., two internationally renowned scholars and practitioners in the field of mental health and social issues that concern African Americans. The conference will conclude with an address by Sheryl Underwood, M.A. who will share her personal story of how she became a trauma survivor. The conference attendees will be educated on culturally effective treatment modalities, and inspired by those who have experienced severe trauma and mental illness, and their journey to recovery. Twenty (20) diverse workshops on a myriad of topics that impact African Americans with mental illness will be presented.

REGISTRATION DEADLINE: FEB. 16, 2019

On-site registration is not available. For more information contact: AAMHConf@dmh.lacounty.gov.

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KEYNOTE SPEAKERS



ALTHA J. STEWART, M.D.

Dr. Stewart began her term as President of the American Psychiatric Association (APA) in May 2018. She is an Associate Professor of Psychiatry and Director of the Center for Health in Justice Involved Youth at the University of Tennessee Health Science Center. Dr. Stewart is active in several professional organizations having previously served as President of the Association of Women Psychiatrists and the Black Psychiatrists of America. She worked for decades as CEO and Executive Director for large public mental health systems in Pennsylvania, New York and Michigan, overseeing the management and development of programs for persons with mental illness and substance use disorders. She is an experienced healthcare administrator and nationally recognized expert in public sector and minority issues in mental health care, and worked previously as Executive Director of the SAMHSA/CMHS funded National Leadership Council on African-American Behavioral Health.

Dr. Stewart received her medical degree from Temple University Medical School and completed her residency at Hahnemann University Hospital. She was awarded an honorary Doctor of Laws degree from Regis College in Weston, Massachusetts in 2006 and Doctor of Sciences degree from Christian Brothers University in Memphis in 2018.

Dr. Marks is an Associate Professor of Psychology at Morehouse College, Director of the Program for Research on Black Male Achievement, and a senior advisor with the White House Initiative on HBCUs. Dr. Marks also serves as a Commissioner with the White House Initiative on Educational Excellence for African Americans; he is a member of the STEM task-force of the Commission. As a diversity and implicit bias expert, Dr. Marks has provided implicit bias training to over 2,000 Police Chiefs and executives via a series of briefings at the White House in 2016, and several thousand patrol officers in local police departments including the entire Los Angeles Police Department. He has also provided training related to diversity and implicit bias to individuals in education (K-12 and higher education), philanthropy, non-profits, local and federal government, and several other sectors. He is also a contributor to the White House 'My Brother's Keeper' (MBK) Task Force. Dr. Marks holds a B.A. in psychology and a minor in economics from Morehouse College, and an M.A. and Ph.D. in Social Psychology from the University of Michigan.



BRYANT T. MARKS SR., PH.D.



SHERYL P. UNDERWOOD, M.A.

Sheryl Underwood is a multi-faceted media entrepreneur and co-host of the Emmy award winning CBS television show THE TALK. She has been featured in multiple magazines such as People, Ebony, ESSENCE, and Entertainment Weekly, and her self-syndicated Sheryl Underwood Radio is heard on 212 radio affiliates nationwide. She holds a B.A. in Liberal Arts from the University of Illinois at Chicago and a M.A. in Media Management and Mass Communication from Governor State University. Ms. Underwood will share her personal experiences with trauma and the approaches she uses to live life as a survivor.

CONFERENCE WORKSHOPS

SESSION A: 11:00 AM TO 12:00 PM

Expanding the Bandwidth of Intervention: Community Defined Evidence-Based Practice Grounded in Community Collaboration Cheryl Grills, Ph.D.

This workshop will challenge current reliance on evidence-based practice and offer a community based participatory practice approach to develop, implement, and evaluate culturally competent prevention and early intervention approaches with communities of color. The workshop will examine data from the California Reducing Disparities Project Phase II highlighting the African American priority populations in California.

Integrating Teen Court in Los Angeles County: Utilizing Responsible Restorative Justice to Address Mental Health Issues for Transitional Age Youth Seymour I. Amster, J.D., Michele Archambeault, Psy.D. Honorable Denise McLaughlin-Bennett, J.D., Gabriela Muniz, L.C.S.W., Kay Duncan, B.A.

The Teen Court program is an integrated multi-disciplinary team in Los Angeles County that utilizes the restorative justice model. The concept of restorative justice will be defined and explored, including its use of peer inquiry as a means of self-reflection. This workshop will further discuss the role of mental health in delivering services within this model.

Heart Forward: DMH Peer Resource Center Keris Jän Myrick, M.B.A., M.S., Catherine Clay, Jennifer Wright, Carmen Miller, Gloria Thomas-Allen, Joseph Cuevas, Charles Miller, David Snell, Reyna Leyva

Have you ever wanted to start your own peer directed programs? Come hear from the Los Angeles County Department of Mental Health Peer Resource Center about an innovative peer directed approach. This workshop will highlight the work of peers in community mental health. Additionally, the presenters will discuss free programs available, introduce the Peer Resource Center and highlight outreach, in-reach and supportive programs to assist people on their recovery journey.

The Impact of Transgenerational Trauma on Maternal Health Among African American Women Sayida Peparah, Psy.D.

African American women are statistically found to be four times more likely to die from pregnancy-related complications than their European American counterparts. Race-related stressors and micro-stressors have been linked to negative maternal health outcomes. This workshop will focus on increasing the knowledge, competence and sensitivity of maternal care providers who work with African American and other women of color.

Collaborative Community-Based Research: A Practical Tool for Building Engagement Karen Gunn, Ph.D.

This workshop will explore the value of Community-Based Participatory Research (CBPR) for assessing mental health needs, resources and priorities, particularly for under-represented/under-served groups. The impact of two highly successful Los Angeles County CBPR projects focused on African American, African and Caribbean immigrant communities will be described.

A Cultural Perspective on Trauma Treatment in the African American Community Ontson Placide, M.A., L.M.F.T., Wendy Ashley, Psy.D., L.C.S.W., Kathryn Murray, M.D.

Many African Americans in urban settings have experienced complex trauma. This workshop will discuss the impact of various traumas that have either individually or in combination, affected African American communities. In addition, we will raise the question "how does culture influence an individual's perception of and reaction to trauma?" Three unique perspectives will be offered: an academic best practices perspective, a macro programming/systems perspective, and a psychiatric direct service perspective.

Why Can't You Just Stop?- The Science and Treatment of Addiction Antonne Moore, M.Ed., Keith Hermanstyne, M.D., M.P.H., M.S.H.P.M., Desiree Crèvecoeur-MacPhail, Ph.D.

You may know or love someone who is using substances that result in behaviors that are destructive, especially for people of color. This workshop will examine difficulties for individuals to stop using, discuss addiction treatment options and review recovery strategies in working to overcome addiction.

From the Office to the Streets: Outreach Strategies to those who are Homeless Tylana Thomas, A.A., Jennifer Hernandez, L.C.S.W., Reina Turner, M.S., Josh Hall, M.A.

This workshop will focus on the issue of homelessness in African American communities. Outreach to homeless individuals and families with mental illness will be explored, including strategies on engagement, appropriate attire for outreach, resources and safety.

An Exploration of the Role of Mental Health in Communities of Faith James Coomes, L.C.S.W., Andrea Humphrey, Ed.D., M.B.A. Carthel Towns, M.B.A. Shaykh Suhail Mulla, M.S.W.

This workshop will offer an interfaith panel discussion on how to successfully integrate mental health into spiritual practices. Program examples will be highlighted, challenges will be identified and resources provided in an effort to strengthen healthy and vibrant African American spiritual communities.

The Sunken Place: The Impacts of Racism and Trauma on African-American Men Yamonte Cooper, Ed.D., L.P.C.C., N.C.C., C.S.T.

This workshop will examine the impact racism and trauma can have on the mental, emotional, and physical health of African-American men. The workshop will also examine key mental health interventions to assist mental health professionals, who work with African-American men suffering from racialized trauma.

HOSTED LUNCH 12:00PM TO 1:30 PM

CONFERENCE WORKSHOPS

SESSION B: 3:00 PM TO 4:00 PM

Overcoming Compassion Fatigue

Gloria Morrow, Ph.D.

This workshop will help participants to more fully understand what constitutes compassion fatigue, its causes, and its impact on one's overall well-being and the well-being of those they serve.

Weed: What Do We Do Now?

Stephanie Chen, L.C.S.W., M.P.H., Gary Tsai, MD., F.A.P.A., F.A.S.A.M., Tosin Balogun

This workshop will explore the intent of California Proposition 64 and its impact on African American individuals, families, and communities. Available resources will be identified to support the health and well-being of communities of color, particularly our youth.

Braided: Addressing the Intersectionality of Gender, Sexual Orientation and Culture in The African American Community

Janae Hubbard, M.S.W.

This workshop will provide practical considerations, best practices, and holistic approaches for mental health treatment of African American children and youth struggling with acceptance and integration of their full identity in recovery and wellness.

NAMI Family Education: A Model for Helping Students Cope with Pressures of School

Harold Turner, Marquerite Ferrera, B.A.

This workshop will highlight the NAMI on Campus High School (NCHS) training program. This national program raises mental health awareness and addresses stigma on campus through peer-led activities and psycho-education for youth.

Long Term Impact of Adverse Childhood Experiences (ACEs) on Infants in the Foster Care System: How both Stress and Positive Relationships Can Shape Our Genes

Jyoti Patel, L.M.F.T., Sherletta Cater, L.C.S.W.

This workshop will review the impact that Adverse Childhood Experiences (ACEs) have on infants in the foster care system and throughout their lifespan. The panel will explore how relationships and storytelling within the child's community can assist these children and their caregivers to build resiliency against these adverse experiences.

Promoting Healthy Community and Living for Older Adults

Haydeh Fakhrabadi, Psy.D., Shelly Thompson, Doratriz Equihua, L.C.S.W.

As our older adult population in Los Angeles County increases, it is imperative that they be connected to resources that improve their quality of life. This workshop will focus on a national award winning service model of partnership and collaboration between the Housing Authority County of Los Angeles (HACoLA), the Los Angeles County Department of Mental Health (LACDMH) and their service providers.

Helping Victims Become Survivors

Shari Farmer

Far too often people of color are victims of crime and are unaware of services or don't recognize themselves as being victims. This workshop will discuss LA County District Attorney's Bureau of Victim Services programs that provide crisis intervention, counseling and compensation assistance.

Environmental Exposures in the Context of Health Equity

Jacqueline Taylor, M.P.A., Janette Robinson-Flint, B.A., Mashariki Kudumu, M.P.H., Dana Sherrod, M.P.H.

This workshop is designed to facilitate a better understanding of mental illness, increase coping skills and empower participants to become advocates for their family members. This program was designated as an evidence-based program by SAMHSA.

Mental Health: Healthy Intimate Relationships

Jeshana Avent-Johnson, Psy.D.

The workshop will address the issues that keep us from showing up in our relationships and reasons we unconsciously seek chaotic and toxic relationships. The workshop will provide some key steps in developing healthier relationships with self and others.

Nooses Across Generations: Black Families, Contemporary Behavioral Health and American Enslavement

Donald Grant, Psy.D.

Men, women and children of African descent in countries with a history of colonialism and enslaved Africans experience a unique set of mental health environmental risks. This workshop will take a holistic approach to addressing African American mental health issues while producing strength-based solutions for Black families impacted by dominant white cultural norms.

CONFERENCE AT A GLANCE

7:00AM – 8:00AM	CONTINENTAL BREAKFAST/REGISTRATION	1:30PM – 2:45PM	AFTERNOON KEYNOTE SPEAKER:
8:00AM – 9:15AM	OPENING CEREMONIES & INTRODUCTIONS	2:45PM - 3:00PM	BREAK
9:15AM – 10:45AM	MORNING KEYNOTE SPEAKER:	3:00 PM – 4:00PM	SESSION B: CONCURRENT WORKSHOPS
10: 45AM – 11:00AM	BREAK	4.00PM – 5.00PM	EVENING KEYNOTE SPEAKER
11:00AM – 12:00PM	SESSION A: MORNING WORKSHOPS	5:00PM	CLOSING
12:00PM – 1:30PM	LUNCH, ENTERTAINMENT AND AWARDS		

Spaces are limited for each workshop.

In planning your choice of workshops, please consider several alternatives.

SESSION A

- Expanding the Bandwidth of Intervention: Community Defined Evidence-Based Practice Grounded in Community Collaboration
- Integrating Teen Court in Los Angeles County: Utilizing Responsible Restorative Justice to Address Mental Health Issues for Transitional Age Youth
- Heart Forward: DMH Peer Resource Center
- The Impact of Transgenerational Trauma on Maternal Health Among African American Women
- Collaborative Community-Based Research: A Practical Tool for Building Engagement
- A Cultural Perspective on Trauma Treatment in the African American Community
- Why Can't You Just Stop?- The Science and Treatment of Addiction
- From the Office to the Streets: Outreach Strategies to those who are Homeless
- An Exploration of the Role of Mental Health in Communities of Faith
- The Sunken Place: The Impacts of Racism and Trauma on African-American Men

SESSION B

- Overcoming Compassion Fatigue
- Weed: What Do We Do Now?
- Braided: Addressing the Intersectionality of Gender, Sexual Orientation and Culture in the African American Community
- NAMI Family Education: A Model for Helping Students Cope with Pressures of School
- Long Term Impact of Adverse Childhood Experiences (ACEs) on Infants in the Foster Care System: How both Stress and Positive Relationships Can Shape Our Genes
- Promoting Healthy Community and Living for Older Adults
- Helping Victims Become Survivors
- Environmental Exposures in the Context of Health Equity
- Mental Health: Healthy Intimate Relationships
- Nooses Across Generations: Black Families, Contemporary Behavioral Health and American Enslavement

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IMPORTANT INFORMATION

Cost to attend:

- LA County Staff: \$65
- Non-LA County Staff: \$90
- DMH Students: \$35

NOTES

- Students must email AAMHConf@dmh.lacounty.gov a copy of their School Identification Card to access the student rate code.
- 150 stakeholder scholarships will be awarded and coordinated through the DMH Service Area Advisory Chairs.

Please go to the website, create an account, register and submit credit card information or check payment online:

<https://eventshub.dmh.lacounty.gov>

Both LA County Employees and Non-Employees will have to create an account before being able to register for this event.

Please bring picture identification with the name that you registered.

Your registration will be confirmed upon processed payment
(There will be a \$30.00 fee charged on checks returned by the bank due to insufficient funds.)

If you have any questions regarding registration and payments, please contact:

La Sonne Jackson
Ph: 213-738-4852
Email: lajackson@dmh.lacounty.gov

The County of Los Angeles Department of Mental Health is approved by the American Psychological Association (APA), the California Board of Registered Nurses, and the California Consortium of Addition Programs & Professionals Education Institute to sponsor continuing education. The Los Angeles County Department of Mental Health maintains responsibility for this program and its content.

PHOTO AND VIDEO DISCLOSURE

Los Angeles County Department of Mental Health may use/disclose photographs and audio-video recordings of attendees. They may be used in motion picture and still photography in any form, future brochures/programs, editorial, or any and all other lawful purposes. By registering, you are giving LACDMH your authorization to be photographed and filmed.