

MENTAL HEALTH TRAINING PROGRAM
NEWSLETTER

JULY 2020

**IMPORTANCE OF OUR WORK**

As the world continues to face a series of unprecedented challenges, the Mental Health Training Programs would like to

keep you apprised of some of our ongoing efforts to strive for greater justice and equality. The recent tragedies across the United States have once again shed light on the ongoing inequities and injustices suffered by so many Americans, challenges that disproportionately impact communities of color in a particularly powerful way. Despite the pain that so many are feeling right now, we are hopeful that these events will serve as a catalyst for meaningful and long-overdue changes across many elements of our society.

WHAT WE HAVE ACCOMPLISHED

The Training Programs have long recognized the important and unique role that we as mental health providers play when it comes to these types of issues and disparities. This was the impetus for several steps we have taken over the past few years, including:

- The creation of Equity, Inclusion, and Diversity Liaisons
- Requiring that all trainees engage in community service
- Creating a Diversity Forum prior to all regional training seminars

- Starting a diversity-focused mentorship program
- Bringing in a national expert (Dr. Kenneth Hardy) to provide a regional training for both trainees and supervisors on cultural competence
- Devoting a sizable portion of our budget towards diversity-focused activities, ranging from conference attendance, (NLPA, ABSi, NABSW, Native American Conference, The Multicultural Summit, KP EID conference to name a few), community events, and community outreach activities
- Sending our trainees with providers to these conferences on behalf of Region

**MOVING FORWARD**

While the steps we have taken over the past few years are unprecedented for a training program of our size, we recognize that even more is required in order to ensure that we are collectively working tirelessly as champions of justice and equality. Towards that goal, we are pleased to announce several initiatives that the training programs will be working towards in the coming months and beyond, in order to build on our work in this area. We will share more details as they come into focus, but will include the following and more:

- Expanding our EID committee, as well as ensure direct input from our trainees on these initiatives.
- Expanding the work of our diversity expert and consultant Dr. Bedford Palmer, who will provide training throughout the region on issues related to cultural humility and cultural competence for training faculty and supervisors. Beginning this summer, Dr. Palmer will provide monthly consultation sessions for both trainees and training faculty on an ongoing basis (**email to follow**)
- Once again bringing back Dr. Kenneth Hardy to provide trainings for both our trainees and staff.
- Working with regional leadership on establishing a community-based outpatient clinic, focused on serving our more underserved communities in the East Bay similar to school-based counseling centers where trainees can earn supervised hours.

