

# MHRSB Conference AGENDA

- 7:30am – 8:30am** Registration and Continental Breakfast
- 8:30am – 8:50am** Welcome & Overview - Shelly McCoy Grissom, Ph.D.  
**Room: Mahogany Ballroom**
- 8:50am – 9:15am** Introductions
- 9:15am – 10:15am** Plenary Session 1 - Farha Abbasi, M.D.  
Cultural Competence in Mental Health You, me and I: Navigating Cultural Competency and Creating a System of Co-Existence.  
**Room: Mahogany Ballroom**
- 10:15am – 10:30am** Break
- 10:30am – 11:30am** Breakout Session 1
- 1) Vaping- What we know, what we don't know, and how we can be helpful to consumers. Holly Kowalczyk - **Room: Faculty Club**
  - 2) Hidden Figures: What the Data Does and Does Not Tell us about Suicide among Underrepresented Groups. Kamesha Spates, Ph.D. - **Room: Willow & Pine**
  - 3) Mental Health Concerns in the LGBTQ+ Community: Providing Culturally Humble Care. Julia Applegate - **Room: Elm & Birch**
- 11:45am – 12:45pm** Lunch - **Room: Mahogany Ballroom**
- 1:00pm – 1:45pm** Plenary Session 2 - Haner Hernández, Ph.D.  
Engaging Latinx Populations: Understanding the role of culture, the impact of disparities, and the need to build health equity from a social justice framework. - **Room: Mahogany Ballroom**
- 1:45pm – 2:00pm** Break
- 2:00pm – 3:00pm** Breakout Session 2
- 4) Engaging Arab American and Muslim Communities in Treatment. Farha Abbasi, M.D. - **Room: Elm & Birch**
  - 5) Prevention & Treatment Strategies with the Latino Population. Haner Hernández, Phd. - **Room: Faculty Club**



December 5, 2019 | Radisson Hotel at UTM  
3100 Glendale Ave., | Toledo, OH 43614

## PRESENTATION GUIDE

### **Plenary Session 1** - Mahogany Ballroom

**Presenter | Farha Abbasi, MD. Assistant Professor | Department of Psychiatry. Michigan State University**

*Cultural Competence in Mental Health. You, me and I: Navigating Cultural Competency and Creating a System of Co-Existence.*

Understanding how to navigate cultural competency and create systems of co-existence. Objectives: Learning about tolerance and acceptance; Differentiate between equity and equality Identify systematic barriers to cultural assimilation; and Learn about implicit bias.

### **Breakout Session 1** - Faculty Club Room

**Presenter | Holly Kowalczyk, RRT, CTTS Tobacco Treatment Specialist. ProMedica Saint Luke's Hospital**

*Vaping- What we know, what we don't know, and how we can be helpful to consumers.*

Participants will have a better understanding of the health risks, and treatment implications, of vaping. Participants will also understand the problematic health implications of vaping, and gain insight into effective interventions for vape users.

### **Breakout Session 2** - Room: Willow & Pine

**Presenter | Kamesha Spates, PhD. Assistant Professor of Sociology. Kent State University**

*Hidden Figures: What the Data Does and Does Not Tell us about Suicide among Underrepresented Groups.*

This workshop is intended to instruct the professional through the process of reviewing suicide data sources through a critical lens. The workshop will also discuss the importance of implementing culturally inclusive suicide prevention approaches irrespective of what the data shows. The goals of this workshop are to: 1. Identify the racial and ethnic groups that have been historically underrepresented in suicide data; 2. To equip participants with a criterion to consider when reviewing suicide data; 3. Expose participants to nontraditional sources of data to assist in better understanding suicidality among underrepresented groups; and 4. Summarize critical components of implementing culturally sensitive suicide prevention efforts.

### **Breakout Session 3** - Room: Elm & Birch

**Presenter | Julia M. Applegate, Executive Director, Equitas Health Institute**

*Mental Health Concerns in the LGBTQ+ Community: Providing Culturally Humble Care.*

The LGBTQ+ community experiences much higher rates of mental health disorders, including anxiety, depression, and suicidal ideation compared to their heterosexual and cisgender counterparts. This training will describe these mental health disparities and demonstrate a direct link between these health issues and societal norms. It will conclude with suggestions on screenings that medical and social service providers should consider with treating LGBTQ+ patients and provide tips and tools on creating a safe and inclusive space and the positive benefits of identifying as an ally. Objectives include 1. Define the difference between sexual orientation and gender identity; 2. Identify risk factors for mental health concerns in the LGBTQ+ community; and 3. Identify tools to create safe spaces for LGBTQ+ patients.

## PRESENTATION GUIDE

### **Plenary Session 2** - Mahogany Ballroom

**Presenter | Haner Hernández, PhD., CPS, CADCI, LADCI New England ATTC Center for Alcohol and Addiction Studies. Brown University School of Public Health**

*Engaging Latinx Populations: Understanding the role of culture, the impact of disparities, and the need to build health equity from a social justice framework.*

Latinx communities across the United States have demonstrated that they are strong, resilient and committed to improving the collective and individual health of their members. That said, public health and other systems of care have contributed to the marginalization and the development of disparities of Latinx communities. This presentation will focus on the need to better understand the cultural elements practiced by Latinx people, the impacts of health disparities, the social determinants of health, and the urgent need to develop health equity. Objectives include 1. Identify key cultural elements identified within Latinx populations; 2. Describe disparities and their impacts on Latinx populations in the US; 3. Describe the role of internalized oppression (subordination and domination); 4. Describe the social determinants of health; 5. Understand and describe the need to build health equity; 6. Identify their role in providing effective and culturally relevant services; and 6. Name at least 5 resources available to them

### **Breakout Session 4** - Room: Elm & Birch

**Presenter | Farha Abbasi, MD. Assistant Professor | Department of Psychiatry. Michigan State University**

*Engaging Arab American and Muslim Communities in Treatment.*

Provide practice guidelines for treating Muslim patients. Identifying unique challenges and learning how to provide culturally sensitive care. Objectives include: 1. Learn about Islam as a religion; 2. Differentiate between Islamic Culture and Culture of Islam; 3. Understand the vulnerability of being Muslim currently; and 4. Able to provide culturally appropriate care.

### **Breakout Session 5** - Faculty Club Room

**Presenter | Haner Hernández, PhD., CPS, CADCI, LADCI New England ATTC Center for Alcohol and Addiction Studies. Brown University School of Public Health**

*Prevention & Treatment Strategies with the Latino Population*

Successful prevention and treatment strategies in Latinxs communities are relatively unidentified in traditional community health settings where this population is not regularly served. This session will discuss outreach methods, retention, and ways to engage Latinx families in prevention, treatment, and recovery.

**Conference Moderator | Shelly McCoy Grissom, PhD**

Development Director, Thomas M. Wernert Center

2019 Presenter Biographies can be found at:

[www.lcmhrs.gov/event/2019-cultural-competency-conference/](http://www.lcmhrs.gov/event/2019-cultural-competency-conference/)