

2023 CULTURE CONFERENCE: KEYNOTE SPEAKER



9:45 AM - 10:45 AM

PIVOTING: RESPONDING TO THE MENTAL HEALTH NEEDS OF YOUTH OF COLOR WITH TECHNOLOGY

DR. RIANA E. ANDERSON

For youth of color, prolonged exposure to racial discrimination has resulted in debilitating psychological, behavioral, and health outcomes. To help youth prepare for and prevent the deleterious consequences of discrimination, many parents utilize racial socialization, or communication about racialized experiences. And, while racial socialization strategies correspond with several general therapeutic strategies widely used by clinicians, there is a critical gap between what families do to mitigate discriminatory distress and what clinicians and providers offer youth. As such, providing multiple strategies to effectively utilize racial socialization processes and develop such skills to help youth heal from the effects of past, current, and future racial trauma is important. This presentation will explore theories, practices, and burgeoning technological interventions important in the healing processes of racial trauma for families, clinicians, and researchers alike, especially in light of what is known about the proportion of time youth spend on mobile devices. Finally, this presentation will beg the question of how much evidence is enough before we deploy our skills to rapidly advancing technologies which may benefit youth of color facing increasingly more frequent discrimination in their everyday lives.

Learning Objectives:

- Implement strategies to treat clients experiencing racial stress and trauma
- Discuss advanced tools to treat mental health effects from discrimination

Level: Intermediate

CE Credits: 1

2023 CULTURE CONFERENCE: MORNING WORKSHOPS



11:00 AM - 12:00 PM

APPLYING STRATEGIES TO ADDRESS THE MENTAL HEALTH NEEDS OF YOUTHS OF COLOR

OPTION 1: DR. RIANA E. ANDERSON

This morning workshop will be an extension of the information provided in the keynote and include interactive elements. Our research delves into the pressing issue of prolonged exposure to racial discrimination among youth of color and its detrimental effects on their psychological, behavioral, and overall health. Parents often resort to racial socialization, engaging in conversations about racialized experiences to equip their children with tools to combat discrimination & negative consequences. Although racial socialization strategies align with various therapeutic techniques widely used by clinicians, a crucial discrepancy exists between the support families provide to mitigate discriminatory distress and what clinicians and service providers offer to these vulnerable youth. This presentation advocates for the development of multiple strategies to harness racial socialization processes effectively. It seeks to empower youth to heal from the lasting impacts of past, current, and future racial trauma. Furthermore, this exploration will encompass theories, practices, and emerging technological interventions integral to the healing journey for both families and clinicians. In an age where youth spend an increasing amount of time on mobile devices, it is essential to consider how technology can be leveraged to support mental health interventions effectively. The presentation will also challenge us to contemplate the threshold of evidence required before deploying rapidly advancing technologies, which hold immense promise in aiding youth of color confronting ever-more frequent discrimination in their daily lives. This research not only highlights the urgent need to bridge the gap between racial socialization and clinical strategies but also calls for a thoughtful integration of cutting-edge technology into the arsenal of tools designed to address the mental health needs of youth of color.

Learning Objectives:

- Define racial stress and coping theories
- Describe strategies to treat clients experiencing racial stress and trauma
- Discuss how technology can be used to treat mental health effects from discrimination

Level: Intermediate

CE Credits: 1

2023 CULTURE CONFERENCE: MORNING WORKSHOPS



11:00 AM - 12:00 PM

ADDRESSING RACIAL TRAUMA AMONG CHILDREN AND ADOLESCENTS ACROSS CHILD-SERVING SYSTEMS

OPTION 2: DR. WON-FONG LAU JOHNSON

The effects of racism is not limited to a school setting, it permeates every facet of our society that our children find themselves. This session will focus on providing an overview of two interventions: 1) Racial Trauma Module (RTM) for (CBITS), and 2) A new, evidence-informed program called TRANSFORM (Trauma and Racism Addressed by Navigating Systemic Forms of Oppression Using Resistance Methods) designed specifically for youth who identify as any racial/ethnic group other than white. The RTM was developed to be used with a school-based intervention (CBITS) and was created within a juvenile justice facility, and TRANSFORM was created as a result of the RTM receiving positive feedback from BIPOC youth participants who requested an entire program that would focus solely on the impact of racism on traumatic stress. TRANSFORM is designed to be used in any child-serving setting and for both non-clinicians and clinicians. Participants for this session will be provided with high-level overview of both programs, the need for each, and how to receive more training on either if interested.

Learning Objectives:

- The impact of racism among children and adolescents needs to be understood and addressed by adults who serve in any child-serving system such as schools, juvenile justice, and child welfare

Level: Introductory

CE Credits: 1

2023 CULTURE CONFERENCE: MORNING WORKSHOPS



11:00 AM - 12:00 PM

MEDICAL STIGMA AND DISABILITY STIGMA: FROM FIRST LANGUAGE TO PERSON FIRST INTERVENTIONS

OPTION 3: DR. TAMEIKA MINOR, DR. KRISTEN RILEY, DR. HENRY ZHANG

Medical stigma and disability stigma are distinct yet overlapping entities that negatively impact millions of Americans' physical and mental wellbeing every day. Due to medical stigma and other systemic oppression, people with disabilities are more likely to be members of already underserved groups, resulting in intersectional stigma. With thoughtfulness about this intersectional stigma, we can make strides in decreasing medical and disability stigma at multiple socioecological levels. This presentation will discuss medical and disability stigma with a focus on intersectional stigma in underserved groups. Dr. Tameika Minor will discuss stigma and cultural humility in working with persons with co-occurring disorders, including substance use and mental health in underserved groups. Dr. Henry Zhang will discuss disability stigma, particularly with neurodevelopmental disorders in children such as Autism and ADHD. Dr. Kristen Riley will discuss intersectional stigma in the healthcare setting, with a focus on lung cancer stigma in Black, LGBTQ+, and low SES groups, and discrimination in the perinatal period, especially for Black and LatinX parents.

Learning Objectives:

- Describe medical and disability stigma
- Critique current interventions for medical and disability stigma

Level: Introductory

CE Credits: 1

2023 CULTURE CONFERENCE: PANEL PRESENTATION

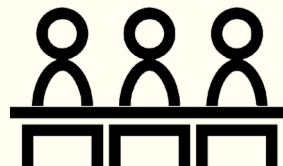


1:00 PM – 3:00 PM

MENTAL HEALTH IMPLICATIONS OF DISCRIMINATION AND HOW WE CAN SUPPORT THOSE POPULATIONS

2 CE CREDITS

MODERATOR: DR. CRYSTAL BEDLEY



PANELISTS



DR. GERMÁN A. CADENAS



MS. OLUWAKEMI DAUDA



DR. JEREMY LICHTMAN



DR. ANTHONY ZAZZARINO

2023 CULTURE CONFERENCE: PANEL PRESENTATION



GERMÁN A. CADENAS, PHD

This presentation provides an overview of research linking the context of social oppression and mental health among Latinx immigrants. This research is being conducted by Dr. Germán Cadenas and his collaborators in a number of settings (e.g., K-12 schools, higher education, community) where interventions can be developed and delivered to promote the wellbeing of immigrants in the US.



OLUWAKEMI DAUDA, B.A. PSYCH

Clinical supervision is a major component in social work and psychology graduate programs. It contributes to the development and support of graduate students as they provide psychotherapy to clients. It is an opportunity for supervisors to mentor, train, and impart wisdom to future mental health professionals.

In 2022, the National Association of Black Social Workers (NABSW) and Black Psychiatrists of America (BPA), and the Association of Black Psychologists (ABPsi) surveyed over 600 Black mental health professionals for the first multi-disciplinary and multi-generational report on the Black Mental Health Workforce. Forty-one percent of respondents reported they did not receive training to work with Black clients. Of those who reported receiving training, 34% said that training was inadequate.

This talk will provide the doctoral student perspective on clinical supervision, including supervisory dynamics of racial difference. Participants will gain an understanding of conceptual approaches to dealing with racial and cultural differences in a supervision setting. Conference attendees will learn intervention and prevention of racial trauma in the clinical supervision setting.

2023 CULTURE CONFERENCE: PANEL PRESENTATION



JEREMY LICHTMAN, PsyD

Despite a history of distrust of the mental health establishment, the number of Jewish clients seeking therapy is on the rise and beginning to match the rate of the general population who seeks mental health services. Over 6% of the New Jersey population is Jewish (World Population Review, 2023), making it likely that therapists in this state will encounter a number of Jewish clients over the course of their careers.

While courses and trainings focused on cultural competency among mental health providers abound, the inclusion of Jewish culture is often lacking. For example, in a survey done of 43 graduate-level multicultural counseling textbooks, only 16 included a section on Judaism or antisemitism (Goldberg & Dixon, 2011).

This talk will familiarize participants with the Jewish community and its many denominations, including the various Orthodox and ultra-Orthodox populations. Participants will gain insight into the role of antisemitism in inculcating feelings of insecurity in contemporary Jewish populations. Furthermore, this talk will cover specific examples of ways in which Jewish identity and religious observance can impact clinical work. Finally, professionals will learn strategies to apply these insights clinically, thereby fostering a stronger therapeutic rapport when working with Jewish clients.



ANTHONY ZAZZARINO, PHD, LPC, ACS, CPRP

Individuals that identify as a member of the LGBTQ+ community experience higher rates of mental health and substance use issues, suicidal ideation, and relational issues. This presentation will provide a basic understanding of how helping professionals can support this population and improve the quality of life to LGBTQ+ individuals.