



2ND ANNUAL RACE & MENTAL HEALTH SYMPOSIUM

The Time Is Always Now

December 8, 2021

Welcome Letter

“There is never time in the future in which we will work out our salvation. The challenge is in the moment; **the time is always now.**”

— *James Baldwin*

The purpose of the Annual Race & Mental Health Symposium is to educate, discuss, and acknowledge the impact of racism on mental health. Through this Symposium, the Office of Suicide Prevention (along with sponsors from the Black Mental Health Alliance and iHEAL, and support from the University of Maryland SOM Training Center) hope to foster an equitable and anti-racist community to address challenges and gaps in the mental health field. As we continue to explore the impact of racism on mental health in the 2nd Annual Race & Mental Health Symposium, we also acknowledge the disparities that have been highlighted by the COVID-19 pandemic. Mental health disparities negatively impact vulnerable communities, which are exacerbated by medical, economic, and educational barriers.

The theme of the 2nd Annual Race & Mental Health Symposium is “The Time is Always Now” inspired by the James Baldwin quote: “There is never time in the future in which we will work out our salvation. The challenge is in the moment; the time is always now.” The Symposium is a day to understand the current challenges facing minoritized communities in Maryland and find innovative and collaborative ways to face these challenges together.

We hope that today's program inspires you and challenges you to continue this valuable work, in every way that you can.

Symposium Planning Committee

BHA Office of Suicide Prevention

Black Mental Health Alliance

iHEAL, LLC

2nd Annual Race & Mental Health Symposium Agenda

December 8, 2021

8:30 - 9:00 AM

Opening Remarks

Dr. Aliya Jones, MD, MBA

Deputy Secretary of the Maryland Department of Health's Behavioral Health Administration

Dr. LaKeita Carter, PsyD, LCPC-S

Owner of Institute for HEALing, LLC

9:00 - 10:30 AM

Keynote

Dr. Theopia Jackson, PhD, LCPC

President of the Association of Black Psychologists, 2019-2021

10:30 - 10:45 AM

Break

10:45 - 12:00 PM

Session 1

12:00 - 12:45 PM

Lunch

12:45 - 2:00 PM

Plenary

Ruben Cantu and Wil Crary (*Prevention Institute*)

Rebecca Krauss and Jaime Garcia (*Sinai Hospital Chicago*)

2:15 - 3:30 PM

Break

2:15 - 3:30 PM

Session 2

3:30 - 3:45 PM

Break

3:45- 5:00 PM

Session 3

5:00 - 5:15 PM

Closing Remarks and Adjournment

Andrea Brown, *Executive Director Black Mental Health Alliance*

As an accredited academic institution, the University of Maryland School of Medicine's Training Center is an approved sponsor of the Maryland Board of Social Work Examiners for 7.25 Continuing Education credits (Category 1) for licensed social workers in Maryland; as a sponsor of 7.25 Continuing Education (CE) acceptable to the Maryland Board of Examiners of Psychologists; and 7.25 Continuing Education Units (Category A) by the Board of Professional Counselors and Therapists, upon completion of this training and a completed evaluation. The Training Center maintains responsibility for this program. A Certificate of Attendance will be made available for all other disciplines.

Keynote Speaker: Dr. Theopia Jackson



Theopia Jackson, Ph.D. is a licensed clinical psychologist who received her master's degree in clinical psychology from Howard University, Washington DC, and her doctorate from the Wright Institute in Berkeley, California. Dr. Jackson is the 2019 - 2021 President for The Association of Black Psychologists, Inc. (ABPsi) and past president for the Bay Area chapter. She has held several leadership roles in higher education and is currently the Co-Chair of the Department of Humanistic & Clinical Psychology and Chair of the Clinical Psychology degree program at Saybrook University in Pasadena, California. She recently relocated to Maryland after 30+ years of practice in the Bay Area, where she held medical privileges at UCSF Benioff Children's Hospital Oakland; she practiced in the Healthy Hearts program, Department of Psychiatry, and Comprehensive Sickle Cell Center. Dr. Jackson has a long history of providing child, adolescent, and family therapy services; specializing in serving populations coping with chronic illness and complex trauma. She is an accomplished scholar-practitioner and educator who provides multicultural/cultural equity workshops, seminars, and/or consultation. Dr. Jackson is a co-founder for the Therapist-in-Residency Program (TnRP) in Oakland, Ca.; an African-centered program dedicated to supervising Black clinicians-in-training in providing services grounded in Black psychology for persons of African ancestry. Additionally, she provides training for persons of African ancestry in Emotional Emancipation CirclesSM a community-defined practice that is a collaboration between the Community Healing Network, Inc., and ABPsi. Dr. Jackson has been invited to participate in national and local California initiatives intended to establish integrative health care that is culturally-affirming and linguistically responsive. She is a life-learner who believes that professional knowledge both shapes and is shaped by community wisdom.

Keynote Address: What it Means to be Woke! Considering the Human Cost of Structural Racism

The nexus of the COVID and racial pandemics has propelled long-standing conversations regarding the impact of structural racism and racial trauma to the national forefront in every aspect of society. The wisdom of youth teaches that many of us are now Woke! Yet are we ready to wake up given that increased awareness comes with increased responsibility? There is a ground-swell of energy to 'do something', like promote anti-racism initiatives, become an ally or accomplice, demand change, etc.; at what costs when the country is so polarized? What are the implications for individual and collective mental wellness? This interactive workshop will invite participants to critically consider paradigm shifts in countering structural racism with the intention to foster collective care and healing, as well as inform genuine transformative change. Life is lived forward but understood backwards. ~African proverb

Session 1

10:45 - 12:00 PM

A Post-Traumatic Stress Disorder and Preterm Birth Among African American Women

Chelsey Henderson, LICSW - PhD Student, Morgan State University School of Social Work
Deidre McDaniel, MSW, LCSW - President & Founder of Health Equity Resources and Strategies (H.E.R.S.) LLC

African American women experience disproportionately higher rates of post-traumatic stress disorder (PTSD) and pre-term birth than any other race in the United States. However, literature on the extent to which PTSD is a contributing factor in adverse birth outcomes for African American women is minimal and inconsistent. This presentation will examine the trends in rates of PTSD and preterm birth among African American women, explore the link between PTSD and preterm birth, discuss trauma-informed evidence-based treatment practices for PTSD among pregnant African American women, and identify mental and maternal health policy and practice recommendations.

B Diversity Issues in Clinical Supervision for BIPOC Professionals

Deslynne Roberts, MA, MSW, LCSW- Founder-Embodied Therapeutic Services, LLC

The implicit definition of supervision and the ongoing relationship between the supervisor and supervisee can often fall short for the individual. Supervision-induced anxiety is a natural process that transcends beyond the initial interaction, where the supervisor's evaluation of performance is centered around education, training, and consultation. When diverse issues arise there is a likelihood that the individual will experience anxiety-inducing behaviors, microaggressions, or culturally invalidating responses that have an adverse effect on work performance; morale; the supervisee-supervisor relationship, and the emotional wellbeing of the recipient. Experiencing culturally sensitive supervision for BIPOC social workers is crucial in the advancement of diversity, equity, and inclusion agenda that addresses the practice of cultural humility and cultural competence in social work practice.

C Addressing Race Based Stress and Trauma, A Clinical Approach

Dr. Marva Robinson, PhD.- Owner, Preston & Associates Psychology Firm, LLC

Dr. Keisha Ross, PhD.- Owner, New Horizons Psychological Services, LLC

Dr. Maurice Endsley, PhD .- Co-Owner of MKM Psychology Consulting Service, LLC

The year of 2020 for Black Americans has seen the reckoning of two pandemics- race-based stress and trauma, and COVID-19. Due to recent events, there has been an increased interest in creating and running groups targeting racial discrimination and race-based trauma. Cultural sensitivity is a crucial element of this group due to the nature of the problem it attempts to address. There has been increased research on interventions but few widely available group interventions to address this issue are available. Drs. Endsley, Ross, and Robinsons will engage participants in a session outlining coping mechanisms and cultural considerations for serving communities of color impacted by trauma. Our workshop plans to introduce necessary basic information for providers, including systems of oppression, improving conversations about racism and discrimination, and how to incorporate other intersectional identities. We also detail assessments and group interventions for race-based stress and trauma. The interactive workshop includes a discussion of the COVID-19 pandemic, race-based stress and trauma, and how both these pandemics impact communities of color.

Plenary

12:45 - 2:00 PM

Community Action to Address Mental Health Inequity

There is no mental health equity without racial justice. Practitioners and the mental health field have made strides in supporting individuals to cope with the impact of racism, and now with ever-increasing momentum for transformation, advocates want to address structural racism's impact on mental health outcomes. By exploring topics like community trauma and concentrated disadvantage, Prevention Institute and community partners from Sinai Health System will share conceptual frameworks and practical guidance on how to address harms that arise from structural racism as a root cause of mental health inequity.

Panelists:

Ruben Cantu



Ruben Cantu is an Associate Program Director at Prevention Institute with 20+ years' experience in public and mental health through an equity and racial justice lens. He leads initiatives to address and prevent community trauma and improve mental health and wellbeing through a focus on community conditions. He is the author of California's strategic plan for reducing mental health disparities and serves on several state advisory committees.

Wil Crary, MSW



Wil Crary is an Associate Program Manager at Prevention Institute who focuses on the connections between community conditions and health outcomes. He partners with community-based organizations, public agencies, policy advocates, and grantmakers to implement primary prevention strategies that advance health equity and racial justice. Although his work is dedicated to undoing systemic inequities, his fondest memories involve direct service facilitating youth bike workshops, supporting immigrants seeking employment, and teaching undergraduates the foundations of critical sociology.

Becca Krauss, LCSW



Becca Krauss is a Licensed Clinical Social Worker in Chicago, Illinois. She is a Child and Adolescent Therapist at Sinai Chicago Hospital's Under the Rainbow program, and was the Team Lead of the Making Connections Chicago Initiative from 2019-2021. She loves working with youth and young adults. In her free time she enjoys being with friends and family, and spending time outside.

Jaime Garcia



Jaime Garcia is a resident of the Little Village neighborhood of Chicago. He has been a Youth Board Director and Youth Mentor for the La Villita Warriors Program, a part of the Making Connections Chicago Initiative, since 2018. He loves working with animals, kids, watching (some) anime, and eating good food.

Session 2

2:15 - 3:30 PM

A Indigenous Populations and Mental Health: An Analysis of Impact

Autumn Asher BlackDeer, MSW - PhD Candidate- Washington University in St. Louis, Brown School of Social Work

This presentation discusses decolonization (the "cultural, psychological, and economic freedom" for Indigenous people) as a remedy to racism in the field of mental health. Through the lens of an Indigenous worldview, this presentation will address how culture has been (mis)treated throughout the DSM and the field of mental health broadly. Further, this workshop will illustrate the lasting impacts of colonialism and outline a pathway to move forward.

B Antiracism in Action: Strategies for Equitable Practice

Dr. Vanessa Hintz, PsyD, LCP- Founder Vivid Insights Consulting, LLC

The goal of this workshop is to introduce attendees to contemporary concepts and terminology associated with equity and inclusion. Research, case studies, and experiential practices will aid attendees in developing understandings of equity-driven clinical practices, to include multicultural counseling and therapy, as well as strategies for incorporating cultural humility into consultation and supervision.

C Understanding Cultural Trauma, Grief & Mourning Experienced by African Americans

Dr. Dwayne Buckingham, PhD., LCSW-C - President and CEO of Buckingham Consulting Group

As African Americans try to make sense of what it means to be an American and more importantly what it means to be an African American in this country, many are struggling. This informative workshop will help attendees gain a deeper understanding of African Americans' history of trauma in America. Attendees will accompany Dr. Buckingham on a cultural journey to explore why the death of George Floyd during the COVID-19 pandemic led to a national tragedy. Dr. Buckingham will explain why African Americans are struggling to breathe and differentiate between grieving and mourning. He will also provide strategies that attendees can use to help African Americans cope effectively with their anger, grief and trauma.

Session 3

3:45 - 5:00 PM

A Theory & Practice of Feminist Therapy with Black Men

Sylvia Chika Ofodu, PhD Clinical Psychology Student, Palo Alto University

This workshop will explore the theory behind feminist therapy which first emerged in 1794 as a way to respond to gender inequality. It is from this theory that feminist psychology was born in order to address the oppressive social structures and norms that caused psychological issues for women. As other oppressive social structures (i.e., racism) came forward in the midst of the killings of Ahmaud Arbery, George Floyd, and Duante Wright, it became especially necessary to address the psychological issues affecting Black men. This workshop will offer insight into the theory-informed practice of feminist therapy on Black men and share clinical reflections that aim to move the field towards culturally attuned and anti-racist practices.

B Trauma in the Urban Community

Jada McCray, LCSW-C - Co-Owner/ COO of Cornerstone Health Management

There's nothing "post" about the PTSD many people living in impoverished, urban communities experience daily. But effective interventions for these clients require a commitment to understanding the complexities of their experience and identifying the traumas, both hidden and visible, rooted in a lack of basic necessities and jobs, unhealthy family relationships, drug addiction, unfair policing practices, and ongoing violence. This workshop explores trauma through the lens of epigenetics and generational trauma as well as physical health in the light of the ACEs study.

C Healing Music for Black Men

David Miller, M.ED- Ph.D. Candidate Morgan State University School of Social Work

Richard Rowe, M.P.A.- Consultant with Black Mental Health Alliance

Dr. Bruce Purnell- PhD.- Founder of The Love More Movement

Historically, Black music has served as a soothing distraction from the worst of times by invoking a sense of racial pride, inspiring generations of Black people to unite and join forces to uplift one another, to demand respect seek justice, and engage in civic responsibility. Black music has been used to bring the bodies, minds, and souls of Black men into a clear state of inner awareness necessary to restore balance to weary souls and drained spirits that were overwhelmed by the never-ending marginalization and devaluation of their humanity.

This workshop will explore the power of Black music as a healing modality in the lives of Black men of all ages. From Hip Hop to Blues and several other genres will be uplifted as power sources of inspiration and protection to navigate living in toxic environments. Participants will develop a deeper understanding of Black music as a tool to encourage Black men to meditate and relax, manage stress, and focus on self-care.