



The Melissa Institute  
For Violence Prevention and Treatment

**13th Annual Conference**

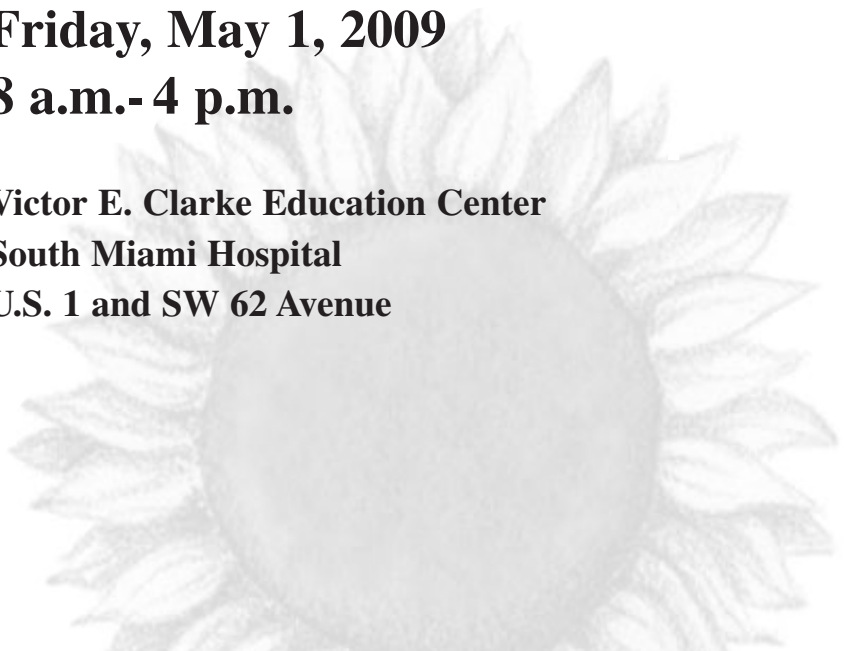
# **Race, Ethnicity and Mental Health:**

**Treatment Innovations and  
Cultural Adaptations of  
Evidence-based Interventions**

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**Friday, May 1, 2009  
8 a.m.- 4 p.m.**

**Victor E. Clarke Education Center  
South Miami Hospital  
U.S. 1 and SW 62 Avenue**



## 13th Annual Conference

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## ABOUT THE CONFERENCE

The ethnic and cultural fabric of the U.S. is rapidly changing. It is estimated that by 2050 close to half of all Americans will be what we now consider ethnic minorities. Ethnic and cultural factors influence access and use of mental health services, the reliability and accuracy of our diagnoses, the quality of care received and the effectiveness of interventions. As a result, there is an urgent need for improved cultural sensitivity, understanding and competence when providing treatment to people from ethnically diverse populations.

The 2009 Melissa Institute conference brings together six national experts in the areas of race, ethnicity and mental health, whose work is shaping the way we think about the cultural adaptation of evidence-based interventions and the impact of discrimination and racism in clinical practice. This year's program highlights their broad and diverse experience and offers a unique opportunity for mental health and human services professionals to learn and interact with an accomplished group of multicultural scholars and practitioners.

## CONFERENCE HIGHLIGHTS

- Plenary sessions, panel discussions and question-and-answer period.
- Breakout discussion groups.
- Description of culturally informed intervention programs.
- Detailed handout materials.

## TARGET AUDIENCE

Educators, guidance counselors, psychologists, social workers, mediators, mental health workers, marriage and family therapists, social agency personnel, judges, law enforcement personnel, clergy, nurses, pediatricians, primary care physicians and psychiatrists.

## LEARNING OBJECTIVES

As a result of attending this conference, participants should be better able to:

- Conduct a socio-cultural assessment.
- Address the impact of discrimination and racism.
- Build upon the client's cultural resilience and strengths.
- Design and implement culturally informed, evidence-based interventions.
- Incorporate the client's spirituality and world view into psychotherapeutic interventions and employ non-mainstream interventions.
- Anticipate and address barriers to employing culturally informed interventions.
- Increase self-awareness of their own cultural background and the implications for conducting assessment and providing treatment.
- Heighten their commitment to become a more culturally competent healthcare provider.

## CREDITS

**PSYCHOLOGISTS:** Miami Dade College, Department of Community Education, is approved as a provider of Continuing Psychological Education by the Florida Board of Psychological Examiners, provider #50-2330. This continuing education activity has been approved for 7 contact hours of general Continuing Psychological Education credit for Psychologists and Limited License Psychologists.

**SCHOOL PSYCHOLOGISTS:** Miami Dade College, Department of Community Education, is approved as a provider of Continuing Psychological Education by the Florida Office of School Psychology, provider #50-2330. This continuing education activity has been approved for 7 hours for school psychologists.

**OTHER MENTAL HEALTH PROFESSIONALS:** Miami Dade College, Department of Community Education, is approved as a continuing education provider for the Florida Board of Clinical Social Workers, Marriage and Family Therapy and Mental Health Counseling, provider #50-2330. This continuing education activity has been approved for 7 contact hours of general Continuing Education credit for Licensed Clinical Social Workers, Licensed Marriage and Family Therapists, and Licensed Mental Health Counselors.

**EDUCATORS:** Conference registration and payment to The Melissa Institute must be completed prior to registering for M-DCPS professional development credit online at <http://calendar.dadeschools.net>. Eight (8) master plan points will be awarded to participants who have completed a follow-up activity and have pre-registered online with M-DCPS.

**MEDIATORS:** The Melissa Institute for Violence Prevention and Treatment is an

approved provider of Continuing Mediator Education (CME) credits for Florida Supreme Court Certified Mediators. This program is approved for 7.2 CME credits in diversity for certified County, Family, Circuit and/or Dependency Mediators.

**NURSES:** Miami Dade College, Department of Community Education, is approved as a continuing education provider for the Florida State Board of Nursing, provider #50-2330. This continuing education activity has been approved for 7 contact hours of general Nursing Continuing Education credit for Registered Nurses, Advanced Registered Nurse Practitioners, Clinical Nurse Specialists and Licensed Practical Nurses.

**PHYSICIANS:** Miami Dade College, Department of Community Education, is approved as a provider of Continuing Medical Education by the Florida Board of Medicine, provider #50-2330. This continuing education activity has been approved for 7 hours of General (AMA Category I) Medicine for Physicians.

**OCCUPATIONAL THERAPISTS:** Miami Dade College, Department of Community Education, is approved as a continuing education provider for the Florida Board of Occupational Therapy Practice, provider #50-2330. This continuing education activity has been approved for 7 contact hours of general Continuing Education credit for Occupational Therapists.

**CLINICAL LABORATORY PERSONNEL:** Miami Dade College, Department of Community Education, is approved as a continuing education provider for the Florida Board of Clinical Laboratory Personnel, provider #50-2330. This continuing education activity has been approved for 7 contact hours (General) for Public Health Directors, Public Health Supervisors and Public Health Technologists.

## SCHEDULE

### Friday, May 1

- 8:00 a.m. Registration and Continental Breakfast
- 8:30 a.m. **Opening Remarks and Welcome**  
Suzanne L. Keeley, Ph.D., President, The Melissa Institute  
Donald Meichenbaum, Ph.D., Research Director, The Melissa Institute
- 8:45 a.m. **African-Americans and Trauma: Lessons Learned From Natural Disasters (Hurricane Katrina) and Victimization Experiences**  
Nancy Boyd-Franklin, Ph.D.
- 9:25 a.m. **Empowering Interventions With Traumatized Ethnically Diverse Groups**  
Priscilla Dass-Brailsford, Ed.D.
- 10:05 a.m. **Break**
- 10:20 a.m. **Cultural Adaptations of Evidence-based Treatments (EBTs) for Ethno-cultural Youth**  
Guillermo Bernal, Ph.D.
- 11:00 a.m. **Psycho-cultural Assessment: A Strengths-based Approach**  
Donald Meichenbaum, Ph.D.
- 11:30 a.m. **Panel Discussion: Question-and-Answer Period**  
Discussants: Etiony Aldarondo, Ph.D., and Guerda Nicolas, Ph.D., with morning presenters
- 12:00 noon **Buffet Luncheon** (Working Lunch: Personal perspectives on culture and mental health)
- 1:00 p.m. **The Role of Religion and Spirituality in the Resilience and Healing of African-Americans in Times of Trauma**  
Nancy Boyd-Franklin, Ph.D.
- 1:35 p.m. **Promoting Resilience in Inner-city African-American and Latino Adolescents: Lessons Learned From National and International Interventions**  
Priscilla Dass-Brailsford, Ph.D.
- 2:10 p.m. **Break**
- 2:25 p.m. **Tools, Guidelines and Clinical Examples of How to Make Evidence-based Treatments (EBTs) Culturally Sensitive**  
Guillermo Bernal, Ph.D.
- 3:00 p.m. **Breakout Discussion Groups With Presenters at Each Table**
- 3:35 p.m. **Putting It All Together: A To-do List for Attendees on How to Become More Culturally Competent**  
Donald Meichenbaum, Ph.D.
- 4:00 p.m. **Adjourn**

## CONFERENCE DIRECTOR

**Suzanne L. Keeley, Ph.D.**, is President of The Melissa Institute and a psychologist in private practice. She is also affiliated with Baptist Health South Florida. Dr. Keeley has had extensive clinical experience treating victims and perpetrators of violence.

## PRESENTERS

**Guillermo Bernal, Ph.D.**, is Professor of Psychology and Director of the Institute for Psychological Research at the University of Puerto Rico-UPR, Río Piedras. His work has focused on training, research and the development of mental health services responsive to diverse populations. He has published over 120 journal articles and chapters and six books. His current work is in the efficacy of parent interventions in the treatment of depression in adolescents (funded by NIMH).



Guillermo Bernal, Ph.D.

**Nancy Boyd-Franklin, Ph.D.**, is a professor at Rutgers University in the Graduate School of Applied and Professional Psychology. She is the author of five books: *Black Families in Therapy: A Multisystems Approach* (Guilford Press, 1989) and an editor of *Children, Families and HIV/AIDS* (Guilford Press, 1995). Her more recent books are *Reaching Out in Family Therapy: Home-based, School and Community Interventions* with Dr. Brenna Bry (Guilford Press, 2000); *Boys Into Men: Raising Our African-American Teenage Sons* with Dr. A. J. Franklin (Plume, 2001); and the second edition of *Black Families in Therapy: Understanding the African-American Experience* (Guilford Press, 2003).



Nancy Boyd-Franklin, Ph.D.

**Priscilla Dass-Brailsford, Ed.D.**, a native of South Africa, is a graduate of Harvard University and an Associate Professor at Lesley University. Prior to teaching she worked extensively in the inner city of Boston. Dr. Dass-Brailsford conducts research on ethno-cultural violence, community violence and disasters. Her first book, *A Practical Approach to Trauma: Empowering Interventions*, was published in 2007. A second book entitled *Disaster and Crisis Response: Lessons Learned From Hurricane Katrina* is scheduled for publication in 2009.



*Priscilla Dass-Brailsford, Ed.D.*

**Donald Meichenbaum, Ph.D.**, is Research Director of The Melissa Institute and Distinguished Professor Emeritus at the University of Waterloo, Ontario, Canada. He has served as Distinguished Visiting Professor at the University of Miami School of Education. He is one of the founders of Cognitive Behavior Therapy. North American clinicians voted Dr. Meichenbaum "one of the 10 most influential psychotherapists of the 20th century." He recently received a Lifetime Achievement Award from the Clinical Division of the American Psychological Association.



*Donald Meichenbaum, Ph.D.*

## EXPERT DISCUSSANTS

**Etiony Aldarondo, Ph.D.**, is Associate Dean for Research in the School of Education at the University of Miami, where he directs the Office for Research in Educational and Community Well-being. A national leader in domestic violence research and social justice-based clinical practices, Dr. Aldarondo has a long history of involvement with grassroots advocacy organizations and federal government agencies such as the Centers for Disease Control and Prevention, the Department of Health and Human Services and the National Institute of Justice. He currently serves on the boards of directors for the National Latino Alliance for the Elimination of Domestic Violence, the Council on Contemporary Families and The Melissa Institute.

**Guerdia Nicolas, Ph.D.**, is Associate Professor in the Department of Educational and Psychological Studies, School of Education at the University of Miami. As a multicultural (Haitian-American) and multilingual psychologist (English, Spanish, French and Haitian Creole), her research focuses on developing culturally effective mental health intervention for people of color, particularly immigrant children, adolescents and families. Concerned about women's issues, depression, spirituality and social support networks of ethnic minorities, Dr. Nicolas is author of many articles and book chapters and is an invited presenter at national and international conferences. She is a member of the Caribbean Studies and president of the Haitian Studies Association.

*Registration deadline is April 24, 2009. Space is limited; register early!*

## REGISTRATION

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Name \_\_\_\_\_ Title \_\_\_\_\_

Institution or Organization \_\_\_\_\_

Contact Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_

Contact Telephone \_\_\_\_\_ E-mail \_\_\_\_\_

**Registration fee:**  \$95  \$50 (Student) *Conference proceeds will benefit The Melissa Institute for Violence Prevention and Treatment.*

### Payment method:

Check enclosed (Make payable to The Melissa Institute.)

Purchase Order number \_\_\_\_\_ (Please mail/fax copy of registration to guarantee reservation.)

Credit Card:  American Express  MasterCard  Visa  Discover

Card Holder Name \_\_\_\_\_ Account No. \_\_\_\_\_

Exp. \_\_\_\_\_ Signature \_\_\_\_\_

**Specialty professional credits required:** LICENSE # \_\_\_\_\_

Florida Board of Psychological Examiners

Florida State Board of Nursing

Miami-Dade County Public Schools

Florida Board of CSW, MFT and MHC

Florida Board of Medicine

Florida Board of Occupational Therapy Practice

Florida Board of Clinical Laboratory Personnel

Florida Office of School Psychology

Mediators (County, Family and Dependency)

**Mail to:** The Melissa Institute  
6250 Sunset Drive, Suite 204, Miami, FL 33143

**Fax to:** 786-662-5211

**For information, call 786-662-5210**

*Cancellations must be sent in writing and postmarked by April 24, 2009, to receive a refund of the registration fee, less a \$10 administrative fee. Cancellations postmarked after April 24 will forfeit the registration fee.*

## FOR INFORMATION



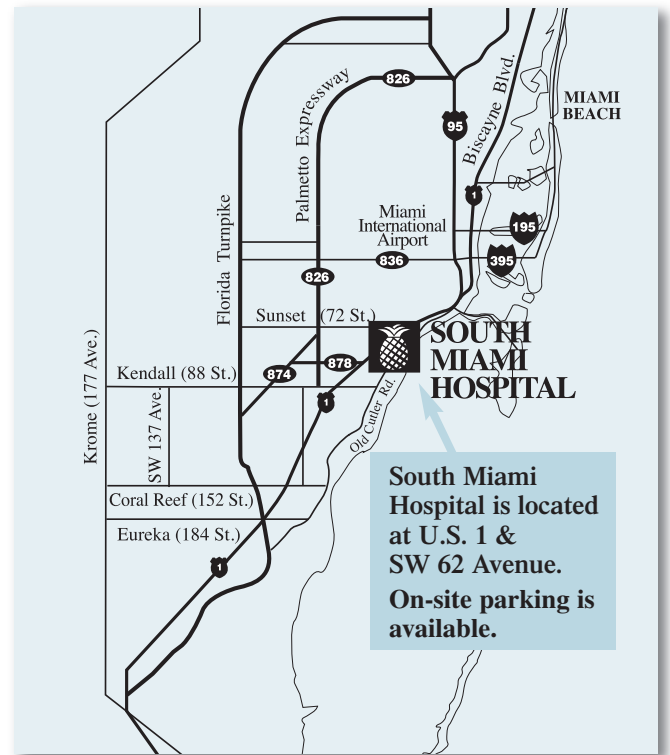
# The Melissa Institute

For Violence Prevention and Treatment

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<http://www.melissainstitute.org>

<http://www.teachsafeschools.org>



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*The mission of The Melissa Institute  
is to prevent violence and promote safer communities  
through education and application of research-based knowledge.*

**Education • Community Service • Research Support • Consultation**