

WEBINAR

ADVOCACY AND EMPOWERMENT IN MENTAL HEALTH PROMOTION

Presenters:

Josephine Pui-Hing Wong & Kenneth Fung

Jason Lee

Smita Lahota & Aya Cheaiti

Moderated by Seran Schug and Mariko Shimizu

February 20, 2021

10–12 pm PST / 1–3 pm EST

More Information

Advocacy and Empowerment in Mental Health Promotion *Josephine Pui-Hing Wong, BScN MScN PhD & Kenneth Fung, MD FRCPC MSc FAPA DFCCA*

Learning Objectives: At the end of the session, participants will be able to: ((1) name 2 processes of advocacy and empowerment; (2) identify 2 strategies to meaningfully engage marginalized communities; and (3) identify one committed action in advocacy

My Mental Health Journey – The Value of Applying Acceptance and Compassion *Jason Lee, Author/Speaker/Meditation Facilitator*

Learning Objectives: (1) Discuss my lived mental health experience as an Asian male, and what tools and resources I have used to manage my depression and anxiety; (2) Discuss strategies that have been effective in my work as an advocate for mental health awareness.

Building Bridges *Smita Lahoti, MD & Aya Cheaito, PhD Candidate*

Learning Objectives: By the end of the webinar, participants will be able to reflect on the challenges faced by the local refugee community in accessing mental health care and the role of open dialogue fostering trust.

How to Register

Register in advance for this meeting at:
<https://ucsf.zoom.us/meeting/register/tJ0ufuyhqzwpEtV02wpT5CtwZd4Omew6uBhu>

After registering, you will receive a confirmation email containing information about joining the meeting. Live stream viewing of the webinar is **free for members and non-members**. Members can view the webinar at the SSPC webinar library at any time after the event without registering.

About SSPC Webinars

Moderated by **Kenneth Fung** and **Anna Fiskin**, the SSPC Webinar Series features the latest hot topics in Cultural Psychiatry. Join in our webinar, enjoy our keynote presentations, and participate in live interactive discussions and exchange with colleagues around the world.

The SSPC is a nonprofit, interdisciplinary organization devoted to furthering research, clinical care, and education in cultural aspects of mental health and illness. We aim to promote cultural psychiatry in North American professional groups and to collaborate with national and international organizations in the development of policy and practice. Primarily rooted in North America, we provide an interface for domestic and international interests of cultural psychiatry and mental health.

Josephine Pui-Hing Wong, BScN MScN PhD, holds the position of Professor and Research Chair in Urban Health in the Daphne Cockwell School of Nursing at Ryerson University. She engages in community-based action research and implementation science in stigma reduction specific to HIV and mental illness. She works closely with marginalized communities, including radicalized immigrants and refugees, LGBTQ+ people, youth, and people living with HIV. Josephine and her teams apply the principles of meaningful engagement and capacity building of affected communities to design research and translate evidence into sustainable community-driven programming in Toronto, across Canada and internationally.

Kenneth Fung, MD FRCPC MSc FAPA DFCPA, is Staff Psychiatrist and Clinical Director of the Asian Initiative in Mental Health Program at the Toronto Western Hospital, University Health Network and Associate Professor with the Department of Psychiatry, University of Toronto. His research, teaching, and clinical interest include both cultural psychiatry and psychotherapy, especially Acceptance and Commitment Therapy (ACT), CBT, and mindfulness. He conducts research in stigma, resilience, mental health promotion, and immigrant and refugee mental health. He is psychiatric consultant to the Hong Fook Mental Health Association and Mon Sheong Scarborough Long-Term Care Centre. He is the President of the Society of the Study of Psychiatry and Culture and Past Chair of the Transcultural Section of the Canadian Psychiatric Association. He is the past Chair and current Historian of the Federation of Chinese American and Chinese Canadian Medical Societies. He is the past Chair of the Ontario Chapter of the Association of Contextual Behavioral Science (ACBS). He is a Distinguished Fellow of the Canadian Psychiatric Association, Fellow of the American Psychiatric Association, and Fellow of Association of Contextual Behavioral Science (ACBS). He has received numerous awards including the 2015 Social Responsibility Award from the University of Toronto Faculty of Medicine; the 2016 American Psychiatric Association Foundation Award for Advancing Minority Health; the 2017 College of Physicians and Surgeons of Ontario Council Award; the 2018 Psychotherapy Award for

Academic Excellence from University of Toronto; and the 2020 Colin Woolf Award For Sustained Excellence in Teaching; and the Canada 150 Medal.

Jason Lee, Author/Speaker/Medication Facilitator, is a personal development author in Coquitlam, BC. His journey began after realizing how his own depression, anxiety and childhood trauma was affecting his wellbeing and health. In addition, Jason's lived experiences with an older brother diagnosed with schizophrenia, and a teenage son once challenged with depression, made him realize the importance of seeking professional help. As an author and speaker, Jason has been invited to share his inspiring story on a number of podcasts, as well as on the HeadsUp Guys' website, and the Coquitlam Tri City Newspaper. Jason has spoken at events such as the Vancouver Mental Health Summit, the Moving Forward Family Service Mental Health event at SFU, the Port Coquitlam RCMP for Bell Let's Talk Day and the Strength in Unity presentation in Ottawa as a participant of the research. Jason has also recently begun facilitating online meditation classes in his community. Jason's goal is to break mental health barriers and stigma by normalizing the conversations. You can visit Jason's website at www.ImJustJason.com.

Smita Lahoti, MD, completed her medical school and Obstetrics and Gynecology residency from University of Pune. After a decade of working with the local self government to provide obstetric care to the local underprivileged populace. She completed a second residency in psychiatry from the College of Physicians and Surgeons, Mumbai. She started a mindfulness based "relaxation therapy clinic" catering to the same populace before immigrating to the United States in 2014. She is currently a fourth-year resident in psychiatry at the UVM MC. As an elective she is currently running a refugee mental health clinic as well as a cross cultural open dialogue series and working with Connecting Cultures – a program run by UVM in collaboration with NEST (New England Survivors of Torture and Trauma) that provides community outreach, direct mental health services, and conducts research into refugee resettlement.

Seran Schug, Ph.D., LPC, BC-DMT (moderator), is an anthropologist and dance/movement therapist who specializes in aesthetic anthropology and global mental health. She is a full time Lecturer in the Sociology and Anthropology Department at Rowan University in NJ where she also coordinates collaborative community arts programs that focus on trauma informed care. She is currently conducting ethnographic research with psychologists from Yerevan, Armenia to explore the local knowledges they use to build a new mental health system in an area that is under-resourced and currently experiencing social and political change.

Aya Cheaito is a PhD student at the University of Vermont. She works at the New England Survivors of Torture and Trauma (NESTT) conducting assessments and therapy in English, French and Arabic. Aya has a background in neuroscience and is interested in experiences of discrimination on brain activation and cognitive load. Aya worked in educational and psychiatric settings in multiple countries (Newark, NJ; Beirut, Lebanon; London, UK). Aya also worked with the Mosaic Center for Student of Color at the University of Vermont to create an integrative program for underserved first year, first generation students of Color entering university. Aya is a part of the National Peer Consultation Group for Multidisciplinary Treatment of Refugees and Survivors of Torture and a Program evaluation assistant at the New England Survivors of Torture and Trauma Clinic.

Mariko Shimizu, MD (moderator), is a fourth-year psychiatry resident at the University of Massachusetts Medical School where she serves as a chief resident of geriatric psychiatry and co-chief resident of ambulatory psychiatry. She is one of the Society for the Study of Psychiatry and Culture Leadership Fellowship members for 2020-2021.

