

# San Diego Psychological Association Fall Conference

October 23-24, 2020

Systemic Racism's Bitter Pill: A closer look at Health Disparities

## CONFERENCE AGENDA

Friday October 23, 2020

8:30 am – 10:00 am

### **¡Que Padre! An Intersectional, Strengths-Based Lens on Research and Practice with New Latino Fathers**

*Daniel Singley, Ph.D. ABPP & Jonathan Marquez, Ph.D.*

Quality father involvement during early childhood is associated with positive social (e.g., prosocial skills; Lindsey, Cremeens, & Caldera, 2010), emotional (e.g., self-regulation, externalizing behaviors; Paquette & Dumont, 2013; Ramchandani et al., 2013), and cognitive (e.g., executive function; Bronte-Tinkew, Carrano, Horowitz, & Kinukawa, 2008; Meuwissen & Englund, 2016) outcomes for children. Variations in father involvement due to child, familial, societal, and cultural factors indicate the need for further attention given to diverse groups of fathers (Cabrera, Hofferth, & Chae, 2011). Father involvement is known to vary by child, familial, societal, and cultural factors, emphasizing the need for further research with specific populations of fathers, including Latino fathers. Addressing this need, we examined the psychometric properties of a multidimensional measurement of father involvement with infants, the Paternal Involvement with Infants Scale (PIWIS), with Latino fathers of infants. We will review findings from our program of research regarding paternal mental health and involvement with infants and partners through the lens of feminist intersectionality. We will also review our research findings regarding the use of hope theory and assessment with Latino fathers as a means to enhance participants' awareness of the nuanced issues and strengths during the transition to fatherhood.

10:00 am – 10:30 am Break

10:30 am – 12:00 pm

### **Understanding Mechanisms that are Associated with Increased Health Risks for African Americans**

*Ezemanari M. Obasi, Ph.D.*

African Americans are disproportionately exposed to chronic stress by way of high levels of racism, discrimination, violence, crime, neighborhood disorganization, unemployment, financial strain, and low-to-no socioeconomic status. Furthermore, they tend to lead the nation in their lack of access to health insurance, healthcare facilities, safe green space, and high-quality nutrition. Persistent exposure to chronic stress causes 'wear-and-tear' on the body's regulatory system and compromises its capacity to effectively recover from incessant exposure to environmental stressors. The dysregulated stress response – combined with the lack of resources to transcend this public-health crises – places African Americans at-risk for disproportionate levels of substance use, mental health challenges, and associated outcomes like violence (e.g., homicide, suicide, child abuse, and domestic violence), injuries (e.g., crashes, falls, burns, and drowning), and health disparities (e.g., asthma, cancers, chronic liver disease, diabetes, gastritis, hypertension, meningitis, myocardial infarction, obesity, pancreatitis, stroke, STDs, etc.). The purpose of this course is to provide an intermediate introduction into understanding mechanisms that are associated with increased health risks

and outcomes for African Americans. More specifically, it will (1) provide a summary of health disparities experienced in the African American community; (2) describe biological mechanisms that predict health risks and outcomes; (3) detail root causes of the social determinants of health; (4) review cultural predictors of health behaviors; and (5) identify ways in which psychologists can advance health equity science and disease prevention. Given the intersectionality between today's COVID-19 pandemic, unemployment rates, and the racial awakening taking hold in the U.S., it is imperative for psychologists to leverage their disciplinary expertise and advance cutting-edge health-equity science that informs novel prevention, early detection, diagnosis, and intervention strategies that mitigate a broad range of health challenges experienced by members of the African American community.

**12:00 pm – 1:00 pm Lunch Break**

**1:00 pm – 2:30 pm**

**A Crisis of Access to Service: A New Specialty and the Advancement of Prescriptive Authority for Psychologists**

*Alan Lincoln, Ph.D., MSCP, BCBA-D*

This course is designed to educate participants about severe mental health disparities that adversely affect blacks, Latinos, the poor, children, the elderly and persons with developmental disabilities (Kim et al., 2017). More specifically, will address disparities relative to a shrinking pool of psychiatric providers (McBain et al., 2019) and a shift toward the prescription of psychoactive medications by nonpsychiatric physicians with minimal training in mental health. Scope of practice legislation that allow specialty trained psychologists (Lincoln. 2018, APA, 2019 and Brown et al., in press) is an essential ingredient in helping to narrow the problem to access to service experienced by these minority groups.

**2:30 pm – 3:00 pm Break**

**3:00 pm – 4:30 pm**

**The Ethnohistoric Legacy of Slavery in America as a Root Cause of Health Inequities for African Americans and Post Traumatic Slavery Disorder (PTSD)**

*Rodney G. Hood, MD, FACP*

African Americans suffer the greatest health inequities / disparities of all ethnic groups in US and these disparities cannot entirely be explained by the usual social determinants of health (SDOH) such as social-economic status, geography, education, health access, health quality, or life styles. Although these SDOH are critical contributors to one's health status and health disparities these factors do not completely explain the level of disparities for African Americans. This presentation will highlight data and research that shows how a life time of discrimination in association with ethnohistoric social inequities, epigenetics related to slavery, post-slavery policies such as Jim Crow laws, and a discriminatory racialized culture collectively caused chronic life time toxic stresses - Adverse Childhood Events (ACEs) and allostatic loads. These unique toxic stresses serve as significant contributors to racial and ethnic health disparities resulting in disproportionate high chronic disease burdens and early death for African Americans.

**10:00 am – 12:00 pm**

**Post Traumatic Slave Syndrome**

*Joy DeGruy, Ph.D.*

The Theory of Post Traumatic Slave Syndrome suggest that centuries of slavery followed by systemic racism and oppression have resulted in multigenerational adaptive behaviors - some of which have been positive and reflective of resilience, and other that are detrimental and destructive.

In brief, Dr DeGruy presents facts, statistics and documents that illustrate how varying levels of both clinically induced and socially learned veridical stress related issues were passed along through generations as a result of slavery.

**12:00 pm – 1:00 pm Lunch Break**

**1:00 pm – 2:30 pm**

**Racial Trauma and African-American Men**

*Yamonte Cooper, Ed.D., LPCC, NCC, CST*

Ava DuVernay's recent Netflix series *When They See Us* illuminates the story of the innocent Black men once known as the Central Park Five. The series explores the gendered anti-Black racism, disposability, and dehumanization that Black men such as George Floyd commonly experience and the resulting trauma. Further, getting killed by police is a leading cause of death for young Black men in America. Trauma as a result of racism is a normative experience for many African-American men. According to the Diagnostic and Statistical Manual of Mental Disorders (5th ed.; DSM-5; American Psychiatric Association, 2013), "There is evidence that racism can exacerbate many psychiatric disorders, contributing to poor outcome, and that racial biases can affect diagnostic assessment" (p. 749). Growing empirical research has provided evidence that racism has a causal link to trauma which can have a negative influence on the mental, emotional, and physical health of African-American men. African-Americans who experienced racism are significantly more likely to experience symptoms of PTSD. Recent research suggests that multiple levels of racism, including interpersonal experiences of racial discrimination and the internalization of negative racial bias, operate jointly to accelerate biological aging among African-American men.

This workshop is designed to provide clinicians with a comprehensive understanding of racial trauma and African-American men. Interventions in mental health will be closely examined so that mental health professionals will be able to assist African-American men suffering from racialized trauma.

**2:30 pm – 3:00 pm Break**

**3:00 pm – 5:00 pm**

**Culture Specific Models of Service Delivery & Practice**

*Joy DeGruy, Ph.D.*

This course couple evidence-based practice models and culturally responsive intervention approaches. Thus the values, customs and traditions that characterize and distinguish different

groups of people become the tools through which providers can determine how to proceed in assisting, supporting and strengthening individuals, families and groups from a particular cultural group.

Informed by an anthropological familiarity with the pertinent behaviors, ideas, attitudes, habits, beliefs, and so forth that are peculiar to that group.

## **BIOS IN ORDER OF THEIR PRESENTATIONS**

### **Daniel B. Singley, Ph.D., ABPP**



Daniel B. Singley, Ph.D., ABPP is a San Diego-based board certified psychologist and Director of The Center for Men's Excellence. His research and practice focus on men's mental health with a particular emphasis on reproductive psychology and the transition to fatherhood. Dr. Singley won the American Psychological Association's 2017 Practitioner of the Year Award from the Division on Men & Masculinities. He is Past President of the APA's Section on Positive Psychology and currently serves on the Board of the APA's Society for the Psychological Study of Men and Masculinities as well as Postpartum Support International. He conducts trainings and presentations around the country to assist individuals and organizations to enhance their level of father inclusiveness and founded the grant-funded Basic Training for New Dads, Inc nonprofit and Padre Cadre social networking application just for dads in order to give new fathers the tools they need to be highly engaged with their infants as well as their partners. In his free time, Dr. Singley likes to cook, surf, read, and drive his two sons to activities all over town so they can't escape his annoying "shrinky" questions. Follow him @MenExcel and [www.facebook.com/MenExcel/](http://www.facebook.com/MenExcel/)

### **Jonathan Marquez, Ph.D.**



Dr. Jonathan Marquez is a San Diego-based licensed psychologist (PSY31865) and staff psychologist at The Center for Men's Excellence. His research focuses on health psychology, which aims to strengthen the mind-body connection with a holistic, yet individualized approach. His practice concentrates on men's health psychology, fathers' perinatal difficulties, and experiences in early fatherhood. Dr. Marquez primarily works with adults using evidence-based treatment methods, such as Cognitive Behavior Therapy (CBT), Dialectical Behavior Therapy

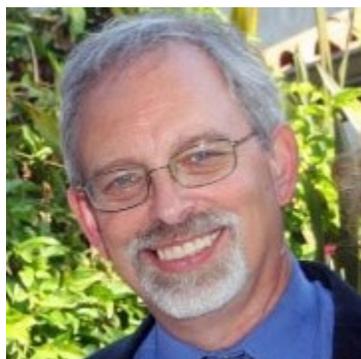
(DBT), and Acceptance and Commitment Therapy (ACT). Dr. Marquez lives in San Diego with his wife and two small children. He enjoys sports, traveling, and spending time with his family.

### **Ezemenari M. Obasi, Ph.D.**



Dr. Ezemenari M. Obasi earned a B.S. degree in Physics at the University of California – Irvine. He then went on to earn a Ph.D. in Psychology from the Counseling Psychology program at The Ohio State University, while also obtaining a minor in quantitative psychology in psychometrics and data analysis. He completed his pre-doctoral internship at Harvard Medical School: McLean Hospital. Dr. Obasi is a tenured Professor in the Department of Psychological, Health, & Learning Sciences at the University of Houston. His research focuses on the neurobiology of stress, addictions, health disparities that disproportionately affect the African American community, and cultural predictors of health behaviors. As the director of the Hwemudua Addictions and Health Disparities Laboratory (HAHDL) and the Founder/Director of University of Houston’s HEALTH Research Institute, he takes an interdisciplinary approach to team science (incl., biomarkers, biofeedback, genetics, fMRI, experimental manipulations, etc.) and leverages a diverse range of settings (incl., community, bar lounge, experimental rooms, medical facilities, etc.) to investigate biological, psychological, social, and cultural determinants of health. To this end, Dr. Obasi has published numerous peer-reviewed publications, presented research at professional meetings, and led or participated in over \$17M of innovative science funded by the National Institute of Health (e.g., R01, R21, R13, P20, P30), State (e.g., CPRIT), and other foundations (e.g., United Health Foundation). Ultimately, he is committed to bringing about positive change to underserved and marginalized communities and has a strong history of being actively involved in the community while disseminating cutting-edge research designed to improve their quality and length of life. In addition to his distinguished scholarship, Dr. Obasi serves as the Associate Dean for Research in the College of Education. Dr. Obasi also provides trainings, workshops, and consultation services across the United States.

### **Alan Lincoln, Ph.D., MSCP**



Alan Lincoln, Ph.D., MSCP is a professor of clinical psychology in the California School of Professional Psychology of Alliant International University’s San Diego campus. He is also the

co-director of the Neuroscience Institute of Alliant International University Research Foundation located in San Diego. He completed an additional postdoctoral MS in 2004 and currently teaches a graduate course on clinical psychopharmacology and intelligence assessment.

Dr. Lincoln has been involved in NIH sponsored research for 36 years with a primary focus on severe developmental psychopathology and has over 100 peer reviewed presentations and journal publications. He has worked as a clinician and service provider for ASD children and adults with ASD for more than 38 years. He has collaborated with several research groups at San Diego universities providing assistance with diagnosis and assessment of individuals with autism of all ages and will play a similar role in the proposed project. His research has focused on the neuropsychology and neurophysiology of neurodevelopmental disorders including ASD, Williams syndrome, and ADHD. He was the study psychologist for the UCSD site of the 14 year NIH clinical trial, The Childhood Asthma Management Project (CAMP) that evaluated the efficacy of corticosteroids in the treatment of mild to moderate asthma in children and adolescents. Dr. Lincoln also has been a study investigator for Pfizer regarding the electrophysiology of Cetirizine HCl and sedation in children with seasonal allergies. Most recently Dr. Lincoln helped deliver a Phase I and II clinical trial on the use of Suramin for children with ASD.

From 2001 to 2014 Dr. Lincoln was the CEO and Director of the Center for Autism Research, Evaluation and Service (CARES) Inc., a Psychological Corporation. With nearly 150 employees CARES covered four San Diego counties, was a vendor to four Regional Centers an over 18 school districts. CARES provided services to thousands of children and families and was one of the first providers to provide intensive intervention services to children with ASD in San Diego County. Her served on the California State-wide Autism Taskforce, helped support legislation promoting insurance to cover behavioral services for persons with ASD.

Dr. Lincoln has made numerous presentations regarding psychopharmacology training for clinical psychologists. He is the past Program Director of the Postdoctoral Master of Science Program in Clinical Psychopharmacology of the California School of Professional Psychology at Alliant International University. He is a three-time chair of Division V of the California Psychological Association and just completed a three-year term as Member-at-Large of Division 55 of the American Psychological Association. He provided at the invitation of the California Board of Psychology, a column in their newsletter regarding the important role psychologists have in evaluating and advising their patients taking prescribed medications and in collaborating with prescribing physicians ([http://www.psychology.ca.gov/forms\\_pubs/spring2015.pdf](http://www.psychology.ca.gov/forms_pubs/spring2015.pdf)). Most recently Dr. Lincoln served on APA's Psychopharmacology Taskforce that updated the requirements and curriculum for the Designated MSCP training programs. Dr. Lincoln is available to speak at meetings or conferences about the expanded role psychologists could provide to Californians who are in need of specialty mental health care if the scope of the practice of clinical psychology expanded to include prescriptive authority.

## Rodney G. Hood, MD, FACP



Dr. Rodney Hood is an honor graduate from Northeastern University School of Pharmacy in Boston earning a BS degree in Pharmacy then enrolled at the UCSF Graduate School of Pharmacology and Toxicology Doctorate program for a year before transferring to the University of California San Diego School of Medicine where he received his MD degree. He then completed his internship and residency in Internal Medicine at UCSD University Hospital becoming a Diplomate of the American Board of Internal Medicine and is a Fellow in the American College of Physicians (FACP).

After 40 years in medical practice in Southeast San Diego as a board-certified physician of Internal Medicine in Careview Medical Group, he recently merged his medical practice with San Ysidro Health Centers. He co-founded and became president of an Independent Physician Association (IPA), the Multicultural Medical Group consisting of over 150 primary care physicians and 200 specialists managing health plan and provider contracts. The IPA managed health services to over 25,000 enrollees mostly from underserved communities. In 2012 Dr. Hood spearheaded a \$1.2 million CMMI Healthcare Innovation Challenge Award that implemented a community-based social-clinical intervention strategy utilizing the “hot spotting” model referred to as the Patient Health Improvement Initiative (PHII) that focused on high utilizers of emergency rooms and hospitals and demonstrated cost savings of \$15 million over 3 years.

Dr. Hood has been an active member in organized medicine including the CMA, AMA, AMA-MAC, and American College of Physicians being honored as a Fellow (FACP). However, his passion for medicine has been expressed through his decades long membership in the National Medical Association (NMA) serving as president of the local San Diego NMA affiliate, Golden State Medical Association president, then served as chairman of the NMA board before being elected as the 101<sup>st</sup> President of the NMA. He has received many prestigious awards including being honored by UCSD Alumni Award for Excellence as the Outstanding Alumni for Professional Achievement in 2003, the CMA Foundation Adarsh S. Mahal, MD, Access to Health Care and Disparities Award, and the AMA Foundation Pride in the Profession Award. He remains socially active with membership in the Alpha Pi Alpha and Sigma Pi Phi Boule fraternities.

Over the past 30 years Dr. Hood has researched and lectured extensively on the historic aspects of race, ethnicity, genetics, and racism in medicine and the impact on today's health inequities. He currently serves on several foundation boards that are focused on solutions to eliminate health inequities. He is the president of the Multicultural Health Foundation in San Diego, serves on the board of the Alliance Healthcare Foundation which is a philanthropic foundation financially supporting non-profit organizations serving underserved communities in Imperial and San Diego Counties, past chair of the W. Montague Cobb/NMA Health Institute, serves on the Editorial Board for the Journal of Racial and Ethnic Health Disparities and was appointed by the mayor of the City of San Diego to chair the San Diego Gang Commission for Prevention and Intervention focused on instituting trauma informed principles with law enforcement agencies for at risk youth.

### **Joy DeGruy, Ph.D.**



**Dr. Joy Angela DeGruy** holds a Bachelor of Science degree in Communication, a Master's degree in Social Work (MSW), a Master's degree in Clinical Psychology, and a PhD in Social Work Research. Ms. DeGruy is a nationally and internationally renowned researcher and educator. For over two decades, she served as an Assistant Professor at Portland State University's School of Social Work and now serves as President and Chief Executive Officer of Joy DeGruy Publications Inc.

Dr. DeGruy's research focuses on the intersection of racism, trauma, violence and American chattel slavery. She has over thirty years of practical experience as a professional in the field of social work. She conducts workshops and trainings in the areas of intergenerational/historical trauma, mental health, social justice, improvement strategies and evidence based model development.

Dr. DeGruy has published numerous refereed journal articles and book chapters and authored her seminal book entitled "[Post Traumatic Slave Syndrome: America's Legacy of Enduring Injury & Healing.](#)" She has also developed an assessment scale for measuring respect with regard to [African American male youth.](#)

**Yamonte Cooper, Ed.D., LPCC, NCC, CST**



Dr. Yamonte Cooper is a Professor of Counseling at El Camino College, adjunct Professor of Clinical Psychology at Antioch University, Licensed Professional Clinical Counselor (LPCC), National Certified Counselor (NCC), ICEEFT Certified Emotionally Focused Therapist (EFT) & Supervisor, Certified Gottman Therapist, and AASECT Certified Sex Therapist (CST). He specializes in working with couples, trauma, sexual dysfunctions, gender & sexual identity, depression & anxiety, bipolar disorder, personality issues, grief, and other mental health problems.

He is the author of the upcoming book *Racial Trauma and African-American Men* (Routledge). Further, as a Fulbright scholar, Dr. Cooper exchanged best practices in career counseling and development in Germany and has exchanged best practices with higher education institutions in Botswana. He can be reached at [dryamontecooper.com](http://dryamontecooper.com).