

The poster features a central white circle with a grey border containing the event title and dates. The background is a light grey with a pattern of overlapping orange circles of various sizes. Four circular mosaic designs are scattered across the page, each depicting a different scene or object. The mosaic designs include a colorful spiral, a rainbow, a landscape with a sun, and a colorful abstract pattern.

**2016 UC Mental Health
Cultural Competency Summit**

*Better Together –
Culturally Mindful Practice*

December 15th & 16th 2016
Newport Beach, CA

**UNIVERSITY
OF
CALIFORNIA**

SOCIAL MEDIA   

#CULTURALCOMPETENCE

I would encourage us all, African Americans, Asians, Latinos, Whites, Native Americans to study history. I long for the time when all the human history is taught as one history. I am stronger because you are stronger. I am weaker if you are weak. So we are more alike than we are unlike.

- Maya Angelou



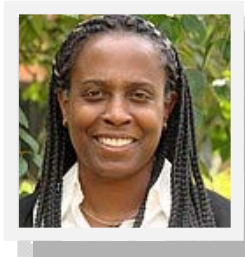
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Welcome

From UC Office of the President



Welcome Colleagues,

On behalf of the University of California Office of the President and the Division of Student Affairs, we'd like to personally welcome each of you to the *2016 UC Student Mental Health Cultural Competency Summit, Better Together – Culturally Mindful Practice*.

This year marks the third annual gathering of this kind and believe it or not, you have been the driving force behind bringing it back! It is a challenging time to be a mental health provider, with the demands for clinical services continuing to rise and grow in complexity and severity. Yet, each day, all of you commit yourselves to being healers for our students who are experiencing immense pain. It is an honor to support staff that does such important work. Please know that the Office of the President will continue to support you, the Student Mental Health Oversight Committee (SMHOC), and other groups who champion the improvement of conditions in which we offer mental health services on our campuses as we inevitably grow and adapt to this changing climate.

In addition to the important cultural competency training you will receive over the next two days, this conference is also about celebrating our collaborative spirit and motivating us all as we move into the New Year. Our hope is that you immerse yourself fully in this conference, stretch yourself in ways you may not have imagined, ask challenging questions, explore innovative ideas with your colleagues, make new friends, re-connect with old friends, and take time to breathe.

Thank you for attending this important gathering and bringing your expertise to share. You all have the vision, the knowledge, the wherewithal, and the experience to help us pave our way into the future.

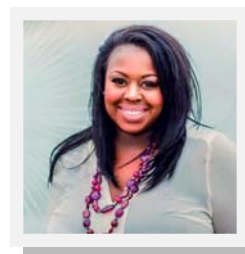
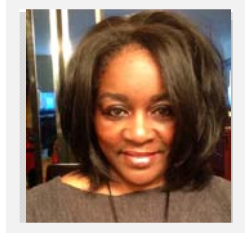
Warmly,

Robin H. Holmes-Sullivan, Ph.D.

Vice President, Student Affairs

Jerlena Griffin-Desta, Ph.D.

Deputy & Executive Director-Student Affairs



Taisha Caldwell-Harvey, Ph.D.

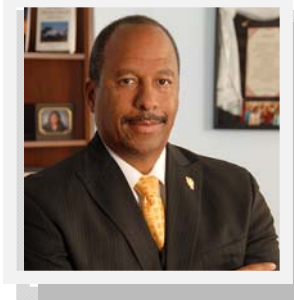
Mental Health Program Manager

Greetings

On Behalf of the Student Mental Health Oversight Committee

Greetings Family,

As Chair of the Student Mental Health Oversight Committee (SMHOC), I bring greetings! Although the SMHOC is not often in the spotlight, we are hard at work year-round meeting to outline strategy, develop policy recommendations, advocate for funding, and carry out system-wide initiatives related to mental health care. Around this time last year, the Committee envisioned a conference that would create a space for the exchange of ideas regarding cultural competencies – one that would help prepare psychologists, psychiatrists, social workers, trainees, educators and related health professionals to better serve the needs of our diverse students.



Today, we are here... and I challenge us all to move beyond our current understandings of cultural difference, and beyond the binaries of our thinking about identities and experiences. Over the next two days, we are challenged to get better at what we do by acknowledging best practices and promoting a fluid perspective of our work embracing intersectionality.

We know our mental health services are stronger when we are able to share best practices and work collaboratively, when staff have the resources and training they need, when our experiences are validated through peer connection, and when there are opportunities to freely explore innovations and try out new techniques. It is our hope that we have created such a space for you here. Please take full advantage by allowing yourself to be vulnerable in the spirit of cultural humility, which incorporates a lifelong commitment to self-evaluation, self-critique, mutual respect for differences, and ongoing introspection and learning. And while that may sound like a lot, I am really just asking you to use this space to get a little better at just one thing – that's it. Will you join me?

Thomas A. Parham, Ph.D.

UC Irvine Vice Chancellor – Student Affairs

Chair—Student Mental Health Oversight Committee

Announcements

Chair Massage



We're sure this won't take much convincing! Visit the massage booth in the foyer to sign up for a free 10 minute chair massage to help you relax your mind and body.

Appointments available: Thursday 12/15; 12pm – 6pm

Friday 12/16; 8:30am – 1:30pm

Video Recording

We are recording select presentations throughout the conference which will allow us to archive and share these important best practices. The camera will focus mainly on the presenters. If you wish not to be filmed, kindly notify the camera attendant.



Conference Evaluation



Don't forget to complete your conference evaluation. Evaluations will be distributed during closing session. If you plan to leave early or want a head start, pick up a copy at registration.

Lactation Room

The Catalina room has been transformed into a lactation suite for our nursing moms to use throughout the conference. The room is equipped with comfortable seating, a table, outlet, and a refrigerator. The room key can be checked out from the registration desk.



Continuing Education

For Psychologists, LCSWs & LMFTs:

You are eligible for up to 7 hours of continuing education credits. Sessions eligible for credit are marked with an asterisk in the schedule-at-a-glance (pages 10—13). Use the labels you received at check-in to sign in and out of each session to receive credit.

The University of California, Irvine Counseling Center is approved by the American Psychological Association to sponsor continuing education for psychologists. The University of California, Irvine Counseling Center maintains responsibility for this program and its content.



For Psychiatrists, Primary Care Physicians & Nurse Practitioners:

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the University of California, Irvine School of Medicine and the University of California Office of the President. The University of California, Irvine School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

The University of California, Irvine School of Medicine designates this live activity for a maximum of 11.5 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This activity is in compliance with California Assembly Bill 1195, which requires continuing medical education activities with patient care components to include curriculum in the subjects of cultural and linguistic competency. For specific information regarding Bill 1195 and definitions of cultural and linguistic competency, please visit the CME website at www.cme.uci.edu.

***The planners, speakers, and moderators of this activity have no relevant financial relationships to disclose.*

Wellness Activities & Raffle

Thank you for all that you do! Taking care of the mental health of our students can be exhausting. Make sure to take care of yourself over the next two days by participating in some of our wellness activities, connecting with old friends, and meeting new friends.

You will **earn raffle money** for participating in each of the following activities. Write your name and campus on the back of your bills and turn in your cash during the networking reception and again at the closing ceremony for a chance at one of several amazing prizes!

How to earn raffle money:

- ◆ Pick up your first \$100 bill at registration just for being you!
- ◆ Earn \$100 each time you visit with any of our fantastic exhibitors
- ◆ Earn \$100 for attending yoga, meditation or the sunrise run

Wellness Raffle Drawings:
Thursday 12/15 Networking Reception
Friday 12/16 Closing Session

***Must be present to win*





Keynote Address

Thursday December 15th 10:30am

Trumping Hate: How Mental Health Practitioners Can Advocate for Social Justice

Kevin Leo Yabut Nadal, Ph.D.




A UC Irvine alum, Dr. Kevin Nadal, is an award-winning scholar/activist who received his doctorate degree in counseling psychology from Columbia University. He is one of the leading researchers in understanding the impacts of micro-aggressions on the mental and physical health of people of color; LGBTQ people; and other marginalized groups. As a self-proclaimed California-bred New Yorker, he once won an argument with Bill O'Reilly on Fox News Channel's "The O'Reilly Factor"; was named one of People Magazine's hottest bachelors in 2006; has been featured in the New York Times, BuzzFeed, Huffington Post, PBS, History Channel, HGTV, and Philippine News, to name a few. He has published over 90 works on multicultural issues in the fields of psychology and education and is the author of five books including *Filipino American Psychology: A Handbook of Theory, Research, and Clinical Practice* and *That's So Gay: Micro-aggressions and the Lesbian, Gay, Bisexual, and Transgender Community*. In 2014, Dr. Nadal launched the series "Out Talk with Dr. Kevin Nadal", which airs on the Manhattan Neighborhood Network in New York City. The show is committed to discussing issues that are often difficult for people to talk about – including issues like systemic racism, heterosexism, the Model Minority Myth, and the disparities in the criminal justice system.






Currently, Dr. Nadal serves as a Professor of Psychology at both John Jay College of Criminal Justice and the Graduate Center at the City University of New York (CUNY). He is the Executive Director of The CLAGS (The Center for LGBTQ Studies) at CUNY, and the President of the Asian American Psychological Association (AAPA) — the first openly gay person to serve in this role. Within AAPA, he co-founded the Division on Filipino Americans in 2010 and the Division on LGBTQ Issues in 2012. He is the CEO of Nadal and Associates- his consulting firm which has allowed him to facilitate trainings and workshops with corporations, hospitals, and non-profit organizations, as well as serve as an expert witness for various court cases.



Thursday December 15th Schedule At a Glance



9:00 – 10:30	Registration	Bay Laurel Foyer
10:30 – 12:00	*Opening Session and Keynote Address	Bay Laurel Ballroom
12:00 – 12:50	Lunch & Vendor Fair — <i>Network with colleagues over lunch and then visit with our vendors in the foyer to earn raffle money!</i>	Bamboo Pavilion
12:50 – 2:40	Skill Building Workshops #1 - 5	
	*SB1 We CAN Do It: Community-Specific Counseling across the UCs	Bay Laurel North
	*SB2 Building for Eternity: The Application of African Centered Concepts in Delivering Mental Health Services	Bay Laurel Central
	*SB3 Mindful Practice: Effective Strategies to Support Foster Youth on College Campuses	Bay Laurel South
	*SB4 Students Direct Change through Filmmaking: Mental Health through the Lens of Culture	Executive Lounge
	*SB5 Transgender, Non-Binary and Genderqueer Clients	Sequoia
2:50 – 3:50	Panel Discussions # 1 - 6	
	*PD1 Cultural Competency From A Student Activist Lens	Bay Laurel North
	*PD2 Using Technology on College Campuses to Target Underserved Populations	Bay Laurel Central
	*PD3 Understanding the Basic Needs of Our Students: A Multi-Campus Discussion	Bay Laurel South
	*PD4 Developing Culturally-Appropriate Outreach and Counseling Services for Young African American Men	Executive Lounge

Thursday December 15th Schedule At a Glance

	*PD5	Immigration and Mental Health	Sequoia
	*PD6	Introducing The Steve Fund: Supporting the Mental Health of College Students of Color	Torrey Pine (2nd floor)
3:50 – 4:10	Break — <i>Enjoy a light snack and visit with our vendors to earn raffle money for the drawings!</i>		Bay Laurel Foyer
4:10 – 6:00	“Let’s Talk About it” Sessions # 1 - 5		
	LT1	Multiculturally Sensitive Administrative Practices for Clinical Service Delivery	Bay Laurel North
	LT2	Transgender, NonBinary and Genderqueer Clients	Bay Laurel Central
	LT3	Campus Community Practices with Asian Pacific Islander (API) Students	Bay Laurel South
	LT4	Men, Eating Disorders and Culture	Executive Lounge
	LT5	Cultural, Relational, and Institutional Trauma: The Intersections and Impact of Betrayal Trauma	Sequoia
6:00 – 7:30	Networking Reception — <i>Mix, mingle, and make dinner plans with new friends over music, appetizers and a no-host bar. Bring your raffle money for a chance at one of several prizes. Must be present to win!</i>		Bamboo Pavilion
7:30	Dinner (on your own) — See page 20 for recommendations		



Friday December 16th Schedule At a Glance

6:30 – 7:30	Sunrise Run — Led by Turi Honegger	Hotel Lobby
7:00 – 8:00	Morning Yoga & Meditation Led by Melissa Cordero & Pauline Venieris	Elm
8:00 – 8:30	Mindful Meditation Led by Don Maurer, MD	Torrey Pine 1 (2nd floor)
8:00 – 10:00	Registration	Hotel Foyer
7:30 – 9:00	Breakfast	Bamboo Pavilion
9:00 – 10:50	“Let’s Talk About it” Sessions #6 - 10	
	LT6 Promoting Mindfulness: Assessing Cultural Competence in Healthcare Delivery	Bay Laurel North
	LT7 During Difficult Social Times: Support or Burnout?	Bay Laurel Central
	LT8 Understanding the Under-Addressed Needs of “Model Minority” Students	Bay Laurel South
	LT9 Paws for Assistance: Discussion of Psychiatric Service & Emotional Support Animals	Executive Lounge
	LT10 The Effect of Islamophobia on Muslim Mental Health & the Intersectionality of Other Social Movements	Sequoia
10:50 – 11:10	Break — <i>Do some light stretching, check your email, and visit with our vendors to earn a little more raffle money for the final drawing!</i>	Bay Laurel Foyer
11:10 – 12:10	Panel Discussions #7 - 11	
	*PD7 Keeping the Faith: Culturally Mindful Mentorship with Womyn of Color	Bay Laurel North
	*PD8 Best Practices for Working with Asian American, API, and Chinese International University Students: Risk Assessment, Intervention, and Management of Suicidal Concerns	Bay Laurel Central

Friday December 16th Schedule At a Glance

 *PD9	Culturally Responsive Support for Undocumented Students	Bay Laurel South
*PD10	Eating Disorders in the LGBTQ Population: Innovative Strategies for Student Engagement	Executive Lounge
 *PD11	Trauma Focused Psychologists in the UCs: Looking at Emerging Best Practices in Behavioral Health Support For Survivors of IPV on College Campuses	Sequoia
12:10 – 1:00	Lunch & Vendor Fair — <i>Network with colleagues over lunch and then visit with our vendors in the foyer for your last chance to earn raffle money for the final drawing!</i>	Bamboo Pavilion
1:00 – 2:50	Skill Building Workshops # 6 - 9	
*SB6	We Need to Talk: CBT as a Culturally Affirming Campus Staff Tool for Tackling Difficult Conversations	Bay Laurel North
*SB7	The Student Activist in the Mirror: Reflections on Parallel Processes in Work Sustainability	Bay Laurel Central
 *SB8	Addressing Hate Speech on Campus: What is its Impact, and What Can We Do About It?	Bay Laurel South
 *SB9	Integrating Cultural Consideration in Clinical Supervision	Sequoia
3:00 – 4:00	Parting Ceremony & Drum Circle — Featuring the <i>Umoja Ensemble of the Inland Empire</i> <i>Enjoy light refreshments as we debrief, discuss next steps, give away our final raffle prizes, and come together through a shared experience of West African Music and Dance. You don't want to miss this!</i>	Bamboo Pavilion

Skill Building Session Descriptions

Thursday 12/15 at 1:00pm —2:50pm

We CAN Do It: Community-Specific Counseling Across the UCs

Presenters: *Samantha Chiang (UCD), Sheetal Shah, PhD (UCD) & Julienne Correa (UCD)*

This workshop will offer professional and student perspectives on how UC Davis uses its culture-specific CAN program within CAPS to help marginalized students receive counseling. The presenters will address how other campuses can replicate the model to best fit their needs.

Building for Eternity: The Application of African Centered Concepts in Delivering Mental Health Services

Presenter: *Thomas Parham, PhD (UCI)*

Through the use of case examples, the presenter will help participants gain a better appreciation of culturally different models and methods of intervention with African American people. Participants will examine some of their own biases and assumptions and augment their existing skill sets with specific intervention techniques and strategies that will help them to more effectively intervene with people of African descent.

Mindful Practice: Effective Strategies to Support Foster Youth on College Campuses

Presenters: *Deborah Lowe Martinez, JD (UCB), Janet Sherwood, JD, CWLS (Advokids) & Jeanine Baillie, PsyD (UCB)*

Foster youth are among the most underrepresented student populations on college campuses with only 1-3% graduating. In this workshop, attendees will explore causes for this abysmal statistic, learn the importance of having trauma informed practitioners, and learn effective strategies for positive student development and engagement.

Students Direct Change through Filmmaking: Mental Health Through the Lens of Culture

Presenter: *Stan Collins (Your Social Marketer, Inc)*

The Directing Change Program & Film Contest engages diverse students to communicate about mental health and suicide prevention by submitting 60-second films. In this workshop, attendees will judge youth films while learning to apply safe messaging guidelines to demonstrate student learning outcomes and will examine how this innovative program uses a culturally responsive outreach model to engage diverse students.

Transgender, Non-Binary and Genderqueer Clients

Presenters: *Christine Dolan, MEd (UCSB), Emmie Matsuno, MA (UCSB), Max Rorty, LCSW (Santa Barbara Transgender Advocacy Network), & Rachel Gloger (Santa Barbara Transgender Advocacy Network)*

Clinicians sometimes stumble when working with transgender clients. Best practices include paying attention to infrastructure and intake forms, and an ongoing awareness of historical helping-profession treatment of trans people. Skill building will focus on how to demonstrate and maintain a welcoming and affirming practice for transgender, non-binary and gender-diverse people.

Friday 12/16 at 1:00pm —2:50pm

We Need to Talk: CBT as a Culturally Affirming Campus Staff Tool for Tackling Difficult Conversations

Presenters: *Isela Pena-Rager, MA (UCB) & Jung Yi, PhD (UCB)*

Learn how to work across departments and across disciplines to develop a program that engages a campus community in discussions about how to have difficult or uncomfortable conversations with students using cognitive behavioral therapy (CBT) and intercultural communication theory. Participants will experience a demonstration of a UC Berkeley "We Need to Talk" workshop.

The Student Activist in the Mirror: Reflections on Parallel Processes in Work Sustainability

Presenters: *Ginger Villareal Armas, PhD (UCSD) & Roberto D. Luna, PsyD (UCSD)*

There are parallel processes in dealing with burnout for clinicians, their supervisors, & student activists. Clinicians, who provide outreach/psychotherapy for activists (especially those from underserved populations), & their supervisors will gain knowledge through experiential learning facilitated by Drs. Armas & Luna, who discuss their work in engaging activist communities; implementing a Sustainable Activism Workshop Series; & utilizing practices for sustaining work during the sociopolitical climate on today's campuses.

Addressing Hate Speech on Campus: What is its Impact, and What Can We Do About It?

Presenters: *Katy Dorsheimer, PhD (UCI), Heather Jett, PsyD (UCI) & Mekeisha S Buffaloe, MA (UCI)*

This workshop will educate participants about hate speech, including the numerous levels our students are exposed to it, and its impact on mental health. We will address strategies for university mental health professionals to offer prevention and intervention in regards to hate speech. Finally, we will facilitate dialogue about challenges to acting as an advocate in this realm.

Integrating Cultural Consideration in Clinical Supervision

Presenters: *Ayala Ofek, PsyD (UCLA) & Elizabeth Hernandez, MA (UCLA)*

Clinical supervisors typically report valuing multiculturally competent practice and supervision. However, a gap exists between placing a value on multicultural competence and practice itself. This workshop will provide clinical supervisors with knowledge, awareness, and skills aimed to enhance their effectiveness in addressing cultural and contextual factors in supervision.

Panel Discussion Descriptions

Thursday 12/15 at 2:50pm — 3:50pm

1 Cultural Competency From A Student Activist Lens

Presenters: Nicole Green, PhD (UCLA), Aaliya Khan (UCLA), Robert Gardner (UCLA), Katie Patel (UCLA), & Ria Jain (UCLA)

Given the campus climate, the need of cultural competency within mental health services has been one of the largest issues identified by students recently. In this panel, student activists will address the benefits and necessity of diversity within CAPS for students and the intersectionality with other movements, with an opportunity for questions and answers.

2 Introducing, The Steve Fund: Supporting the Mental Health of College Students of Color

Presenters: Jan Collins-Eaglin, PhD (Pomona College/TSF) & Jeanne Manese, PhD (UCI)

TSF is the nation's only non-profit organization focused on the emotional well-being of students of color. Presenters will discuss the national scope of the organization's work. The Steve Fund's mission and activities which include building knowledge and thought leadership, creating programs and strategic partnerships, promoting awareness and dialogue and producing immediate impact for students through tech innovations will be overviewed.

3 Understanding the Basic Needs of Our Students: A Multi-Campus Discussion

Presenters: Lori R. Weiner, MSW, LCSW (UCSD), Soraiya Khamisa, MSW (UCSD), Irma Cano Murphy, MSW, LCSW (UCSD), Karen Minero, PhD (UCLA) & Šerifa Dela Cruz, MA(UCLA)

This panel discussion will explore basic needs UC students report on two campuses, UCLA and UCSD. The panelists will discuss concerns related to food insecurity, housing insecurity, financial hardship, and medical access. Additionally, panelists will review current and upcoming resources and initiatives on their campuses as well as the UC-wide Global Food Initiative.

4 Developing Culturally-Appropriate Outreach and Counseling Services for Young African American Men

Presenters: Nicki King, PhD (UCD), Kayton Carter, MA (UCD) & Carolyn Murray, PhD (UCR)

Young African American men (aged 18-26) are often characterized by teachers, counselors and other helping professionals as "oppositional". The perceived undesirable behaviors mask a high level of psychological distress, and this group has the second-highest rate of completed suicides. The panel members discuss the problems faced by this underserved population, and how services might be more culturally responsive.

5 Immigration and Mental Health

Presenters: Sanjana Nidugondi (UCLA) & Sheetal Shah, PhD (UCD)

The relationship between an individual's mental health and the marginalization of their social identities is increasingly apparent with the US' current political climate. Through analyzing statistics and hearing the stories of UC students, we hope to gain a better understanding of how immigration and citizenship status can impact one's mental health.

6 Using Technology on College Campuses to Target Underserved Populations

Presenters: Gary Dunn, PhD (UCSC), Libby Craig (Crisis Text Line), Rodolfo Victoria, PhD (UCI), Darren Piercey, PhD (WellTrack) & Kevin Ramotar, PsyD (UCSD)

Social media, texting, and virtual reality are all common in today's world yet barely existed twenty years ago. Panelists discuss how we can use technology to meet the needs of an increasingly diverse college campus. Moderated by a CAPS Director, the panelists will include representatives from an online therapy program and a crisis text hotline, as well as CAPS staff members who oversee technology at their centers.

Friday 12/16 at 11:10am — 12:10pm

Keeping the Faith: Culturally Mindful Mentorship with Womyn of Color

Presenters: *Cynthia Medina, PhD (UCB), Sheetal Shah, PhD (UCD), Taisha Caldwell-Harvey, PhD (UCOP), Jeanne Manese, PhD (UCI), Nita Tewari, PhD (Independent Practice), Anjali Amin, PhD (VA Greater LA Healthcare System) & Susan Ramirez, PhD (USC)*

This session seeks to address important components in multicultural mentoring within psychology by introducing Dr. Joseph L. White's model of multicultural mentoring, demonstrating (via personal narratives) how cross-cultural mentoring has been put into actual practice to promote the psychological and professional well-being of women of color within psychology, and providing concrete tools on how to negotiate racial, gender, and cultural differences, and specifically, how to effectively mentor women of color in an empowering and culturally appropriate way.

Best Practices for Working with Asian American, API, and Chinese International University Students: Risk Assessment, Intervention, and Management of Suicidal Concerns

Presenters: *Amanda Han, PsyD (Mindful Neuropsychology Professional Corporation), Matthew Mock, PhD (JFK University)*

After providing an overview of specific challenges faced by diverse Asian students, panelists will discuss best practices essential for working with diverse Asian populations. Unique clinical assessment, intervention strategies, and administrative management will be discussed regarding suicidal concerns.

Culturally Responsive Support for Undocumented Students

Presenters: *Diana Peña, PhD (UCB), Elizabeth Hernandez, MS (UCLA), Saeromi Kim, PhD (UCLA), Karina Ramos, PhD (UCI) & Esmeralda Zamudio (UCD)*

This year's election cycle amplified public attention to anti-immigrant sentiment, adding additional stress to undocumented students' lives. Panelists from 4 UCs highlight culturally responsive interventions that acknowledge xenophobia and discrimination through: group therapy, individual coping skills, healing circles, workshops, and campus partner collaborations.

Eating Disorders in the LGBTQ Population: Innovative Strategies for Student Engagement

Presenters: *Casey N. Tallent, PhD (Eating Recovery Center) & Sarah Joy Park, PsyD (CalPolySLO)*

A disproportionate number of the LGBTQ community are impacted by eating disorders and other comorbid concerns, including anxiety and major depressive disorders. Panelists will present current statistics and trends of eating disorders in the LGBTQ student population. Recommendations for innovative engagement strategies and treatment will be provided.

Trauma Focused Psychologists in the UCs: Looking at Emerging Best Practices in Behavioral Health Support For Survivors of IPV on College Campuses

Presenters: *Kali Lantrip, PhD (UCSB), Lissa Lim, PhD (UCI) & Luisa Ladd, PsyD (UCSC)*

This panel discussion will include three trauma-focused psychologists housed at different UC campuses. Each panelist will discuss how they approach their position from a multiculturally relevant and sensitive perspective acknowledging the importance of intersections of identity in trauma-focused therapy and case coordination as well as with consultation and training of campus stakeholders.

“Let’s Talk About It” Descriptions (Meaningful Dialogues) Thursday 12/15 at 4:10pm — 6pm

Multiculturally Sensitive Administrative Practices for Clinical Service Delivery

Presenters: Vivian Yamada, PsyD (UCI) & Lee Stillerman, PhD (UCR)

Let’s talk about being more culturally responsive to our diverse student body while also being culturally sensitive to staff members. Possible issues addressed include creating a welcoming environment, ways group services can be tailored to specific cultural groups, and delivery of services in languages other than English.

Transgender, NonBinary and Genderqueer Clients

Presenters: Christine Dolan, MEd (UCSB), Emmie Matsuno, MA (UCSB), Max Rorty, LCSW (Santa Barbara Transgender Advocacy Network), & Rachel Gloger (Santa Barbara Transgender Advocacy Network)

Clinicians sometimes stumble when working with transgender clients. Best practices include paying specific attention to the clinical setting infrastructure, intake forms, and an ongoing awareness of historical helping-profession treatment of trans people. Let’s talk about how to demonstrate and maintain a welcoming and affirming practice for transgender, non-binary and gender-diverse people.

Campus Community Practices with Asian Pacific Islander (API) Students

Presenters: Leakhena "Leah" Heng Tappero, PhD (UCSD) & Dianna Quach, PhD (UCSD)

An opportunity for mental health providers to ask questions and learn more about clinical practices and engagement with Asian Pacific Islander (API) students across campuses. This discussion is intended to increase clinician’s knowledge, skills and awareness in working with this diverse population.

Men, Eating Disorders and Culture

Presenter: Aaron Flores, RD (La Ventana Treatment Centers)

Eating disorders are complex mental health problems that affect a variety of people and there are many marginalized voices in the eating disorder community. In this session we will take a close look at the male prevalence of eating disorders across different cultures and examine our own biases when it comes to who gets eating disorder diagnoses and how to treat them.

Cultural, Relational, and Institutional Trauma: The Intersections and Impact of Betrayal Trauma

Presenter: Kali Lantrip, PhD (UCSB)

In the current socio-political climate, race and gender are increasingly a part of a dialogue about violence, systemic oppression, and trauma. The presenter will introduce interpersonal and institutional betrayal trauma as a framework for exploring the intersections between culture and gender and the trauma response to daily slights, harassment, and objectification.

Friday 12/16 at 9am — 10:50am

Promoting Mindfulness: Assessing Cultural Competence in Healthcare Delivery

Presenters: *Bai-Yen Chen, PhD (UCD) & Nan Senzaki, LCSW (UCD)*

This session provides a facilitated dialogue to assess indicators of organizational cultural competence and examine its role in the delivery of campus mental health care. How does "organizational competence" support or challenge "role competence" in providing culturally competent mental health services? How can we improve the relationship between organizational and role competence?

During Difficult Social Times: Support or Burnout?

Presenters: *Jas Tilghman, PhD (UCI) & Leakhena "Leah" Heng, PhD (UCSD)*

Let's talk about how we can support each other during difficult social times. We are able to counsel and be there for our clients, but who is there for us? We too, may be negatively impacted by things happening in the US as well as other areas around the world. However, we don't talk about that as much as we could.

Understanding the Under-Addressed Needs of "Model Minority" Students

Presenters: *Sophia (Shao-Fen) Chang, PsyD (UCSB), Jill Huang, PhD (UCSB), Junichi Shimaoka, PsyD (UCSB) & Karen Dias, PsyD (UCSB)*

Asian/Asian American Pacific Islander (AAPI) students represent the largest ethnic grouping of UC students. In this discussion, participants will deepen their appreciation of the under-addressed needs of AAPI students, challenge assumptions, and inspire each other to develop culturally sensitive ways to serve the AAPI communities. We empower non-AAPI identified staff to join this discussion.

Paws for Assistance: Discussion of Psychiatric Service and Emotional Support Animals

Presenter: *Barbara Acosta (Disability Rights CA)*

This interactive session will explore the rights of individuals with psychiatric service or emotional support animals such as the right to public access and reasonable accommodations. Designed to fit the needs of both clinicians and consumers, this session allows participants to discuss how an individual with a mental health disability might benefit from an assistance animal.

The Effect of Islamophobia on Muslim Mental Health & the Intersectionality of Other Social Movements

Presenters: *Yusef Daulatzai, PsyD (UCLA) & Noor Zaniat (UCLA)*

Muslim students understand how Islamophobia affects their mental health. Yet, the issue of mental health in the Muslim community is stigmatized. This workshop aims to provide counselors culturally competent methods to construct a healthy discussion about allowing Muslim students to recognize the agency they have over their mental health and to define their own nuanced mental health narrative.



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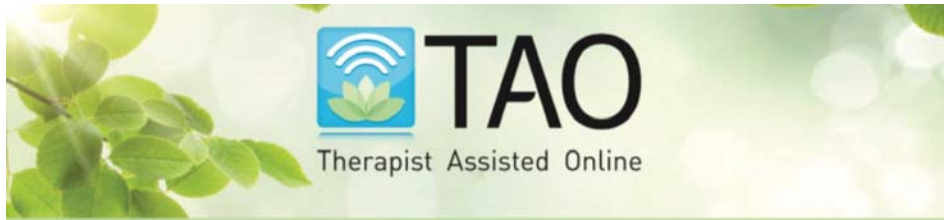
With our deepest gratitude, thank you!

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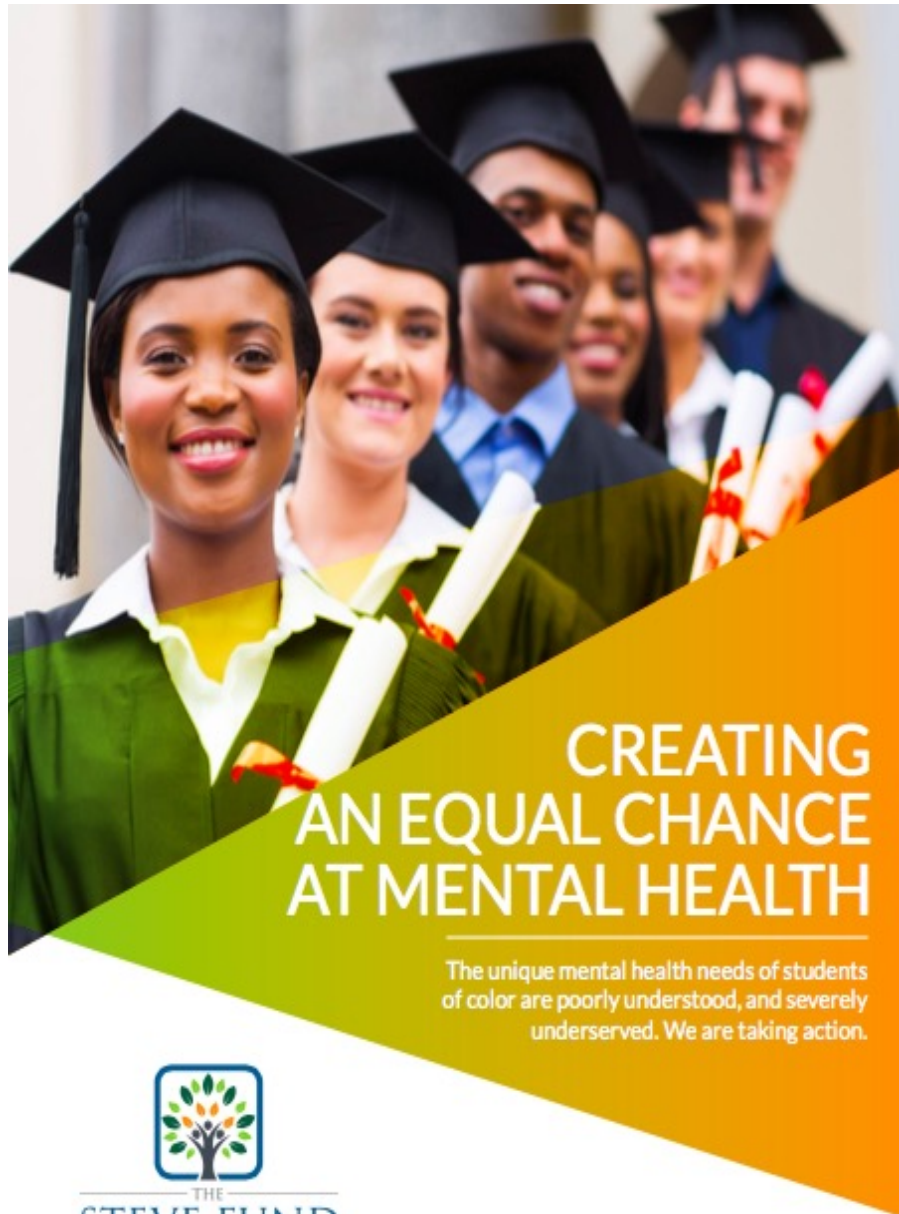
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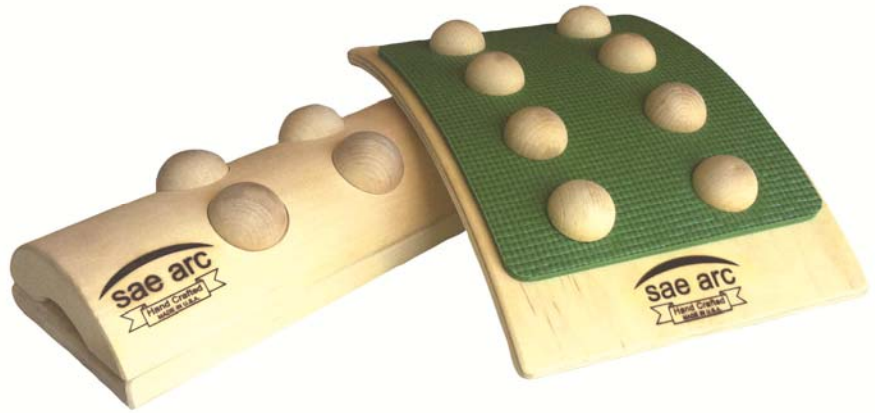




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