



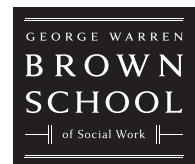
Young, Gifted & @Risk

Promoting the Mental Health and
Emotional Well-Being of
Young People of Color

Third Annual Conference

Co-Sponsored by the Steve Fund, the Brown School and
Washington University in St. Louis

Friday, November 11, 2016



CONFERENCE SCHEDULE



8:00 – 9:00 am
Clark-Fox Forum

Welcome & Overview of Symposium

Speakers:

- Holden Thorp, PhD, Provost, Executive Vice Chancellor for Academic Affairs, Washington University in St. Louis
- Mary McKay, PhD, Dean, Brown School
- Kelvin Westbrook, JD, BJC HealthCare Board Chair
- Evan Rose, President, The Steve Fund
- Sean Joe, PhD, MSW, Associate Dean for Faculty & Research, Benjamin E. Youngdahl Professor of Social Development, Brown School, Washington University in St. Louis



9:00 – 10:30 am
Clark-Fox Forum

Panel 1: Marginality, Belonging, and Success: The University Experience and the Mental Health of Students and Emerging Adults of Color

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. Panelists 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.

Keynote presenters:

- Allison J. Lockard, PhD, Assistant Professor of Education, Bucknell University
- Ebony O. McGee, PhD, Assistant Professor of Education, Diversity and STEM Education, Peabody College of Education, Vanderbilt University
- David Rivera, PhD, Associate Professor, Educational and Community Programs, Queens College of the City University of New York
- Eleatha Surratt, MD, Staff Psychiatrist, Habif Health & Wellness Center, Washington University in St. Louis

University Community Response Panel:

- Byron D. Clift Breland, PhD, President of San Jose City College
- Stefan Bradley, PhD, Associate Professor, African American Studies and History, Saint Louis University
- Diana Hill Mitchell, PhD, Associate Dean of the Graduate School, Washington University in St. Louis
- Emelyn dela Peña, EdD, Associate Vice Chancellor for Student Affairs and Dean of the Center for Diversity and Inclusion, Washington University in St. Louis
- Anthony Tillman, Assistant Provost for Student Success, Washington University in St. Louis
- Alexandra Williams, Chair, The Steve Fund Youth Advisory Board

Moderator:

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



10:45 – 12:15 pm
Clark-Fox Forum

Panel 2: How Culture, Mindset, and Identity Shape and Affect Mental Health Among Young Adults

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.

Keynote panelists:

- Andres Pumariega, MD, 1st VP, American Association for Social Psychiatry
- Rahul Sharma, PsyD, Assistant Professor, Argosy University
- Amy West, PhD, Assistant Professor of Psychology in Psychiatry, University of Illinois – Chicago

Moderator:

Annelle Primm, MD, MPH, Senior Medical Adviser, the Steve Fund



12:15 – 2:15 pm
Concurrent Lunch Sessions

Attendees will participate in one of five smaller breakout sessions for which they pre-registered.



2:30 – 3:30 p.m.
Clark-Fox Forum

Ideas and Innovation

Breakout groups will report back to entire conference audience.



3:30 – 4:30 pm
Clark-Fox Forum

Panel 3: Promising Strategies for Mental Health on Campus and Beyond for Young People of Color

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 discuss promising programs and ideas 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.

Panelists:

- Alfee Breland-Noble, PhD, MHSc, Director of the AAKOMA (African American Knowledge Optimized for Mindfully-Healthy Adolescents) Project, Department of Psychiatry, Georgetown University Medical Center
- Kari M. Wolf, MD, Chair of the Department of Psychiatry, Southern Illinois University School of Medicine - Springfield, IL
- Jeanne Manese, PhD, Director, Counseling Center, University of California – Irvine

Moderator:

William Powderly, MD, Larry J. Shapiro Director of the Institute for Public Health



4:30 – 5:00 pm
Clark-Fox Forum

Next Steps / Closing Remarks

Evan Rose, The Steve Fund