

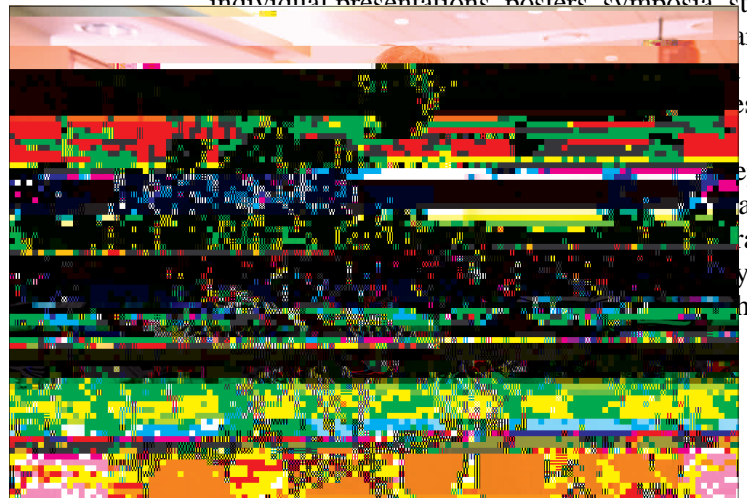
About ISPRC

The Institute for the Study and Promotion of Race and Culture (ISPRC) was founded in 2000 at Boston College (BC), under the direction of Dr. Janet E. Helms, to promote the assets and address the societal conflicts associated with race or culture in theory and research, mental health practice, education, business, and society at-large. The Institute

offers pragmatic information about teaching, conducting research, and applying interventions, mental health practitioners, and other parties interested in promoting social justice across racial and cultural groups. The theme of Diversity Challenge 2012 was “What to Do about Race and Culture and Violence.”

12th Annual Diversity Challenge: What to Do about Race and Culture and Violence

Over 100 presentations from 100+ Diversity Challenge theme around the country attended and participated in the session. Individual presentations, posters, symposia, structured



Quarter, Alis Patel, A Westfeld.

ception and Integrating Systems of Race; and year's conference and Me

In this Issue:

- About ISPRC
- Diversity Challenge
- A Message from the Director
- Chinese Calligraphy at Diversity Challenge
- Burke School Initiative
- Consultation Programs and Community Outreach
- ISPRC Staff Update and Awards
- News from Affiliates and Associates
- Current Projects: Research Initiatives
- Community Activism/ Education
- ISPRC Staff Publications and Presentations

A Message from the Director

In this newsletter for the 2012/2013 year, the staff of the Institute for the Study and Promotion of Race and Culture (ISPRC) offers an overview of our new and ongoing activities in the domains of theory, research, practice, and community activism with a racial and ethnic cultural focus. As usual, the annual Diversity Challenge in October was the highlight of the ISPRC year and, if you missed it, perhaps our synopsis of events and festivities throughout the newsletter will encourage you to join us in October of 2013.

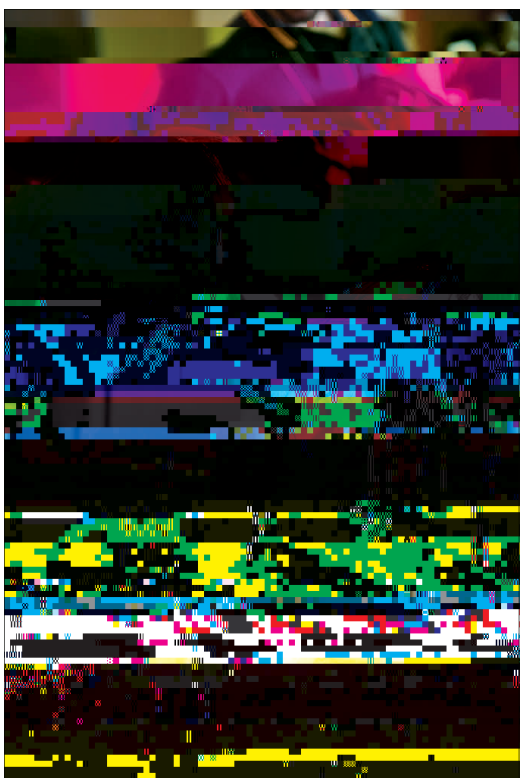
Our counseling advocacy program, offered in collaboration with the Jeremiah Burke School, is now in its third year and was a major focus of the ISPRC community activism this year. However, many of our staff members brought with them from their previous lives already developed outreach projects that continued throughout their year at ISPRC. Still others were able to integrate the social justice mission of ISPRC into their professional development activities in a variety of settings around the Boston metropolitan area. I suspect that you will appreciate the range and variety of community outreach in which they are involved.

ISPRC continued its research collaborations with faculty members at colleges serving predominantly minority populations. As you will see, the topic of health disparities was a major focus this year. We describe some of our collaborative projects and hope you find them as interesting as we do.

~ Janet E. Helms, Ph.D.



Chinese Calligraphy at Diversity Challenge



Participants at Diversity Challenge 2012 were treated to complimentary Chinese calligraphy by our very own ISPRC team member, Qingyi Yu. In addition to her many other talents and skills, Qingyi is a master calligrapher who began training at the young age of five under the direction of Shaoman Xu, a famous master calligraphy artist in mainland China. Qingyi wore a traditional Chinese dress and displayed many of her fine works. To obtain customized messages, conference attendees wrote words or phrases that they wished to have translated, which she magically turned into beautiful works of art. We wish to thank Qingyi for her many hours of work on her highly sought after designs.



Microaggressions Project

Kimberly Ashby is an editor for the Microaggressions Project, a blog that seeks to provide a visual representation of the people's everyday experiences of "microaggressions."

Ashley Carey is graduating with her Masters degree in Mental Health Counseling and plans to work as a clinician while completing her licensure requirements to become a Licensed Mental Health Counselor in the state of MA. As a clinician, Ashley intends to continue examining the effects of racial and socio-cultural factors on mental health outcomes among youths of Color in community and school domains.

Ethan Mereish has successfully completed his dissertation and will start his clinical psychology internship at Cambridge Hospital/Harvard Medical School. He will be training and providing clinical services at the Asian Mental Health Clinic as well as the Child and Adolescent Ambulatory Services.

Speshal Walker will begin her predoctoral internship on the Outpatient Services track at Yale

Current Projects: Research Initiatives

Skin Color Attitudes Pilot Study

As the racial and ethnic composition of our society continues to evolve, greater attention is being given to racial and ethnic mental health disparities and the ways in which historical and current struggles surrounding race and culture affect the psychological well-being of ethnic minorities. People of color, stigmatized by physical markers of group membership, are challenged to maintain healthy self-concepts in a society that historically has labeled them as deviant from the ideal, primarily based on presumed skin color. For the African American community in particular, skin color appears to play a significant, but unacknowledged role in the lives of African American women. Yet this topic remains an understudied issue with little empirical support for how these complex constructs can be measured. Many researchers point to the difficulty of examining these constructs due to the multi-dimensionality of skin color and many relevant psycho-social factors, such as

Don't Meet Hurt with Hate Initiative About Islam: Myths and Facts

After the Boston marathon bombings, Kimberly Ashby and fellow student and non-Muslim, Sriya Bhattacharyya, developed the "Don't Meet Hurt with Hate" initiative. The initial goal of the initiative was to send a message of support to Muslim and international students and community members that might feel targeted after the bombers were identified as Muslim. The campaign began with the creation of a large banner that read, "Don't meet Hurt with Hate. Love Islam." Kimberly and Sriya displayed the banner on the Boston College campus and invited students, faculty, and staff to sign the banner, write a message of support to Muslims, or simply write comments or reflections. Kimberly and Sriya also facilitated dialogues about the marathon, Islamophobia, and Xenophobia in front of the banner. The campaign had over 11,000 hits on Facebook both locally and nationally, it was a discussion topic in classes, and most importantly, it served as a space to engage in dialogue about the controversy and discrimination surrounding Islam and Immigration. In addition, on April 30th, 2013, "Don't Meet Hurt with Hate"

2012-2013 ISPRC Staff

Director