

The Third Annual  
*Culture Counts*  
Conference



**Friday, May 15, 2015**

**The Conference Center at  
Montclair State University  
1 Normal Road  
Montclair, NJ 07030  
8:00a.m.-3:45p.m.**

### **Conference Information**

Individual and collective identities are rooted in the intersections of experience and cultural background, which shape a person's perspectives and guides their navigation of the world around them. The third annual Culture Counts Conference will cultivate awareness of differences across generations, abilities, sexual identities, gender orientations, races, ethnicities, and cultures and the impact of these differences on both familial and therapeutic relationships. The keynote performance by Dr. Michael Fowlin, along with a choice of one morning and one afternoon workshop, will highlight the importance of recognizing, understanding, and incorporating this awareness into a culturally competent, strength-based approach to mental health service delivery.

### **Learning Objectives**

- ◆ Recognize the benefits of understanding and incorporating differences into the provision of effective, culturally competent mental health services.
- ◆ Gain practical knowledge and skills applicable to culturally competent work with a variety of populations.

### **Continuing Education Credits**

Social Workers and Counselors will receive 5 CEUs in Clinical and/or Cultural Competence, depending upon workshop selections.

Family Connections, provider #1252, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) [www.aswb.org](http://www.aswb.org) through the Approved Continuing Education (ACE) Program and by the National Board for Certified Counselors (NBCC) Approved Continuing Education Provider program (provider #6604) and may offer NBCC-approved clock hours for events that meet NBCC requirements. Family Connections maintains responsibility for the program. This course is approved by the Association of Social Work Boards - ASWB NJ CE Course Approval Program Provider #34 Courses #281-289 from 03/24/2015 to 03/24/2017. Social workers should contact their regulatory board to determine course approval for continuing education credits.

In accordance with ASWB and NBCC guidelines, all participants must sign-in and sign-out and complete a course evaluation in order to receive CEUs. Partial credit will not be given to those arriving late or leaving early.

### **Target Audience**

Mental Health Administrators, Clinicians, Self-Help Center Managers/Facilitators, Screeners, Case Managers. This is a moderate level conference.

## Conference Information



### Agenda

Registration & Continental Breakfast	8:00 - 8:45a.m.
Welcome and Opening Remarks	8:45 - 9:00a.m.
Keynote Address	9:00 - 10:15a.m.
Morning Workshops (Participants will attend ONE)	10:30a.m. - 12:45p.m.
Lunch (provided)	12:45 - 1:30p.m.
Afternoon Workshops (Participants will attend ONE)	1:30 - 3:45p.m.



### Keynote Address By Michael Fowlin, PsyD

#### *You Don't Know Me Until You Know Me*

This one-person presentation deals with the issues of race, discrimination, violence prevention, personal identity, suicide, gender equity, homophobia, and bullying. In a gripping, fast paced, performance art piece, Dr. Michael Fowlin slips in and out of nine characters that range in personality type, both male and female, who "share their stories." The characters share their stories in an often humorous but, at times, heartbreaking manner. Dr. Fowlin uses a combination of personal reflection, expressive art, and storytelling to demonstrate how humor, reflection, and working through interpersonal challenges are critical for acceptance and understanding as opposed to simply tolerating differences.

#### Learning Objectives

- ◆ Employ understanding of similarities across individual experiences in order to progress from tolerating differences to understanding and accepting them.
- ◆ Articulate ways in which personal reflection and the use of storytelling builds understanding of diversity and cultural competence.

CEUs: 1 Cultural Competence

### Morning Workshop 1

#### *Cultural Difference and Socioeconomic Justice in Mental Health Services*

Bonnie Cushing, LCSW and Jeff Hitchcock, MS, MBA  
Center for the Study of White American Culture  
CEUs: 1 Clinical, 1 Cultural Competence

This workshop will examine white normative culture and explore historical conditions and current disparities that exist across race in the realms of housing, employment, wealth accumulation, education, foster care placement, incarceration rates, and primary and mental health care. Based on this exploration, the workshop will begin to examine how normative culture, a history of oppression, and current disparities specifically bear upon the clinical setting and the provision of mental health services. Clinicians will learn strategies for forming more effective cross-racial therapeutic alliances.

#### Learning Objectives

- ◆ Explain importance of considering the intersections of power and race in the context of clinical work
- ◆ Define white normative culture and examine its components
- ◆ Describe the impact of historical and current racial disparities in the provision and outcomes of mental health services and other measurements of wellbeing
- ◆ Integrate this knowledge with strategies for developing effective cross-racial therapeutic relationships.

#### About the Presenters

Center for the Study of White American Culture has been educating people for nearly 20 years about white racial identity, white culture, how to talk about race, and what white people can do about racism.

As executive director and co-founder, Jeff Hitchcock, MS, MBA has researched, written, created curriculum, and taught about the nature of whiteness and its dominant impact on the whole of society. He is the author of *Lifting the White Veil: A Look at White American Culture*, and has served as editor to numerous books on whiteness and racism.

Bonnie Cushing, LCSW has been a licensed clinical social worker in private practice for more than 25 years, and an antiracist organizer and educator with both CSWAC and the People's Institute for Survival and Beyond for the last 12 years. She is the lead editor of *Accountability and White Antiracist Practice: Stories from our Work*. Her special interest has been on educating colleagues in the field of human services about the impact of race, institutional racism and, in particular, white privilege (both internalized and manifested) on the provision of social services and the unfulfilled promise of a just, humanistic society.

## Morning Workshop 2

### *Understanding and Working with Arab/Muslim Americans: Cultural Competence in Mental Health Services*

Raja Salloum, MSW, LCSW

CEUs: 2 Cultural Competence

This workshop will explore issues in working with the Arab/Muslim American population in mental health settings. Through a brief history of the Arab population, as well as an overview of the characteristics of Arab and Muslim societies, participants will achieve an understanding of acculturation issues, social issues such as domestic violence, and the stigma around mental health. Clinical strategies will be introduced and practiced during the workshop.

#### **Learning Objectives**

- ◆ Identify the demographics and characteristics of the Arab/Muslim population in the U.S. and NJ
- ◆ Describe the Arab family structure, including importance of the collective identity
- ◆ Recognize how mental health and domestic violence are viewed in the Arab community
- ◆ Employ culturally sensitive strategies for working with Arab/Muslim American clients and gain confidence in using these strategies in practice.

#### **About Raja Salloum**

Raja Salloum received her BA in Psychology from Montclair State University, and a Masters in Social Work with a clinical specialization at Rutgers University. In 2006, Raja co-founded and served as a board member and Executive Director of TAN-WEER; The Arab American Family Center of N.J.

Raja is published in *Counseling Muslims; Handbook of Mental Health Issues and Interventions*. She served as a committee member and a moderator for the first Arab American Communities and Disabilities Conference in December 2011.

Currently she serves as a clinician specializing in individual, family, couple, and group therapy with Arab-American and Muslim clients at the Mental Health Association in Passaic County and has more than 8 years of experience working with this population. Raja also provides cultural competency trainings to various social service providers, school personnel, and non-Arab/Muslim counselors working with Arab-American and/or Muslim clients. She has also been featured on TV and radio shows and she moderates and takes part in panel discussions addressing mental health issues in the Arab/Muslim community.

## Morning Workshop 3

### *Faith and Religion: Working with LGBT Clients*

Elijah Nealy, PhD, MDiv, LCSW

CEUs: 2 Cultural Competence

This workshop will explore the intersections of spirituality and religion when working with LGBT clients, including the ways LGBT clients have often been excluded from organized faith communities and been the targets of religious homophobia. It will provide suggestions for helping LGBT clients reclaim a positive sense of spirituality in their recovery.

#### **Learning Objectives:**

- ◆ Demonstrate understanding of the experiences of LGBT individuals in regards to religion
- ◆ Gain tools for facilitating a positive sense of spirituality among LGBT clients
- ◆ Obtain resources about spirituality and religion for use with LGBT clients

#### **About Elijah Nealy**

Elijah Nealy, PhD, MDiv, LCSW has more than 25 years of experience working in both addictions and mental health treatment, both inpatient and outpatient, including dual diagnosis, as well as working with LGBTQ populations as both a clinical social worker and a pastor. He is currently a full time faculty member at the Columbia University School of Social Work.



## Morning Workshop 4

### *Understanding Dual Diagnosis: Mental Health Needs and Treatment Strategies for Individuals with Intellectual and/or Developmental Disabilities*

Philip Smith, PhD

The Boggs Center on Developmental Disability

CEUs: 2 Clinical

Individuals with disabilities are the nation's largest minority group. As such, understanding the unique mental health needs of this group is essential for clinicians working with individuals with dual diagnosis. This workshop will present an overview of the distinction between disorders that are considered to represent developmental disabilities and DSM-V diagnoses of mental illness, and will use this information to provide a framework for considering the clinical needs of individuals with this type of dual diagnosis. Participants will gain insight into risk factors that disability presents for mental illness, challenges related to appropriate diagnosis, and strategies to adapt in order to provide effective treatment in light of the disability.

#### Learning Objectives

- ◆ Distinguish between developmental disabilities, DSM-V diagnoses that would be considered a disability, and other forms of mental illness that would be treated through psychotherapy, medication, and conventional mental health treatments.
- ◆ Identify at least 2 factors that place individuals with disabilities at increased risk of mental illness.
- ◆ Explain 3 significant concerns related to identifying trauma in the cases of individuals who are dually diagnosed.
- ◆ Identify at least 5 strategies to adapt clinical interviewing and/or treatment processes for individuals who are dually diagnosed.

#### About Philip Smith

Philip Smith holds a Ph.D. in clinical psychology and has provided psychotherapy in a clinic serving individuals with Intellectual /Developmental Disability for several years. He has also provided statewide training on Mental Health supports for individuals with dual Mental Illness and IDD diagnoses for the past 8 years.

## Afternoon Workshop 1

### *Are You an American? Identify Conflicts for Second Generation South Asian American Youth and the Consequent Struggle in Immigrant South Asian Families*

Anita McLean, PhD, PsyD

CEUs: 1 Clinical, 1 Cultural Competence

This workshop will address the cultural issues that emerge in the treatment of South Asian families in which the parents are immigrants but the children have grown up in the U.S. It will focus on the particular way that the family unit is defined, the cultural expectations for children, the impact of situating the family in American culture and the potentially devastating clinical impact on adolescents and young adults. The course will focus on identifying the possible cultural clash of values (especially regarding autonomy and independence) between South Asian families and non-South Asian providers that can affect outcomes. The presentation will use clinical case examples.

#### Learning Objectives

- ◆ Define common psychological problems faced by South Asian American youth
- ◆ Identify the impact of immigration on family dynamics
- ◆ Manage one's own culturally dictated reactions that may arise when working South Asian family systems, in order to promote clinical efficacy
- ◆ Develop culturally sensitive and effective ways for addressing familial issues caused by the intergenerational dynamic.

#### About Anita McLean

Anita McLean, PhD, PsyD teaches psychotherapy and multicultural psychotherapy courses at Rutgers University. She provides training on cultural issues (specifically South Asian populations) for service providers across the state of NJ.



## Afternoon Workshop 2

### *Mindfulness: Decreasing Anxiety for Individuals with Autism, Asperger's and All Unique Ways of Being*

Annette Becklund, MSW, LCSW, NBCCH

CEUs: 2 Clinical

Individuals with developmental differences are not strangers to high levels of anxiety. This workshop will offer participants insight into the use of mindfulness in clinical practice with individuals with Autism, Asperger's, and other unique ways of being. Through the use of experiential exercises, participants will learn strategies for promoting wellness and helping clients manage anxiety and gain clarity.

#### Learning Objectives:

- ◆ Define mindfulness and its applicable uses for individuals with Autism, Asperger's, and all unique ways of being.
- ◆ Apply techniques of mindfulness through the use of experiential activities
- ◆ Identify and describe ways to utilize mindfulness with individuals and groups.

#### About Annette Becklund

Annette Becklund, MSW, LCSW, NBCCH has been involved in training and development since 1983. She holds a Bachelor's Degree in Communications from Douglass College and a Master's Degree in Social Work from Monmouth University. She is a level two EMDR clinician, trained in Sand Play, and is certified in Hypnotherapy and Heart Centered Hypnotherapy. Annette recently completed a training course in Cambridge, England on assessing, diagnosing, and treating adults with Asperger's and Autism and also had the opportunity to observe the Nottingham Asperger Clinic. Annette's private practice consists of 98% of individuals and their families who have Autism Spectrum Conditions. The practice has been in operation since 2003 and continues today. What started as a small "conventional" practice is now a community concept with social outings and community activities which promote involvement, inclusion, and building a sense of pride.

Currently, Annette and her staff run several therapy social skills groups along with con-current parent support groups run by a licensed therapist, as well as a monthly support group for individuals 18 and older who are on the Spectrum or have a unique way of being. Annette facilitates numerous workshops regarding Autism (and sometimes other issues) throughout the state of New Jersey. She was the 2011 recipient of the Community Partnership Award offered by the NJ Family Support Center, a subsidiary of the NJ Family Support Network, for her numerous trainings and assistance. Annette has also written and published a children's book, *Warren is Wonderful*, designed to teach children on the Spectrum that they are loved just the way they are. The book is illustrated by Raymond Gulzeth.

## Afternoon Workshop 3

### *What We Have Learned About Adolescent-Mother Conflicts and Suicide Among Latinas: Tips and Implications for Clinical Services*

Carolina Hausmann-Stabile, PhD, LMSW

CEUs: 1 Clinical, 1 Cultural Competence

Because of the high prevalence of suicidal ideation and behaviors among Latina adolescents, most clinicians will encounter these clients more than once in their careers. This workshop will focus on the influence of adolescent-mother conflict on suicidal behaviors among Latina adolescents and prepare clinicians to provide culturally competent and evidence-based services to adolescent Latina clients who present with deliberately self-injurious behaviors, suicidal ideation or thoughts, suicidal verbalization, intentional self-harm, and/or suicide attempts. Through exposure to the most recent empirical research in preventing and treating suicidal behavior among Latina adolescents, practitioners will learn to assess self-injurious and suicidal behavior, as well as strategies for addressing the dysfunctional family dynamics that are associated with suicidal behaviors among teens, and assisting Latino families in supporting the adolescent's mental health treatment.

#### Learning Objectives

- ◆ Articulate coherent, evidence-based assessment and intervention strategies for advanced clinical practice with Latino adolescents presenting deliberately self-injurious behaviors, suicidal ideation or thoughts, suicidal verbalization, intentional self-harm, and suicide attempts.
- ◆ Demonstrate advanced clinical skills related to implementing culturally competent evidence-based interventions for this population.
- ◆ Articulate advanced understanding of the impact of family dynamics in the practice of clinical work with Latino adolescents and families, and then translate this into suggested tasks for improving clinical practice.

#### About Carolina Hausmann-Stabile

Carolina Hausmann-Stabile, PhD, LMSW is a Latina researcher and clinician with more than a decade of experience working with Latinos in the U.S. and Latin America. She obtained her PhD at the Brown School of Social Work, at Washington University in St. Louis. Prior to that, Dr. Hausmann-Stabile received a Master's in Psychology from the Universidad Nacional de Cordoba, in Argentina, and a Master's in Social Work from Fordham University in New York. She is currently completing a NIMH Post-Doctoral Fellowship at the Institute for Health, Health Care Policy and Aging Research at Rutgers University. Dr. Hausmann-Stabile also teaches advanced clinical courses at the Columbia University School of Social Work.. Her clinical experience includes working with minority patients in large mental health facilities, and in small community based clinics in New York City and in Argentina.



## Afternoon Workshop 4

### *Understanding the Needs of Transgender Clients*

Eli Green, PhD

CEUs: 2 Cultural Competence

Transgender people and their loved ones face extensive and severe discrimination, and are particularly vulnerable when accessing community-based services. This workshop is designed to help mental health professionals and other staff members working with transgender clients and their loved ones to better understand the challenges that members of these communities face, particularly as they relate to being considered “high risk.” This workshop will provide basic information about what it means to be transgender, related terminology, and an overview of the intersecting barriers that transgender people must navigate when accessing supportive services.

#### Learning Objectives

- ◆ Describe the differences between biological sex, gender identity, gender expression, and sexual orientation.
- ◆ Explain why transgender people and their loved ones are considered especially high risk, including 2 aspects of intersectionality.
- ◆ Articulate 3 examples of barriers that transgender people face when accessing services.

#### About Eli Green

Eli R. Green, PhD, is a diversity and inclusion trainer with more than 15 years experience training on LGBTQ issues. Dr. Green specializes in helping non-profits, service and medical providers, educators, and businesses expand their transgender-related cultural competency. Dr. Green received his PhD in Sexuality Studies from Widener University and focused his doctoral research on the role of education on reducing prejudice toward people of transgender experience. Learn more about Eli and his work at [www.elirgreen.com](http://www.elirgreen.com).



#### Registration & Fees:

To register, please visit: [www.CultureConnectionsNJ.org](http://www.CultureConnectionsNJ.org)

**DMHAS-contracted mental health agencies & self-help centers:** Free

**Public registrations:** \$75 fee.

Course fees include materials, continental breakfast, and lunch.

**Registration Deadline for all attendees:** Friday, May 1, 2015.

**Cancellation Deadline:** Monday, May 11, 2015.

**Refunds will not be issued for registrations cancelled after May 11th.**

#### Directions & Parking Information:

Please visit: <http://www.montclair.edu/conferencecenter/location.html>.

Detailed directions will be sent to participants in a confirmation email.

#### Facilities and Grievances :

If you need accommodations for a disability or would like to report a grievance, please contact:

Niki DeVonish, Training Coordinator, at 973-323-3454.



CultureConnections, funded by DMHAS, is managed by FAMILYConnections, a nonprofit 501(c)(3) community-based mental health, substance abuse, and family service agency. Licensed by New Jersey's Division of Mental Health and Addition Services, we deliver research-based therapeutic services in our offices and on-site in pre-schools, schools, and directly in the home.

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