

LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH
OFFICE OF ADMINISTRATIVE OPERATIONS – CULTURAL COMPETENCY UNIT INVITES YOU TO



MULTICULTURAL

MENTAL HEALTH CONFERENCE:

Health Integration Through a

“WHO-LISTIC” APPROACH

TUESDAY
8A - 5P

6.18.19

LOS ANGELES CONVENTION CENTER - 1201 S FIGUEROA ST., LOS ANGELES, CA 90015

ONLINE REGISTRATION OPEN MAY 8, 2019 – MAY 28, 2019. UP TO SIX (6) CEUs AVAILABLE,
FOR CONFERENCE INFORMATION, PLEASE CONTACT PSBCC@DMH.LACOUNTY.GOV.

➔ **REGISTRATION LINK:** [HTTPS://TINYURL.COM/MULTICULTURAL-MHC](https://tinyurl.com/multicultural-mhc) ←



LOS ANGELES COUNTY
DEPARTMENT OF
MENTAL HEALTH
hope. recovery. wellbeing.



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DESIGNED BY LACDMH PIO

ABOUT THE CONFERENCE

The Los Angeles County Department of Mental Health (LACDMH) is pleased to sponsor and host the 2019 Multicultural Mental Health Conference. The theme of the conference is Health Integration Through a “WHO-LISTIC” Approach. The conference will feature models of integrated health for less-recognized yet well-established, underserved populations such as foster care youth, immigrants and asylum seekers, persons experiencing homelessness, older adults, persons who are incarcerated or recently released from prison, persons with disabilities, and persons who have substance use disorders, among others. The conference is based on the premise of health integration via a “Whole Person Holistic Care,” which is creatively presented as the acronym “WHO-LISTIC” to convey the following components of care:

Wellbeing and recovery-focused

Health Integration (i.e. physical, emotional, mental, social and spiritual)

Overcoming challenges (i.e. different views regarding health, cultural differences, language preference, communication/literacy needs, among others)

Listening and Learning

Interacting and intervening with the goal of enhancing health, quality of life, and meaningful experiences

Sharing our stories

Teaching one another

Interconnecting with person receiving services, their home communities, and service providers who can assist in meeting health needs

Cultural Awareness, sensitivity, humility, respect, relevance, and appropriateness



KEYNOTE SPEAKER **JORGE PARTIDA, PSY.D.**

“The Curative Power of Culture Guiding Integrated Healthcare”

Dr. Jorge Partida is a clinical and research psychologist, specializing in addiction and trauma. He is an author, consultant and national speaker integrating Native Ancestral Teachings with traditional Western psychotherapy. Born in Guadalajara, Jalisco, Mexico, Dr. Partida immigrated to Chicago at nine years of age and there, obtained his Bachelor’s Degree in Clinical Psychology from

Loyola University and his Psy.D. from The Illinois School of Professional Psychology (ISPP). Dr. Partida has been a consultant on many national and international projects designing and implementing clinical programs to address addiction, education, health, community building, diversity and spirituality. He has worked with local and national governments to coordinate services for those most impacted by poverty, war and displacement. He has worked in Liberia, Africa, in the repatriation of boy soldiers, forming “intentional communities” in war and poverty-impacted countries such as Colombia, Peru, and Mexico.

Dr. Partida has served as Director of Substance Abuse and Deputy Director of Behavioral Health for San Francisco’s Department of Public Health. He was also Director of the Psy.D. Program at John F. Kennedy University now in Pleasant Hill, CA. Most recently Dr. Partida served as Clinical Director and Director of Family Treatment for Alo Recovery Centers in Malibu, CA.

Dr. Partida is the author of “The Promise of The Fifth Sun” and “A Week of Awakening” (both titles are also written in Spanish). His writing integrates psychology with native healing traditions creating a client centered, participatory approach to health and wellness. For more than 20 years, Dr. Partida has presented mental health segments on television and radio with networks, including Univision, Telemundo, HITN-TV in Spanish and CBS, UPN, NBC, and PBS in English. He is currently a Chief of Psychology at LACDMH.



KEYNOTE SPEAKER
BERNARDO NG, M.D.,
D.F.A.P.A.

“Immigration, Family Separation, and Mental Health”

Dr. Ng was born in Mexicali, Mexico. He is a medical graduate from the University of Nuevo Leon in Mexico. He completed residency both at Texas Tech University and University of California, San Diego, CA, United States.

He is certified by the American Board of Psychiatry and Neurology, the American Board of Psychosomatic Medicine, and the Consejo Mexicano de Psiquiatría. His activities include the direction of the Sun Valley Behavioral and Research Centers in Imperial California and Centro Geriátrico Nuevo Atardecer in Mexicali, Mexico.

He is President of the American Society of Hispanic Psychiatry, and President Elect of the Asociación Psiquiátrica Mexicana. He is also Chair of the Council of International Psychiatry of the American Psychiatric Association. He is a clinical assistant professor at UCSD, with a total of 74 publications, including 33 original articles, 28 abstracts, 6 book chapters, 4 handbooks, and books.



KEYNOTE SPEAKER **BRYANT MARKS, SR., PH.D.**

“Acknowledging and Managing the Hidden Biases of Good People”

Dr. Marks, Sr. is a minister, researcher, trainer, and award-winning educator. His personal and professional mission is to develop the knowledge, wisdom, and skills of others that will allow them to reach their full potential and live their lives with purpose and passion. Dr. Marks is the Founder and Chief Training Officer of the National Training Institute on Race and Equity and he is a professor in the Department of Psychology at Morehouse College. He served on President Obama’s Board of Advisors with the White House Initiative on Educational Excellence for African Americans and as senior advisor with the White House Initiative on Historically Black Colleges and Universities.

Dr. Marks was a contributor/trainer with the Obama Administration’s My Brother’s Keeper (MBK) and 21st Century Policing programs. 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), corporations, philanthropy, non-profits, local and federal government, and several other sectors.

He serves on several national boards and is a highly sought after speaker and trainer. He 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. Dr. Marks conducts research and professional development in the areas of diversity and implicit bias, Black male psychology and development, the academic achievement of minority college students, innovations in STEM education, and personal passion and productivity.

CONFERENCE AT A GLANCE

- 7:00 AM – 8:00 AM** **REGISTRATION AND BREAKFAST**
- 8:00 AM – 8:10 AM** **BLESSING CEREMONY**
- 8:10 AM – 9:00 AM** **WELCOME AND OPENING REMARKS**
Board of Supervisors
Introduction of Art Piece
Jonathan E. Sherin, M.D., Ph.D., Director
Los Angeles County Department of Mental Health
- 9:00 AM – 10:05 AM** **KEYNOTE SPEAKER:** Jorge Partida, Psy.D.
“The Curative Power of Culture Guiding Integrated Healthcare”
- 10:05 AM – 10:15 AM** **LAUGH THERAPY**
- 10:15 AM – 11:45 AM** **WORKSHOPS SESSION A**
- 11:45 AM – 1:00 PM** **HOSTED LUNCH AND ENTERTAINMENT**
- 1:00 PM – 2:30 PM** **WORKSHOPS SESSION B**
- 2:30 PM – 2:35 PM** **BREAK**
- 2:35 PM – 3:40 PM** **KEYNOTE SPEAKER:** Bernardo Ng, M.D., D.F.A.P.A.
“Immigration, Family Separation, and Mental Health”
- 3:40 PM – 3:50 PM** **ZUMBA**
- 3:50 PM – 4:55 PM** **KEYNOTE SPEAKER:** Bryant Marks, Sr., Ph.D.
“Acknowledging and Managing the Hidden Biases of Good People”
- 5:00 PM** **CLOSING REMARKS**

CONFERENCE WORKSHOPS

SESSION A: 10:15 AM - 11:45 PM; SESSION B: 1:00 PM - 2:30 PM

A Queer Peer Perspective: Providing Culturally Responsive Mental Health Services (No CEU)

Barbara Acosta, B.A. / Robyn Gantsweg, Ph.D.

This workshop examines ways, in which mental health providers can create safe spaces and accessible services for LGBTQ+ clients. For the queer community, finding support for mental health issues presents unique challenges often preventing help-seeking and treatment effectiveness. Being queer doubles the stigma already experienced by people who access mental health services. Many feel unwelcome and misunderstood when assumptions about gender expression, misuse of language and pronouns and deadnaming disregard and disrespect their sense of self. Their resulting reluctance to self-disclose interferes with open and honest communication crucial to effective treatment. Some may lack self-confidence and self-advocacy skills to convey and ask for what they need. The presenters are from the LGBTQ+ and mental health communities and understand the barriers queer peers face. Providing strategies for providers to eliminate these obstacles will invite queer clients to seek help, overcome societal and self-stigma, advocate for their needs and improve treatment effectiveness.

Building Successful Collaboration through Integrated Programs

1.5 CEUs

Maria Funk, Ph.D. / Leepi Shimkhada, M.A. / Yanira Lima, M.A. / Julie DeRose, L.M.F.T. / David Murillo, Certified Alcohol and Other Drug Counselor

This workshop will explore the critical role of the public sector and experienced contractors to implement integrated services in the community. This panel of administrators and practitioners will discuss the impact of Countywide funding for integrated supportive services for formerly homeless individuals who are housed in supportive housing projects. Lessons learned and outcomes will be discussed. The panelists represent the funding perspective and the recipient of the funding. Together they will focus their discussions on the key practices that have led to successful outcomes.

Culturally-Responsive Integrated Mental Health Model for Children in Foster Care (No CEU)

Eugenia Hsu Tsao, Ph.D. / Jill Waterman, Ph.D. / Mercedes Fernández Oromendia, Ph.D.

This workshop will present UCLA TIES for Families' (TIES) integrated mental health model for supporting diverse foster youth and their resource families. Clients served at TIES mirror the demographics of the foster care system, primarily children of color, the majority with a history of abuse and neglect, multiple placements, and prenatal substance exposure. Approximately 35% of families at TIES have a parent/caregiver that identifies as LGBTQ, and 40% of families are transracial. Presenters will delineate TIES' integration of cultural responsiveness with child welfare competent, trauma-and resilience-informed care for children and resource families. Specifically, the presentation will focus on TIES' Preplacement Education and Preparation (PREP) sessions and data showing its effectiveness in improving prospective resource parent knowledge and attitudes, and leading to increased willingness to have children with prenatal substance exposure, ADHD, behavioral challenges, and family histories of mental illness placed with them. In addition, the workshop will describe TIES' integrated Infant Mental Health program, specifically designed to meet the developmental, medical, language, motor, and educational needs of infants birth-age 3 in foster care. Finally, it will describe ways in which ethnic/racial and sociocultural factors are addressed in the context of both TIES PREP and the TIES Infant Mental Health Program.

Forming Interagency Partnerships for Clients with Co-Occurring Intellectual/Developmental Disabilities and Mental Health Disorders **1.5 CEUs**

Teresa Celada-Dalton, Ph.D. / Amanda Seon-Walker, Psy.D. / Lorraine Viade, Psy.D. / Karin Woo, L.M.F.T.

This workshop will address the challenging factors of working with individuals who have a mental health disorder and co-occurring intellectual/developmental disability. The benefits of ongoing collaboration strategies when working with people involved in multiple systems, including the Regional Center and Community Mental Health providers will be discussed. Ways to improve treatment planning and interventions will be identified. Cultural considerations and best practices with clients with a co-occurring intellectual disorder and mental health disorder will be presented along with additional factors such as physical health and substance use.

Health Promotion through Self-Management Education: Exploring the Availability and Utility of Community Programming in Integrated Health Care **(No CEU)**

Allison Goforth, M.A.

This presentation will discuss the role of evidence in health self-management education within the healthcare system, particularly for older adults and adults with disabilities. Self-management education is a key aspect of integrated health care and holistic wellbeing with outcomes for both prevention and chronic illness management. Many self-management education programs are evidence-based, meaning that the health outcomes have been proven through rigorous testing and that the programs have been certified by a national authoritative body. This presentation will provide an overview of evidence-based health self-management programs for older adults and adults with disabilities that are available in Los Angeles County and how these programs serve culturally diverse communities. Workshop attendees will also learn about how they can access these programs to improve the health and wellbeing of their consumers.

Integrating Evidence-Based Treatments and Traditional Practices for American Indians/Alaska Natives Receiving Mental Health Services in Los Angeles County **1.5 CEUs**

Daniel Dickerson, D.O., M.P.H. / Melanie Cain, Ph.D. / Stephanie Mushrush, M.S.W. / George Funmaker, C.A.T.C.

American Indians/Alaska Natives (AI/ANs) have experienced numerous historical based traumas that include forced removal from Native lands and migration to urban areas. As a result, AI/ANs experience numerous health care disparities including high suicide rates, traumatic exposure, and substance use. Key stakeholders, community members, and AV/AN elders in Los Angeles County have advised for an integrated approach that incorporates AV/AN traditional practices. This workshop will describe the integrated mental health treatment model provided for AI/ANs at American Indian Counseling Center (AICC), a DMH operated clinic. AICC's integrated health model incorporates a culturally centered approach that incorporates the use of AI/AN traditional practices, activities, and groups. This workshop will describe the successes, challenges and potential barriers with regard to the delivery an integrated model for AI/ANs. Members on this panel are experts in the areas of treatment, research, and traditional practices as it relates to AI/ANs and mental health care.

Merging Mental Health Services & Correctional Treatment

1.5 CEUs

Tom Granucci, M.S.W., L.C.S.W.

The presentation will provide an overview of forensic mental health focusing on how to integrate the mental health recovery model with evidence-based practices and best practices in correctional treatment. Cultural competence will be presented from a standpoint of cultural humility. The presentation will include immediate reentry needs of persons returning from jail/prison into the community and ongoing integrated mental health, co-occurring disorders, and correctional risks and needs of this population. The presenter will introduce the Risk-Need-Responsivity Model of correctional treatment and emphasize its integration into current treatment practices. The theory of the model (how to think about it) and its practice applications (how to do it at the individual level) will be discussed. Case examples will be used to demonstrate how RNR can be applied at the clinical level. Also, the presenter will introduce how the application of implementation science is a key for successful innovation at the organizational level.

NORMAL is Just a Setting on a Washing Machine-Strategies for Successful Disability Integrated Health Care

No CEU

Héctor M. Ramírez / Jennifer Restle / Yolanda Vargas / Scott J. Keller

The CDC reports that one out four people live with a disability. Demographically, people with disabilities make up one of the largest communities in society because these can manifest across all demographic groups. However, the disability community is one of the most marginalized and underserved communities.

Health outcomes for people with disabilities can only improve if “accessibility” as a cultural norm is part of all successful models of health integration for underserved communities. This panel will examine and redefine cultural competence practices that include the “needs” and “expectations” from various cross disability communities by:

1. Providing analysis of current access modalities in health systems
2. Identifying barriers that can make it extremely difficult or even impossible for people with disabilities to access equitable health care and attain positive health outcomes (including attitudinal, communication, physical, policy, programmatic, social, and transportation barriers)
3. Offering strategies to improve integrated health care outcomes

Using Health Navigation and Family Health Navigation to Support Behavioral Health Integration

1.5 CEUs

Rose Lopez, Ph.D.

Health Navigation is a culturally responsive intervention designed to promote services, skills, and confidence which consumers with serious mental illness need to self- manage their healthcare. This workshop looks at how Health Navigation developed, the research behind the training, the outcomes of the project and how Health Navigation has impacted the health needs of our Latino and African American mental health consumers. The presenter will focus on how health conditions disproportionately impact Latinos and African Americans, and how a health navigator can assist these consumers. The presenter will also discuss the Family Health Navigation program which addresses health literacy in parents/caregivers of children with behavior/mental health challenges. Developing parental health literacy is an empowerment strategy to increase parents’ and caregiver’s control over their family’s health, their ability to seek information and to take responsibility for family health.