

Symposium: Alcanzando Nuevos Rumbos: Promoting Wellness in Latinx Children and Families Living Along the Border through the Implementation of Culturally Responsive Treatments



National Hispanic & Latino

MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



**SAN DIEGO STATE
UNIVERSITY**
College of Education

November 15, 2019 | 8:30AM- 4:00PM

San Diego State University

Montezuma Hall

**Fred
Finch**
Youth & Family Services

The National Hispanic and Latino Mental Health Technology Transfer Center (NHL-MHTTC) is proud to announce this is a *green event*. All planning and execution efforts have been done with mindfulness towards our environment and resource sustainability. Symposium planning, marketing, publicity, invitations and registration were created paperless from the start, with this standard at the forefront. Attendees and speakers are strongly encouraged to utilize electronic media for viewing hand-outs and materials. Presentations will be available for downloading at this website:
<http://www.mhttcnetwork.org/hispaniclatino/>



The Mental Health Technology Transfer Center Network (MHTTC Network) includes a Network Coordinating Office (NCO), ten (10) MHTTC Regional Centers, a Tribal Affairs Center, and a Hispanic and Latino Center. Our collaborative network supports resource development and dissemination, training and technical assistance, and workforce development to the mental health field. The MHTTC Network works with organizations and treatment practitioners involved in the delivery of mental health services to strengthen their capacity to deliver effective evidence-based practices to individuals, including the full continuum of services spanning mental illness prevention, treatment, and recovery support.

National Hispanic and Latino Mental Health Technology Transfer Center

The Institute of Research, Education and Services in Addiction (IRESA) of the Universidad Central del Caribe leads the National Hispanic and Latino Mental Health Technology Transfer Center (NHL-MHTTC). The Center serves as a national subject matter expert and key resource for the workforce and communities seeking to address mental illness prevention, treatment, and recovery support, in order to reduce health disparities among Hispanic and Latino populations across United States and its territories. In partnership with state and local governments, mental health providers, consumer and family organizations, Hispanic stakeholders, Substance Abuse Mental Health Services Administration (SAMHSA) regional administrators, and the MHTTC Network, the Center seeks to accelerate the adoption and implementation of mental health related evidence-based practices.

IRESA, with over 25 years of experience working within SAMHSA's ATTC Network structure and being knowledgeable of elements to treat and serve our Hispanic and Latino communities in need of behavioral health services, capitalizes its resources and contacts to improve the lives of Hispanics and Latinos. Previous experience with multiple collaborators and experts on the mental health field and representative of various Latino ethnicities and geography across United States allows an excellent opportunity to incorporate lessons learned and strategies to overcome training and service challenges.

Our School-Based Mental Health Project (SBMH)

The SBMH Program for Hispanic and Latino Children and Youth is led by our multidisciplinary staff and advisory board with representation from across U.S. regions, different states, and the Caribbean. The SBMH works specifically with schools, organizations and professionals to strengthen their capacity for providing culturally and linguistically responsive mental health information and services to Hispanic and Latino children, youth and their families through training, free technical assistance, and capacity-building assistance.



Dear Colleague:

Today is a great day because we are coming together to join our skills and experiences to serve our Hispanic and Latino communities in need of mental health services in the United States. The National Hispanic and Latino Mental Health Technology Transfer Center (NHL-MHTTC) Team is proud to present this educational event titled: *Alcanzando Nuevos Rumbos*. The goal of this event to heighten the awareness, knowledge and skills of mental health professionals serving Hispanic and Latino families in Southern, California and along the U.S. Mexico border.

The NHL-MHTTC is one of thirteen centers sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA) to improve the services provided to consumers of mental health services through Technical Assistance for workforce development. The NHL-MHTTC is one of two National-level Centers focusing on a specific population sector, Hispanics and Latinos. The NHL-MHTTC serves as a key subject matter expert and resource for workforce development across the United States and its territories to ensure that high-quality, effective mental health treatment and recovery support services, and evidence-based and promising practices are available to help reduce health disparities among Hispanics and Latinos experiencing mental disorders, particularly those with serious mental illness.

Now you will be part of this effort seeking to improve access to effective and responsive services for all Hispanic and Latino communities. I'd like to thank each of you for attending our event and bringing your expertise to our gathering. You, as leaders, have the vision, the knowledge, the wherewithal and the experience to help us pave our way into the future. You are truly our greatest asset today and tomorrow, and we could not accomplish what we do without your support and leadership. Throughout this educational event, I ask you to stay engaged, keep us proactive and help us shape the future of Hispanic and Latino Behavioral Health Needs in the years to come. My respect and thanks goes out to all of you.

Gracias,



Ibis S. Carrión-González, PsyD
Director
National Hispanic and Latino
Mental Health Technology Transfer Center



Dear friends and colleagues:

Fred Finch Youth and Family Services (Fred Finch) welcomes you to this groundbreaking symposium- *Alcanzando Nuevos Rumbos (reaching new heights): Promoting Wellness in Latinx Children and Families Living Along the Border*. We are proud to support this event in partnership with the National Hispanic-Latino Mental Health Technology Transfer Center and San Diego State University. Our hope is to raise awareness of the unique conditions of borderland communities and inspire you to implement culturally responsive treatment strategies that reflect the unique needs of Latinx children, youth and families.

As we begin our 129th year as an organization supporting youth and families in need, Fred Finch continues to offer an array of mental health, behavioral, developmental and social services through the more than twenty programs offered in northern and southern California. Our programs dedicate teams of clinicians, paraprofessionals and support staff, all of whom seek to provide innovative, effective and culturally responsive services supporting children, youth, young adults and families to heal from trauma and lead healthier, productive lives.

Fred Finch recognizes the traumatic impacts on health and mental health created by a sociopolitical climate of hostility towards people of color, women, immigrants and refugees-- including child and family separation. In response to these challenges, we worked closely with our partners to design this interactive program which offers you an experience that will heighten your awareness, knowledge and skills while also deepening your understanding of the many factors that will increase your ability to provide quality mental health services, supports and advocacy for Latinx communities- in humility and cultural competence.

On behalf of our staff, board members, donors, and volunteers, we thank you for your unwavering commitment in helping us to provide hope and healing for the future.

With gratitude,

Thomas N. Alexander, LCSW, President & CEO





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Youth & Family Services

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Finch**
Youth & Family Services

Offering hope and healing since 1891

Fred Finch and Fred Finch CARES, Inc. (NPA) provide a wide range of behavioral and special educational services throughout Southern California to young people facing challenges, including mental health and cognitive disabilities, and histories of significant trauma and loss. Services include residential treatment, non-public school and agency educational services, crisis residential services, school and community based health services, school based interventions (both behavioral and mental health services), autism evaluation and Applied Behavioral Analysis (ABA). All treatments are trauma informed, individualized, family and participant driven, and culturally responsive.

Visit us online to learn more fredfinch.org | 619-281-3706, ext. 3000





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SDSU Counseling and School Psychology

The Department of Counseling and School Psychology (CSP) at San Diego State University prepares culturally competent and compassionate professionals to provide leadership in school counseling, school psychology, marriage and family therapy and community counseling. We are an interdisciplinary department committed to working towards equity, economic and social justice.

CSP offers master's and educational specialist programs, and an educational minor designed to:

- Prepare counselors, therapists and school psychologists for schools and a wide array of organizations.
- Prepare individuals who can lead efforts to make schools and other organizations more socially and emotionally healthy.

Learn more: education.sdsu.edu/csp



Erica Alfaro, who earned her master's in education with a concentration in counseling, dedicated her master's degree to her farmworker parents with this graduation photo that went viral and made national news.

ACKNOWLEDGMENTS



Ibis Carrion, PsyD – Director
Miguel Cruz-Feliciano, PhD – Project Evaluator
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Special Thanks and Acknowledgements

We are grateful for the leadership and support of our symposium sponsors and organizers: The National Hispanic Latino Mental Health Technology Transfer Center (NHLMHTTC) (SAMHSA), Fred Finch Youth and Family Services and San Diego State University. This unique collaboration has brought together international, national and local experts to present and dialogue on the very timely topic of *Promoting Wellness in Latinx Children and Families Living Along the Border*.

Many special thanks to the staff, volunteers and presenters. They are the backbone of our communities and their tireless support made this event possible.

Special recognition to the Symposium Organizing Committee: Carmen Andujar-Cantres, NHLMHTTC; Teresa Chapa and Karina Helgeson, Fred Finch Youth and Family Services; and Brent Taylor, San Diego State University. We encourage you to meet with them and thank them during the event.



The Alcanzado Nuevos Rumbos: Promoting Wellness in Latinx Children and Families living along the Border through the Implementation of Culturally Responsive Treatments Symposium is a collaboration between San Diego State University, Fred Finch Youth & Family Services and the National Hispanic and Latino Mental Health Technology Transfer Center. Through this event, participants will recognize and address the intersection between psycho-sociocultural events and culturally responsive mental health services for Latinx families.

The experts in the mental health field will share their experiences and research findings addressing disparities in service provision to Latinx communities living in the United States and along the U.S. Mexico border.

Goal: Heighten the awareness, knowledge and skills of mental health professionals serving Hispanic and Latino families in Southern California and along the U.S. Mexico border. Enhance promising and best practices.

Objectives:

- Identify main traumatic events that Hispanic and Latinx immigrant children are experiencing along the border.
- Discuss the impact of traumatic events and mental health conditions among Hispanic and Latinx populations.
- Describe Evidence-Based Practices and promising practicing that could be integrated in the mental health treatment for borderland Latinx populations.

8:30AM – 9:00AM

Registration

9:00AM – 9:20AM

Welcome - Master of Ceremonies**Teresa Chapa, PhD, MPA, SoCal Regional VP**

Fred Finch Youth & Family Services, CA

Advisory Board Member, National Hispanic and Latino

Mental Health Technology Transfer Center

Speakers**Provost Hector Ochoa, PhD, President**

San Diego State University, San Diego, CA

Tom Alexander, LCSW – President and CEO

Fred Finch Youth & Family Services, California

Miguel Cruz, PhD, Associate Director

National Hispanic and Latino Mental Health Technology

Transfer Center, PR

9:20AM – 9:30AM

Opening Remarks & Program Overview**Teresa Chapa**

9:30AM – 10:30AM

Keynote Presentation***Immigration Detention: The Long-Term Harms to
Children's Well-Being*****Luis H. Zayas, PhD, – Dean and Professor**

Steven Hicks School of Social Work

Professor of Psychiatry / Dell Medical School

The University of Texas, Austin

Description: This presentation will describe the experiences of asylum-seeking children and families who have been held in detention. The conditions they fled, the circumstances of their migration, and the conditions and impact of detention will be discussed. The developmental and mental health effects on children and families in immigration detention will also be highlighted.

NOVEMBER 15, 2019

AGENDA

10:30AM - 10:45AM

Break

10:45PM – 12:00PM

Panel Response to Keynote Presentation with Q&A

Kate Clark, Esq. Senior Director of Immigration Services, Jewish Family Service of San Diego, CA

Javier Rodriguez, MD Childhood Health & Pediatric Medicine, La Maestra Community Health Centers, SD, CA

Marcela Polanco, PhD, Assistant Professor, Department of Counseling & School Psychology and College of Education, San Diego State University (SDSU)

Lea Bush, MSW/MPA LCSW, Senior Director of Family & Community Services, Jewish Family Service of San Diego

12:00PM – 12:15PM

Break

12:15PM – 1:45PM

Brown Bag Lunch Platica: Traditional Native Healing Practices. Toñita Gonzales, Traditional Healer-Curandera, Highland University, Albuquerque, New Mexico.

Description: Generational trauma continues to impact health outcomes in our communities. In our current political, media and community rhetoric and actions, many people have expressed that it feels as if the scabs of painful pasts have resurfaced and we are again dealing with past current traumas. Curanderismo, the medicine of our ancestors, is one generational gift that will allow us to give communities and individuals the tools needed for healing and empowerment.

1:45PM - 2:00PM

Break

2:00PM - 3:00PM

Panel Presentation with Q&A

Latinx Children, Youth and Families: Promising Practices within a Culturally Responsive Framework.

Description: Discuss and list Promising and Evidence Based Practices for Latinx children, youth and families. Examine the intersection of social determinants. Provide strategies for respectful culturally responsive mental health services.

Bernardo Ng, MD, DFAPA

Advisor, National Hispanic & Latino Mental Health Technology Transfer Center; President, American Society of Hispanic Psychiatry; President Elect, Asociacion Psiquiatrica Mexicana Clinical Assistant Professor, Dept. of Psychiatry, University of California San Diego

Continued

Children and the Via Crucis caravan. A clinician's perspective.

Description: Discuss and list Promising and Evidence Based Practices for Latinx children, youth and families. Examine the intersection of social determinants. Provide strategies for respectful culturally responsive mental health services.

Piedad Garcia, Ed.D., LCSW, Deputy Director

Adult and Older Adult System of Care & Lead for Cultural Competency Standards, Health and Human Services Agency, Behavioral Health Services

Culturally Competent Trauma Informed Care with Immigrant Populations: A Systemic Perspective

Description: This presentation describes a culturally responsive systemic approach for Latino migrant populations experiencing trauma from a systems, program and clinical approach. This overview provides practical approaches that can be implemented to lessen the impact of trauma in organizational structures and in the delivery of services.

3:00PM – 3:30PM

Questions, Answers and Closing Remarks

Brent Taylor, PhD, Department Chair & Associate Professor Counseling and School of Psychology, SDSU

3:30PM – 3:45PM

Event Wrap-Up

Carmen Andujar, BA, Logistic and External Affairs Liaison National Hispanic and Latino Mental Health Technology Transfer Center

Adjourn / Evaluation / Certificates



**Teresa Chapa, PhD., MPA Fred Finch Youth & Family Services
Southern California Regional Vice President**

Dr. Teresa Chapa is a life-long advocate for mental health and wellness, health equity, integrated behavioral health, cultural and linguistic competence, and workforce development. She comes to Fred Finch after a distinguished career in government and higher education, most recently as senior clinical consultant with the National Hispanic and Latino Mental Health Technology Transfer Center; executive dean for the California School of Professional Psychology (CSPP), Alliant International University, and more than 16 years in senior positions across the U.S. Department of Health and Human Services.



**Thomas N. Alexander, LCSW Fred Finch Youth & Family Services
President and CEO**

The Fred Finch Board of Directors appointed Tom as President and CEO in October 2012 after his service as the Interim Chief Operating Officer in Fred Finch's Southern California region. Tom's education includes a bachelor's degree in psychology from the University of Southern California, a MSW from San Diego State University and a certificate in non-profit management from Chapman University. Tom has over 30 years of experience in clinical and leadership roles serving youth and families at various mental health and social service agencies. Before joining Fred Finch, Tom held esteemed leadership positions at several child and family service agencies.



**Salvador Hector Ochoa, Ph.D. Provost and Senior Vice President for
Academic Affairs San Diego State University**

Dr. Salvador Hector Ochoa earned a Ph.D. in School Psychology from Texas A&M University in 1989. Prior to serving as Provost and Senior Vice President for Academic Affairs at San Diego State University, Dr. Ochoa was professor and dean of the College of Education at The University of New Mexico from 2014 to 2019. He also served as the Dean of the College of Education at The University of Texas Pan American from 2007 to 2014. Dr. Ochoa's research focuses on bilingual psychoeducational assessment and educational programming issues pertaining to Latinx students. He has had input on these issues at both the state and national levels.



Miguel A. Cruz-Feliciano, PhD, MS

Dr. Cruz-Feliciano is a public health professional with specialization in epidemiology, and colleague of the Institute of Research, Education and Services of Addiction (IRESA) at the Universidad Central del Caribe, School of Medicine in Bayamón, Puerto Rico. Currently, Dr. Cruz-Feliciano is assistant professor and research associate with special emphasis in behavioral health epidemiology and evaluation of services. His experience over the years working with federal funded programs sponsored by the Substance Abuse and Mental Health Services Administration, provided the opportunity to focus on disparities in service provision and workforce development among Hispanic and Latinos across the United States.

Immigration Detention: The Long-Term Harms to Children's Well-Being

Abstract:

In this talk, Luis H. Zayas considers how aggressive immigration enforcement affects children and families from Central America seeking asylum in the United States. Zayas will describe the situations facing refugee children held in detention with their mothers and the impact that detention has on their already traumatized lives. Children in detention live under conditions of fear and deprivation, two extraordinary experiences that are linked to long-term chronic physical and psychological harm. Zayas will discuss the mental health and developmental effects and illustrate the effects of immigration detention and family separation with clinical vignettes.

Presenter:



Luis H. Zayas, PhD

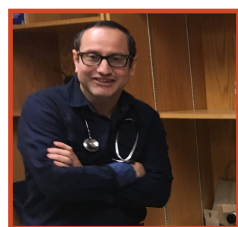
Dr. Luis H. Zayas, is Dean of the Steve Hicks School of Social Work and the Robert Lee Sutherland Chair in Mental Health and Social Policy at the University of Texas at Austin. In a career spanning 40 years, he has been a clinician, researcher, and advocate for disadvantage ethnic and racial minority families and children. Zayas has published extensively in scientific and professional journals and has been an op-ed contributor in major news media. He is the author of *Latinas Attempting Suicide: When Cultures, Families, and Daughters Collide* (Oxford, 2011), which is based on his decades of clinical research experience with Hispanic families and children. His latest book is *Forgotten Citizens: Deportation, Children, and the Making of American Exiles and Orphans* (Oxford, 2015), about the plight of U.S. – born children of unauthorized immigrants who live under the constant threat of deportation or have been deported. *Forgotten Citizens* received the 2016 Book Award Honorable Mention by the Society for Social Work and Research book award committee and was runner up for the prestigious 2016 Hamilton Book Award.

Panel Response to Keynote Presentation



Kate Clark, Esq.

Kate Clark is the director of Immigration Services for Jewish Family Service (JFS), and works with the San Diego Rapid Response Network (SDRRN), supporting families in San Diego impacted by increased immigration enforcement. Clark's strong leadership role on immigration issues, DACA support, and the fallout from increased immigration enforcement is inspiring. She has helped grow the Jewish Family Service immigration program into a robust department, and was instrumental in the development of San Diego Rapid Response Network, a hotline and multi-agency initiative to support individuals in crisis due to immigration enforcement.



Javier Rodríguez, MD

Dr. Javier Rodriguez earned a Bachelor of Science degree with cum laude honors in chemistry and a minor in physics from California State University, Fresno in 1997. After earning his Doctorate of Medicine from the University of Southern California, Keck School of Medicine in 2001, Dr. Rodriguez graduated from a Categorical Pediatric Residency at the University of California, San Francisco-Fresno Medical Education Program in 2004.



Marcela Polanco, PhD

Dr. Marcela Polanco is African, Muisca, and European Colombian, immigrant in the U.S. She is part of the faculty team of the Master's in Family Therapy at San Diego State University. As a family therapist, Marcela positions her research, teaching, supervision and practice geopolitically. In her immigrant English, she is strongly influenced by the social justice politics and literary framework of narrative family therapy.



Lea Bush, MSW/MPA

Lea Bush, LCSW, MPA is the Senior Director of Family and Community Services at Jewish Family Service in San Diego (JFSSD). Founded in 1918, Jewish Family Service San Diego was built on a mission of serving immigrants and refugees in San Diego that started over 100 years ago.

Traditional Healer; Curandera



Toñita Gonzales

Toñita received her Bachelor's of Science in Mathematics, and Bachelors of Arts in Graphic Design from The American University in Washington DC. She studied of Traditional Medicine at the Universidad Autonoma de, Morelos, at Centro de Desarrollo Humano Hacia La Comunidad. She completed her diplomados (certifications by the department of health) in Acupuncture, Medicinal Plants, Massage (Sobadas), and Temazcal (Mexica sweatlodge). Tonita worked side-by-side with several different Curanderos Internationally. She currently has her own practice Tonantzin Traditional Healing in Albuquerque, is the director of RAICES (remembering ancestors, inspiring community, empowering self), a collaborative of community health and culture education. She also practices in Mexico City at Temazcal Tonatiuh, and School/Clinic La Cultura Cura, in Mataxhi, Mexico (an indigenous Otomi Community). For over 11 years she has worked with the University of New Mexico to teach classes, and coordinate community education, and health fairs.

Toñita is passionate about teaching others to heal themselves. Her practice and research recognizes the importance of Indigenous Science, Culture and Spirituality in all Healing of Mind, Body and Spirit. Communities need to be empowered by generational gifts, that surpassed historical traumas. She understands that everyone needs to be accountable for their own healing and happiness. People simply need guidance, confidence, awareness and the tools to meet their goals. Her main goal is to work with the community providing treatments, and classes on traditional healing. The only way we can succeed in having healthy individuals is by having healthy communities.

Culturally Competent Trauma informed Care with immigrant Populations: A Systemic Perspective

Abstract:

This presentation will describe the clinical implications of the Via Crucis caravan on both sides of the US-Mexico border. This wave of migrants included infants, toddlers and children, from the moment entering Mexico through Tuxtia Gutierrez up to its arrival to Tijuana.



Piedad Garcia, EdD, LCSW

Dr. Garcia is the Deputy Director for the County of San Diego Health and Human Services Agency (HHS), Behavioral Health Services (BHS) Adult and OlderAdult (AOA) System of Care. Dr. Garcia oversees the mental health and substance use system of care for adults and older adults across the country. For the past three decades, she has implemented biopsychosocial rehabilitation and recovery programs for individuals with serious mental illness and co-occurring disorders.

In her current capacity, Dr. Garcia oversees BH'S integration efforts and the development and implementation of system care initiatives for adult and older adult services, including: BHS and primary care integration; Faith Based Initiatives; supportive housing and supportive employment initiatives; transition age youth (TAY) and older adult initiatives for persons with serious mental illness and substance use issues; justice system and BHS integration; and the integration of cultural competency standards in the BHS system.

Children and the Via Crucis Caravan: A Clinician's Perspective

Abstract:

This presentation will describe the clinical implications of the Via Crucis caravan on both sides of the US-Mexico border. This wave of migrants included infants, toddlers and children, from the moment entering Mexico through Tuxtia Gutierrez up to its arrival to Tijuana.



Bernardo Ng, MD, DFAPA

Dr. Ng was born in Mexicali, Mexico. He is a medical graduate from the University of Nuevo Leon in Mexico, who completed residency both at Texas Tech University and University of California, San Diego, in the United States. Ng is certified by the American Board of Psychiatry and Neurology, the American Board of Psychosomatic Medicine, and the Consejo Mexicano de Psiquiatría. His activities include the direction of the Sun Valley Behavioral and Research Centers in Imperial California and Centro Geriátrico Nuevo Atardecer in Mexicali, Mexico. Ng is a clinical assistant professor at UCSD, President of the American Society of Hispanic Psychiatry, and President Elect of the Asociación Psiquiátrica Mexicana. He is also Chair of the Council of International Psychiatry of the American Psychiatric Association, and Advisor for the National Hispanic and Latino Mental Health Technology Transfer Center Network. He has 76 publications, including 34 original articles, 29 abstracts, 6 book chapters, 4 handbooks, and 3 books; and has conducted 61 clinical trials as principal investigator.

Symposium Recap Q & A



Brent Taylor, PhD

Brent Taylor, PhD, currently serves as the Department Chair of Counseling and School Psychology and is an associate professor in the Marriage and Family Therapy program at San Diego State University. The department houses six programs with innovative and cutting edge cultural practices that emphasize equity and social justice across various mental health disciplines. As chair, he also oversees the department clinic, the Center for Community Counseling and Engagement; that serves a large immigrant and refugee population, located in the most diverse neighborhood of San Diego. His clinical interests and research areas focus on Latino fathers, Latinx foster youth and families, effective culturally responsive training and practice, and the experiences of men of color in MFT training. His grant work includes a decade of support for placing MFT trainees in inner city schools to provide play and creative arts therapy to diverse elementary-aged school children and their families. He received the Educator of the Year award in 2015 from the American Association of Marriage and Family Therapy-California Division.



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