



La Comunidad

California Latino Psychological Association

Volume X June 2009

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President's Column



¡Hola! In recent issues I discussed the future of the California Latino Psychological Association (CLPA) and the significance of advocacy work on behalf of our communities. In the past year the CLPA has been diligently working on making our profession relevant to the Latino community. We have focused on providing psycho-education to community members, educating local public policy makers of our presence and building relationships with associations, colleges and universities throughout California.

Earlier this year I had the opportunity to attend the Leadership & Advocacy Conference (LAC) that the California Psychological Association (CPA) organizes annually. It was a great experience that re-introduced me to the political infrastructure in California and how we as psychologists and mental health providers can advocate for our communities and professions at the legislative level. The organizers of the LAC discussed the intricacies of lobbying, advocating for psychologists and fundraising for political action. I left the conference feeling energized, empowered and equipped with a new set of tools to directly impact our communities and our profession. I was grateful to have been a part of this conference, but most of all I was motivated to see so many professionals and students that are committed to the livelihood of our profession.

The Leadership & Advocacy Conference led me to reflect on the role that mental health professionals have on a macro and micro level of society. I have been reflecting on the intricacies of the mental health profession and the myriad of roles that we comprise. Our personal experiences, coupled with our training prepared us to fulfill a range of roles that I believe should share common values for social justice and empowerment. I was recently asked "What are the most challenging aspects of our profession?" To my surprise I responded "at times feeling helpless." We are often in the trenches of our communities, accompanying our clients in their daily struggles and "straddling" between the need to help and the goal to empower. I am reminded that it is normal to feel helpless and that we are not expected to have answers. Like many of you, I pursued a profession in mental health because I believe in the resiliency of the human spirit. Likewise, I believe that mental health professionals have a pulse

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Presidential Column Cont...

on issues that impact our communities, therefore giving us an edge on doing advocacy work to promote societal and individual change. However, the current economic crisis has reminded me that there are some things that are out of our control, and yet can cause an immense amount of pain. It has highlighted the direct impact of the macro-system on people's livelihoods and the conceivability to achieve self-actualization. Latinos across California are loosing their homes, their jobs, their second chance at an education... yet they continue to seek our support, hence implying that they have hope. They have hope, because Latinos like many other groups that immigrate to this country are not strangers to economic hardships; they are resilient and resourceful. Once again, I was reminded that our role is one of "advocate" and not of "helper", the latter inevitably leading to feeling helpless at the realization of the constant challenges that impact our communities. Now more than ever, it is important to remind ourselves and our communities of our strengths and to continue to empower our communities to be social agents of change for their families and communities.

The CLPA is well positioned to facilitate change, growth, provide support and education to our communities and assist in the transformation process. We must continue to educate our communities and other professionals about our roles and how we can be supportive of their goals. My goal is that community members, professionals and leaders developing public policy are aware of the commitment and work that CLPA members engage in on a daily basis. Our strength and wealth as CLPA lies in you, the members. I hope you continue to support the CLPA and use it as a resource to meet your goals and that of your communities.

The CLPA continues to have opportunities to connect and network with other professionals through socials and continuing education seminars. In addition to spending time with other CLPA members, I hope you take some time to enjoy yourselves with family, friends and re-energize throughout the summer.

Sinceramente,

Susana O. Salgado, Ph.D.

CLPA President

susana.osalgado@gmail.com

Committee Updates

Community Outreach



This Spring CLPA has made an impact in our ability to deliver educational/informational workshops for parents in the Orange County area. CLPA has been continuing its ongoing collaboration with Santa Ana College and provided monthly workshops on topics such as: Latino Masculinity, Bicultural Parenting, and Family Communication Styles. On behalf of our organization I would like to thank the presenters who donated their time and expertise to our community. Gracias: Jime Salcedo, Ms. Sula Goldenberg, LMFT, and Maria Olga Alvarez-Miller, Ph.D. We have received much positive feedback from the community and plan to continue this partnership into the next year. We are also interested in formulating a network of professionals, students, and individuals who have an interest in providing workshops for the Latino community. Please watch for upcoming information about being a presenter and various outreach opportunities on our list serve in the coming months. ¡Hasta Pronto!

For more information, contact:
Rogelio Serrano, LMFT
Community Outreach Coordinator
roysbusy@sbcglobal.net



CLPA Social/Networking

We are sorry that many of you were not able to attend our April 25th, pot-luck social. Many thanks to all that attended and contributed to the positive energy. As you know, CLPA is committed to continuing to provide a forum for members to come together in a relaxed social environment.

Mark your calendar, the next Southern CA social will be an outing.

Saturday, July 11, 2009

5:30pm-9:00pm

More information will follow.

Linda Luna, MSW

Social Chair

llinda13@hotmail.com

The social event for Northern CA was Saturday, June 6th. We met at Mimi's for lunch and had a great time getting to know each other and discussing potential CLPA events and areas of interest. Both Nicole and Sandra, who attended the social, are recent graduates from St. Mary's with Master degrees and are working in education and career counseling. They are both enthused about CLPA and plans for future events in Northern CA. We plan on having our next social event in September or October and hope that more people can attend.

For more information, contact:

Connie Flores-Takayama, Psy.D.

psychealer@yahoo.com

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"Community Outreach on Latino Masculinity"

On Saturday, May 9th, I presented a workshop in Spanish entitled *¿Quién es el hombre? El papel de los hombres Latinos en la salud de nuestra sociedad*, as part of CLPA's collaboration with Santa Ana College in promoting personal and familial health and well-being in the surrounding community. There were 20 participants in attendance, two of which were men, who were all very engaged and talkative during the presentation.

The presentation covered the issue of Latino masculinity and focused on the multi-dimensional aspect and pressures that Latino males face in this society. The presentation was rooted in the ecological perspective of community psychology which takes into account the social context of the individual and society. A major focus was the influence of acculturation, SES, education, health disparities and experiences of discrimination on the development and expression of depression in Latino men. We also discussed what it means to be a Latino male in the US, and how Latino cultural values and worldview contribute to the expression and adherence to Latino masculinity.

Participants were asked to name stereotypes about Latino men. It was interesting to note that initially the participants only described negative stereotypes that included violence, drunkenness, aggression, and womanizing. When asked if there was anything good about Latino men, a lively discussion ensued on the topic. Many noted that Latino men are also very responsible, hardworking, and family oriented.

We made the connection that negative stereotypes are not only present in Latino culture, but in all cultures, yet Latino men are disproportionately labeled with negative stereotypes that have an underlying tone of racism. Additionally, connections were drawn between psychosocial factors to clarify and better understand depression, substance abuse and masculinity in this understudied population.

The opportunity to present for the community was a very rewarding and gratifying experience. Each participant was grateful for the information, and provided very valuable insight and information from which I myself learned a great deal. A special thanks to Dr. Susana Salgado and Rogelio Serrano for all their hard work in putting together these community workshops that provide a valuable interchange with the surrounding community.

Jime Salcedo, M.S.
jimemalo@yahoo.com

Student Section

The LSPA at Pepperdine University is going to be evaluating the long and short term goals of our student community. We are making the necessary adjustments to our student programs in order to provide information that may best suit the needs of all our students. We celebrated our spring social in March and made plans for the upcoming year. We are also looking forward to increased collaboration with LSPA organizations from other universities in order to provide more specialized programs for our students. Additionally, we are interested in having students come forward to work with us on creating opportunities for students to connect, collaborate and get involved. Please consider us for yourself or students whom you feel can benefit from our organization. ¡Gracias!

Rogelio Serrano, LMFT
LSPA Co-chair
Pepperdine University
roysbusy@sbcglobal.net

Reflections of Proposition 8 Months Following the Passage

The past elections brought up many conflicting feelings for me. I was incredibly excited to witness the election of Barack Obama as the first African-American to serve as the United States president. However, I was also saddened by the passage of proposition 8, the ban on same-sex marriage. As a Latina, the elections helped me feel “more American” because I could connect with a president that understood first-hand the experience of racial prejudice and discrimination and who hopes to build a more equitable and just country. At the same time, as a queer woman, I felt the sting of active prejudice and discrimination on my family and community of loved ones with the passage of proposition 8. It was a confusing experience and one that, several months later, I am still grappling to understand and heal from.

In August 2008, I returned to southern California to complete the final leg (clinical internship) of my doctoral degree in Counseling Psychology. After living in Oregon for five years, returning home was exciting and a long time coming. In Oregon there was talk of proposition 8, but always with an underlying assumption that Californians were generally liberal and would never pass legislation that would strip rights away from the LGBT people. Though I witnessed the struggle for same-sex marriage in Oregon, there was a part of me that thought California would be different and that my home state would lead the way in supporting the LGBT community.

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Reflections of Proposition 8 - Months Following the Passage Cont...

For three months leading up to the elections, I volunteered with the No on 8 campaign to recruit volunteers, ask for donations, and to sway community members to vote against the ban. My partner was employed by the campaign and worked an average of 70 hours per week. Thus, the elections were central to our lives. As I watched the media, there seemed to be a continuous sentiment that same-sex marriage was a White issue and not concerned with people of color. Same sex marriage was the “new” civil rights issue, somehow assuming that racism and sexism were over. As a queer woman of color, this was very confusing to me. As the elections were fast approaching, I kept being pushed out of the LGBT community by media outlets that positioned LGBT and people of color at opposite ends of the voting continuum.

From my interactions with others in the LGBT community, this sense of fragmentation intensified with the passage of proposition 8. Everyone was asking the question, “How can Californians elect an African American president while taking away the right to marry for same-sex couples.” Immediate blame was directed toward African American and Latina/o communities as *the* driving force behind the passage. It immediately became the age-old fight among “minority” groups for access to mainstream acceptance. Racist sentiment flooded the conversation thereby pitting LGBT individuals against communities of color. Inevitably, LGBT people of color became invisible and silenced.

Though this experience has been painful for me, I am fortunate to have a solid support network that does not see my sexuality and ethnicity as separate or at odds with one another. However, I can’t begin to imagine how other LGBT people of color are dealing with the aftermath of proposition 8. I am especially concerned with young LGBT people of color. How are teachers and school counselors reaching out to students? How are family therapists exploring the potential for conflicting values and beliefs between family members? What about people of color that have been pushed out of the LGBT community? At the end of the day, I want others to understand that proposition 8 remains a heated, painful discussion and that the LGBT community and our allies are still struggling to find a way to move forward. Further, it is important to know that the LGBT movement does not end with “gay marriage.” LGBT rights organizations remain focused on safe school legislation, the federal employment non-discrimination act, adoption rights, etc. Thus, mental health professionals can still have a major influence on public policy and social justice for LGBT individuals, even outside of marriage. Yes, proposition 8 threw a huge wrench in the fight for LGBT rights. And, it is therefore imperative that California psychologists support the healing of the LGBT community and remember that “gay rights” include people of color.

Alison Cerezo, M.A.
Psychological and Counseling Services
Thurgood Marshall College, La Jolla, CA

Announcements / Upcoming Events

Job Announcement:

Licensed Psychologists or LCSWs needed for La Clinica's Behavioral Health Program. Positions available in Oakland, CA Pittsburg, CA and Vallejo, CA Clinics. Full-Time and Part-time positions in innovative new program providing brief interventions to patients. English-Spanish required. View full description and application at: <https://home.eease.com/recruit/?id=70767> Contact nfacher@laclinica.org.

Announcement:

The Painted Brain, an arts and media project challenging the stigma of mental illness in young adults is looking for submissions of art, poetry and other forms of creative expression from young adults' ages 18 to 30 with mental illness in the greater Los Angeles area to publish in the semi-annual magazine and website. <https://www.thepaintedbrain.org>

40th Annual ISPNE Conference - Modern Psychoneuroendocrinology: Interactions with Genes, Health, and Longevity

San Francisco, CA
July 23-26, 2009

Jointly sponsored by ISPNE and the University of California-San Francisco, this program will provide an opportunity to explore the paradigm shift in how we view the impact of genetics and developmental and environmental events that can shape hormonal physiology, which ultimately affects health. <http://www.ispne.org/conference>

Safe and Drug-Free Schools' National Conference

U.S. Department of Education's Office of Safe and Drug-Free Schools will hold its 2009 National Conference
National Harbor, MD
August 3-5, 2009

The conference, whose theme is "The Power of Change," will address issues related to civic and character education, crisis planning, mental and physical health, substance abuse, and violence prevention, among others. The registration deadline is July 10, 2009. There is no registration fee, however, early registration is recommended as space is limited. To obtain further information about the conference and register online visit <http://www.osdfsnationalconference.com>

Resources

¿Preguntas? ¿Preocupado? ¿Necesita apoyo? El **Centro de Apoyo de la APA** es su recurso de internet para encontrar folletos, consejos y artículos sobre las preocupaciones psicológicas que pueden afectar el bienestar emocional. También puede averiguar cómo ponerse en contacto con psicólogos recomendados por la APA. Visitenos en www.centrodeapoyoapa.org/

The National Register of Health Service Providers in Psychology, in conjunction with the **American Psychological Association of Graduate Students (APAGS)**, is pleased to announce a new award for doctoral students in psychology. Each summer and winter the National Register and APAGS will award \$300 to a group of students interested in becoming credentialed by the National Register through its student program, the National Psychologist Trainee Register. Visit us at <http://www.nationalregister.org/> Click on the Students/Trainees link.

The National Health Service Corps (NHSC) Loan Repayment Program (LRP) Announces a funding opportunity for mental health providers committed to working with underserved populations. This federal program makes contract awards to clinicians that agree to serve full time for two-years at approved sites in designated health professional shortage areas (HPSAs) of greatest need. In return for this service, NHSC LRP participants receive money to repay qualifying educational loans that are still owed. Maximum repayment during the required initial 2-year contract is \$25,000 each year with the possibility of extension of service and loan repayment at \$35,000 per year. In addition to loan repayment, clinicians receive a competitive salary and a chance to have a significant impact on a community. For additional information, visit <http://nhsc.bhpr.hrsa.gov/>

CLPA Newsletter Submission Guidelines

Dear CLPA Colleagues,

Would you like to contribute to the CLPA's newsletter? If so, you may contribute information in the categories below. Keep in mind that the next newsletter will be released in October 2009.

Announcements: Please send any announcements about yourself, your colleagues, or anything else you think our members would appreciate knowing. These can include new jobs, promotions, book chapters or articles, or other projects in which you participated. This is your chance to Shine!!

Articles: We also publish at least one featured article in each issue. We are open to articles that are relevant to the Latina/o community. Length should be between 750-1500 words. Articles should include a short bio, and a picture if desired. Please feel free to take a look at our previous featured articles at <http://www.latinopsych.org/resources.html>.

Student/Early Career: We are always looking for submissions from our student/early career members. Please feel free to submit articles about research you are involved in, communities you may be working with, or experiences you would like to share about being a student and starting off in your career as a mental health provider. This is a great way to connect with others in your field and to share experiences and information.

Resources: Send us your favorite summer books, articles, or websites!

Conferences: If you know of any workshops or conferences coming up in November, December 2009 or January 2010, please send us that information.

Mentors Column: If you are a student or early career professional and would like to have a question answered from someone who has "been there, done that," please submit them to Linda Luna at llinda13@hotmail.com. These may be questions regarding the graduation process, licensure, getting your first job, etc. We are here to help each other.

Paid Advertisements: Post your advertisement with us! Our newsletter is sent to colleagues all over the state and country. You may view information on our website or you may email Linda Luna at llinda13@hotmail.com for more details.

Position Announcements: Please include position title and description, location, minimum qualifications, salary, and how to apply. For more information take a look at our pastnewsletter issues at <http://www.latinopsych.org/Resources.html>.

Please send all your submissions and questions to llinda13@hotmail.com. Please write "CLPA Newsletter Submission" in the subject line.

*The editorial board reserves the right to edit all articles and submissions.

California Latino Psychological Association Executive Board

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Membership Brochure

WHY JOIN CLPA

- To advocate for the integration of research, practice, and scholarship on Latino mental health issues.
- Be an active agent of change to improve the current conditions of Latinos and the community's mental health status through public and institutional policy efforts.
- Meet other professionals invested in Psychology, specifically interested in the Latino community.
- Promote educational programs for Latinos interested in the field of Psychology.

MEMBERSHIP

Membership categories include the following:

Professional: Must have a doctoral degree in Psychology or related field from a regionally accredited institution.

Mental Health Associate: Minimum degree earned must be a bachelor's or master's degree in Psychology or related field.

Student: Must be enrolled in an undergraduate or graduate program in the field of psychology or related field.

Institution/Organization: The institution/organization must endorse CLPA's principles set forth in the bylaws and the CLPA mission statement.

www.latinopsych.org

CLPA Membership Form

Name: _____ Degree: _____

Title/Position: _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

Professional Affiliation: _____

Phone Number: _____ Fax Number: _____

E-mail Address: _____

Gender: _____ Ethnic Identification: _____

Clinical, Research & Teaching Interests: _____

<u>Annual Membership Fee</u>	<u>Optional Student Sponsorship</u>
____ Institution/Organization \$100	Number of students you wish
____ Professional \$40	to sponsor ____ x \$10 = ____
____ Mental Health Associate \$30	
____ Student \$10 (photocopy of current ID)	

Optional

Name of student(s) you wish to sponsor: _____

Voluntary Contribution \$ _____

Donations make it possible to support the growth and visibility of CLPA. Please add your tax-deductible donation to the Grand Total.

I am interested in volunteering for a committee.

Total

Annual Membership Fee \$ _____

Optional Student Sponsorship \$ _____

Voluntary Contribution (Tax-deductible) \$ _____

Grand Total: \$ _____

Mail form with payment (check payable to CLPA) to:

Pepperdine University
Graduate School of Education and Psychology
CLPA
18111 Von Karman Avenue, Suite 209
Irvine, California 92612

CALIFORNIA LATINO PSYCHOLOGICAL ASSOCIATION

The California Latino Psychological Association was founded upon the guiding principles of enhancing the research, training, and practice of Latino/a Psychology in California. In addition, we understand the need to become social advocates within the community of mental health professionals and for our community. While our numbers continue to increase, our voice slowly follows. In order to thrive, The CLPA must educate our students, our colleagues, and Latino/a communities across California.

As a state chapter affiliate to the National Latino Psychological Association (NLPA), The CLPA serves as an opportunity for professionals to network and dialogue about the mental health issues that affect the Latino community in California. The CLPA is the platform that facilitates the process of uniting us to work towards one goal, advancing Latina/o Psychology.

The CLPA is open to all individuals who endorse our mission. We welcome everyone and look forward to working with psychologists and other mental health professionals of all backgrounds invested in the Latino community. We look forward to your membership!

We're on the Web!

www.latinopsych.org