



**Newsletter Editor: Shannon Suo**

## Executives' Notes

*Roberto Lewis-Fernández, President and Liz Kramer, Executive Director*

September, 2016

### **Submissions for abstracts due**

**9/21/16**

### **for the 2017 Annual Meeting**

#### **Culture and Mental Health: Family Matters**

- **Philadelphia,  
Pennsylvania**
- **April 27-29,  
2017**

## **Contents**

Executives' [1](#)  
Notes

Trainee [2](#)  
perspectives

Annual [3](#)  
Meeting  
Feedback

Call for [3](#)  
submissions

Education [4](#)  
Update

Mentor of the [5](#)  
Month

Contact us [6](#)

We hope everyone has had a good summer and is ready for the change of seasons. We here at SSPC have been very busy wrapping up the old fiscal year, and starting a new one.

SSPC continues to grow. As of this writing we have 129 current members. All members, old and new, are encouraged to become active in the organization by joining a committee and helping to recruit other members, of course.

The 2016 meeting was a big success and the evaluations were very good. (See Annual Meeting feedback, page 3.) The workshops added a new dimension and were very well attended and received. They will be an essential component of our meetings in the future.

We now are actively planning the 2017 annual meeting which will take place at the Villanova University Conference Center in suburban Philadelphia, April 27-29, 2017. The theme of that meeting is, *Culture and Mental Health: Family Matters*. We will have 3 invited plenary panels—more details to follow in our next issue. We are accepting abstracts for symposia, lectures, workshops and posters, all of which will be peer-reviewed, until September 21. Please submit your abstracts at the website [here](#).

Other forthcoming educational events are the September 26 Mentor of the Month webinar that will feature Francis Lu, MD, Luke and Grace Kim Professor Emeritus of Cultural Psychiatry at the University of California, Davis and long-time member of SSPC. This webinar is restricted to members in good standing. There is no charge but registration is required. To register, go [here](#).

On October 24, our next regularly scheduled webinar will air. The topic is *Addressing Intimate Partner Violence in Immigrants, Refugees, and Ethnoracial Communities*. The presenters will be Donna E Stewart from the University of Toronto, Ruchi Ray from Apna Ghar, and Jaswant Guzder from McGill University. Apna Ghar ("Our Home") is a community agency based in Chicago, IL that provides holistic services and conducts advocacy across immigrant communities to end gender violence. The program starts at 1 pm eastern time and is free to SSPC members, but please invite non-members to attend! Early-bird registration for non-members is \$5 (ends September 30) and regular registration is \$10. Non-members living in low- and middle-income countries get in free. To register, go [here](#).

## Annual Meeting 2016, Perspectives From Trainees

### SSPC Resident Members

**“Many points were striking about SSPC...how easy it was to meet important people who share the same interest...I enjoyed creating friendships with colleagues from all over the world,”**

**—Aos Ameen**



Photo credit: Bronx-Lebanon

*Aos Ameen, Bronx-Lebanon Hospital Center, New York*

Coming from Iraqi culture as a refugee to the United State and having the experience of working with multiple cultures in different settings were the main reasons that Dr. Daniel Savin introduced me to SSPC. During my semi-annual review as a PGY-1 resident at Bronx-Lebanon Hospital Center I discussed this passion with our program director, Dr. Korenis, who offered support and encouragement to attend the conference.

Many points were striking about SSPC: first how easy it was to meet important people who share the same interest. I had the chance to talk to all the supervisors and the organizers who were warm, welcoming, shared multiple advice, and answered many of my questions. Secondly the material of the lectures and workshops were relevant and rich; I got to learn about many topics like family therapy, shared decision making with patients, the cultural formulation interview, stigma in psychiatry, and many other important topics. Thirdly and my last point: personally I enjoyed creating friendships with colleagues from all over the world, and I am already looking forward to the next meeting!

*Pachida Lo, University of California, Davis, Sacramento*

I attended the Society for the Study of Psychiatry and Culture Annual Meeting for the first time this year as a 3rd year general psychiatry resident. It was an amazing experience to meet with leaders in the field of cultural psychiatry. We had the opportunity to participate in smaller group discussions on family therapy and understanding different models of care for immigrant and refugee communities. I even got to meet a family friend that had known my father-in-law's family for years, Dr. Joseph Westermeyer, and who is a leading expert in Hmong mental health issues. In addition, I presented my poster which described my exploratory study on "nyuab siab" an idiom of distress linked to depression in the Hmong community. I received helpful feedback for my study. I plan to attend this conference again!



Photo credit: PC How  
Left to right: Hendry Ton, Pachida Lo, and PC How

*Editor's note: Pachida Lo is the first known female Hmong psychiatrist in the United States*

### 37th Annual Meeting Earns Glowing Feedback

Bonnie Fuller

During a sunny three days in Minneapolis, the 2016 SSPC Annual Meeting convened 130 doctors, social scientists, residents, and students for an engaging meeting. Plenaries, symposia, and workshops explored the theme of “Transforming Policy & Practice for Culturally Competent Mental Health Care” from the perspectives of psychiatry, psychology, anthropology, political science, and law. Evaluations showed positive experiences all-around. All participants rated the conference positively, with two-thirds rating it as “Excellent.” Most (72%) said it will impact their practice, be it patient care, education, or research.

Conference attendees were particularly appreciative for the chance to network and identify potential collaborators, to learn concrete skills like using the Cultural Formulation Interview, and to be exposed to novel concepts, theories, and practices from multidisciplinary perspectives. Residents and other trainees found the conference environment welcoming and unthreatening. Attendees particularly enjoyed the opening plenary by Margarita Alegría on shared decision-making and communication with multicultural patients. We heard from two exceptional trainees and winners of the Charles Hughes Memorial Fellowship: first, on the topic of “kokoro no kea” (care for mind) among disaster victims in Japan, and second, a policy perspective on cholera and stigma among Haitian migrants in the Dominican Republic.

Overall, workshops received especially high ratings, and attendees were most enthusiastic about workshops on education, stigma management, law and psychiatry, the Cultural Formulation Interview, working with Amish patients, managing postpartum depression, and instrument development and adaptation. Among the symposia, attendees were most enthusiastic about topics of “politics of concern” and counter-terrorism policy. Sessions related to the family and family therapy were highly-rated, and attendees expressed excitement for next year’s meeting on this theme.



Photo credit: Marcus Rodriguez  
Left to right: Matityahu Angel, Marcus Rodriguez, Sylvanna Vargas, Megan Ramaiya, Margarita Abi Zeid Daou, Diana, Souraya Torbey



Photo credit: Vincenzo Di Nicola  
Left to right: Jim Boehnlein, Jan Wilson, Armando Favazza, James Griffith, Vincenzo Di Nicola, Liz Kramer, Larry Wilson, Mary Boehnlein

**Don't miss your chance! Click [here to submit](#) your abstract before Sept. 21, 2016 for the 2017 meeting.**

**Culture and Mental Health: Family Matters**

The theme of the annual meeting is Culture and Mental Health: Family Matters. We are particularly interested in submissions based on how culture and family interact, especially to help define and pattern mental health, mental illness, and health care access and utilization. We will address questions such as: How is culture reconstructed and transmitted in the medium of the family? How does focusing on the family as a “meso”-level structure between the “macro” level of society and the “micro” level of the individual help clarify help-seeking choices and treatment expectations? How does societal change 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? We also welcome papers, symposia, workshops, and posters in other clinical, education, and research areas at the intersection of culture and mental health.

**Education and Training News**

Kenneth Fung

**SSPC Webinar**

The SSPC Webinar series successfully launched in 2015. The inaugural webinar was held March 2, 2015 on *Challenges in Integrating Global Health & Cultural Psychiatry* featuring Drs. Laurence Kirmayer, Brandon Kohrt, and James Griffith. This was followed by webinars on *Cultural Competence and Evidence-Based Practice* (Laurence Kirmayer, Janet Helms, and Roberto Lewis-Fernández); *Mindfulness in Cultural Context* (Laurence Kirmayer, Chikako Ozawa-de Silva, Inger Agger, and Kenneth Fung), and most recently *Providing Mental Health Care for Syrian Refugees* on March 7 with Ghadya Hassan, Hussam Jeffe-Bahloul, and Peter Ventevogel. All of the webinars were well attended and highly rated. We are in the midst of putting the video recordings in a viewable format at our SSPC website as part of a new video library which will be accessible to all SSPC members. We are now preparing for the next SSPC Webinar October 24 on *Addressing Intimate Partner Violence among Immigrants and Refugees*.



**Upcoming Webinar:  
Addressing Intimate Partner Violence Among Immigrants and Refugees**

**October 24,  
2016  
1:00 PM, EDT**

**[Register here now!](#)**

**Free to SSPC members and non-members from low/middle income countries**

**Mentor of the Month Webinar**

We began a new webinar series on April 4, 2016 featuring Dr. Roberto Lewis-Fernández. We will be regularly featuring our SSPC mentors so that webinar participants will be able to get to know our mentors interactively. The next mentor to be featured this month will be Dr. Francis Lu, moderated by Drs. Auralyd Padilla and Jim Boehnlein.

**Cultural Psychiatry Day 2016**

A Canadian initiative in resident education, Cultural Psychiatry Day was held on April 27, 2016, based on a partnership among University of Toronto, McGill University, University of British Columbia, University of Ottawa, Queen's University, University of Saskatchewan, and Memorial University. The theme was on cultural considerations on Physician-Assisted Death. This year, SSPC became one of the sponsoring organizations and provided the WebEx platform. While the recording had some audio issues for parts of it, it will be made available to SSPC members in our video library.

**Resident Case Consultation**

This was held on May 6, 2016 at the SSPC Annual Meeting. We thank the active participation of enthusiastic residents, who presented 3 interesting cases at the session, and all the SSPC faculty, who provided valuable consultation, including a role-play by Dr. Larry Merkel.



NEW SSPC WEBINAR / THURSDAY, SEPTEMBER 29, 2016

# SSPC Mentor of the Month

Francis Lu, MD, UC Davis



Join us at **5 pm (PDT) / 8 pm (EDT)** for an informal dialogue with our September mentor of the month Dr. Francis Lu, moderated by **Jim Boehnlein, MD**, and **Auralyd Padilla, MD**.

This event is free to SSPC members, but **registration is required** ([link here](#))

## Discover the benefits of mentorship:

- Perceptions of preparedness for practice
- More reflective career choices
- Increased research productivity
- Improved work performance
- Higher likelihood of receiving a promotion
- Decreased feelings of isolation among mentees
- Increased sense of empowerment
- Improved well-being

[Link to SSPC website](#)

**Francis G. Lu, MD**, is the Luke & Grace Kim Professor in Cultural Psychiatry, Emeritus, at the University of California, Davis. As a Distinguished Life Fellow of the American Psychiatric Association, Dr. Lu has contributed to the areas of cultural psychiatry, psychiatric education especially mentoring and career development, film and psychiatry, and psychiatry/religion/spirituality. In 2008, the Association for Academic Psychiatry awarded him its Lifetime Achievement Award. At the 2016 APA Annual Meeting, President Renee Binder presented him with a Special Presidential Commendation "for extraordinary leadership and outstanding contributions to the field of cultural psychiatry." He is currently Secretary of the SSPC. He has co-led 34 film seminars at Esalen Institute since 1987; see [www.gratefulness.org](http://www.gratefulness.org), then search "films."

8.50 x 11.00 in



[psychiatryandculture.org](http://psychiatryandculture.org)

Be sure to renew your membership for 2016! 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](mailto: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!

**President - Roberto Lewis-Fernández**

[rlewis@nyspi.columbia.edu](mailto:rlewis@nyspi.columbia.edu)

**Past President - Steven Wolin**

[stevenwolin@gmail.com](mailto:stevenwolin@gmail.com)

**Vice President and Education and Training Chair -**

**Kenneth Fung** [ken.fung@unh.ca](mailto:ken.fung@unh.ca)

**Secretary - Francis Lu** [francislumd@gmail.com](mailto:francislumd@gmail.com)

**Treasurer - Artha Gillis** [artha.gillis@gmail.com](mailto:artha.gillis@gmail.com)

**Executive Director and Membership, Communications, and Marketing - Liz Kramer**  
[ekramer931@gmail.com](mailto:ekramer931@gmail.com)

**By-laws, Elections, and Awards - Jim Jaranson**  
[jaran001@umn.edu](mailto:jaran001@umn.edu)

**Program Committee Co-chairs - Brandon Kohrt**  
[brandonkohrt@gmail.com](mailto:brandonkohrt@gmail.com), **Madhuri Kasat Shors**  
[mkshors@umn.edu](mailto:mkshors@umn.edu)

**Newsletter Editor - Shannon Suo**

[shannonsuo1@gmail.com](mailto:shannonsuo1@gmail.com)

**Mentorship - Auralyd Padilla** [auralyd@yahoo.com](mailto:auralyd@yahoo.com)

**Research - Albert Yeung** [ayeung@partners.org](mailto:ayeung@partners.org)

## Corporate Sponsor

UNPARALLELED CLAIMS EXPERTISE WITH  
**22,000+**  
PSYCHIATRIC-SPECIFIC CLAIMS HANDLED



### WE DEFEND YOU

PRMS has handled over 22,000 psychiatric-specific claims, lawsuits and significant events since 1986 - *more than any other company in the United States.*

Expert claims handling is just one component of our comprehensive professional liability insurance program. **Contact us today.**



More than an insurance policy

[PsychProgram.com/Dedicated](http://PsychProgram.com/Dedicated)  
800.245.3333  
[TheProgram@prms.com](mailto:TheProgram@prms.com)