



WellnestLA.org

Administrative Offices
3031 S. Vermont Avenue
Los Angeles, CA 90007

TEL 323.373.2400

FAX 323.334.2278

Additional Information for Continuing Education

Morning Keynote (3 CE)

Overview

Boys and young men of color (BYMoC) have tremendous untapped potential for contributing to the innovation and success of our nation. However, such potential often goes unharnessed because success is thwarted by negative outcomes linked to socioenvironmental conditions and unmet socioemotional needs. BYMoC are often socialized to suppress emotion and forgo helpseeking. As a result, many BYMoC suffer in silence. However, systems also fail to adequately respond to the distress signals BYMoC send. This presentation first reviews key epidemiologic evidence documenting disparities in help-seeking and behavioral health outcomes among boys and men (e.g., boys and men of color). Second, linkages between male role norms and wellbeing among males is discussed. Next, findings from a research linking socioenvironmental conditions (e.g., neighborhoods) stresses (e.g., racism) to wellbeing among BYMoC are discussed. The presentation ends with strategies for developing more healing centered responses for optimizing wellbeing among BYMoC.

Learning Objectives

As a result of participation in the keynote, participants will be able to:

1. Describe the epidemiology of behavioral health disparities among males in the United States;
2. Recognize male-specific barriers to help-seeking;
3. Articulate connections between socioenvironmental stressors and wellbeing among BYMoC; and
4. Identify community-led, systems change, and policy-level responses for promoting healing and optimizing wellbeing among BYMoC

Wizdom Powell, PhD, MPA

Wizdom Powell, PhD, MPH, a clinical psychologist who is leading groundbreaking health disparities research, is Director of the Health Disparities Institute and Associate Professor of Psychiatry at University of Connecticut. Her research focuses on the role of social determinants such as race and masculinity on health inequity. Dr. Powell was appointed by former President Obama to serve as a White House Fellow providing subject matter expertise on mental health. In addition, she is a Fellow of American Psychological Association (APA) Minority, Robert Wood Johnson Foundation, Kaiser Permanente Burch Leadership, Institute of African American



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Research, and Ford Foundation. Dr. Powell chairs a number of local and federal policy initiatives aimed at improving the health and wellbeing of boys and men of color. Most recently, she was selected as a Health Innovator Fellow by the Aspen Institute and voted to serve as the 2019 President-Elect of the Division for the Psychological Study of Men & Masculinities at the APA. She received her PhD and MS in Clinical Psychology and MPH from the University of Michigan-Ann Arbor.

Afternoon Plenary (2 CE)

Overview

This two-hour workshop uses quantitative data on the health of Latinos in California to engage participants in discussion about leadership, the development of personal voice, and leading for change in diversity. The Latino Epidemiological Paradox, the Latino Gross Domestic Product and demographic data on the Latino Post-Millennial generation will be presented. Issues of minority Imposter Syndrome will be approached using information about Latinos in U.S. history and the creation of Cinco de Mayo, with opportunities for participants to reflect on their own experiences of Imposter Syndrome.

Learning Objectives

As a result of participation in the plenary, participants will be able to:

1. Describe the demographics of and the social issues affecting the health of Latino post-millennials in Los Angeles;
2. Define the terms Latino Epidemiological Paradox, Latino Behavioral Paradox, and minority Imposter Syndrome;
3. Identify their own experiences of “Imposter Syndrome” (in which they were made to feel they were not American) and describe a means to respond to future experiences;
4. Use information about the Latino Epidemiological and Behavioral Paradoxes to create counter-narratives that illustrate how American Latinos are; and
5. Design a community-level mental health intervention that provides a counter-narrative about Latinos and civil rights in Los Angeles

David Hayes-Bautista, PhD

David E. Hayes-Bautista, PhD, is Distinguished Professor of Medicine and Director of the Center for the Study of Latino Health and Culture at the David Geffen School of Medicine at UCLA. He is also the Faculty Director for the Latino Leadership Executive Institute for the UCLA Anderson Graduate School of Management. He researches the dynamics of Latino families and communities in the US, with a focus on adolescent health and identity. In addition to numerous peer-reviewed articles in journals



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ranging from *Academic Medicine* to *Salud Pública de México*, his most recent books include *El Cinco de Mayo: An American Tradition* (2012) and *La Nueva California: Latinos from Pioneers to Post-Millennials* (2017).

Lived Experience Panel Discussion (1 CE)

Overview

The lived experience panel discussion will bring together community organizers, youth leaders, and advocates to reflect on takeaways and offer insights on community needs and the actions they hope participants will commit to.

Learning Objectives

Apply insights from community organizers, youth leaders, and advocates to identify actions health and social service staff can take to promote youth emotional health and wellbeing.

Panelists

Aquil Basheer, DLitt, Founder and Executive Director, Professional Community Intervention Training Institute

Aurea Montes-Rodriguez, Executive Vice President, Community Coalition

Dee Hankins, inspirational speaker and former foster youth

Erylene Piper-Mandy, PhD, Professor of Human Development, California State University

Samuel Lazalde, advocate and Program Manager, Communities in Schools of San Fernando Valley and Greater Los Angeles

Youth leaders

This training meets the qualifications for **6 hours of continuing education** for LMFTs, LPCCs, LCSWs, LEPs, and psychologists as required by the **California Board of Behavioral Sciences** and **California Board of Psychology**. Wellnest (formerly Los Angeles Child Guidance Clinic) is approved by the American Psychological Association to sponsor continuing education for psychologists. This Live activity, Symposium: Building Bridges for Youth Wellbeing, with a beginning date of 07/26/2019, has also been reviewed and is acceptable for up to **6.00**

Elective credit(s) by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



Please call Dr. Melissa King in the Total Quality Management Department at Wellnest at 323-290-8360, x4307 if you have questions or need special assistance regarding the training.