



The Institute for the Study and Promotion of Race and Culture (ISPRC) was founded in Potche and4p dance

## 11th Annual Diversity Challenge: Intersections of Race or Ethnic Culture with Gender or Sexual Orientation

On October 28-29, 2011, ISPRC hosted its eleventh annual Diversity Challenge. The Challenge was a two-day interactive conference that brought together scholars, educators, mental health practitioners, community activists, and other parties interested in promoting social justice across racial and cultural groups. The theme of Diversity Challenge 2011 was “Intersections of Race or Ethnic Culture with Gender or Sexual Orientation.”

Over 120 presentations focused on the Challenge theme in the form of workshops, individual presentations, symposia, structured discussions, posters, and panel discussions. More than 300 people from around the country attended and participated in the sessions conducted by over 200 presenters.

Invited speakers were well-known experts in the areas of race, ethnic culture, gender, and sexual orientation. Our sincere thanks to invited speakers Jean Lau Chin, Ed.D.; Beverly Greene, Ph.D.; Janet E. Helms, Ph.D.; Maryam Jernigan, Ph.D.; M. Brinton Lykes, Ph.D.; Michael Mobley, Ph.D.; Lisa Paler, Ph.D.; Leyla Perez-Gualdron, Ph.D.; V. Paul Poteat, Ph.D.; and Y. Joel Wong, Ph.D.

The conference concluded with a reception and dance performances by the Boston College dance troupes P.A.T.U, an African dance group, and F.I.S.T.S., a step dance team.

This year’s conference, Diversity Challenge 2012, “What to do About Race and Culture and Violence,” will take place at Boston College on October 19-20, 2012.

## Helms Receives Elizabeth Hurlock Beckman Award

Dr. Helms was nominated by former student, Maryam Jernigan, Ph.D., Yale University School of Medicine. *"Through Dr. Helms's role as a mentor and teacher, she inspired myself and many others to understand our ability to take our knowledge and skills gained in a formal setting and use them for the greater good of society to benefit those around us. One person cannot do all of the work needed to promote social justice; they can, however, pass on to others to help facilitate the process of us taking responsibility to take on and tackle larger social issues,"* said Dr. Jernigan.

While Dr. Helms has received numerous awards and recognitions as a pioneer in her field, the Elizabeth Hurlock Beckman Award is particularly gratifying to Dr. Helms: *"I have always been a student-oriented educator. My focus with these students has been to encourage them to become involved and give back to some community that needed their skills."*

## 2011 Diversity Challenge Closing Reception



### **Racial Identity and College Counseling: A Training at Bentley University**

Natasha Torkelson facilitated a training on racial identity for the staff at Bentley University's Counseling and Student Development Center. The training provided an overview of Helms's People of Color and White Racial Identity Models. In addition, staff members were introduced to Helms's Racial Identity Interaction Model to help understand the ways that interactions between and across racial identities can affect each member of a dyad or group. Specifically, staff was led in a discussion about the ways that racial identity shapes the therapeutic alliance, therapeutic goals and interventions, and the mental health issues of clients. The group was also challenged to consider the ways that the model uniquely applies to college students, in general, and specifically on Bentley's campus. The training concluded with an under-



## Burke School Initiative continued

### What is an Advocate?

**By: Kelsey Rennebohm**

At times, my role as an advocate at the Jeremiah E. Burke High School has felt unclear. Am I there to lend the listening ear that my students so desperately need? Am I there to encourage them to boost their grades? Am I there to help them navigate a chaotic school system? And I have found that the answer is yes; I am there to do all of these things. Over the course of the year,

I have worked with two incredibly insightful students, both of whom face social and emotional challenges that affect their academics. Every week with these students brings something new. Sometimes I accompany them as they meet with a teacher, sign up for the health center, or organize their notebooks. Other times I listen to what happened at home last week, what annoyed them in math class, or what they think about racial dynamics at the Burke. These tasks and conversations don't always lead to clear-cut or immediate academic improvements, but they do offer opportunities for my students to gain agency and voice in their complex environments. At the Burke, I have come to understand that being an advocate means sharing in my students' strengths and struggles, and helping them find the internal motivation and the external resources to gain some control over their futures. Above all, I think all of us advocates have thoroughly enjoyed the opportunity to learn how our students experience the world, to laugh and joke with them, and to share in their journeys. We've discovered that at the core of our work as advocates are the relationships we've built with these incredible students.

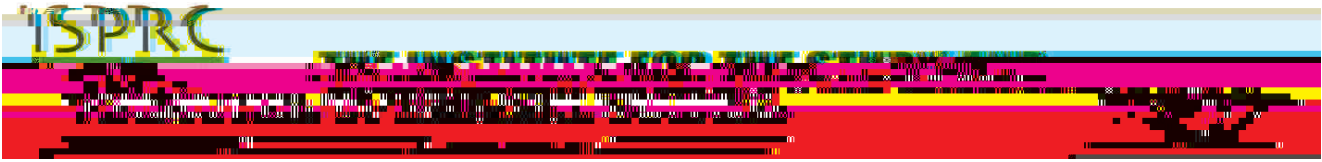
### RISE Research Award

The 2012 RISE Research Award from the Association for Psychological Science (APS) was awarded to Ethan Mereish, a fourth year BC doctoral student and ISPRC team member. According to the APS, "The purpose of the RISE Research Award is to cultivate scholarly research in psychological fields related to socially and economically underrepresented populations, as well as to acknowledge outstanding research by student members." Ethan's research: "Discrimination, Diminished Sense of Control, Depression? a Mediation Analysis Among Sexual Minority Middle Aged Adults" is a study testing the mediating effects of sense of control on the relation between discrimination and depression in a sample of middle aged sexual minorities. Congratulations to Ethan who, as one of only four national winners, will present his research in a symposium at the 2012 APS Annual Convention in Chicago, IL in May 2012.

## ISPRC Staff Update

**Talitha Collins** will be working in the Boston area next year. Her clinical work will focus on social and cultural aspects of clients' lives that affect their mental health as well as their ability to successfully maneuver life roles. Her work will stem from feminist theory and will aim to empower clients with whom she works.

**Hammad S. N'cho** will be completing Officer Development School at Naval Station Newport in Newport, RI, commissioned as a Lieutenant in the United States Navy Medical Service Corps, and will be stationed at Walter Reed National Military Medical Center in Bethesda, Maryland for his predoctoral internship. His training will focus on providing mental health assessment, psychotherapy, and consultation to active duty and retired members of the Army, Navy, Air Force, and Marines and their families. During his internship, he will also receive training and clinical supervision at the Marine Corps training facility at Camp LeJeune, North Carolina and while underway aboard a Nimitz Class aircraft carrier. Upon completion of his internship, Hammad will begin fulfilling a three-year service commitment to the Navy. He is excited to begin this new chapter in his career, but will greatly miss the unfailing support and encouragement that was pr



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## Research Initiatives (cont.)

### **Jernigan Collaborative Project**

#### **Racial Factors and Health Outcomes**

Although theories suggest that racial factors, such as discrimination and racial identity, are related to poor health outcomes for people of Color and related immigrant groups, very little research has empirically investigated such relationships, and the few existing studies have tended to focus on comparing racial groups on outcome measures rather than studying the impact of the psychological effects of discrimination within diverse racial groups. In a proposed study, a national sample of adults of Color will be asked to describe their racial experiences and health symptoms that may be precursors of diabetes and cardiovascular diseases. Ideally, findings will contribute to better preventative interventions that integrate racial stressors that are relevant to the life experiences of the focal groups and their health behaviors. Moreover, perhaps the results of the study will help explain the disparities in health outcomes for people of Color relative to their White counterparts.

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**2011-2012 ISPRC Staff**

**Director**