

Young, Gifted, & @Risk – Midwest Symposium

Friday, November 11, 2016

Washington University in St. Louis, Brown School

Agenda

7:30 – 8:15 am	Registration & Continental Breakfast
8:15 – 9:00 am	Welcome and Symposium Overview
9:00 – 10:30 am	<i>Panel 1: Marginality and Success: The University Experience and the Mental Health of Students and Emerging Adults of Color</i>
10:30 – 10:45 am	Break
10:45 – 12:00 pm	<i>Panel 2: How Culture, Mindset, and Identity Shape and Affect Mental Health among Young Adults</i>
12:15 – 2:15 pm	Lunch and Concurrent Sessions <i>Session A: Students/Lived Experience</i> <i>Session B: Family</i> <i>Session C: Graduate Students/Teaching Assistants/ Faculty</i> <i>Session D: Veterans</i> <i>Session E: Administration/Counseling Staff</i>
2:15 – 2:30 pm	Break
2:30 – 3:30 pm	Lunch breakout groups report out
3:30 – 4:30 pm	<i>Panel 3: Promising Strategies for Mental Health on Campus and Beyond for Young People of Color</i>
4:30 – 5:00 pm	Next Steps and Closing Remarks

8:15 – 9:00 am Clark-Fox Forum	Welcome & Overview of Symposium
<p><u>Speakers</u></p> <ol style="list-style-type: none"> 1. Holden Thorp, Provost, Executive Vice Chancellor for Academic Affairs, Washington University 2. Mary McKay, Dean, Brown School 3. Kelvin Westbrook, BJC HealthCare Board Chair 4. Evan Rose, President, The Steve Fund 5. Sean Joe (Moderator), Benjamin E. Youngdahl Professor of Social Development; Director, Race and Opportunity Lab; Faculty Director, Youth Development, Center for Social Development, Brown School 	

9:00-10:30 am Clark-Fox Forum	Panel 1: Marginality and Success: The University Experience and the Mental Health of Students and Emerging Adults of Color
<p><i>This panel will set the stage for understanding the mental health needs of college students of color. Presenters will explore the epidemiologic data on the prevalence of mental illness and emotional distress by ethnicity, and characterize their manifestations in the university setting. The university environment, quality of the university experience, and the "feel" of the campus community can have sizable effects on the mental well-being of young people of color. Panelist will address the forces at play within the university setting, the scope and scale of the challenges they present, and their impact on the adjustment and overall success of young people of color during their college years and early adulthood.</i></p>	
<p><u>Keynote presenters</u></p> <ol style="list-style-type: none"> 1. Eleatha Surratt, M.D., Staff Psychiatrist, Habif Health & Wellness Center, Washington University 2. Ebony O. McGee, Assistant Professor of Education, Diversity and STEM Education, Dept. of Teaching & Learning, Peabody College of Education and human Development, Vanderbilt University (Nashville, TN) 3. David Rivera, Associate Professor, Educational & Community Programs, Division of Education, Queens College of the City University of New York 	
<p><u>University Community Response Panel</u></p> <ol style="list-style-type: none"> 1. Byron D. Clift Breland, PhD, President of San Jose City College 2. Stefan Bradley, Associate Professor, Department of History, Saint Louis University 3. Diana Hill Mitchell, Associate Dean of the Graduate School, Washington University 4. Emelyn Dela Pena, Associate Vice Chancellor for Student Affairs and Dean of the Center for Diversity and Inclusion, Washington University 5. Alexandra Williams, Chair, The Steve Fund Youth Advisory Board 	

Moderator Sean Joe, Director, Race and Opportunity Lab; Faculty Director, Youth Development, Center for Social Development, Brown School

<p>10:45 – 12:15 pm Clark-Fox Forum</p>	<p>Panel 2: How Culture, Mindset, and Identity Shape and Affect Mental Health Among Young Adults</p>
<p><i>Cultural differences in how we ideally want to feel, as well as what we want to avoid feeling, can powerfully shape young people’s emotional experiences and responses as well as psychological health. Likewise, changes in our subjective mindsets, or the lenses through which we perceive and interpret our experiences, can shape how young people experience and respond to emotional states—for example, viewing stress as something that either enhances or debilitates your performance, i.e., your “stress mindset,” can influence one’s behavioral responses to and physiological experiences of stress. Speakers will present cutting-edge research on affective science that demonstrates the ways in which cultural attitudinal and behavioral norms, subjective mindsets, and identities shape young people’s emotions, feeling states, and experiences of mental health and well-being. Implications for supporting the psychological and emotional health of young adults and young adults of color in elite college environments will be discussed.</i></p> <p>Keynote panelists:</p> <ol style="list-style-type: none"> 1. Andres Pumariega, M.D., 1st VP, American Association for Social Psychiatry (see video here) 2. Amy West, Ph.D., Assistant Professor of Psychology in Psychiatry, University of Illinois – Chicago 3. Rahul Sharma, Assistant Professor, Argosy University <p>Moderator: Annelle Primm</p>	
<p>2:30 – 3:30 p.m. Clark-Fox Forum</p>	<p>Ideas and Innovation</p>
<p><i>Breakout groups will report back to entire conference audience</i></p>	
<p>3:30 – 4:30 pm Clark-Fox Forum</p>	<p>Panel 3: Promising Strategies for Mental Health on Campus and Beyond for Young People of Color</p>
<p><i>Earlier panels have explored issues of marginality and other challenges inherent in the university experience of students of color and the impact of culture, mindset and identity on their mental health. The final panel will enlighten the audience about effective programs and recommendations to foster mental health in this demographic group. These takeaways will be based on findings from a recent survey of colleges and a literature review on what works to optimize the mental health, well-being and academic performance of college students of color.</i></p> <p>Panelist:</p> <ol style="list-style-type: none"> 1. Alfiee Breland-Noble, Ph.D., MHSc., Director of the AAKOMA (African American Knowledge Optimized for Mindfully-Healthy Adolescents) Project, Department of Psychiatry, Georgetown University Medical Center 2. Kari M. Wolf, M.D., Chair of the Department of Psychiatry, Southern Illinois University School of Medicine - Springfield, IL 	

3. Jeanne Manese , Director, Counseling Center, University of California – Irvine	
Moderator: Dr. William Powderly, Larry J. Shapiro Director of the Institute for Public Health	
4:30 – 5:00 pm	Next Steps / Closing Remarks
	Evan Rose, The Steve Fund

Breakout Sessions

12:15 – 2:15 p.m.	Concurrent Lunch Sessions: Thriving in a Multicultural College World
<p><i>Symposium participants will have pre-registered for one of five breakout sessions to engage in a facilitated process of discussion that addresses: gaps in service and/or research; resources; policy challenges; and innovative strategies (what would be most helpful in addressing gaps, and that is different from existing interventions and approaches, such as the use of technology). Groups will report their discussion / discoveries in the afternoon session.</i></p>	
<p>Session A: Students/The Lived Experience</p> <p><i>The expression, “nothing about without us”, should guide every dialogue on the mental health of college students of color and the breakout group section of the program is no exception. This interactive session will feature the student voice and shine a light on what it feels like to be on campus as a member of a “numerical minority” and the experience of intersectionalities in students with multi-layered, “minority” identities. Participants will discuss the gaps in services to support the mental health and well-being of students of color on college campuses and propose strategies and programs that need to be undertaken in order to address unmet needs in an optimal manner.</i></p> <p>Target audience: students, providers of student services</p> <p>Presenters/Discussants/Panelists:</p> <ol style="list-style-type: none"> 1. Maya Terry, Washington University student, author of Black Girl Mental Health <p>Co-Facilitator: Dr. Marva Robinson, President, Association of Black Psychologists, St. Louis Chapter Co-Facilitator: D.J. Ida, Executive Director, National Asian American Pacific Islander Mental Health Association, Center on Race and Social Problems, University of Pittsburgh; Student Facilitator: Merry Manson, Scholar, Kathryn M. Buder Center for American Indian Studies</p>	
<p>Session B: Family</p> <p><i>Given highly publicized racially polarizing events on campuses across the country, it is not surprising that families of students of color may have concerns when dropping off their child at colleges in which they are in the minority. These concerns are compounded by the stress inherent in making the transition from high school and home life to being a university students. Taking a preventive approach, this session seeks to provide a platform for families of students of color to discuss their</i></p>	

concerns about the mental health and well-being of their children who are preparing to enter college as well as those currently enrolled. This will provide a unique opportunity for learning about the types of on-campus and off-campus resources and supports that can be brought to bear to maximize their child's adjustment and prosperity in the college setting.

Target audience: Family community of students of color, providers who engage with family members

Presenters/Discussants/Panelists:

1. [Meeta Kumar](#), Director of Outreach and Prevention, Psychologist at University of Pennsylvania's [Counseling and Psychological Services](#) (CAPS)
2. Caleb Terry (Maya's father)

Co-Facilitator: Gordon Bell, Family member from The Steve Fund

Co-Facilitator: Meeta Kumar

Session C: Faculty / Teaching Assistants / Graduate students

Similar to undergraduate students of color, Graduate students, Teaching Assistants and Faculty members of color may experience marginalization, isolation, microaggressions imposter syndrome and stereotype threat. This session will provide an opportunity for understanding what challenges and pressures people of color in these roles face on campuses and how they cope with the stress associated with being a person of color in the higher levels of academia.

Target audience: Instructors of students (faculty, teaching assistants)

Presenters/Discussants/Panelists:

1. Lawshanda Fields, Ph.D candidate, Brown School, Race & Opportunity Lab
2. Graduate school student - pending

Co-Facilitators:

Co-Facilitator: Ryan Lindsay, associate professor of practice at the Brown School and Mental Health Concentration Chair

Session D: Veterans

Veteran's Day is an ideal time for discussion about the mental health needs of another underserved population in our society, people who have served in the military. A high percentage of military personnel and veterans are young people in college age and people of color. Depression, post-traumatic stress disorder, suicide and traumatic brain injury are some of the mental health concerns facing young veterans. This panel will raise awareness about the mental health needs and multi-layered challenges young veterans of color encounter as they reintegrate into civilian life and pursue a college education. Strategies that foster well-being and successful academic achievement within this cohort will be discussed.

Target Audience: Student veterans, practitioners who provide services for veterans/students who are veterans

Presenters/Discussants/Panelists:

1. Steve Byrnes, Director, University Counseling Center, Saint Louis University
2. William A. Wallace, MA, LMFT, Missouri Veterans Endeavor - confirmation pending

Co-Facilitator: Steve Byrnes, Director, University Counseling Center, Saint Louis University
Co-Facilitator: Jennifer Goetz, Emerging Veteran Social Worker and Air Force Reservist, Missouri Veterans Endeavor

Session E: Administration/Counseling Staff

Many colleges and universities have made efforts to diversify the student body and simultaneously have encountered racial tensions on campus reflecting strife in society revolving around race and ethnicity. In turn, university administrators and have been under pressure to reconcile safety concerns of students of color with freedom of speech. Counseling staff have been called upon to address the mental health needs of students of color affected by racially charged incidents in a culturally competent fashion. This breakout session will explore the current challenges faced by University leaders in the administrative and counseling realms who are entrusted with the responsibility for maintaining an on campus environment conducive to learning, harmonious interaction, and a positive sense of well-being. Participants will share ideas on innovations in resources and supports needed to assist administrators and counseling staff to handle competing priorities and foster a healthy campus environment.

Target Audience: Administrative Leadership; Departments who provide direct services to students on campus, including residential life, student life, office of student success, and mental health services

Presenters/Discussants/Panelists:

1. Thomas Brounk, Director of Mental Health Services, Washington University

Co-facilitator: Thomas Brounk, Director of Mental Health Services, Washington University
Co-facilitator: Karolyn Senter, Counselor, Student Health Services, Washington University