The California State University (CSU) Board of Trustees has appointed Thomas A. Parham, PhD, to serve as president of California State University, Dominguez Hills (CSUDH). Parham currently serves as vice chancellor, student affairs for the University of California, Irvine (UCI).

“There is no greater blessing in life, next to being a parent, than being entrusted with the intellectual and personal growth and development of students, and I enthusiastically support the CSUDH mission to provide a transformative education to a wonderfully diverse and intellectually engaged student population,” said Parham. “This is a time of growth and opportunity for the university and there are many exciting challenges that lie ahead at CSUDH. I am looking forward to being a servant leader and collaborating with faculty, engaging students and staff, and working with alumni and all members of the campus and surrounding community of Los Angeles, the greater South Bay area, and the state of California to fulfill our collective vision for a 21st century comprehensive university. I am honored to be selected to build on the legacy left by those who preceded me in this role.”

Parham becomes the eighth permanent president of CSUDH. He will join the campus in his new role in late June. Parham succeeds Willie Hagan, who will retire from the university at the end of the 2017-18 academic year.
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Minority Fellowship Program Information

The principal aim of the MFP is to provide financial support, professional development activities, and guidance to promising graduate students and postdoctoral trainees, with the goal of moving them toward high achievement in areas related to ethnic minority behavioral health research or services. Our mission and aim are consistent with Healthy People 2020, the President’s New Freedom Commission on Mental Health, and other federal initiatives to reduce health disparities.

» The MFP Mental Health and Substance Abuse Services (MHSAS) Predoctoral Fellowship, funded by a grant from the federal Substance Abuse and Mental Health Services Administration (SAMHSA), was created to support the training of practitioners in behavioral health services and prevention. This fellowship program is designed for students in clinical, counseling, and school psychology and for other psychology doctoral students whose training prepares them to provide therapy, testing, assessments, and other services. 
   Application deadline: Jan. 15

» The MHSAS Postdoctoral Fellowship, also funded by SAMHSA, was created to support the specialized training of early career psychologists who have primary interests in developing a services or policy career related to the behavioral health or psychological well-being of ethnic minorities. 
   Application deadline: Jan. 15

» The Services for Transition Age Youth (STAY) Fellowship, also funded by SAMHSA, is designed for students in terminal master’s programs whose training prepares them to provide mental health services to youth ages 16 through 25 and their families. 
   Application deadline: Jan. 15

» The Psychology Summer Institute (PSI), a week-long intensive training funded by SAMHSA, the William T. Grant Foundation, and APA, provides educational, professional development, and mentoring experiences to advanced doctoral students of psychology and psychologists who are in the early stage of their careers. Participants are guided toward developing a grant proposal, postdoctoral fellowship, dissertation, treatment program, publication, or program evaluation project. All projects must focus on issues affecting ethnic minority communities. 
   Application deadline: May 1

» Recovery to Practice (RTP) is an initiative to promote recovery-based principles and practices for psychologists and students. Originally funded by a subcontract from SAMHSA, the RTP initiative had two primary purposes: to develop an online resource on recovery principles and practices for mental health professionals across the major mental health disciplines and to develop a recovery-focused curriculum. 
   For more information on any of our programs and to apply online, visit our website: apa.org/pi/mfp
“Dr. Parham has an exceptional history of working with students from diverse backgrounds and has demonstrated unwavering commitment to student achievement,” said CSU Trustee Peter J. Taylor, chair of the CSUDH search committee. “He is deeply connected to the area and is an exceptional choice to build on the foundation laid by Dr. Hagan and to advance the university to the next level.”

Most recently, Parham has served as vice chancellor for student affairs at UCI, a role he has held since 2011. During his more than 30-year career at UCI he has also served as an adjunct faculty member and held leadership positions including assistant vice chancellor for Counseling and Health Services, Counseling Center director and director of the Career and Life Planning Center. Prior to joining UCI, he served on the faculty at the University of Pennsylvania.

Having grown up in Southern California, Parham earned a bachelor’s degree in social ecology from UCI. He earned a master’s in counseling psychology from Washington University in St. Louis, and a PhD in counseling psychology from Southern Illinois University at Carbondale. He is licensed to practice psychology in California.

Parham has authored six books and over 45 journal articles and book chapters and is the past president of the National Association of Black Psychologists. He is also a fellow of the American Counseling Association and the American Psychological Association, a distinguished psychologist in the Association of Black Psychologists, as well as past president of the Association for Multicultural Counseling and Development.

Press release adapted from CSUDH Campus News Center. © 2018 California State University Dominguez Hills. Adapted with permission. Retrieved from https://news.csudh.edu/thomas-a-parham-appointed-president-csudh

The Chance to Lead

BY HEATHER STRINGER

Early Career Psychologists (ECPs) sometimes assume that leadership roles in state associations, APA and its divisions are reserved for more seasoned psychologists. But these organizations are eager for newer professionals to contribute as well.

ECPs who are interested in leadership are in even higher demand now that APA requires most boards and committees to have at least one member who is an early career psychologist. There are also opportunities to lead in APA’s 54 divisions, seven of which will have ECPs serving as presidents in 2018. Psychologists who are newer to the field will also find that their help and perspectives are welcome in state associations, and these smaller organizations have the advantage of feeling more approachable and less complex than APA.

There are many paths to leadership positions. Here, early career psychologists discuss how they got their leadership positions and what they gained from the experience. [This section has been edited for length.]

Candice Hargons, PhD

Div. 17 representative to APA’s Council of Representatives; assistant professor, counseling psychology program at the University of Kentucky; graduated two years ago

Her path: Hargons joined Div. 17 (Society of Counseling Psychology) seeking a sense of belonging in her new field. As a black woman, the division’s section on ethnic and racial diversity appealed to her, and she served as the section’s membership coordinator. A year later, she joined a division task force that was developing a new counseling psychology leadership academy for students and ECPs. Now she’s treasurer of Div. 17’s ECP Committee and serves as one of the division’s representatives on the APA Council of Representatives, helping to discuss and vote on new APA policies.

What she gained: Hargons enjoyed working with more senior, well-established counseling psychologists who, she says, have affirmed the unique perspective she brings as a young black woman from a working-class background.

Her advice: “Take the initiative and run for positions because it gets your name out there. Even if you don’t get elected the first time, people will look for you the next time a position is open.”

COE Faculty Receives National Ethnic Mentoring Award

Dr. Nellie Tran, a faculty member in the Department of Counseling and School Psychology, found out she had won the 2017 Ethnic Minority Mentoring Award when she received the notification letter from the American Psychological Association’s Society for Community Research and Action. “I did not know I had been nominated for the award. It was a complete surprise to me. My past students nominated me for the award without my knowledge,” said Tran, who received the award in Ottawa, Canada in late June. “I was extremely honored and humbled to receive the award.”

The Society for Community Research and Action is a membership organization for community psychology students and professionals. Their work can be generally fit into the categories of education, research, practice and policy, but many of its members work in all four.

Tran, who is a second-generation Vietnamese American—her parents are Vietnamese boat people who arrived in North Park in 1981 as refugees—has been involved in a lot of mentoring work over the years, providing extensive mentoring and research opportunities for students on topics of race, identity, and discrimination.

Students who are interested in her research on micro-aggressions and subtle biases within the academic setting, and especially those students who are angry about the way the world and the system oppress students and people in marginalized statuses, often seek her out for mentorship, she said. “Mentoring is at the heart of my love for being a professor,” Tran said. “I have been feeling quite validated for my years of mentorship that has often stayed invisible to my profession and the institutions where I’ve worked.”

She currently advises and mentors San Diego State students in the Asian Pacific Student Alliance, as well as those in the Community-Based Block Multicultural Counseling and Social Justice Education Program. Tran is co-chair of the Asian American Psychological Association’s Leadership Fellows Program and helped to found the leadership pipeline program for the Society for Community Research and Action.

“Mentoring is at the heart of my love for being a professor. . . . I have been extremely excited to return to San Diego. . . . to continue to give back to the communities that helped and supported my family.”

“I have been lucky to have worked with brilliant students and activists,” said Tran, who also teaches and works at the SDSU Center for Counseling and Community Engagement in City Heights, a few blocks from one of the apartments where she and her family lived in the 80s. “I have been extremely excited to return to San Diego... to continue to give back to the communities that helped and supported my family.”

Developing Programs for the Next Generation

MFP Fellows Laura Bava, PsyD, Julio Brionez, PhD, and Max Tokarsky, PsyD, develop and provide services to support students.

Helping Our Patients Reach Their Full Potential

Children battling cancer require more than just the best medical care. They also need psychosocial supportive services to deal with the physical, emotional and behavioral challenges that inevitably arise. Patients in the CCCBD [Children's Center for Cancer and Blood Diseases] receive holistic care through the Survivorship and Supportive Care (SSC) Program and its many specialty services designed to help them thrive in all aspects of their lives.

At a time when peer relationships are crucial, teens with cancer often find themselves isolated in the home or hospital, missing out on universal rites of passage. Changes in physical functioning and appearance are particularly devastating during this time when most kids simply want to fit in. Led by Laura Bava, PsyD, the Teen and Family Support Service (TFSS) within the SSC Program is dedicated to giving teens, adolescents and young adults at all stages of diagnosis, treatment and survivorship access to peer support in a group where they are truly understood.

For Cristian Mendoza, 17, attending the Adventure and Discovery Retreat for Teens with Cancer and Blood Diseases was a highlight of his young life. Cristian was diagnosed with leukemia in 2014 and is now cancer-free, but like so many other teens in his position, he struggled with the physical and emotional effects of his disease.

“The Teen and Family Support Service has been a great big help to me,” Cristian says. “It has been a rough journey but my life has gotten better since I attended the retreat due to meeting new friends and bonding with all the other survivors who really understood what it was like to have cancer.”

Now Cristian is paying it forward by speaking on behalf of other kids with medical conditions. On May 31, 2017, he took the stage with other CHLA patients and Rep. Tony Cárdenas (D-Calif.) to talk about the importance of maintaining Medi-Cal coverage for children and families. This generous teen is also president of the Children's Foundation for Blood Related Cancers, which raises money to help cancer survivors with school-related expenses.

“I understand the struggle of having to go through a life-threatening disease and then returning to school,” he says. “Dr. Bava has really inspired me to better myself as well as my community, which is the reason I decided to start my foundation. Now we are working on setting up our offices so we can start helping kids with cancer get a head start in their education after treatment.”

Taking Care Week Offers Students, Faculty, Staff Ways to De-Stress

BY MEGAN PARKER | MARCH 5, 2018

Hosted by the Counseling and Testing Center [at the University of Akron], this year’s Taking Care Week included . . . informational workshops where students, faculty and staff learned ways to de-stress and relax during midterms.

Taking Care Week began Monday, Feb. 26, 2018, with a resource fair where people received information about different university departments and student organizations that offer ideas for self-care. On Tuesday, Feb. 27, Julio Brionez and Jennifer Hardy, psychology interns at the Counseling and Testing Center, led a workshop called “Suicide Prevention.”

Brionez and Hardy discussed when stress turns from normal to problematic, various signs associated with a person’s risk of taking their life, and resources available to help those people at risk.

“Suicide is a very hush-hush topic for lots of people,” Brionez said. “There’s ways to support people and to help them . . . [with] anything that might be troubling them. That’s what we hoped to convey with this talk today.”

During the workshop, Brionez and Hardy discussed when stress turns from normal to problematic, various signs associated with a person’s risk of taking their life, and resources available to help those people at risk.

Brionez said this workshop helps explain ways to think about “gender and sexual orientation. . . [a person’s] own privileges they’ve had or not had, and biases they may have grown up with.”

“We plan on continuing Taking Care Week each year, so continue to look out for it around midterm time during each spring semester,” Altiere said.

Another event for Taking Care Week was the Peace, Love and Happiness [workshop], which took place Wednesday, Feb. 28 [and] gave people an opportunity to increase “peace, love, and happiness in their lives.”

On Thursday, March 1, a workshop called “LGBT Ally/Safe Zone Training” enabled people to become allies for others who may feel as though they are a part of a marginalized or minority group, Brionez said. During this workshop, Brionez and psychology intern Samantha Goodin, from the Counseling and Testing Center, discussed various topics [on the theme] of being an ally to the LGBTQ community.

“Some folks who either identify with marginalized or minority identities don’t have the space or the support that other people have,” Brionez said. “So this training enables . . . people to take [better] care of one another.”

“Suicide is a very hush-hush topic for lots of people,” Brionez said. “There’s ways to support people and to help them . . . [with] anything that might be troubling them. That’s what we hoped to convey with this talk today.”

“Suicide is a very hush-hush topic for lots of people,” Brionez said. “There’s ways to support people and to help them . . . [with] anything that might be troubling them. That’s what we hoped to convey with this talk today.”

Max Tokarsky, PsyD

Max Tokarsky, a student in the School of Professional Psychology, recently completed a national fellowship offered by the American Psychological Association's Minority Fellowship Program's Mental Health and Substance Abuse Services.

His father is Polish-American. His mother is from Thailand.

So Max Tokarsky grew up in the Dayton suburb of Oakwood influenced by two radically different cultures. He socialized with the local Polish community, but also spent a year in Thailand, even living briefly at a Buddhist monastery in Bangkok.

“I grew up very aware of both of their heritages and practicing them both at the same time,” he said.

But it wasn’t until Tokarsky became a student at the Wright State University School of Professional Psychology that he fully understood and appreciated his mixed ethnicity. His dissertation focuses on the psychology of adolescent immigrants trying to navigate two different cultures.

“It makes a lot of sense coming from my background,” he said. “I developed a curriculum for classrooms where teachers can provide students with education about the psychological process a young teen might go through living between two cultures.”

After graduating from Oakwood High School in 2001, Tokarsky enrolled at The Ohio State University, received his bachelor’s degree in Spanish and international studies and studied abroad for a term in Granada, Spain.

Following his graduation in 2006, he came to Wright State to earn a teaching English as a foreign language certificate and in 2007 went to teach in Bangkok, where he wanted to experience the culture that had molded his identity.

During the final two months of his one-year stint, Tokarsky lived in a Buddhist monastery and ordained as a monk, a coming-of-age practice for many Thai men. After 35 days, he decided to give up the robes and return to his previous way of life, a normal practice in Thailand.

Buddhism is a religion that originated in ancient India based on the teachings of Buddha. Practices can include the study of scriptures, observance of moral precepts, renunciation of craving and attachment, meditation and the cultivation of wisdom, kindness and compassion.

“I developed a curriculum for classrooms where teachers can provide students with education about the psychological process a young teen might go through living between two cultures.”

In hopes of making a bigger impact in the lives of his students, Tokarsky began taking college psychology classes and in 2013 enrolled in Wright State’s School of Professional Psychology, drawn by its strong emphasis on diversity.

Tokarsky recently started a yearlong internship at a community mental health center and a developmental disability clinic in Long Beach, California. After graduation, he plans to stay in the Dayton community, hoping to work with immigrant populations.
Advancing Psychological Research

In the following articles, MFP Fellows Luz Garcini, PhD, Aneeta Rattan, PhD, and Yuying Tsong, PhD, share their research findings with psychologists and the public.

5 Questions for Luz Garcini

BY TORI DEANGELIS

More than 80 percent of the undocumented immigrants in north San Diego County report a history of trauma, including witnessing and experiencing violence and living with insufficient food, water and shelter. Those findings are among several from Rice University postdoctoral fellow Luz Garcini, PhD, who recently conducted the first study assessing the prevalence of mental health symptoms among undocumented Mexican immigrants and deportees living near the California-Mexico border.

Using epidemiological methods for studying hidden and hard-to-reach populations, she found that nearly a quarter of undocumented immigrants living in north San Diego County met criteria for a mental disorder, most commonly depression and anxiety (Journal of Consulting and Clinical Psychology, Vol. 85, No. 10, 2017).

Garcini is well-versed in this population’s struggles. In 1993, at age 23, she and her family fled Mexico to escape corrupt police who tried to retaliate against them for seeking justice in relation to a car accident. With two young children, no money, no English language skills, no asylum, and a husband who traveled back and forth to Mexico for work, Garcini and her family settled in with relatives in Houston until they could start earning their own living in the United States.

She began volunteering for a program that provided psychoeducation to parents at risk of losing their children due to child abuse and neglect, many of them immigrants. This experience fueled her desire to help others understand and cope with the stresses of immigration and acculturation. Once she saw the paucity of Latin-American clinicians and researchers in the United States, she knew she had found her path. She went on to earn three master’s degrees and a PhD in clinical psychology.

Garcini spoke to the Monitor about her current and future research.

What are the main psychological issues that you’ve studied?
Many of these immigrants show symptoms of depression, anxiety and somatization. We hear a lot of complaints about headaches, stomachaches and pain. We also see culturally and contextually specific symptoms of distress that are similar to anxiety symptoms.

There is also a lot of self-identity conflict. For example, there are times when the husband doesn’t have a job, so the woman becomes the primary breadwinner. That creates tensions within the family that arise from conflicting cultural expectations.

They also live with constant uncertainty. Their lives can change in an instant if family members are deported. Mostly, they try not to look back and not to look ahead.

Are there members of this population who are having a harder time than others?
Those at highest risk for psychological distress are ages 18 to 25. Often, they’re the culture brokers for their families because they speak English and tend to be highly acculturated. They often have to navigate the system for their families, which can be pretty taxing. At the same time, many of them can’t get professional jobs after high school or college because they are undocumented, so they have to clean houses or work in construction. You can imagine how frustrating that must be.
Now they are facing the possible termination of DACA [Deferred Action for Childhood Arrivals]. They start thinking, “What's going to happen to the rest of my family if I'm the one who is leading the way for them?”

**Did you encounter any surprises through your research?**

Definitely. For one thing, these immigrants rarely reported functional impairments to me, which is a likely reason many of them don’t meet the *Diagnostic and Statistical Manual of Mental Disorders* criteria for depression or anxiety. Functional impairment is defined as the inability to function within the domains of work, school and relationships. But even if they are depressed, these immigrants can’t afford not to work. And because social relationships are one of their primary coping mechanisms, they tend to gravitate toward family and friends rather than isolating themselves.

Similarly, even though these immigrants have experienced many traumatic events—everything from warlike conditions to the disappearance of family members to debilitating poverty—the number of individuals meeting diagnostic criteria for post-traumatic stress disorder is surprisingly low. This, too, suggests the need to develop new trauma assessments and ways of conceptualizing trauma in non-Western populations.

**Do you see signs of hope among these people?**

Faith-based organizations have done beautiful work in providing counseling and support resources as well as legal advice for this population. They also provide a social network so these families feel at home. However, pastors and priests often tell me, “Yes, they come to us, and we want to help them, but we don’t have training in mental health treatment.” So, there is much need for psychologists to work with them.

**Where would you like to see your research go next?**

I would like to use new biological measures to show how a person responds physically to stressors. If we could show that stress affects young, undocumented immigrants on a biological level, it might encourage policymakers to provide adequate mental health care before these problems get worse.

This situation calls for expertise from many disciplines—not just from psychology, but from epidemiology, political science, biology, medicine, anthropology, sociology, even linguistics. There is a huge need for good research-based interventions and context-sensitive research that can help inform policymakers, police and policymakers, among others. If we approach this research from an interdisciplinary perspective, we can defend the rights and needs of this population more effectively.


The Impact of Social Stereotypes in STEM Hiring

**BY ANEETA RATTAN**

Our research explored how unconscious bias can influence employment evaluations in stereotypically male fields. Because people in organisations hold the stereotypes prevalent in their society (to some degree), this research applies to all organisations that want to provide equal access to jobs, pay, and resources, regardless of gender or race.

**The Research**

Three experiments (totalling 575 people) were set in the context of employment in science-, technology-, engineering-, and maths-(STEM)-related fields. We tested whether men would evaluate one person—an east-Asian American woman—differently depending on whether her race or gender were highlighted. Her qualifications were the same in all scenarios. This is different from past research, which mostly focuses on the effects of being part of one stereotyped social group.

Aneeta Rattan, PhD

“This research applies to all organisations that want to provide equal access to jobs, pay, and resources, regardless of gender or race.”

We focused our hypotheses on male perceivers because they are often the evaluators and decision-makers in STEM contexts. In the studies men reviewed an east-Asian American woman’s CV in the context of a STEM job application. The woman’s gender and race were both always clearly indicated in the material provided, but either her race or her gender was emphasised. The question was whether, despite both being visible, the added emphasis on one would shape men’s STEM employment evaluations. We predicted this might occur because, in the US, conflicting stereotypes exist within STEM employment contexts—a manager evaluating an Asian woman for a computer programming job could be influenced by negative stereotypes about her gender or positive stereotypes about her race.
Key Findings
We found evidence that men rated the same east-Asian American woman as less skilled, less hireable, and offered her less pay when her gender rather than her race was highlighted for jobs in science- and technology-related positions.

While the research was based in the US, the findings have clear implications for the UK STEM/tech employment market, suggesting how easy it is for stereotypes to potentially influence outcomes.

Next Steps
It’s important to recognize that we all belong to multiple social groups that may have different stereotypical associations. This means people can see and judge us differently depending on which of our stereotyped identities are most salient to them in a situation. This research highlights that one source of employment discrimination is in the minds of evaluators, due to the stereotypes that exist in society.

Our research found that women did not exhibit bias. Neither did it emerge among men when they rated the candidate on specific criteria. Therefore, when recruiting staff, we recommend involving diverse hiring teams and identifying and correcting any general evaluations offered on applicants’ skill, hireability, or how much pay they deserve, because this is where our research found stereotypes influence decision-making. HR may need to reject such general feedback and instead ask for specific evaluations on clear criteria.

More broadly, to achieve real change, organizations may need to review and re-review their policies and practices over time.

Applying such an approach will help organizations mitigate the short- and longer-term effects of stereotypes and bias in recruitment with the goal of hiring the best person for the job, regardless of how much an individual ‘looks the part’. In this way HR teams can aim to facilitate genuine progress on diversity.

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Asian American Women Have Tough Time Seeking Help for Eating Disorders, says CSUF Study

BY WENDY FAWTHROP

Young Asian American women tend to have cultural and family influences that discourage them from seeking help for eating disorders, according to new research led by Yuying Tsong, Cal State Fullerton associate professor in human services.

Compared with a general population with eating disorders, young Asian American women displayed some common themes, the study found, including:

» Lack of knowledge of eating disorders, which extended to their parents

» Lack of knowledge of treatment available or how to seek treatment

The study is one of a few in the eating disorder literature to examine Asian Americans in particular, Tsong said; most focus on white Americans. But what research there is indicates that while Asian Americans are at equal risk for eating disorders, they are often misdiagnosed or under-diagnosed.

“So there is a stereotype that Asian American women don’t have as many eating disorders as white women do,” Tsong said.

Compounding matters is the fact that Asian Americans are half as likely as white Americans to seek mental health services in general, a 2016 review of studies on the subject showed.

The topic has intrigued Tsong since she did post-doctoral clinical work in counseling at UC Irvine and noticed that concerns with body image often came up with Asian American women, even if they hadn’t sought help specifically for that issue. She talked with other clinicians, including her collaborator on the most recent study, Cal State Fullerton associate professor Rebekah Smart, from the Department of Counseling, and discovered they shared similar experiences.

Tsong and Smart, along with three students in the Department of Counseling, recruited Asian Americans who had experienced disordered eating behaviors or body image concerns. The final sample totaled 212 participants with an average age of just under 25, including students at Cal State Fullerton. About three quarters were female, and a little more than half were second-generation.

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The team categorized barriers preventing the students from seeking mental health services into personal, social, structural, stigma, beliefs and mental health literacy.

For example, personal reasons included not wanting to acknowledge there was a problem, not knowing how to articulate it, or feeling shy or embarrassed. As one participant said: “I never thought to seek treatment because it was an issue that I didn’t ever want to share with others. For me, it was embarrassing to tell others that I had felt terrible about my body and the way I looked.”

Social barriers included family and religion. One participant said she avoided treatment “because my mom thought I looked nicer when I ate less. She doesn’t even know what eating disorders are.” Another said, “My family would go bonkers.” And a third was told that a large weight loss “was just a phase … something that I could easily change if I prayed more.”

A stigma over seeking therapy contributed: “I knew it wasn’t healthy and have tried to stop on my own. I didn’t like the idea of being seen as the ‘broken’ Asian girl with problems.”

Lack of time or money played a part for some, while others said they didn’t know their disordered eating was a problem or that a therapist could help.

Next, Tsong and her fellow researchers will tackle that last barrier.

“I am conducting research on mental health literacy—how able we are to recognize eating disorder symptoms in ourselves or in other people; how able we are to find resources to help; and if we can use literacy as a prevention or intervention strategy to reduce stigma and promote help-seeking attitudes and behaviors,” Tsong said.

She is also looking at data that identify “facilitators” that encourage Asian Americans to seek treatment for eating disorders, such as having easy access to counseling. “An example could be that a friend or a family member can recognize that they are stressed and recommend that they seek counseling,” said Tsong.

Research indicates that while Asian Americans are at equal risk for eating disorders, they are often misdiagnosed or under-diagnosed.

Several study participants mentioned they sought help because their university provided free counseling sessions on campus. The primary reason they stopped counseling was because they graduated and no longer had easy access to therapy (having to drive too far or not knowing where to find a therapist) and their insurance did not cover it.

Said Tsong: “We continue to receive responses from Asian American women and clinicians that work with this population about how little there is in the literature on this topic.”

Students working on the 2017 study were Melissa L. Ward, Alexandria Dilley and Shuo Coco Wang. The research received support from CSUF and the American Psychological Association’s Office of Ethnic Minority Affairs.

Using Science To Take A Stand

In this era of wide-ranging social justice issues, MFP Fellows Miraj Desai, PhD, Della Mosley, PhD, and Kim Nickerson, PhD, use their expertise to tackle climate justice, address stress associated with advocacy, and influence diversity in academia.

A Yale Scientist’s Unique Perspective on Resilience After Natural Disasters

BY SHELBY LORMAN

To tackle a problem as big as climate change, we need to come together, start movements and make change, according to Miraj Desai, an associate research scientist at the Yale Program for Recovery and Community Health in the Yale School of Medicine, Department of Psychiatry.

Desai, who’s also affiliated with the Yale Climate Change and Health Initiative, focuses his research on the links between mental health and social problems, social justice and social movements.

He also explores the problems plaguing people and the planet through a climate justice lens, which means thinking about our warming world as more than just a physical or environmental issue. (More specifically, climate justice is all about the ways climate change will exacerbate existing inequalities, like how the people who are most vulnerable and least responsible for climate change, such as those living on low-lying, often economically disadvantaged islands, will be disproportionately affected by it.)

In the following interview, Desai talks about why resilience is important for withstanding climate change but it’s not a cure-all, what it’s like researching these topics under a science-hostile administration and what being displaced by climate change can do to a person’s well-being. The following interview has been edited for length and clarity.

Thrive Global: I’ve found in my research for this series that resilience is an important part of dealing with climate change and recovering from extreme weather events. Can you share your thoughts on that?

Miraj Desai: Resilience is absolutely important. The extent to which we are able to come together as communities will be crucial moving forward. At the same time, I have often cautioned against the tendency to over-individualize this notion of resilience. Discussion of resilience, while of course absolutely necessary, can unfortunately be a strategy that some employ to avoid discussion around the structural causes that are leading to the problem in the first place. That is, it may place excessive burdens on those who were least responsible for the cause of climate change.

TG: What do you feel the biggest challenges are in fighting for climate justice?

MD: The sheer magnitude of the problems and the unimaginable tragedies already occurring—displacement, resource depletion, societal instability—particularly to people and communities who had relatively nothing to do with this massive problem, such as the global poor. And worse, many of these tragedies go unrecognized or ignored by so many in the general public or in official positions. Tragedy is probably not an adequate term.

TG: You’ve written about how climate change will unfairly impact populations that are already vulnerable. Could you speak to how this will happen, and whether it’s already happening?

MD: Climate change will not only exacerbate existing disparities but create new ones. I find it is helpful to just ask some basic questions. Who currently has access to resources? Who currently has access to levers of power, often by virtue of their access to resources, that can be called upon during times of distress? Contrast that with who has faced devastation in their communities without even a news story being written about them, let alone
sustained help. During a recent public panel on climate I attended, a local pastor from a low income area reminded the audience that his community has faced hazardous environmental conditions and waste for generations, without any attention by the wider public. These types of disparities can only be expected to widen.

Let’s take sea rise for example. For farmers in Bangladesh or similar regions, who already struggle to survive, sea rise and increasing saltwater intrusion can damage whole ways of life and subsistence. In these coastal communities, sea rise can also mean the difference between having a home and homelessness, between eating and starvation, between life and death. Further, for an island country in, let’s say, the Indian or Pacific Ocean, sea rise can literally mean the end of that island nation (this is not a metaphor), with most everyone forced to leave, provided they are given the means and can find refuge elsewhere. The Marshall Islands, Kiribati, the Maldives, the list goes on and on. The numbers expected to be affected by sea rise alone are not a few thousand but millions upon millions. Add to this figure the number of people who will be affected by other climate change-related disasters and upheavals. Some estimates move towards one billion. Have we basically decided as a society, as a world, that this is okay, that this is all right? It doesn’t have to be this way.

“Movement and change . . . can have powerful effects on our community, planetary, and personal well-being.

TG: Have you researched how displacement will impact the health, both physical and mental, of the people affected?

MD: I have certainly tried to educate myself on these issues as best as possible, and have, in the past, worked clinically with displaced persons in general, such as through the Bellevue/NYU Program for Survivors of Torture. Displacement absolutely has an effect on all dimensions of health. Just imagine being forcefully uprooted from everything you know and love, all the landmarks and memories—the places where you lived, loved, and played—in the matter of an instant.

My colleagues, such as Prof. Kaveh Khoshnood at Yale School of Public Health and others, are examining the negative health impacts of forced displacement (e.g., increased substance use and HIV risk) in Lebanon. Displacement is one of [the] major areas that I think we must continue to focus on. I am deeply concerned about the continued impacts of climate displacement in the future, in terms of both personal and societal health.

TG: Are you able to find anything hopeful in your research?

MD: Hope is perhaps not the word I’d use, for various reasons, though I definitely understand the reason for the question. Movement and change better capture what I think is needed, and what my research shows can have powerful effects on our community, planetary, and personal well-being.

New Research Identifies Coping Sources for #BlackLivesMatter Activists

BY ERLANGER A. TURNER, PHD

Self-care mechanisms are becoming increasingly important for those embedded in the movement toward social justice.

In the aftermath of continued systemic racism and race-related stress among Black Americans, more individuals are engaging in activism to promote change within the legal system and society. Activism ranges from a number of activities, such as building on existing resources, participating in rallies, or more disruptive activities [Lantz et al., 2016]. Over the past few years, the #BlackLivesMatter movement has prompted many in the community to become more engaged and advocate for systemic change.

In a previous blog published by the American Psychological Association (APA), I discussed the impact of racial trauma or race-related stress on Black Americans. However, one area that is often not discussed is how members who engage in activism cope with such stress. The events in Charlottesville earlier this year remind us that coping in the face of activism is important to your mental health. Earlier this month, scholars presented some new research during the 2017 APA convention held in Washington DC on “Coping Among Black Lives Matter Activists.” The study, co-authored by graduate students (Paris Wheller, Della Mosley, and Carolyn Meiller) at the University of Kentucky under the direction of Danelle Stevens-Watkins, PhD, found that individuals often intentionally disconnect from co-workers, white people, or social media as a means of self-preservation. Personally, I can acknowledge that in the last year, with the number of police shootings, I made a conscious decision many times to avoid social media.

The research also identified other common methods of coping such as seeking social support, sharing personal stories of survival, and resisting systems that perpetrate harm or racism. Through personal communication, I had an opportunity to speak directly with the students about their research. According to Paris Wheller, what was most interesting about the interviews from the study was that “people consistently reported walking away from the environment and disconnecting from individuals or groups in an effort to manage negative psychological reactions.” Her hope is to continue applying her work on examining coping mechanisms and how factors such as racial socialization and racial identity influence how Black people cope with racism.

How can research on activism and coping apply to therapy? Given the findings from the study above, it is important to think about the implications of this research for therapists who work with Black Americans. According to research, Black Americans are reluctant to seek professional help from a therapist or mental health provider [Turner et al., 2017]. However, one barrier to engaging Black Americans in therapy is they often feel that their therapist is not culturally sensitive or doesn’t understand their community. Research has shown that in addition to isolation, people need a space to work through their reactions [Lantz et al., 2016]. Wheeler states that “therapists can be useful (for activists) by creating a safe place to process events and facilitate Storying Survival.” This concept involves sharing stories about anti-Black racism through verbal, written, or creative methods. Furthermore, therapists can help Black clients learn how to self-reflect and decide whether disconnecting is the healthiest way to cope, according to Wheeler. Della Mosley—one of the lead co-authors—emphasized that “therapists need to be able to understand and respond when they witness and perpetuate anti-Black racism.” Mosley wants to “use her privilege and training as a counseling psychologist to promote radical healing for the Black community and facilitate support groups for those fighting for racial justice.”

Hector Adames, PhD, and Nayeli Chavez-Dueñas, PhD, co-directors of the IC-Race Lab (Immigration, Critical Race, And Cultural Equity) at the Chicago School of Professional Psychology, have developed a toolkit for surviving and resisting hate. According to Dr. Adames and Dr. Chavez-Dueñas, they developed the #SurvivingAndResistingHate Toolkit to help individuals manage stress related to the current sociopolitical climate and recent events of racial hatred. “In a society that often silences our voices and prescribes the ways we ‘should’ respond to injustices, the toolkit reminds people of color that we can give ourselves permission to embrace and fully express the wide range of emotions that result from oppression, including anger,” states Adames.

References


Adapted from HuffPost. © 2018 Oath Inc. Adapted with permission. Retrieved from https://www.huffingtonpost.com/entry/blacklivesmatter-activism-and-mental-health-new-research_us_59938437e4b0eef7ad2c0227
UMD Creates Online Tour Commemorating African-American History and Contributions to Campus

The Office of Diversity and Inclusion at the University of Maryland has created a new online tour exploring the history of African Americans at the university and their contributions to the campus community. The tour, which features 17 locations on campus, is available at umd.edu/blackhistorytour.

In telling the history of the African American experience on campus, the tour begins with the university’s founding, when Maryland was a slave-holding state. It charts the path of the legal battle to desegregate the campus led by Thurgood Marshall, civil rights advocate and the first African-American Supreme Court justice, and the trailblazers who were among the first black students to attend the university. The tour includes landmarks that celebrate the contributions of African Americans to our campus and community, including the David C. Driskell Center, Parren J. Mitchell Art-Sociology Building, the Harriet Tubman room in Stamp Student Union, and Frederick Douglass Square.

“These stories of African American struggles and contributions span the history of our campus and our nation. We need to make them part of our shared memory.”

All of us need to learn this important history,” said University of Maryland President Wallace D. Loh. “These stories of African American struggles and contributions span the history of our campus and our nation. We need to make them part of our shared memory.”

“Our historical legacy is an important part of the campus climate for diversity,” said Roger L. Worthington, UMD’s chief diversity officer. “We approached Dr. Nickerson to help us with this project and planned the launch for Black History Month as a way of acknowledging the struggles of our past and charting a path forward in building a more welcoming future. The Office of Diversity and Inclusion is pleased to support this important initiative as we continue to work together toward unity, respect and inclusion.”

The tour was developed using the expertise of Kim Nickerson, assistant dean, equity administrator and diversity officer in the College of Behavioral and Social Sciences, who took a critical look at the university’s history to identify and curate key moments that were shaped by African Americans. The tour draws on university archives, reports by campus colleagues and other sources.

“Like our country, the University of Maryland is continuously evolving to live up to our core values and ideals. The evolution includes telling a more complete history of our campus by acknowledging the painful past, but also celebrating the triumphs,” said Nickerson. “We hope this work serves as a source of affirmation and inspiration and that it invites other diverse voices to share their stories.”

Guided tours will be offered later this spring, which are being developed by the Office of Diversity and Inclusion and UMD doctoral student Nana Brantuo.

The University of Maryland is committed to creating a safe and inclusive campus for its entire community. In addition to longstanding programs on diversity, the university has invested millions into new trainings and initiatives, including hiring a hate-bias response program manager and implementing a streamlined protocol for hate-bias incident response, rolling out a campus-wide climate survey, and launching the Center on Diversity and Inclusion in Higher Education. In addition, the university is comprehensively reviewing policies through a task force with the goal of shaping a more equitable, diverse and inclusive campus.

Meet the TAC 2018–2019

The Minority Fellowship Program (MFP) Mental Health and Substance Abuse Services (MHSAS) and Services for Transition Age Youth (STAY) Training Advisory Committee (TAC) is composed of outstanding psychologists, mental health providers, persons with lived experience, and community advocates who provide leadership, sound advice, professional judgment, and extraordinary commitment to the two fellowship programs. The TAC meets twice a year. They read and evaluate applications of hundreds of candidates for our various programs. Other functions of the committee include tracking the progress of fellows, advising students, and shaping the policies of the MHSAS and STAY fellowships. These successful and dedicated advisors serve as role models and mentors to MHSAS and STAY fellows. TAC members welcome your interest in their work and are open to sharing ideas related to clinical work, research, and training. We strongly encourage you to take advantage of their experience, wisdom, and openness.

Andrew T. Dailey is the director of the Minority Fellowship Program (MFP) at the American Psychological Association. Before joining the MFP, he completed a master’s degree in psychology at Palo Alto University. He received a BS in economics from the Wharton School of the University of Pennsylvania and an MDiv in pastoral psychology at the Eastern Baptist Theological Seminary in Philadelphia. He has been active in the community through developing counseling, training, and support programs for ethnic minorities for over 20 years.

Torrey Wilson, PhD (2018 TAC Chair), is an associate professor at the Illinois School of Professional Psychology. He was president of the National Council of Schools and Programs of Professional Psychology (NCSPPP) 2013–2014 and served on the executive committee for six years. Before his role as NCSPPP president, he was chair of the NCSPPP Ethnic-Racial Diversity Committee. He has also served as the doctoral program director at the Adler School of Professional Psychology. Wilson has held leadership positions as program director at Gilda’s Club Chicago, a cancer support community, and director of guidelines for adolescent preventive services at the American Medical Association. His interests include health psychology, behavioral medicine, public health, and diversity. His clinical work has focused on adolescents, couples, and families as well as substance abuse treatment. Wilson also has extensive consulting experience in management and diversity training for corporations and organizations. (For more details, see https://www.argosy.edu/clinical-psychology/locations/chicago-downtown/faculty/torrey-wilson/78581)

Ramani Durvasula, PhD (2018 TAC Chair-Elect), is a professor in the Department of Psychology at California State University–Los Angeles (CSU-LA). Durvasula has also served as a director of both the general master’s and clinical master’s programs in psychology at CSU-LA, where she works closely with first-generation college students. Her primary research interests are in HIV/AIDS, with a focus on personality disorders and other psychopathology in HIV-seropositive men and women. She was the principal investigator for the NIH-funded Health Adherence Research Project, a four-year study examining psychopathology in persons with HIV. She recently completed her term as the chair of the APA Committee on Socioeconomic Status, and her work is focused on health disparities. She is also the author of two books and numerous peer-reviewed articles and book chapters. (For more details, see http://www.calstatela.edu/faculty/ramani-durvasula)

Elida M. Bautista, PhD, is the director of inclusion and diversity at the University of California–Berkeley Haas School of Business. Bautista earned her BA in psychology and Chicano studies from Claremont McKenna College. She earned her PhD in clinical psychology from the University of Michigan and completed her internships at the University of Michigan’s Center for Child and Family as well as the University of Michigan Counseling and Psychological Services Center. In addition,
she received a one-year dissertation fellowship from UC–Santa Barbara, where she taught psychology in the Chicano studies department. She completed her postdoctoral training at UCSF/San Francisco General Hospital Child and Adolescent Services, specializing in working with Spanish-speaking Latino clients, primarily with victims of crime. Her research, teaching, and clinical work have focused on multicultural mental health issues, with a focus on issues of class, trauma, and Latino acculturation. Before joining the staff at Haas, Dr. Bautista was an associate clinical professor at UCSF, where she served as director of clinical training in the UCSF/ SFGH Child and Adolescent Services multicultural clinical training program for 10 years and most recently developed the Diversity and Inclusion Certificate Program. (For more details, see http://newsroom.haas.berkeley.edu/elida-bautista-named-new-haas-diversity-director)

Rueben Brock, PhD, is a 2006 graduate of the University of Pittsburgh. He went on to complete a master’s degree in community counseling at California University of Pennsylvania in 2008. In 2015, he completed a PhD in counseling psychology at West Virginia University. During his doctoral training, Brock was awarded a SAMHSA Minority Fellowship through APA. After completing his doctoral training, Brock joined the Department of Psychology at California University of Pennsylvania, where he currently teaches at both the undergraduate and graduate levels and specializes in clinical course work, teaching clinical skills, and overseeing interns. In 2016, he introduced a course in Black psychology that is currently being adopted for the university curriculum. Brock’s research interest is in career and academic self-efficacy among Black students. He has been working in the social services since 1998, and his work has ranged from residential treatment of mentally ill adolescents to family therapy and drug and alcohol treatment. He regularly lectures and presents on cultural issues, mental health, and leadership-related topics. He has received numerous community-based awards, including the New Pittsburgh Courier’s Fab40 Under 40, which he received in 2011. He currently maintains an independent practice near Pittsburgh, PA. (For more details, see http://www.ruebenbrock.com/index.html)

Carlen Henington, PhD, is a professor at Mississippi State University, where she is the graduate coordinator of educational psychology and program director for the school psychology programs. Henington earned her BA in psychology from San Diego State University and her PhD in educational psychology, with a concentration in school psychology and an emphasis in child clinical psychology, from Texas A&M University in College Station. She completed her internship at the Meyer Institute of Rehabilitation at the University of Nebraska Medical Center. Her dissertation research focused on relational aggression; her current research interests are in professional issues in the field of school psychology, early intervention for children and youth, and education in low-SES and rural communities with predominantly minority populations. (For more details, see http://www.cep.msstate.edu/faculty/schoolpsych/detail.php?faculty=henington)

Joseph Horvat, PhD, is professor emeritus of psychology at Weber State University in Ogden, UT. He is an enrolled member of the Seneca-Cayuga tribe of Oklahoma. Horvat was an MFP recipient while in graduate school at the University of Nebraska–Lincoln and has been honored with the MFP Teaching and Training Award. Horvat is serving his fourth term on the Executive Committee of Division 45 (Society for the Psychological Study of Culture, Ethnicity and Race) and has worked on several APA committees, boards, and divisions representing ethnic minority issues. He is a retired forensic psychologist and has worked in this capacity in a variety of roles within the realm of drug addiction and has served on the Virginia Safety Action Drug Abuse Program.

Helen Hsu, PsyD, is a staff psychologist and lecturer at Stanford University, where she is the liaison to the Asian American Activities Center. Before joining Stanford, Hsu was a manager in the Human Services Department of the City of Fremont, CA, where she was clinical supervisor of the Youth and Family Services division, which provides site-based mental health services in the community, schools, homes, and police stations. She has been a director of clinical training, supervising master’s and doctoral psychology and counseling students since 2003. Hsu began her clinical supervision and program coordination career at the Asian Community Mental Health Services in Oakland, CA, where she had first interned as a bilingual (Mandarin) clinician. She recently completed a 3-year term on the APA Committee on Lesbian, Gay, Bisexual and Transgender Concerns (2011–2014). Hsu has been working for 3 years on a joint project between the Asian American Psychological Association (AAPA) and APA to revise the psychology ethics code to better serve ethnic minority communities. Her current work primarily explores the cultural adaptations and community-based approaches to improving access to psychological care for diverse underserved communities. She is president-elect of AAPA. (For more details, see https://profiles.stanford.edu/helen-hsu)

Kellye Hudson, DNP, PMHNP-BC, is the director of nursing and a psychiatric mental health nurse practitioner working at Helen Ross McNabb Center, a nonprofit community mental health agency located in Knoxville, TN. She practiced as a licensed marital and family therapist for over 10 years in both the private and public sector before pursuing a second career in mental health nursing; she received a doctorate at the University of Tennessee—
Knoxville. Her research and practice interests focus on issues related to access to care and the barriers individuals with a mental illness encounter in accessing primary care services. She is a strong advocate of the integration of primary care within behavioral health care centers and has been the lead, along with colleagues, in developing an integrated care coordination model within the Helen Ross McNabb Center. (For more details, see http://www.mcnabbcenter.org/article/helen-ross-mcnabb-center-welcomes-new-leadership-role-support-integrated-health-care-model-0)

Paul Leung, PhD, is an emeritus professor at the University of North Texas. He has held academic and administrative appointments at Deakin University (Melbourne, Australia), the University of Illinois at Urbana-Champaign, the University of North Carolina—Chapel Hill, and the University of Arizona. His area of interest has been disability and rehabilitation of underserved populations. He has written extensively in this area and has served as an advocate for eliminating disparities related to minorities and disability. Leung is a past president of Division 22 (Rehabilitation Psychology) and was honored with their Lifetime Achievement Award in 2008. He has served on APA’s Committee on Disability Issues in Psychology and on the Committee on Divisions/APA Division Relations. He has been an active site reviewer, as well as site reviewer chair, for accreditation visits. (For more details, see https://facultyinfo.unt.edu/?pid=1959&onlyview=1)

David McAllister, MS, LMHC, MaCCS, is the director of the master’s in counseling and the practicum/internship coordinator at Boston University’s School of Education. His interests include counselor preparation, education, and professionalism and the availability and accessibility of mental health services. His clinical and professional experience encompasses a wide variety of areas, including emergency psychiatric services, outpatient therapy, and employee assistance programs. He has been involved in the ongoing development of the counseling profession through his work with state and national professional associations. McAllister was the associate executive director of the Massachusetts Mental Health Counselors Association. He has also represented licensed mental health counselors and their clients through his participation in the Massachusetts Behavioral Health Integration Task Force, Children’s Behavioral Health Initiative Advisory Council, Massachusetts Mental Health Coalition, Blue Cross Provider Advisory Council, and Massachusetts Behavioral Health Partnership Advisory Council. He is a clinical supervisor certified with the Massachusetts Mental Health Counselors Association and leads supervisor training workshops. (For more details, see http://www.bu.edu/sed/profile/david-mcallister/)

Micah McCreary, MDiv, PhD, LCP, is president of New Brunswick Theological Seminary (NBTS) in New Brunswick, NJ. Before joining NBTS, McCreary was chief executive officer of McCreary and Madison Associates, Inc., a consulting company focusing on using psychological principles to promote peak performance in others. He previously served as a tenured associate professor of psychology at Virginia Commonwealth University (VCU) in Richmond, VA. He earned an MDiv degree in pastoral theology from Virginia Union University. He earned his MS and PhD in counseling psychology from VCU and completed his clinical internship at the Philadelphia Child Guidance Clinic/Children’s Hospital in Philadelphia. McCreary is an alumnus of the APA Minority Fellowship Program and the American Council on Education Fellows Program. He has also worked as the assistant vice provost for diversity, the coordinator of the quality enhancement plan for VCU, and codirector of the VCU counseling psychology program. As a psychological consultant, he works on issues related to substance abuse, reentry, family dynamics, spirituality, and multiculturalism. As an academician, he focused on family psychology, family counseling, and faith-based organizations. He still conducts and evaluates interventions with adolescents, parents, and families designed to reduce and prevent family violence while promoting prosocial skills. He developed the family/parenting intervention I Must Pause Pray Analyze Chill and Take Action Program and the STEM-based problem-solving intervention Brothers Energized Spirited and Talented. (For more details, see http://www.nbts.edu/faculty-directory/micah-l-mccreary)

Rachel L. Navarro, PhD, is an associate professor at the University of North Dakota and the department chair of Counseling Psychology and Community Services. Navarro earned her BA in psychology and women’s studies at the University of Wisconsin–Eau Claire, her MS in counseling at the University of Wisconsin–Madison, and her PhD in counseling psychology at the University of Missouri–Columbia. She completed her internship at the University of Florida Counseling Center. Her research focuses on the academic, career, and psychological well-being of Latinas/os. She teaches courses focused on counseling theories, group counseling, vocational psychology, and psychological assessment. She also provides clinical services to those from rural communities via a group practice. (For more details, see http://und.edu/faculty/rachel.navarro)

Alisa Porter, MMHS, is program director at the National Alliance on Mental Illness (NAMI) DeKalb County affiliate in Georgia. She has served as past president of Men Stopping Violence, Inc.; past secretary of the National Coalition Against Domestic Violence; and past cochair of the Rescue and Restore Coalition, which addresses sex-trafficking of girls. She currently serves as a board member of the DeKalb County Misdemeanor Mental Health Court. She was executive director
of the Georgia Coalition Against Domestic Violence; chief marketing and development officer for Covenant House Georgia, where she founded a coalition on supporting runaway/homeless youth and their mental health; the chief program officer at the YWCA of Greater Atlanta; and deputy executive director of Our House, where she provided childcare and support for homeless children and their families. Porter is a graduate of Emory University, where she majored in sociology, and Brandeis University, where she obtained a master’s in human services management. She is a NAMI state trainer who facilitates support groups, and she is an “In Our Own Voice” speaker. She trains the public and professionals on such topics as “Mental Health 101,” late life depression, African Americans and mental health, faith and mental health, engagement practices, and LGBTQ issues. She is a social justice advocate who has spent her 25-year career helping those on the margins of society. Porter now advocates on behalf of those living with a mental illness and their family members and especially for women in jeopardy of losing custody of their children due to a mental illness. (For more details, see http://namidekalb.com/staff/)

Sally Robles, PhD, is an associate professor in the Department of Psychology as well as coordinator of clinical training in the Brooklyn College Personal Counseling Program. She oversees the clinical training of predoctoral externs and postdoctoral trainees. Her interests include bicultural identity development, acculturation and mental health, Latino college student retention rates, ethics, and clinical training. In recent years, she has examined the vicissitudes of identity development for undocumented Latino college students. She has presented at numerous regional and national conferences. She is a member of the New York State Office of Alcoholism and Substance Abuse Services Talent Management Committee and the National Latino Psychological Association. (For more details, see http://www.brooklyn.cuny.edu/web/about/offices/studentsaffairs/offices/counseling/contact/directory.php)

Ulash Thakore-Dunlap, LMFT, PPSc, is an assistant professor at the Wright Institute’s counseling psychology program in Berkeley, CA, where she advises and teaches students who are working toward LPCC and MFT licensure. Classes taught include crisis disaster and trauma counseling, children and adolescent counseling, and a professional development seminar. Dunlap also maintains a small independent practice in San Francisco. Her interests include school-based mental health, adolescent counseling, Asian American mental health, the needs of undocumented youth, crisis interventions and disaster response, and South Asian American immigrant mental health. She currently serves as cochair of the Mental Health Board of San Francisco, where members advise their board of supervisors and director of mental health about funding, policy, and services; board member of MySahana, a nonprofit helping to reduce mental health stigma in the South Asian community; board member of the Asian American Psychological Association (AAPA); and cochair of the AAPA Division of Practice. (For more details, see https://www.wi.edu/ma-faculty-ula-thakore-dunlap)

Veronique Thompson, PhD, is a licensed clinical psychologist and tenured faculty member of the Wright Institute in Berkeley, CA. She is also the director of clinical training at the Center for Family Counseling in East Oakland. She conducts training for the counseling staff that provides family therapy and community-based prevention programs. In addition, she maintains a small independent practice. Her advanced professional training has been in narrative therapy and social justice therapy. As an African American woman, Thompson’s personal history complements her academic training in clinical psychology. Her practice of psychology is enriched by dual dimensions of culturally informed and gender-related perspectives. (For more details, see http://www.wi.edu/psyd-faculty-veronique-thompson)

Aileen Torres, PhD, is the associate director of clinical services/internship director at the Youth Consultation Services Institute for Infant and Preschool Mental Health and Dr. Helen May Strauss Clinics. She is an instructor for Rutgers University and a licensed clinical psychologist in New Jersey and Puerto Rico. Her independent practice specialization is in psychological testing assessments, mainly for immigration purposes. These evaluations are related to asylum, human trafficking, torture, family separation, and domestic violence. Currently the past-president of the Latino Psychological Association of New Jersey (LPANJ), in 2011 she represented LPANJ on the Advisory Group on Child Abuse and Neglect Mental Health Evaluation, part of New Jersey’s Department of Children and Families. She is currently piloting the Entre Familias/Between Families group program focused on building bridges for parents and their children to develop healthy bicultural identities. Torres attended graduate school at Teacher’s College, Columbia University, and Carlos Albizu University in San Juan, Puerto Rico. She also attended the marriage and family program at Seton Hall University. (For more details, see http://www.ycs.org/index.php/infant-institute/)

Janeece Warfield, PsyD, a registered play therapy supervisor, is an associate professor, director of doctoral internship programs, director for the Center for Child and Adolescent Violence Prevention, and principal investigator for the Parents Early Childhood Education–Positive Action Choices Training Program at the Wright State University School of Professional Psychology, OH. She completed an
APA-approved postdoctoral fellowship in pediatric psychology with a specialization in working with chronic illness, infants, and developmental disabilities at Georgetown University Hospital in Washington, DC. As a pediatric psychologist, she specializes in therapeutic services and assessment with infants and children, developmental disabilities, and children with chronic illness. She also has expertise in play therapy, violence prevention, trauma, and multicultural/diversity training, which are her teaching and independent practice interests. She has leadership and membership in professional organizations such as the Association of Play Therapy, Ohio Association of Infant Mental Health, and National Black Family Coalition and in APA’s Leadership Institute for Women in Psychology, the ACT Raising Safe Kids Program, and the Effective Prevention Provider Program. (For more details, see http://psychology.wright.edu/about-sopp/faculty-staff-profiles/faculty)

MFP Fellows’ Internships

Congratulations to our MFP fellows on internships in 2018–2019!

Jessica Arizaga  
University of Chicago Medicine

Michael Awad  
Yale University School of Medicine

Clifton Berwise  
Virginia Commonwealth University Counseling Services

Ernest Brown  
Jefferson County Internship Consortium, Louisville, KY

Margareth Del Cid  
Clinical Psychology Training Program, Public Service and Minority Cluster, University of California, San Francisco

Elizabeth Louis  
Center for Multicultural Training in Psychology, Boston University School of Medicine

Samuel Ocasio-Domínguez  
Center for Counseling and Psychological Health, University Massachussetts, Amherst

Zina Peters  
Florida International University

Shirley Poyau  
Worcester Hospital and Recovery Center

David Zelaya  
Harvard Medical School/ Cambridge Health Alliance
News About Fellows

Roberto Abreu, PhD, adopted his son, Esdra, with his husband on April 17, 2018. He also obtained a tenure-track assistant professorship at Tennessee State University after graduating from his doctoral program.

**PUBLICATIONS**


**GRANTS AND AWARDS**

LGBT Outstanding Graduate Student Award, APA Division 17.

S. Bibiana Adames, PhD, was promoted to clinical assistant professor and director of master’s programs in clinical psychology at Roosevelt University.

Prerna Arora, PhD, gave birth to her son, Niam Arora Giangrasso.

**PUBLICATIONS**


**GRANTS AND AWARDS**

APA Early Career Achievement Award, June 2017.

Division 52 International Psychology Early Career Award, June 2017.

Judith Arroyo, PhD, demonstrated the NativeAIR project she developed at the National Institute on Alcohol Abuse and Alcoholism as part of her duties as minority health and health disparities coordinator in the Office of the Director. She presented to the NIH Tribal Advisory Committee (TAC) at the semi-annual consultation meeting between NIH and tribal leaders. NativeAIR is a process for reviewing peer-reviewed literature on alcohol interventions with Native populations and a draft of a website for sharing research information with the general community and research communities. TAC provided suggestions and positive feedback and advised Drs. Collins and Tabac, NIH director and deputy director, respectively, that NativeAIR should be the model for NIH institutes and centers to use in reviewing and disseminating their research literature. *(For additional information or to volunteer to help with this project, contact Dr. Arroyo at jarroyo@mail.nih.gov.)*

**PUBLICATIONS**


Laura Bava, PsyD, became the lead for the newly launched Teen and Family Support Service at the Children’s Center for Cancer and Blood Diseases at Children’s Hospital Los Angeles. Her service has seen an increase in donations in only one year of operation. She received American Board of Professional Psychology certification in child and adolescent psychology. She has also adopted two new dogs and now has a pack of three.

**PUBLICATIONS**


**NEWS ABOUT FELLOWS**

**Anthony Austin, PhD**

**PUBLICATIONS**


**GRANTS AND AWARDS**


Health psychology syllabus selected as an exemplar for Division 38 (Society for Health Psychology) website, 2017.

**Laura Bava, PsyD**

**Catherine Bitney, PhD**

was promoted to senior lecturer in the Department of Psychology at Texas State University.

**GRANTS AND AWARDS**

Liberal Arts Golden Apple Award for Teaching, Texas State University, 2017.

Presidential Distinction Award for Excellence in Teaching, Texas State University, 2017.

**Julio Brionez, PhD**

received his doctorate in counseling psychology from the University of North Dakota. He accepted a position as a psychologist in the University of Wyoming’s counseling center.

**Eleonora Cahill, PhD**

has partnered with two colleagues, Megan Brennan, PsyD, and Laura McArthur, PhD, to found a nonprofit organization called Resilient Futures, Inc., which will provide trauma-informed, culturally responsive, and equity-focused services for schools, communities, and other agencies in Denver. Dr. Cahill will serve as the executive director of development and consultation. She also received field response training (disaster behavioral health training), psychological first aid (disaster behavioral health training), and Stephen Leader Certification, The Stephen Series.

**Catherine Bitney, PhD**

was promoted to senior lecturer in the Department of Psychology at Texas State University.

**GRANTS AND AWARDS**

Liberal Arts Golden Apple Award for Teaching, Texas State University, 2017.

President Distinction Award for Excellence in Teaching, Texas State University, 2017.

**Julio Brionez, PhD**

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**Laura Bava, PsyD**

**Katia Canenguez, PhD**

was appointed an instructor at Harvard Medical School. She is also a pediatric psychologist in the Department of Child and Adolescent Psychiatry at Massachusetts General Hospital.

**Lamarr Currie, PhD**

is working as a staff psychologist at the Federal Medical Center, Carswell. She passed the EPPP, obtained her psychology license, and earned her Health Services Provider in Psychology certification in October 2017.

**Miraj Desai, PhD**

married Usha Reena Rungoo, a recent PhD graduate from Yale University.

**PUBLICATIONS**


Lina D’Orazio, PhD, is an assistant professor of clinical neurology in the Department of Neurology at the University of Southern California’s Keck School of Medicine. She was promoted to director of cross-cultural neuropsychology.

**PUBLICATIONS**


**GRANTS AND AWARDS**

Principal investigator, 2017–2019, Depression, Culture, and Engagement: Partnering With the Community Through Participatory Research. Yale Center for Clinical Investigation Scholar Award (Clinical Research Scholar Award), NIH KL2, $234,511.

### Mylien Duong, PhD

#### PUBLICATIONS


### Bryana French, PhD

#### PUBLICATIONS


**Naomi Hall-Byers, PhD**

Has been named the dean for institutional diversity at Allegheny College. Visit sites.allegheny.edu/news/2018/05/09/kristin-dukes-named-dean-for-institutional-diversity-at-allegheny-college for more information on her appointment.

#### PUBLICATIONS


**Luz Garcini, PhD**

#### PUBLICATIONS


**NEWS ABOUT FELLOWS**

**Candice Hargons, PhD**

**PUBLICATIONS**


**GRANTS AND AWARDS**

University of Georgia College of Education Young Alumni Award, 2018.

**Tuyet Mai Hoang**

Received her master of science in counseling psychology in August 2017.

**PUBLICATIONS**


**Benita Jackson, PhD**

**PUBLICATIONS**


Outstanding Abstract Award, Society of Behavioral Medicine Child and Family Health Special Interest Group, 2018.

**GRANTS AND AWARDS**


Best student poster award, Association for Behavioral and Cognitive Therapies Clinical Psychology at Liberal Arts Colleges Special Interest Group, 2017.

Claremont College Diversity Mentor Award, 2017: given to one faculty member each year for mentorship and support regarding diversity issues in the seven-college community.


Outstanding Abstract Award, Society of Behavioral Medicine Child and Family Health Special Interest Group, 2018.

**Wei-Chin Hwang, PhD**

**PUBLICATIONS**


**GRANTS AND AWARDS**

Asian American Psychological Association Travel Grant 2017, $200.

Block Grant Travel Fellowship 2017–2018, $700

Hardie Travel Award 2018, $500

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**GRANTS AND AWARDS**


Jacqueline Kim, PhD, graduated from the PhD program in psychology (clinical science) from the University of Michigan and became an NIMH postdoctoral fellow at UCLA.

**PUBLICATIONS**


**Ciera Lewis**

**GRANTS AND AWARDS**


**Charles Liu, PhD** graduated with his doctorate in clinical psychology.

Jeanne Manese, PhD, will retire after 3 decades with the University of California. She served as the director of UC Irvine’s Counseling Center for over a decade and previously worked at UC San Diego as training director. She will continue her work as a consultant of The Steve Fund, a nonprofit organization serving college students of color.

**PUBLICATIONS**


**GRANTS AND AWARDS**

Asian American Psychological Association Fellow, October 2017.

Micah McCreary, PhD, was selected as the 12th president of the New Brunswick Theological Seminary in New Brunswick, NJ, on June 5, 2017. He began his presidency on July 15, 2017. His presidential inauguration will be held on May 18, 2018. He and his wife celebrated their 35th wedding anniversary on January 1, 2018.

**PUBLICATIONS**


**Kimberly Miller, PhD**

**GRANTS AND AWARDS**

Faculty Excellence Award in Sustainability Education, University of Texas–Rio Grande Valley, 2017.


Texas Psychological Association, Outstanding Contribution to Education Award, November 2017.

**Alfonso Mercado, PhD**

**PUBLICATIONS**


**GRANTS AND AWARDS**

Faculty Excellence Award in Sustainability Education, University of Texas–Rio Grande Valley, 2017.
**PUBLICATIONS**


**PUBLICATIONS**


**PUBLICATIONS**

Jeffery Mio, PhD, ended his position as the executive officer of the Western Psychological Association.

**GRANTS AND AWARDS**

Inclusive Excellence Award, University of Kentucky, Office of the Provost.

**SHRUTI MUKKAMALA, PHD**

Shruti Mukkamala, PhD, will begin working at the UC Irvine Counseling Center as a senior staff psychologist in October 2018.

**PUBLICATIONS**


**FANNY NG, PHD**

Fanny Ng, PhD, received her doctorate in clinical psychology in December 2017 from the University of Massachusetts Boston. She is currently a postdoctoral psychology fellow in the Behavioral Medicine/Primary Care-Mental Health Integration division at the VA Northern California Healthcare System.

**PHOUNG NGUYEN, PHD**


**NEWS ABOUT FELLOWS**


**NEWS ABOUT FELLOWS**

**SHRUTI MUKKAMALA, PHD**

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**FANNY NG, PHD**

Fanny Ng, PhD, received her doctorate in clinical psychology in December 2017 from the University of Massachusetts Boston. She is currently a postdoctoral psychology fellow in the Behavioral Medicine/Primary Care-Mental Health Integration division at the VA Northern California Healthcare System.

**PHOUNG NGUYEN, PHD**


**GRANTS AND AWARDS**

BCM Psychiatry Department Outstanding Mentor Award, 2017: Annual departmental award given to faculty members who are recognized for their efforts in mentoring trainees and junior BCM faculty.


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**Irene Park, PhD**

**PUBLICATIONS**


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**Samuel Ocasio-Domínguez**

**PUBLICATIONS**


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**Thomas Parham, PhD**

was appointed president of California State University, Dominguez Hills and will be leaving UC Irvine after 33 years, effective June 2018.

**PUBLICATIONS**


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**Yasser Payne, PhD**

**PUBLICATIONS**


Payne, Y. A., & Brown, T. M. (2017). “It’s set up for failure . . . and they know this!”: How the school-to-prison pipeline impacts the educa-

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**Zina Peters**

**GRANTS AND AWARDS**

Certificate of Award for Research Related to Diversity & Inclusion, Illinois Psychological Association Graduate Students and The IPA Academic Section 2018 Diversity Symposium, March 24, 2018.

Outstanding Leadership and Service as the College of Health Sciences Representative of PsyD Class of 2019, Midwestern University Office of Student Services.

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**Aneeta Rattan, PhD**

**PUBLICATIONS**


**NEWS ABOUT FELLOWS**


**GRANTS AND AWARDS**

**Rising Star Award**, Association for Psychological Science, 2017

**Reginald Riggins, PhD**
is a new father. His daughter, Lily-Rose Riggins, was born January 19, 2018, in San Antonio, TX, and is happy and healthy.

**Marshall Schroeder**
received a certificate of transgender competency from the Gender Identity Center of Colorado.

**Elizabeth Terrazas, PhD**
was named Distinguished Scholar of the Year in the College of Arts and Sciences at Texas A&M University.

**PUBLICATIONS**


**GRANTS AND AWARDS**

**Quyen Tiet, PhD**

**PUBLICATIONS**


**GRANTS AND AWARDS**

Elected Fellow of APA Division 12 (Clinical Psychology).

**Maximilian Tokarsky, PsyD**, accepted a post-doctoral fellowship at the Guidance Center in Long Beach, CA, specializing in mental health for children and adolescents who have comorbid chronic medical diagnoses and mental health diagnoses. He was also accepted into the City of Long Beach Housing and Neighborhood Services Bureau’s Neighborhood Leadership Program (class of 2018).

**GRANTS AND AWARDS**

Alisia (Giac-Thao) Tran, PhD

PUBLICATIONS


Nellie Tran, PhD, is now the director of research and development at the San Diego State University Center for Counseling and Community Engagement.

PUBLICATIONS


GRANTS AND AWARDS

Monica Ulibarri, PhD

PUBLICATIONS


Yuying Tsong, PhD

PUBLICATIONS


GRANTS AND AWARDS
Distinguished Pioneer Award, 2017.

Faculty Advisor of Distinction, Professional Development Committee and the Student Success Team, 2018.


Recognition of Extraordinary and Sustained Service Faculty Award, 2017.

Yuying Tsong, PhD

PUBLICATIONS


GRANTS AND AWARDS
Distinguished Pioneer Award, 2017.

Faculty Advisor of Distinction, Professional Development Committee and the Student Success Team, 2018.


Recognition of Extraordinary and Sustained Service Faculty Award, 2017.

GRANTS AND AWARDS
Arizona Psychological Association Faculty of the Year Award, 2017

Arizona State University, Global Sport Institute (GSI), December 2017


GRANTS AND AWARDS
Distinguished Pioneer Award, 2017.

Faculty Advisor of Distinction, Professional Development Committee and the Student Success Team, 2018.


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GRANTS AND AWARDS
Distinguished Pioneer Award, 2017.

Faculty Advisor of Distinction, Professional Development Committee and the Student Success Team, 2018.


Recognition of Extraordinary and Sustained Service Faculty Award, 2017.
Carmen Inoa Vazquez, PhD

PUBLICATIONS

Cortney Warren, PhD

PUBLICATIONS


Brittney Williams, PhD

graduated with a PhD in educational psychology May 11, 2018.

PUBLICATIONS


Chunyan Yang, PhD

PUBLICATIONS


GRANTS AND AWARDS

Principal Investigator, 2017, “Youths’ Resilience Towards Bullying Victimization: Protective Role of School Climate From a Multi-Informant Perspective.” University of California–Santa Barbara Faculty Career Development Award, $7,500.

David Zelaya

GRANTS AND AWARDS
Outstanding Doctoral Student in Counseling and Psychological Services Award at Georgia State University for recognition both of his academic performance and his service to the department and profession.

Student Research Award, Section on Ethnic and Racial Diversity (SERD), Society of Counseling Psychology (APA, Div. 17). Selected in recognition of his research efforts relevant to counseling psychology’s values and that align with SERD’s mission to represent the interest of ethnically and racially diverse people.
## Affiliate Awards

Congratulations to the following MFP fellows for their achievements in APA affiliate organizations.

<table>
<thead>
<tr>
<th>Name</th>
<th>Awards</th>
</tr>
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<tbody>
<tr>
<td>Roberto Abreu, PhD</td>
<td>APA Division 17: LGBT Outstanding Graduate Student Award</td>
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<td></td>
<td>APA Division 45: Barbara Smith-Jewell E. Horvat Graduate Student Award for Research on Queer Individuals of Color</td>
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<tr>
<td>Prerna Arora, PhD</td>
<td>APA Early Career Achievement Award and APA Division 52: Early Career Award</td>
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<tr>
<td>Anthony Austin, PhD</td>
<td>APA Division 38: Health Psychology syllabus selected as exemplar for website, Education and Training Council</td>
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<tr>
<td>Faye Belgrave, PhD</td>
<td>APA Committee on Psychology and AIDS: Distinguished Leader Award</td>
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<tr>
<td>Richard Lee, PhD</td>
<td>APA Division 45: Distinguished Career Contribution to Research Award</td>
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<tr>
<td>Jioni Lewis</td>
<td>APA Division 45: Charles and Shirley Thomas Award</td>
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<tr>
<td>Jasmin Llamas</td>
<td>APA Division 45: Emerging Professional—Contributions to Service Award</td>
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<tr>
<td>Jeffery Mio, PhD</td>
<td>Western Psychological Association: Special Service Award</td>
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<tr>
<td>Donna Nagata, PhD</td>
<td>APA Division 12: Stanley Sue Award</td>
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<tr>
<td>Helen Neville, PhD</td>
<td>APA Division 45: President</td>
</tr>
<tr>
<td>Don Operario, PhD</td>
<td>APA Committee on Psychology and AIDS: Distinguished Leader Award</td>
</tr>
<tr>
<td>Quyen Tiet, PhD</td>
<td>APA Division 12: Fellow</td>
</tr>
<tr>
<td>Alisia (Giac-Thao) Tran, PhD</td>
<td>Arizona Psychological Association: Faculty of the Year Award</td>
</tr>
<tr>
<td>Nellie Tran, PhD</td>
<td>APA Division 27: Ethnic Minority Mentoring Award</td>
</tr>
<tr>
<td>David Zelaya</td>
<td>APA Division 17: Student Research Award, Section on Ethnic and Racial Diversity</td>
</tr>
</tbody>
</table>
MFP Has a Fund for Fellows Like You

With funding sources for programs like MFP dwindling, MFP needs your help in establishing a permanent fund to support ethnically diverse doctoral, postdoctoral, and early career trainees in the biomedical and psychological fields. The funding will develop high-performing professionals who will help increase diversity in the workforce. When you give, you show your support to serving underrepresented groups.

The MFP Fund for Racial and Ethnic Diversity was established in 2012. To create a permanent fund, MFP must raise $250,000 by June 2019 (the amount needed to secure our program funding). Once established, this permanent funding will allow MFP to provide a wide range of support to trainees in psychology and neuroscience.

The fund is administered by the American Psychological Foundation, which is responsible for over $17 million in net assets annually and charges no administrative fees—therefore, your entire donation goes to the fund.

FOR DONATIONS BY PHONE:
Contact APF at 202.336.5843

DONATE ONLINE NOW:
apa.org/pi/mfp/committees/fund-message.aspx

SOME OF YOUR COLLEAGUES HAVE ALREADY MADE GENEROUS DONATIONS TOTALING NEARLY $145,000.
You can see who has donated here: apa.org/pi/mfp/donors.aspx
BY ZOE GARBER

Part of MFP’s professional development workshop includes taking our newly appointed MHSAS and STAY fellows to a site visit near the APA annual convention location.

In August 2017, our fellows had the opportunity to visit two sites crucial to the MFP. Our first visit was to the Substance Abuse and Mental Health Services Administration (SAMHSA) headquarters in Rockville, MD. SAMHSA is an agency within the U.S. Department of Health and Human Services that leads efforts to advance the behavioral health of the country. Their mission is to decrease the impact of substance abuse and mental illness in America’s communities.

This visit began with introductions and an overview of SAMHSA’s goals and mission. Our introduction included a special welcome by a member of one of MFP’s first cohorts and the current director of the Office of Behavioral Health Equity at SAMHSA, Larke Huang, PhD. Afterward, various staff members presented on relevant subjects such as the prevalence of mental illness in areas across the country as well as substance abuse within ethnic minority communities.

Our second visit of the day was to the site of an important SAMHSA-funded initiative in Baltimore at Gilmore Elementary School. This program, Resiliency in Communities After Stress and Trauma (ReCast), has been a leader in assisting individuals and entire communities in healing from trauma. Their programs are designed to directly impact young people between the ages of 14–24, but others may seek ReCast support as needed. Our fellows had the opportunity to hear directly from community members affected by the ReCast program.

Attending fellows said they were “in awe of this opportunity” and learned just how much “impact [they] can make in [their] own communities.”

Our site visits during August 2017 served as our fellows’ first direct exposure to SAMHSA’s work in the community as well as SAMHSA’s impact throughout the United States, as demonstrated by the ReCast program. Attending fellows said they were “in awe of this opportunity” and learned just how much “impact [they] can make in [their] own communities.” Both visits provided participants with a broader perspective of the work that still needs to be done and inspired optimism that it is possible for each of them to make a significant difference in their community as a mental health professional.
The Minority Fellowship Program in Mental Health and Substance Abuse Services received 160 predoctoral and nine postdoctoral applications in January. Each application underwent intensive reviews to evaluate the applicant’s potential for a promising and productive career in behavioral health services. Fellows are chosen from among national applicants to receive financial support for up to 3 years. Fellows also gain access to professional networks and lifelong support systems.

The staff and MFP Training Advisory Committee would like to congratulate our newly appointed fellows for the 2018–2019 academic year. We hope their experience during their time with MFP is richly rewarding.

Mental Health and Substance Abuse Services Fellows, 2018–2019

POSTDOCTORAL FELLOW

Babe Kawai-Bogue, PhD, completed an MA in clinical psychology at Teachers College, Columbia University, before completing her PhD at the University of Michigan in psychology and social work. She specializes in trauma, grief, and loss and culturally appropriate mental health service delivery models for African Americans.

DOCTORAL FELLOWS

Natalie Arbid completed a BA in psychology at Loyola Marymount University Counseling Services before starting her PhD in clinical psychology at the University of Massachusetts Boston. She specializes in using integrated primary care and culturally adapted, acceptance-based behavioral therapies to increase access and reduce mental health disparities for Latinx communities.

Tamara Barrett graduated with a BS in psychology and Native American studies from Southern Oregon University before enrolling in a multicultural psychology/clinical psychology PhD program at Utah State University. She focuses on multicultural psychology.

Ayli Carrero Pinedo finished her MA in community counseling at the University of Nebraska–Lincoln and is now pursuing a PhD in counseling psychology at the University of North Dakota. Her specialties include integrated health care, mental health stigma reduction, health promotion, preventive care, and trauma-informed care for Latinx immigrants with different legal status experiences.

Jerdine Clarke completed a BA in African American studies at the University of California–Berkeley before starting her PsyD in clinical psychology at the Wright Institute. She specializes in child, adolescent, and family counseling, trauma, sexually exploited minors, gender and sexual minorities, and diversity.

Janelle Dixon attained an MMFT in marriage and family therapy from the University of Southern California before enrolling in the clinical psychology PsyD program at the Wright Institute. Her focus areas include forensic assessment and intervention, issues related to social justice and diversity, personality disorders, and severe mental illness.

Anthony Hitch graduated with a BA in psychology from Capital University and is now pursuing a PhD in clinical psychology at the University of Cincinnati. His areas of expertise include substance abuse and sexual risk in dual (ethnic/racial, and sexual) minority populations.

Tyler Hoyt completed his BA in psychology at the University of Montana and began a clinical and community psychology PhD with a rural and indigenous emphasis at the University of Alaska Fairbanks. He is currently engaged in research focused on intergenerational healing, resilience, and posttraumatic growth with indigenous populations.
Congratulations, New MHSAS Fellows

Alyssa Hufana attained an MA in guidance and counseling from Loyola Marymount University Counseling Services before pursuing a PhD in counseling psychology from the University of California–Santa Barbara. She specializes in cultural-specific resiliencies, multiculturalism, social justice issues, Asian American and Pacific Islander populations, Latina/o populations, and culturally responsive preventions and interventions.

Edanikha Medina-Sutache completed her MSW in social work, direct services at Interamerican University, Metropolitan Campus before starting her PhD in clinical psychology at Carlos Albizu University in San Juan, Puerto Rico. She specializes in Latino and Latina mental health, children and adolescents, psychological trauma, trauma-focused therapies, complex trauma, sexual abuse, gender violence, and neuropsychology.

Anahvia Moody graduated with a BA in psychology from Harvard University before enrolling in a counseling psychology PhD program at the University of Tennessee, Knoxville. She focuses on gendered racism, trauma, intersectionality, and substance dependence.

My Nguyen finished her MPH/MHA in public health and health care administration at Des Moines University and is now pursuing a PsyD in clinical psychology at the University of North Dakota. Her areas of expertise include general mental health treatment for the American Indian population and research on substance use and trauma-related disorders.

Natalia Olarte Staunton completed an MA in marriage and family therapy at the Alliant International University, Los Angeles before starting her PsyD in clinical psychology at Alliant International University, Los Angeles. She specializes in multigenerational family therapy, child therapy (ages 0–5), and immigration and acculturation treatment provided in Spanish.

Catalina Perdomo attained an MS in marriage and family therapy from Our Lady of the Lake University before enrolling in the counseling psychology PsyD program at Our Lady of the Lake University. Focus areas include Spanish language services, narrative therapy, immigration biopsychosocial evaluations, asylum and refugee issues, and strengths-based trauma interventions.

Emily Sargent graduated with a BS in psychology from North Dakota State University and is now pursuing a PhD in clinical psychology at the University of North Dakota. Her areas of expertise include general mental health treatment for the American Indian population and research on substance use and trauma-related disorders.

Aisha Zarb-Cousin graduated with an MS in counseling psychology from Our Lady of the Lake University before enrolling in a counseling psychology PsyD program at Our Lady of the Lake University. She focuses on African American foster care youth, female clergy members, Afro-Latino/as minority teens, and substance abuse.

Michael Vigil attained an MA in counseling from the University of Guam before pursuing a PhD in clinical psychology from the University of Alaska Fairbanks. He specializes in integrating traditional healing practices in the clinical setting with a focus on substance use disorders.

Janet Yañez completed an MA in clinical psychology at Pepperdine University before starting her PhD in clinical psychology at Alliant International University, Los Angeles. She specializes in bilingual psychological assessment, promoting mental health services for older Latinx adults, resilience among Latinx caregivers, evidence-based psychotherapy with underserved populations, and mental health policy.

Alyssa Hufana attained an MA in guidance and counseling from Loyola Marymount University Counseling Services before pursuing a PhD in counseling psychology from the University of California–Santa Barbara. She specializes in cultural-specific resiliencies, multiculturalism, social justice issues, Asian American and Pacific Islander populations, Latina/o populations, and culturally responsive preventions and interventions.

Michael Turman completed his BA in psychology at Hunter College, City University of New York and then began a clinical psychology PhD program at Long Island University. He is currently engaged in trauma treatment, substance use treatment, and Latinx treatment considerations.
CONGRATULATIONS, NEW STAY FELLOWS!

The Services for Transition Age Youth (STAY) Fellowship welcomes its newest cohorts for the summer and fall of 2018. Each application underwent intensive reviews to evaluate the applicant’s potential for a promising and productive career in providing direct services to ethnic minority transition-age youth (ages 16–25) and their families. Fellows are chosen from among national applicants to receive financial support for their last year in their master’s training. Fellows also gain access to professional networks and lifelong support systems.

The staff and MFP Training Advisory Committee would like to congratulate our STAY fellows. We hope their experience during their time with MFP is richly rewarding.

**Services for Transition-Age Youth**

**FELLOWS GRADUATING IN 2018**

**Chelsea Balzer** completed a BA in communication studies at Creighton University before starting her MA in mental health counseling at Boston College. She specializes in social justice, multicultural counseling, somatic trauma resolution, teens, and family therapy.

**Sadé Batchelor** graduated with a BA in psychology from the University at Albany before enrolling in a counseling psychology EdD at Teachers College, Columbia University. She focuses on bilingual Latina/o mental health.

**Janay Campbell** finished her BA in psychology at the University at Albany and is pursuing an MS in mental health counseling at the University at Albany. Her specialties include counseling low-income adolescents of color, youth struggling with addiction, and women who have been sexually abused.

**Stephanie De Jesus** completed a BS in psychology at Lock Haven University before starting her MS in clinical and counseling psychology at Chestnut Hill College. She specializes in working with underserved and diverse populations.

**Susanne Haase** attained a BA in psychology from New York University before enrolling in the mental health counseling MS program at the University of Miami. Her focus areas include adolescent Latino populations, adolescents and adults with eating disorders, career counseling, and career transition counseling. She offers services in Spanish and French.

**Kimberly Libby** graduated with a BS in journalism and linguistics from the University of Florida and is now pursuing an MEd in educational psychology at the University of Texas at Austin. Her areas of expertise include career counseling, substance use counseling, and mental health counseling.

**Stephanie De Jesus** completed a BS in psychology at Lock Haven University before starting her MS in clinical and counseling psychology at Chestnut Hill College. She specializes in working with underserved and diverse populations.

**Aline Litmanowicz** completed her BA in psychology at Universidad Iberoamericana and began a counseling psychology MA program at the Wright Institute. She is currently engaged in working with substance use and addiction co-occurring conditions, multiculturalism, mindfulness-based stress reduction, and transition-age youth.

**Sitar Mody** attained a BA in the political economy of industrial societies from the University of California—Berkeley before pursuing an MA in counseling psychology from the Wright Institute in San Francisco. Mody specializes in intimate partner violence and its impact on families, trauma therapy, trauma-sensitive care, cultural humility seeking safety, crisis intervention, suicide assessment, client-centered therapy, multicultural therapy, and systemic therapy.

**Caitlin Moriarty** completed a BA in psychology at Smith College before starting her MA in clinical practices in psychology at the University of Hartford. She specializes in crisis intervention and trauma-informed care.
Amanda Robinson graduated with a BS in psychology from Oral Roberts University before enrolling in a mental health counseling MS program at the University of Central Arkansas. She focuses on general mental health, adolescents, motivational interviewing, and transition-age youth.

Marie Romano finished her BA in psychology at the University of California, San Francisco, and is now pursuing an MA in counseling psychology at the Wright Institute. Her specialties include LMFT professional work, trauma counseling, adolescents and youth counseling, school systems counseling, social justice family counseling, and substance use counseling.

Mariyam-Ifteam Rufael completed a BA in psychology at the University of California–Berkeley before starting her MA in counseling psychology at the Wright Institute. She specializes in family systems, trauma intervention, adolescent counseling, working with immigrant populations, and interventions based on attachment theory.

Alyssa Wyvratt attained a BA in psychology from Pennsylvania State University before enrolling in the counselor education MEd program at the University of Texas at Austin. Her focus areas include career and mental health counseling for college age students.

Melissa Yardley graduated with a BS in English from Utah State University and is now pursuing an MEd in psychology school counseling at Utah State University. Her area of expertise is school counseling.

FELLOWS GRADUATING IN 2019

Jazmin Atzhorn completed a BA in psychology at Taylor University before starting her MA in mental health counseling at the University of Indianapolis. She is in the generalist track in the mental health counseling graduate program at the University of Indianapolis.

Denique Boxhill graduated with an MS in health services administration from Barry University before enrolling in a clinical counseling MA at Alliant University, San Francisco Bay. She focuses on trauma-informed, compassionate approaches to providing mental health treatment and prevention services for racial and ethnic minority transition-age youth and their families.

Alexis Briggs finished her BS in psychology and African American studies at Virginia Commonwealth University and is pursuing an MA in mental health counseling at Boston College.

Nathan Brooks completed a BA in political science at the University of North Carolina at Chapel Hill before starting his MA in counseling psychology at the Wright Institute. He specializes in psychodelic-assisted therapies and race-based trauma.

Marcie Calder attained a BS in social science, teaching, and teaching English as a second language from Brigham Young University before enrolling in the school psychology EdS program at Brigham Young University in Orem. Her focus areas include improving classroom climate, supporting families and teenagers with autism spectrum disorder, and supporting adolescents in the school setting.

Brittan Chow graduated with a BA in government from Georgetown University and is pursuing an MA in counseling psychology at the Wright Institute. Her areas of expertise are culturally inclusive counseling, the integration and application of contemporary psychoanalytic theories and techniques with a social justice lens, and LGBTQ+ concerns.

Liana Cox completed her BA in biology education at St. Edward’s University and began a counselor education MEd program at the University of Texas at Austin. She is currently engaged in school counseling with a focus on teens and adolescence, education, low-income communities, and students of color.

Charles Gee attained a BS in education, applied learning development, and youth and community studies from the University of Texas at Austin before pursuing an MEd in counseling education from the University of Texas at Austin. Gee specializes in school counseling, youth and adolescents, and minority student support.

Mireya Gonzalez completed a BA in LGBTQ and Latino/a studies at Sarah Lawrence College before starting her MA in counseling psychology at the Wright Institute. She specializes in creating a social justice-oriented practice and empowering marginalized communities through therapy.
CONGRATULATIONS, NEW STAY FELLOWS!

Joseph Oluokun graduated with a BS in psychology from the University of Central Arkansas before enrolling in a counseling psychology EdS at the University of Kentucky. He focuses on social justice research and racial microaggressions.

Stephanie Southwick-Hickey finished her BA in secondary education and fine arts at Utah State University and is pursuing an MEd in psychology at Utah State University in Manila. Her specialties include transition planning, student mental health, dropout prevention, and intervention planning with regard to data collection.

Maya Tatro completed a BA in history and international studies at the University of Richmond before starting her MA in clinical psychology at the University of Central Florida. She specializes in crisis stabilization (severe mental illness), child and adolescent therapy, and substance abuse treatment.

Congratulations to the 2018 MFP Award Winners

MELBA J.T. VASQUEZ EARLY CAREER AWARD
Miraj Desai, PhD
Associate Research Scientist, Affiliated Faculty
Yale University School of Medicine, Department of Psychiatry, New Haven, CT
Yale Climate Change and Health Initiative, Yale School of Public Health

DALMAS A. TAYLOR AWARD FOR DISTINGUISHED CONTRIBUTIONS
Ayanna Thomas, PhD
Associate Professor
Tufts University

JAMES M. JONES LIFETIME ACHIEVEMENT AWARD
Jeanne Manese, PhD
Director, Counseling Center (retired)
University of California, Irvine

TRAINING ADVISORY COMMITTEE SPECIAL AWARD
Thomas A. Parham, PhD
President
California State University, Dominguez Hills
The MFP hosted its 15th Annual Psychology Summer Institute (PSI), July 9–15, 2017 at the American Psychological Association in Washington, DC.

PSI provides educational, professional development, and mentoring experiences to advanced doctoral students of psychology and psychologists who are in the early stage of their careers. Participants work toward developing a grant proposal, postdoctoral fellowship, dissertation, treatment program, publication, or program evaluation project. All projects focus on issues affecting ethnic minority communities. Participants receive one-on-one mentoring on their projects and attend seminars on selected topics such as grant writing, publishing, and specific areas of research or service delivery.

As one attendee said, “It was a great opportunity to attend the MFP PSI. Overall, the program exceeded all of my expectations, and I wasn’t aware of how prestigious, competitive, and excellent the program was until I arrived. I also feel that I attended PSI at a pivotal time in my career because I was provided with a multitude of resources about the internship process, applying for postdoctorate positions, and career opportunities. The mentorship was excellent, and I especially appreciated the open mentoring as an opportunity to meet with a number of expert faculty well-versed in different fields. I plan to keep in touch with a number of the mentors.”

“The mentorship was excellent, and I especially appreciated the open mentoring as an opportunity to meet with a number of expert faculty well-versed in different fields.”

For more information and video testimonials, please visit:

apa.org/pi/mfp/psychology/institute/index.aspx
facebook.com/APAMinorityFellowshipProgram
PSI 2017 Participants

Vincent Allen Jr., PhD
Georgia State University
"Examining the Sexual Health Consequences of Alcohol Consumption Among Black Gay and Bisexual Men"

Marie Atallah
Palo Alto University
"Designing a Culturally Informed Internet Resource to Improve Quality of Life in Hispanic Women Diagnosed With Cancer"

Ashleigh Coser
Oklahoma State University
“We Are Family: An Examination of a Culturally Modified Parent Training Program With American Indian Families”

Milo Dodson, PhD
University of California–Irvine
“#BlackTwitter: Experiences of Building Racism Against Race Related Stress”

Tierra Ellis
Howard University
“…If I Don’t Talk Then I May Get in Trouble, But If I Do Talk Then I May Get in Trouble! Zero Tolerance Policies and Its Effects on Mental Health for Black Students”

Minnah Farook
University of Kentucky
“The Role of Multicultural Competencies and Therapeutic Alliance on Psychotherapy Outcomes”

Luz Garcini, PhD, MPH
Rice University
“A Biobehavioral Approach to the Mental Health of Undocumented Latinx Immigrants: Context, Risk and Resilience”

Simon Howard, PhD
Marquette University
“Black Hair Matters: Hair Identity, Racial Identity, Self-Esteem and Psychological Well-Being”

Maria Hurtado Alvarado, PhD
Clover Educational Consulting Group
“Evidence-Based Training for Advanced Students on the Assessment and Management of Suicidal Behaviors”

Keri Kirk
Howard University
“Toward Understanding an Epidemic of Obese Proportions: An Intervention to Increase Physical Activity Adherence in Young Black Women”

James Lee, PsyD
Asian American Recovery Services
“Communitas: Ritual, Systems Theory, and Treatment for the Asian American Self”

P. Priscilla Lui, PhD
Southern Methodist University
“Effects of Perceived Racism and Acculturation on Alcohol Misuse Among Hispanic Americans”

Alicia Meyer, PhD
Children’s Hospital of the King’s Daughters
“A Culturally Sensitive, Trauma Specific Module for Parent-Child Interaction Therapy (PCIT): Development, Implementation, and Research”

Shruti Mukkamala, PhD
University of California–Los Angeles
“Intersectional Experiences of Discrimination for Asian American Women: Developing a Measure and Exploring Mental Health Correlates of Experiencing Discrimination”

Simon Howard, PhD
University of Denver
“An Examination of the Impact of Racial Ideology and Conversations About Race on Relationship Processes Among African American Couples”

Oscar Rojas Perez
University of Missouri
“Construction and Initial Validation of the Latinx Psychological Well-Being Scale”

Cendrine Robinson, PhD, MPH
National Institutes of Health/National Cancer Institute
“A Randomized Controlled Trial of a Tailored Text-Messaging Intervention for African American Smokers”

Gina Roussos
Yale University
“Differential Treatment and Public Perceptions of Drug Addicts Over Time: An Effect of Change in Racial Makeup of Drug Users?”

Maximilian Tokarsky, PsyD
Wright State University
“Acculturation in the Adolescent Immigrant”

Chunyan Yang, PhD, NCSP
University of California–Santa Barbara
“The Relationships Between Bicultural Stress and Complete Mental Health: A Dual-Factor Model Approach”
Initial Review Committee 2018

Each year, the MFP draws from our talented network of alumni to form the MFP Initial Review Committee, a group responsible for the important task of reviewing hundreds of applications. In 2018, the following alumni provided valuable assistance and expertise in this process.

Faye Belgrave, PhD
Virginia Commonwealth University

B. Ann Bettencourt, PhD
Professor, University of Missouri

Frances Boulon, PhD
University of Puerto Rico

Gerard Bryant, PhD
John Jay College of Criminal Justice

Elvin Burton, PhD
University of Tennessee Health Science Center

Doris Carroll, PhD
Kansas State University

Monica Clement, PhD
Department of Veterans Affairs NJHCS

Rosalie Corona, PhD
Virginia Commonwealth University

Suzanne Randolph Cunningham, PhD
MayaTech Corporation

Marya Endriga, PhD
California State University, Sacramento

Gaitri Fernando, PhD
California State University, Los Angeles

Aubyn Fulton, PhD
Kaiser Permanente Vallejo

Larry Gant, PhD
University of Michigan

Virginia Gonzales, EdD
University of Washington

Cheon Graham, PhD
Guilford County Schools

Saman Hamidi-Azar, PsyD
Private Practice

Candice Hargons, PhD
University of Kentucky

David Hoskins, PsyD
University of California, San Francisco

Michelle Jurado, PhD
University of Puerto Rico, Rio Piedras Campus

Grace Kim, PhD
Wheelock College

Eric Kohatsu, PhD
California State University–Los Angeles

Jason Lawrence, PhD
University of Massachusetts, Lowell

Lisa Liu, PhD
California School of Professional Psychology, Alliant University, Los Angeles

Fernand Lubuguin, PhD
University of Denver

Igda Martinez, PsyD
The Floating Hospital

William Martinez, PhD
University of California, San Francisco

Jeffery Mio, PhD
California State Polytechnic University, Pomona

Donna Nagata, PhD
University of Michigan

Phuong Nguyen, PhD
Baylor College of Medicine

James Reid, PhD
LLC Private Practice

Caryn Rodgers, PhD
Albert Einstein College of Medicine

Sheila J. Tripplett, PhD
Private Consulting

Monica Ulibarri, PhD
Alliant International University

Michele Vella-Healy, PhD
Department of Veterans Affairs

Dina Wirick, PhD
California State University, Monterey Bay

Kayoko Yokoyama, PhD
John F. Kennedy University

Iris Zavala-Martinez, PhD
Independent Consultant
Puerto Rico’s Crisis: Survivors Helping Other Survivors

BY SAMUEL OCASIO-DOMÍNGUEZ

On Wednesday, Sept. 20, 2017, two weeks after Hurricane Irma impacted Puerto Rico, Hurricane María hit us. Today, if I close my eyes, I can still remember clearly the horrible noise of wind. María sounded like a monster. My fiancé, our dog, and I stayed locked in our small bathroom for more than 10 hours, sad and terrified, listening to the devastation outside. The next day, we woke up to a Puerto Rico even more vulnerable and disadvantaged than before the storms. Several hospitals and roads had collapsed, as well our telecommunications system. We felt abandoned in a war zone without water, food, and essential resources.

The slow and ineffective response of the U.S. Congress and the disorganization of our local government made the crisis worse. Moreover, cultural and language barriers between federal agents and my people slowed recovery efforts. Today, more than eight months later, thousands are still without power and water. For the rest of us who have those services, they are deficient and unstable. The “recovery” of the metropolitan area is incomplete, and daily life can still be chaotic. Some experts say that Puerto Rico needs at least $80 billion to rebuild properly.

The impact on behavioral and physical health is a massive issue around the islands. For example, one of my sister’s colleagues at the University of Puerto Rico, a mother of three high schoolers, has been without water and power since Hurricane Irma. Their spirit is broken. My mother, who is 76 years old, spent 173 days without power, and every time there is another power outage it feels like day one all over again. My mother and my sister’s colleague have something in common: They live in disadvantaged communities left behind by recovery efforts. Others have had it even worse; at least my mother and my sister’s colleague have a safe home.

Irma and María revealed the reality of Puerto Rico’s condition. Before the storms, Puerto Rico was facing the worst economic crisis in its history. To “address” that issue, in 2016 the U.S. Congress imposed a control board, comprising seven nonelected officers, with the objective of repaying Puerto Rico’s $120 billion debt. A group of
outsiders making decisions for our people is problematic. However, local government decision-making has historically benefited the wealthy and hurt the disadvantaged. Both approaches have failed to represent those who need it most.

Puerto Rico’s current crisis is unique, complicated, and impossible to describe thoroughly here. Health, education, security, and basic utilities, which are rights of all U.S. citizens, are falling apart one by one. But severe humanitarian issues existed long before the hurricanes. Our archipelago is a perfect example of social injustice—a small number of individuals hold political and economic power while the majority struggle to maintain their livelihood.

But we haven’t lost hope. Our sense of community as a Caribbean culture and our self-sufficiency skills, developed over centuries of oppression, discrimination, and segregation, have helped us through this crisis. Communities have helped each other: saving lives, clearing roads, serving the handicapped and elderly, and lifting each other up. We are survivors healing other survivors.

Another hurricane season is ahead of us, and Puerto Rico is not ready for another natural disaster. Nevertheless, the Control Board has presented a plan focused on severe budget cuts in response to the bond holders and creditors who initially created the public debt. Those cuts will make our recovery impossible. I feel the U.S. Congress and the local government don’t care. Thus, I have a question for you. Do you care?

Please review this site for more information about Puerto Rico’s status: https://www.nejm.org/doi/full/10.1056/NEJMsa1803972

The 2017 Asian American Psychological Association Conference

BY TUYET MAI HOANG

The Asian American Psychological Association (AAPA) National Convention is the largest conference focusing on the psychological issues and mental health of Asian Americans. The conference provides a platform for scientists, clinicians, and educators to present and share cutting-edge research that can shape our national policies in mental and behavioral health for this racial-ethnic population. This conference is also designed for AAPA members to exchange current and new practices in mental health work with Asian American communities that can be used in community mental health agencies, hospitals, college centers, schools, government agencies, private practice, and more. Attending the convention has enhanced my professional and clinical career by providing me with an opportunity to present my research and contribute to the work on racial-ethnic minority populations in the United States.

Moreover, as an introvert, I particularly find smaller conferences such as the AAPA convention to be more conducive to learning. I was able to talk closely with many leading researchers and clinicians working directly with the Asian American population. The conference also provided a more intimate and relaxed setting for participants to network and share their personal experiences. For example, I was able to meet several past AAPA presidents and chat with them about their experiences as Asian American clinicians. I also learned about their struggles and successful attempts to change mental and behavioral health policies. These experiences inspire me to continue the work that I do.

“I was able to talk closely with many leading researchers and clinicians working directly with the Asian American population. . . . These experiences inspire me to continue the work that I do.”

Besides that, the AAPA conference allows me to meet more researchers who share similar interests in working with Asian American populations and develop those collaborations. As a result of this conference, I am currently working on a collaborative research project focusing on Asian American cancer survivors.

I consider this conference to be one of the best I’ve attended, and it has had a significant impact on my professional and clinical work.

Tuyet Mai Hoang
Honoring the Father of Black Psychology

The Minority Fellowship Program pays tribute to Dr. Joseph L. White, who passed away November 21, 2017. In addition to transforming the field of psychology, he was a mentor to many students and faculty of color, including MFP alumni. We honor his life and career by reprinting this 2016 interview for the APA Monitor on Psychology.

Game Changer

BY TORI DEANGELIS  |  JANUARY 2016

In 1968, Joseph L. White, PhD, had had enough. As a psychology professor at California State University, Long Beach, he was infuriated by the lack of support that blacks were receiving from the field in general and that black psychology students and professors were getting from APA in particular.

He and his colleagues decided to take action. They stormed into an APA Board of Directors meeting at the Annual Convention in San Francisco, demanding a hearing for their grievances. They asked the board, and by extension, APA, to see African-Americans on their own terms and through a lens of resilience. While the board members initially balked—some even accused White of racism—his ideas gained a foothold in the field, setting the stage for the multicultural practice and research of today.

Today, the University of California, Irvine, professor emeritus—who served as campaign director for Robert F. Kennedy in 1968 and knew Malcolm X and Martin Luther King Jr., among other civil rights leaders—says he’s pleased but a bit shocked by the reach of his arguments.

“They say the unplanned journey is the best one,” says White, 83. “If you had told me in high school that all of this was going to happen, I would have denied it to high heaven.”

How did you initially get involved in psychology?

I grew up in Minneapolis, and I had been trained to work as a waiter in the big hotels there. But when I turned 16, my mother wanted to get me out of there because she was worried I might be headed toward the streets. So she shipped me off to relatives in San Francisco, one of whom was an aunt who was 10 years older than me and had just graduated from UCLA.

Two things happened: Black people in San Francisco could not join the waiter’s union, so that avenue was shut down to me. Then my aunt sat me down and said, “Look. If you can’t be a waiter, why don’t you think about going to college?” That appealed to me, partly because she told me that higher education in California [at the time] was free. Also, the war had just started in Korea, so I was able to get a four-year deferment just by going to college.

So at age 17, I enrolled in general education at San Francisco College [which later became San Francisco State University], 10 blocks from my house, and one of my classes was a psychology class.

Which aspects of psychology grabbed you?

One was Pavlov and his dog. I thought, “That’s the way they condition people. They say black is bad, bad, bad, bad,” from the time you’re a little baby—and pretty soon they don’t have to say it any more.

The other big influence for me was Freud, particularly the business of defense mech-
What was your route into graduate school?
The first time I applied to grad school, I applied only to the University of California, Berkeley, and I didn’t get in. I was a little bent out of shape by that. A professor suggested I get a master’s degree at San Francisco State and apply for grad school again later.

When the time came, he and a few other young professors made some calls around the country. I was married at the time and we had one baby. The people at Michigan State [University] came out and interviewed our family, and then they said, “Son, you’re going to East Lansing, Michigan,” which we did in 1958.

What was the climate like for blacks in psychology and academia at that time?
It was just this big ole invisibility. There were no blacks in the graduate schools, no black professors and virtually no blacks in the books that were written on psychology. Every now and then we’d appear in the literature and it would say things like, “Negroes have a low IQ and they can’t do a complex task.” And during both world wars, psychologists testified before Congress and said black youngsters couldn’t fly airplanes.

It was the same thing at Michigan State. I was the first black graduate student in clinical psychology there, and there was this subconscious, unstated point of view that blacks didn’t have the ability. Fortunately for me, I was extremely well prepared because I’d gotten my master’s degree.

So we scheduled a meeting with the APA board and asked, “Why would you all, in the 20th century, create a profession that would make us invisible and then say these bad things about us?” They got upset. They said, “Don’t come in here talking to us this way.” I said, “Look here, we’ve been repressed for 400 years. It’s not gonna hurt you to hear some unpleasant things for 20 minutes.” A fistfight almost developed—it was a mess.

We waited 48 hours till everybody had cooled off. Then we asked, “Couldn’t [the field] support some more black graduate students?” More than half of psychology PhD programs had never had a black graduate student, and only about 5 percent had a black professor. So we sat down and tried to work out a plan to change that.

How did that go?
We’re still working on it. (Smiles).

You brushed elbows with some of the major leaders in the black civil rights movement, including Martin Luther King Jr., Black Panthers’ leader Eldridge Cleaver and Malcolm X. Can you share a personal story?
I’ll share a story about Malcolm, whom I knew around the time he was becoming “Malcolm X.” Malcolm’s youngest brother, Robert Little, was a graduate student in social work when I was at Michigan State. They had one black graduate student in every discipline, about 10 altogether, and Bob was the one in social work.

Bob would bring Malcolm over to the campus to visit, and we’d argue all night long, these 10 black graduate students. Malcolm was telling us that the white man is the devil—it wasn’t personal with him; he was just a great debater. We would say, “Well, no, he brought us here on a schol-
the need for major social change. Then he went into a deep period of grief. By the time I met him, he was emerging from that grief. And he was beginning to understand that people were being mistreated in America, that there were poor people who didn’t have anything to eat down in rural Mississippi. He was developing, I think, a genuine empathy for people who were locked out of the system. I think he went through a psychological transformation.

You’re also famous for writing “Toward a black psychology,” a landmark article that appeared in the popular black magazine Ebony in 1970. How did that come about?

After the 1968 meeting with APA, word started drifting out that these black psychologists were talking about this thing called black psychology. Because I was in higher education, the people at Ebony called me and said, “Well, what can you tell us about this black psychology?”

It was an opportunity to start the conversation. I didn’t know what black psychology was, but I had hunches. The biggest point I made was that we should develop a strength-based psychology instead of a deficit-based psychology. My reasoning was that I grew up in a one-parent home with two siblings, and my mother was able to keep us together, feed us, clothe us, get us through high school, keep us out of jail. If that doesn’t require complex behavior, I don’t know what does.

Plus, Ebony sells a million copies a month.

What kind of impact did the article have?

The black community loved it because it was a black psychologist speaking about black psychology rather than white folks speaking about it. Then other people started hearing about it—Mexican Americans, Asian Americans, women, Native Americans. They said, “We want a strength-based psychology, too.”

Now when you go to therapy, therapists don’t want to hear about your problems the whole time—they want to find out what your strengths are. Now we have a multicultural psychology.

How do you perceive the state of multicultural psychology?

We’ve come a long way, but I think we’re split in two. The older generation isn’t sure what all this multicultural psychology is about or whether it’s valid. The younger people, 50 and under, love it because they’re growing up in a multicultural world.

We used to have to fight to get a [multicultural] class into the [psychology] curriculum. Now we’ve got some graduate schools where the whole curriculum is built around a multicultural psychology model.

What are the biggest challenges facing African Americans today?

Only a few blacks really profited from the civil rights movement in the larger sense—the ones Professor W.E.B. DuBois called the “talented tenth.” We’ve got a top talent pool moving along, but we have a much bigger pool in the inner city that we haven’t quite been able to tap, especially males.

How can psychologists and others help to improve that?

We have to start working with young children and get them going before they fall behind. We need to treat the total family—give them housing, give them help in developing job skills, help them find jobs. We also need more ethnic psychologists, especially black males.

An example of the kind of program I’m talking about is taking place in Akron, Ohio. [Basketball superstar] LeBron James has promised 2,000 at-risk kids four-year scholarships to the University of Akron starting in 2025, part of a program that starts in elementary school and gives kids the tools they need to succeed in academics and in life (see lebronjames.com for more).

Looking back on your career, what are you proudest of?

I’ve worked with more than 100 young people who have become psychologists—not just blacks, but also Chicanos, Native Americans, Asian Americans, women. Probably my greatest accomplishment is that I was able to attract all these talented young people who have gone on and made careers in the field, some of them better than me. As they developed, my ideas were still developing and together we could create and further this field.

JOE WHITE’S MENTEES: A SHORT LIST

Gene I. Awakuni, PhD, president emeritus, University of Hawai‘i—West O‘ahu
Kevin Cokley, PhD, professor of educational psychology and director of the Institute for Urban Policy Research and Analysis, the University of Texas at Austin
Michael Connor, PhD, professor emeritus of psychology, California State University, Long Beach
Cedric D. Hackett, PhD, assistant professor, department of Africana studies, California State University, Northridge
Jeannine E. Manese, PhD, director, counseling center, University of California, Irvine
Horace Mitchell, PhD, president, California State University, Bakersfield
Thomas A. Parham, PhD, vice chancellor, student affairs, University of California, Irvine
Lori S. White, PhD, vice chancellor, student affairs, Washington University in St. Louis
Evelyn B. Winfield-Thomas, PhD, executive director and Title IX coordinator, Office of Institutional Inequality, Western Michigan University

MFP Events
APA 2018, SAN FRANCISCO, AUGUST 9–12

MFP Professional Development Workshops for New and Current Fellows
Wednesday–Friday, August 8–10
Hilton San Francisco Union Square Hotel, MFP Suite

Friday, August 10
MFP Fellows and Alumni Networking Breakfast
8:00–9:50 a.m.
Hilton San Francisco Union Square Hotel, MFP Suite

MFP Achievement Awards, Poster Session, and Social Hour
6:00–7:50 p.m.
San Francisco Marriott Marquis Hotel, Golden Gate Room B

Saturday, August 11
MFP Breakfast for Faculty
8:00–9:50 a.m.
Hilton San Francisco Union Square Hotel, MFP Suite

MFP Symposium: Out of the Box Alliances—Advocating for Undocumented Immigrants in the Face of Uncertainty
2:00–2:50 p.m.
Moscone Center, Upper Mezzanine-South Building, Room 160

CHAIR
Élida Bautista, PhD, Director of Inclusion and Diversity, Hass School of Business, University of California–Berkeley

PRESENTERS
Alejandra Rincon, PhD, Assistant Vice-Chancellor and Chief of Staff, Office of Diversity and Outreach, University of California, San Francisco
“Advancing the Rights of Undocumented Immigrants: ¡Sí se puede!”

Lou Felipe, PhD, Assistant Professor and Marriage and Family Therapy Program Coordinator, San Francisco Campus Counseling Psychology Department, University of San Francisco

DISCUSSANT
Ramani Durvasula, PhD, Professor, California State University–Los Angeles

MFP Fellows’ Presentations

Roberto Abreu, PhD
Symposium: Somos Latinxs—Resilience and Self-Definition Among Sexual and Gender Diverse Latinxs
“Forging Pathways of Resilience: Next Steps in Latinx Psychology Leadership, Research, and Practice” (Coauthor)
Saturday, August 11 | 10:00–11:50 a.m.
Moscone Center, Level Three-South Building, Room 312 Division: 45

Bryana French, PhD
Symposium: Radical Healing in Communities of Color—Healing the Wounds of Systemic Racism (Chair/coauthor)
Thursday, August 9 | 3:00–3:50 p.m.
Moscone Center, Level 2-West Building, Room 2006 Division: 45

Candice Hargons, PhD (formerly Crowell)
CE Workshop: Conducting Ethical Sexual Health Histories—Addressing Bias and Increasing Comfort of Practitioners (Coleader)
Sunday, August 12 | 8:00–11:50 a.m.
Hilton San Francisco Union Square Hotel, Ballroom Level, Franciscan Room C Division: 45

Tuyet Mai Hoang
Poster Session: Racial, Ethnic, and Cultural Challenges Among People of Color
“Police Recruits’ Motivation to Hear Messages in Multicultural Education: Do Racial Beliefs Matter?” (First author)
Thursday, August 9 | 10:00–10:50 a.m.
Moscone Center, Exhibition Level-South Building, Halls ABC Division: 45
Wei-Chin Hwang, PhD
CE Workshop: Culturally Adapting CBT for Asian Americans—An Evidence-Based Approach (Leader)
Thursday, August 9 | 8:00–11:50 a.m.
Hilton San Francisco Union Square Hotel, Ballroom Level, Franciscan Room A

Benita Jackson, PhD
Paper Reading Session: Data Blitz—Using Psychological Research to Encourage Social Change
“The BLISS Program: Building Leadership for an Inclusive, Sustainable Smith College” (First author)
Thursday, August 9 | 2:00–2:50 p.m.
Moscone Center, Level 3-West Building, Room 3001

Jeanne Manese, PhD
Symposium: New Horizons in Multicultural Supervision—Models, Lenses, and Applications
“Mentoring As a Foundational Practice in Multicultural Supervision” (First author)
Saturday, August 11 | 9:00–9:50 a.m.
Moscone Center, Level 3-South Building, Room 314 Division: 17

Jeffery Mio, PhD
Poster Session: I
“Metaphors and the Trump Administration: What Are Effective Responses?” (First author)
Friday, August 10 | 4:00–4:50 p.m.
Moscone Center, Exhibition Level-South Building, Halls ABC Division: 1

Della Mosley, PhD
Symposium: Radical Healing in Communities of Color—Healing the Wounds of Systemic Racism
“Recommendations for Applying a Radical Healing Framework” (First author)
Thursday, August 9 | 3:00–3:50 p.m.
Moscone Center, Level 2-West Building, Room 2006 Division: 45

Elizabeth Terrazas-Carrillo, PhD
Poster Session
"Applying the AIMS Model to Implement a Dating Violence Prevention Program for Latinos in College" (First author)
Thursday, August 9 | 11:00–11:50 a.m.
Moscone Center, Exhibition Level-South Building, Halls ABC Division: 27

Quyen Tiet, PhD
Poster Sessions
"Telephone Support Augmenting Mobile App Intervention Among VA Primary Care Patients With PTSD" (First author) and "Substance Use, PTSD, and Combat Exposure Among Male Veterans Convicted of Violent Crimes" (Coauthor)
Saturday, August 11 | 12:00–12:50 p.m.
Moscone Center, Exhibition Level-South Building, Halls ABC Division: 19

“Feelings of Social Isolation in People With Brain Injuries” (Coauthor)
Saturday, August 11 | 1:00–1:50 p.m.
Moscone Center, Exhibition Level-South Building, Halls ABC Division: 19

Alisia (Giac-Thao) Tran, PhD
Social Hour/Student Poster Session
“Sexual and Gender Minority Status as a Moderator Between Discrimination and Social and Temporal Outlook” (Coauthor)
Friday, August 11 | 6:00–6:50 p.m.
San Francisco Marriott Marquis Hotel, B2 Level, Golden Gate Room C2 Division: 17

Symposium: Responding to Community Violence—Preparing Psychologists for Advocacy and Clinical Practice (Discussant)
Saturday, August 11 | 11:00 a.m.–12:50 p.m.
Moscone Center, Level 2-West Building, Room 2024 Division: 38
Yuying Tsong, PhD
Symposium: Trauma and Well-Being Among Asian American Women—Feminist Approaches in Research and Clinical Practice
"Women Sexual Assault Survivors’ Choice of Coping Strategies: The Role of Post-Assault Responses" (First author)
Thursday, August 9 | 1:00–1:50 p.m.
Moscone Center, Level 2-South Building, Room 215
Division: 35

Monica Ulibarri, PhD
Poster Session: I
"Exposure to Violent Media and Adolescents’ Attitudes About Relationship and Sexual Violence" (Coauthor)
Thursday, August 9 | 12:00–12:50 p.m.
Moscone Center, Exhibition Level-South Building, Halls ABC
Division: 56

David Zelaya
Poster Session: Theory and Research on Culture, Race, and Ethnicity
"Cultural Humility With a Clinical Sample of Latina/o/x Americans: A Confirmatory Factor Analysis" (Coauthor)
Saturday, August 11 | 10:00–10:50 a.m.
Moscone Center, Exhibition Level-South Building, Halls ABC
Division: 45
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