



Mental Health & Recovery Services Board of Lucas County

**2019 Cultural Competency Conference:**

*Cultural Proficiency in the Behavioral Health Continuum: What does it really mean?*

**Thursday, December 5, 2019**

Radisson Hotel | University of Toledo  
3100 Glendale Ave, Toledo, Ohio 43614

Registration: 7:30 – 8:30am.  
Conference: 8:50 a.m. – 3:00 p.m.

**Updated 12/3/2019**

## Presenters and Workshops

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

**Workshop Title** | *You, me and I: Navigating cultural competency and creating a system of co-existence, and Engaging Arab Americans and Muslim Communities in Treatment*

Core faculty member of the Muslim Studies Program. She is the founding director of the Annual Muslim Mental Health Conference. In 2019 the eleventh conference was held in Tempe, Arizona. In addition, she launched a Global Muslim Mental Health Conference in Malaysia, Jordan and the United Kingdom. She is also the managing editor of the Journal of Muslim Mental Health and Director of the Muslim Mental Health Consortium, Michigan State University.

Dr. Abbasi is Assistant Professor in the Department of Psychiatry at Michigan State University and Staff Psychiatrist at the University's student health center. In January of 2009, Dr. Abbasi was awarded the American Psychiatric Association SAMSHA Minority Fellowship. She used the grant money to create awareness about cultural competency, to redefine it as not just tolerance for others but rather acceptance. Her areas of interest are cultural psychiatry and teaching medical students how to provide culturally appropriate care to Muslim patients. She works directly with the Muslim American community to encourage integration rather than isolation from main stream society. Dr. Abbasi recently received the Pioneer Award from the Michigan All Pakistan Physicians of North America.

In addition to her efforts to build bridges between cultures, Dr. Abbasi's work as a psychiatrist has led her to publicly address the barriers that stigmatize and silence mental health issues within the Islamic community. She has established the Muslim Mental Health Conference and is the managing editor for Journal of Muslim Mental Health being hosted at Michigan State University.

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

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

Dr. Hernández is originally from Puerto Rico, is bilingual and has worked for 31 years in the health and human service field developing, implementing, and evaluating culturally and linguistically intelligent youth and adult health prevention, intervention, treatment, and recovery support programs.

Dr. Hernández has many years of experience in delivering addiction counseling and clinical supervision to professionals in the field. Furthermore, he is a professional trainer and facilitator and provides individualized technical assistance and support to organizations that provide addiction prevention, intervention, treatment and recovery supports.

Haner is a person in long-term recovery from addiction and is committed to eliminating health disparities by working at the national, state, and local levels. He is currently a Senior Consultant to the Massachusetts Department of Public Health, with a focus on disparities, building health equity, addiction

treatment, recovery supports, and the Recovery Support Centers located throughout the Commonwealth. He also consults and teaches a number of courses at the New England Addiction Technology Transfer Center (ATTC) at Brown University and the National Latino and Hispanic Mental Health TTC. Dr. Hernandez was appointed to SAMHSA Bringing Recovery Supports to Scale Technical Assistance Center Strategy (BRSS TACS) steering committee in 2014 and the Criminal Justice Policy Committee in 2018. He has served as consultant on several federally-funded initiatives in the areas of behavioral workforce development, HIV/AIDS, Substance Use Disorders prevention and treatment, military service members, their families and TBI and PTSD, and pediatric asthma. Dr. Hernández serves as faculty at the New England School of Addiction Studies since 1998, has taught a number of undergraduate and graduate courses, and has presented at several national and state conferences. Dr. Hernández serves as President of the Board of Directors of the Massachusetts Board for Voluntary Certification of Drug and Alcohol Counselors, is a member of the Board of the Massachusetts Organization for Addiction Recovery (MOAR), was appointed to the Springfield Public Health Council in 2006, and served on the Massachusetts Governor's Latin American Advisory Commission in Massachusetts from 2000-2004.

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

**Workshop Title** | *Mental Health Concerns in the LGBTQ+ Community: Providing Culturally Humble Care*

Julia M. Applegate leads LGBTQ+ health education, research and community engagement efforts to improve the health and wellness of LGBTQ+ communities across Ohio. Julia holds a Master of Arts in Women's, Sexuality and Gender Studies from The Ohio State University and has 20 years of teaching experience in this field at the University level. She is currently working on obtaining a Master of Public Health degree from The Ohio State University.

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

**Workshop Title** | *Hidden Figures: What the Data Does and Does Not Tell us about Suicide among underrepresented Groups.*

Dr. Kamesha Spates is an assistant Professor in the department of Sociology at Kent State University. She works diligently to unveil stigmas of mental illness and suicide in the black community. She recently completed a book entitled *What Don't Kill Us Makes Us Stronger: Black Women on Suicide*, where she uncovers reasons for their nearly non-existent rates of suicide. She is currently working on projects 1) that examine the role of the black church in suicide prevention/postvention and mental health awareness; 2) Northeast Ohio's black community's preparedness to handle rising suicide rates, 3) A black parent's guide to talking with their children about Suicide.

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

**Workshop Title** | *Vaping- What we know. What we don't know. How we can be helpful to consumers.*

Ms. Kowalczk is a recognized leader throughout Northwestern Ohio and Southeastern Michigan in the areas of tobacco addiction treatment and motivational interviewing. She graduated from the University of Toledo with a Bachelor of Science degree in 1997, is a Registered Respiratory Therapist and Licensed Respiratory Care Practitioner in Ohio. In 2005 she was credentialed as a Certified Tobacco Treatment Specialist by Mayo Clinic College of Medicine. With over 30 years of experience in individual, group, and youth tobacco addiction treatment, Ms. Kowalczk uses Motivational Interviewing extensively in assessment and treatment of her clients. She is a regional leader in providing medical education to physicians, nurses, addictions counselors, respiratory therapists, administrators, and school drug and alcohol counselors in the areas of motivational interviewing, evidence-based tobacco treatment, and tobacco control.

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**Moderator | Shelly McCoy Grissom, PhD** Development Director, Thomas M. Wernert Center

Shelly McCoy Grissom, PhD, currently serves as Development Director at Thomas M. Wernert Center (TMWC) which provides recovery services to persons living with mental illness through education, peer support and advocacy, and is a member of the Mental Health & Recovery Services Board of Lucas County Inclusion Advisory Council. Dr. McCoy Grissom has over 25 years of leadership and experience in assessment, change management, community relations, diversity and inclusion, fundraising and development, strategic planning, teaching and team building.

Under Dr. McCoy Grissom's leadership, enrollment increased over 300% at Mercy College and she created the curriculum for and taught Sociology courses such as Cultural Diversity. She completed both her undergraduate and Master's degrees from the University of Toledo and her doctoral degree is from Capella University. Her dissertation title is "An Examination of a Woman's Life Work: Laura Smith Haviland and the Founding of the Raisin Institute" and focuses on abolition, access to education, early feminism, Historically Black Colleges and Universities (HBCU's) and the Underground Railroad.

Dr. McCoy Grissom is a recipient of Enhancing Diversity Award from Mercy College and the 20 Under 40 Leadership Award. She has studied, published and presented on a variety of topics including gender, generations in the workplace, interpersonal communication, micro-aggressions and the Underground Railroad. She participates in community building through service on the Ohio Diversity Council/Toledo Chapter, Mobile Meals, Old West End Association, Penta Career Center Medical Technologies Advisory Council, Prevent Blindness Ohio, Ryan White Center of The University of Toledo Medical Center, Senior Centers, Inc. and Women Blessing Women.