



Newsletter Editor: Shannon Suo

President's Message

Roberto Lewis-Fernández

December, 2016

Register now for the

2017 Annual Meeting

Culture and Mental Health: Family Matters

- **Princeton, NJ**
- **April 27-29, 2017**

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In these uncertain times, SSPC is more active than ever. Against a rising tide of xenophobia, self-congratulation, and retrenchment, we energetically continue to pursue our agenda of cultural inclusion, self-reflection, and curiosity about how others make meaning of the world.

Signs of SSPC's growth are everywhere to be seen. The 2017 Annual Meeting in Princeton, New Jersey has received more abstract submissions than any other to date. For the first time, we are scheduling five concurrent sessions, all of very high quality. Each year, in fact, we have offered more concurrent options, indicating the steady growth in membership and our members' excitement about sharing their work with their colleagues. This success is no doubt also due to the terrific theme for this year's meeting: *Culture and Mental Health: Family Matters*. So many members have expressed a particular excitement about their clinical work and scholarship involving families. The Program Committee is working hard to top itself each year with an even more exciting topic – a very hard job this year for sure. If you have suggestions for the 2018 Annual Meeting in San Diego, please let us know!

Tremendous growth can also be seen in the development of the webinars organized by Kenneth Fung and his colleagues in the Education Committee. By leaps and bounds, the webinar series has become a second "product line" at SSPC. One of the webinars this year had over 200 attendees! We are working on archiving the webinars digitally, in order to create a virtual library of resources on cultural psychiatry that can be accessed from anywhere on the planet. The Education Committee has big plans for the webinar series, including exploring ways to leverage them into a training curriculum. We encourage you to join the committee if you want to work on this exciting project.

Another sign of members' enthusiasm regarding our organization is that more people are being nominated for the Board relative to the number of available seats than ever before. This display of commitment is particularly heartening to me, since it represents very tangible evidence of the degree to which members are willing to put their time and effort on the line to grow the impact of the organization. I take the opportunity to encourage you to vote: ***ballots have been sent out and will be due January 5.***

Through all of these activities, SSPC aims to expand the role that cultural psychiatry plays in day-to-day mental health practice, in scholarship, in training, and in the organization of health care systems. We have a lot to contribute, especially in these times of contracting generosity towards the plight of others.

See you in Princeton!



**Princeton
Marriott at
Forrester,
Princeton, NJ**

**Credit:
Princeton
Marriott
Forrester
website**

Executive Director's Corner

Liz Kramer

As all of you probably know by now the location of the 2017 annual meeting has been changed from the Villanova Conference Center near Philadelphia to the ***Princeton Marriott Forrester in Princeton, New Jersey*** due to delays in renovations at Villanova that will not be completed in time for our meeting.

The New Venue and Getting There

Ask a downeast Mainer how to get somewhere and even if it's just across the inlet and you can see it from where you're standing, he's likely to tell you, "You can't hardly get there from here." Indeed, it might be a 30 mile trip if you don't feel like swimming or have access to a boat. Happily this is not the case for Princeton, New Jersey where SSPC will be meeting at the Marriott Forrester, April 27-29, 2017.

Princeton, a college town of approximately 30,000 people, is probably best known as the home of Princeton University, founded in 1756, but that is not its only claim to fame and it surely is not a "one company town". Other well known organizations include the Princeton Theological Seminary (the first and oldest Presbyterian seminary in the United States), the Institute of Advanced Study, Westminster Choir College, the Princeton Plasma Physics Laboratory, the Robert Wood Johnson Foundation, Dow-Jones, Berlitz International, and Bristol-Myers-Squibb to name just a few. It is ideally and conveniently located on US Route 1, the old Boston Post Road, 39 miles from Newark Liberty International airport and 52 miles from Philadelphia International Airport. Those of you who live in areas served by Frontier Airlines can fly also into Trenton-Mercer airport which is only 15 miles away.

Having booked a flight, how do you get to the hotel from the major airports? The New Jersey Transit Northeast Corridor line runs right through the airport. Exit the terminal at the luggage claim area and take the monorail to the train station where you board the southbound train for Princeton Junction. The trip takes approximately 45 minutes from the airport. If you call ahead the hotel will send their van to pick you up at Princeton Junction. Other options are taking a limousine/shuttle from door to door. There are a number of services and we are in the process of vetting them. We will post a few that we would use on our website, but we're not really in a position to endorse any of them. What we can tell you, however, is that prices quoted are per trip, not per person, net of tolls and tip so if you can ride share and if it's not rush hour this might be the easiest and most comfortable way.

Individuals coming to Princeton from Philadelphia International can hop on a SEPTA train right in their terminal and take it to 30th Street Station, the main train station in the city. It's about a 15 minute ride. From there

Continued, next page

Executive Director's Corner, continued

you have two choices: the more expedient (but also more expensive one) is to take an Amtrak train to Princeton Junction. Those who have the time or are short on cash, can take another SEPTA train to Trenton, and then walk across the tracks to the Jersey Transit train to Princeton, which is the second stop after Trenton. The downside of SEPTA is that all the trains are local, they often are late, and they don't have any on-board facilities.

Of course there always is the option to drive. The hotel has plenty of parking which is free if you park yourself or \$10.00 per 24 hour period (\$5.00 for the day) if you use valet parking. I've seen cabs at the Princeton Junction station, and there may be Uber/Lyft service*. The hotel has a shuttle which will take you anywhere within a five mile radius of the hotel, including downtown Princeton and the train station. You book them through the concierge and service is free.

The Meeting Site and Accommodations

When you arrive at the hotel you will find very efficient, newly renovated rooms. Each room has a very tranquil view of the woods, complete with occasional deer or wild turkeys, and a large working area with high speed internet access as well as the usual hotel amenities, including a mini refrigerator, coffee maker, and morning newspaper delivery on request. The SSPC room rate is \$144.00 per night plus tax, single or double occupancy. Please remember that guests are responsible for booking their own reservations and paying for their own rooms and incidental expenses. A block of rooms is being held at the Princeton Marriott Forrestal under the group name of SSPC. Be sure to tell the reservations agent that you are with the SSPC group to get our special rate. The electronic link for reservations is [here](#). If you prefer you can call them at (609) 452-7800. If you have issues or problems please contact me.

And Now for the Meeting Itself

Come join us for three full days of lectures, symposia, and interactive workshops and leave with new knowledge and skills. See old friends and make new ones.

The meeting space is spacious and bright. All meeting rooms have windows that provide natural light and ergonomic chairs. The food is excellent, and lunches will be served buffet style in a restaurant to give us a break from the meeting space. In addition to breakfast and lunch there will be continuous beverage and snack service throughout the day. And don't forget our opening night reception where there will be many opportunities for networking, some good food, and a cash bar.

The conference will address questions such as: How is culture transmitted by the family? How does family treatment improve options and outcomes? How do important social changes, such as mass migration, war, and poverty, affect family and individual health? Do a cultural/community framework and effective family inclusion in care enhance clinical outcomes and reduce health care disparities?

**Editor's note: as of this publication, an Uber ride is approximately \$45 to/from Newark Airport-Marriott Forrestal. SSPC makes no guarantee of rate, which will vary by demand, time of day, etc.*

Continued, next page

Executive Director's Corner, continued

Topics include, but are not limited to:

- Families, culture, and resilience
- Trauma and the family
- Family-centered care for refugees, asylum seekers, and immigrant communities
- Evolving concepts of family
- Training in family therapy and culture
- The convergence of family psychiatry and cultural psychiatry
- Current perspectives on acculturation and family dynamics
- Workshops on how to use the Cultural Formulation Interview (CFI) and the genogram in clinical practice
- Cultural variations in families caring for their chronically ill family members.
- Multifamily groups for traumatized families



The Spa at Marriott Forrestal offers a full menu of relaxing treatments, guaranteed to relax and rejuvenate your body and spirit.

Credit:
[Princeton Marriott at Forrestal website](#)

Each day will begin with a special plenary session. On Day 1, we note the absence of family studies in the global mental health movement and our experienced presenters (Di Nicola, Song, and Griffith) focus on suggestions to fill this gap. On Day 2, Celia Falicov presents her widely recognized research on separated or “transnational” families and the clinical model she has developed for working with them. On Day 3 we explore the rapidly changing world of gender nonconforming children, the “gender spectrum,” and how families interact with this new cultural identity. Speakers include the mother of a transgender child (Hyde), a child therapist specializing in family work with LGBTQ children (Angello), and a sociologist in gender studies discussing 50+ years of medical and mental health attention to gender nonconforming children (Bryant).

A preliminary program is enclosed with this newsletter and also will soon be found on our website, psychiatryandculture.org under annual meeting. You also can [register](#) at the website currently.

When your work day is over or after the meeting ends, check out the fine restaurants and night life on Witherspoon and Nassau Streets and don't miss Palmer Square or the university campus, which is beautiful. Alternatively, if you're feeling more athletic or health minded, check out the hotel's state of the art fitness center and beautiful indoor pool, sauna and whirlpool. If tennis is your game there are all-season indoor tennis courts. Last but not least there is a full-service day spa where you can relax and feel pampered. And if you've never spent a Sunday in New York, this may be the year to do it.

We look forward to seeing you in Princeton in April, and to your contribution to making SSPC's 38th annual meeting the best one ever!

Best wishes to all for the holidays and a healthy and happy New Year!

Time to Renew Your Membership!

It's the end of the year and time to renew your membership. Remember that for non-trainees who attend the entire annual meeting, you actually save more money on registration than you spend on membership! For example, for a physician member, registration is only \$600 with CME, compared with \$850 for a non-member, a difference of \$250. But membership is only \$225!

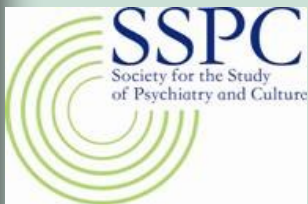
And with your membership you not only get the annual meeting savings, but also free access to Webinars, Mentor of the Month, and electronic access to *Transcultural Psychiatry*! What a bargain!

Don't delay, [renew](#) today!

Attending Physician	New Career Physician	Retired Physician	Non-Physician	Trainee
\$225	\$125	\$150	\$100	\$60

Physicians and Non-physicians save more on registration as members than the price of membership!

	Member			Non-member	Single-day
	Early bird (ends 1/31/17)	Regular (2/1/17 – 4/1/17)	Late (4/1/17 – onsite)		
MD	\$550/ \$600 with CME	\$600/ \$650 with CME	\$750/ \$800 with CME	\$800/ \$850 with CME	\$300
Non-MD Professional	\$350	\$400	\$550	\$600	\$225
Trainee	\$250	\$325	\$400	\$450	\$150
Accompanying person	\$350	\$400	\$450	\$500	\$200



psychiatryandculture.org

Be sure to renew your membership for 2017! Click [here](#) to pay your dues online.

Leave a legacy—consider donating to SSPC or recognizing SSPC in your will. While dues are not tax-deductible as charitable, donations are!

SSPC is a 501(c)3 charitable organization
Tax ID #931133972

Dues are not deductible as a charitable expense, but may be deductible as a business expense. Consult with your tax advisor for details.

Contact SSPC

Unless otherwise instructed, please do not send email to sspc2016@gmail.com. That box is for limited administrative functions and is not checked often. Instead, please send your emails directly to the people for whom they are intended. If you're not sure to whom they should go, send them to Liz and she will forward them appropriately. Thanks!

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