

# UNDERSTANDING THE BEHAVIORAL HEALTH NEEDS OF THE LATINO COMMUNITY: A BERKS COUNTY SUMMIT



Wednesday, April 9, 2008  
Abraham Lincoln Wyndham Hotel  
Reading, Pennsylvania

Jointly Sponsored By:  
Berks County MH/MR Program  
Centro Hispano Daniel Torres, Inc.  
Community Care Behavioral Health  
Office of Mental Health and Substance Abuse Services (OMHSAS)  
University of Pittsburgh School of Medicine  
Center for Continuing Education in the Health Sciences  
Western Psychiatric Institute and Clinic

## ABOUT THE CONFERENCE

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Reading represents one of the fastest growing Latino sectors in the Commonwealth of Pennsylvania. Current census data suggests the Latino population now represents over 37% of the city's residents. This growth presents us with the challenge to focus and develop our resources to best serve our changing community. Our goal is to ensure access to bilingual/bicultural social services professionals, improve the capacity of mental health services and thereby reduce demands on emergency room utilization and to ensure intensive treatment services are available for those who need them. Finally, we are charged with ensuring that adequate coordination and collaboration among key agencies and service providers exists to address increasing needs and challenges.

This summit provides an opportunity for the community to come together to focus on these issues and to help create enduring and collaborative structures/mechanisms/processes that address local issues in responsible, manageable, and long-standing ways. Furthermore, this summit is designed to provide focus and an opportunity for major input from inside the community, as well as draw on expertise from those who have experienced success in other communities. Our goal is the creation of a lasting process and system of care that is sustaining and accountable to the people it serves, provides the necessary resources, and ensures the inclusion and participation of key players.

Keynote speaker **Andres Pumariega, MD** Chair, Department of Psychiatry, The Reading Hospital and Medical Center, is the first Cuban-American to chair an academic department of psychiatry in the U.S. Dr. Pumariega is recognized nationally for his research in cross-cultural child mental health, public systems of care for children's mental health, and eating and psychiatric disorders in medically ill children. He has authored or co-authored several books, including *Clinical Assessment of Child and Adolescent Behavior*, which features instructions for the successful identification

and diagnosis of various behavioral and emotional disorders. The sponsors gratefully acknowledge Dr. Pumariega's role in the development of this summit.

Keynote speaker **Esperanza Diaz, MD**, an Associate Professor in the Department of Psychiatry at University of Medicine and Dentistry of New Jersey, has served as Medical Director of Yale's Hispanic Clinic. Dr. Diaz is currently involved in several organizations such as the American Psychiatric Association; Connecticut Psychiatric Society; American Society of

## ABOUT THE CONFERENCE

Hispanic Psychiatry; and, the American Psychiatric Association Committee of Hispanic Psychiatry.

Keynote speaker **Henry Acosta, MA, MSW, LSW**, Deputy Director of the New Jersey Mental Health Institute and Project Director, Changing Minds, Advancing Mental Health for Hispanics, spearheads efforts to address the nationwide availability of, and access to, quality mental health services for Hispanics. Mr. Acosta leads numerous activities that promote quality mental health services through policy development initiatives, training, technical assistance, research, data collection, best practice development, and anti-stigma/anti-discrimination campaigns.

Keynote speaker **MaJosé Carrasco**, director of MAC (the Multicultural Action Center) at NAMI (the National Alliance on Mental Illness), is responsible for national outreach initiatives and for NAMI's Cultural Competence Plan. She works to infuse cultural competence throughout NAMI. An expert on mental health disparities issues, she works to raise awareness and address disparities in mental health access and treatment for communities of color.

Panel discussions will focus on the distinct behavioral health challenges facing Latino children and adults.

### WHO SHOULD ATTEND

This conference is intended for Individuals interested in the behavioral health needs of the Latino community, including:

- Consumers and family members
- Psychiatrists and psychologists
- Social workers
- Nurses
- National Board Certified Counselors
- Educators
- Medical program residents and other students
- Health care professionals
- Intensive case managers
- Resource coordinators
- Administrative case managers
- Program supervisors and directors
- Administrative/clinical staff from OMHSAS offices, county mental health programs, provider agencies, and state hospitals.

American Sign Language (ASL) interpretation will be available at registration and during the conference. Closed Captioning services will also be available during the conference.

We encourage participation by all individuals. So that we can better serve you, please notify us of your special needs at least two weeks in advance of the program by calling Virginia Suplee at 412-454-2605.

## ABOUT THE CONFERENCE

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### TUITION

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This program is FREE of charge. Registration, course materials, continuing education credits, continental breakfast, buffet lunch, and refreshments provided.

### LOCATION

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Abraham Lincoln Wyndham Hotel  
100 North Fifth Street  
Reading, Pennsylvania 19601

Phone: 1-800-372-3710

Fax: 1-610-372-2966

### OVERNIGHT ACCOMMODATIONS

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A block of rooms has been reserved at the Abraham Lincoln Wyndham Hotel. Please contact Virginia Suplee at 412-454-2605 or [supleevd@ccbh.com](mailto:supleevd@ccbh.com) for reservation information. Reservation requests will be honored on a space-available basis. Hotel conference rates will apply.

### COURSE DIRECTORS

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#### **Andres Pumariega, MD**

Chair, Department of Psychiatry  
The Reading Hospital and Medical Center  
Reading, PA

#### **Judith Dogin, MD**

Senior Medical Director  
Community Care, Camp Hill, PA

### ADVISORY COMMITTEE

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#### **Jonathan Encarnacion, MBA**

Executive Director  
Centro Hispano Daniel Torres, Inc.  
Reading, PA

#### **James Gavin, MSW**

President  
Community Care, Pittsburgh, PA

#### **John Lovelace, MS, MSIS**

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#### **Elizabeth A. Pickering, MS**

Regional Director  
Community Care, Camp Hill, PA

#### **Lydia Singley, LSW**

HealthChoices Administrator  
Berks County MH/MR Program, Reading, PA

#### **Virginia Suplee, LCSW**

Manager of Recovery Initiatives  
Community Care, Pittsburgh, PA

### WEDNESDAY, APRIL 9, 2008

Note: All course materials will be available in Spanish after the conference.

7:30 a.m. Registration and Continental Breakfast (Provided)

8:30 a.m. Welcome and Introduction

**James Schuster, MD, MBA**

Chief Medical Officer, Community Care, Pittsburgh, PA  
Adjunct Associate Professor of Psychiatry  
University of Pittsburgh School of Medicine, Pittsburgh, PA

8:45 a.m. Keynote Presentation: Developing Mental Health Services for Latinos

**Esperanza Diaz, MD**

Assistant Professor  
Yale University School of Medicine, Department of Psychiatry  
New Haven, CT

10:00 a.m. Keynote Presentation: Changing Minds—Advancing Mental Health for Hispanics

**Henry Acosta, MA, MSW, LSW**

Deputy Director, New Jersey Mental Health Institute, Inc.  
Project Director, Changing Minds, Advancing Mental Health for Hispanics  
Mercerville, NJ

11:00 a.m. Keynote Presentation: Developmental and Mental Health Needs of Latino Children and Youth

**Andres Pumariega, MD**

Chair, Department of Psychiatry  
The Reading Hospital and Medical Center, Reading, PA

## **AGENDA**

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### **WEDNESDAY, APRIL 9, 2008 (continued)**

12:00 p.m. Buffet Lunch (Provided)

1:15 p.m. Child Panel Discussion

**Elba Torres, BA, MA**

Vice Principal  
Southwest Middle School, Reading, PA

**Gloria Rosado, MSW**

Social Worker  
St. Joseph's Hospital, Reading, PA

**Josie Sanchez, MA, ED**

Case Management Supervisor  
SAM, Inc., Reading, PA

**Waldo Alvarado, MA, ED**

Guidance Counselor  
Reading High School, Reading, PA

**Edwin Romero, MA**

Behavioral Specialist  
FamiliCare, Reading, PA

Latino children and adolescents are at significant risk for mental health problems, and in many cases at greater risk than white children. At this time, it is not clear why a differential rate of mental health problems exists for Latino and white children. Special attention should be directed to the study of Latino youth, as they may be both the most vulnerable and the most amenable to prevention and intervention. *Source: Office of the U.S. Surgeon General*

### **WEDNESDAY, APRIL 9, 2008 (continued)**

2:45 p.m. **Adult Panel Discussion**

**Nelson DeLeon**

Bilingual Recruiting Consultant  
America at Work, Reading, PA

**Gloria Rosado, MSW**

Social Worker  
St. Joseph's Hospital, Reading, PA

**Sonia Ferdinand**

Director of Human Resources  
SAM, Inc., Reading, PA

**Jonathan Encarnacion, MBA**

Executive Director  
Centro Hispano Daniel Torres, Inc., Reading, PA

**Maria Hollenbach, BA**

Social Worker I  
Reading Hospital Center for Mental Health, West Reading, PA

**George Negron**

Probation Officer  
Berks County Adult Probation, Reading, PA

4:00 p.m. **Keynote Presentation: Moving Forward**

**MaJosé Carrasco, MPA**

Director, NAMI Multicultural Action Center

5:00 p.m. **Adjourn**

## CONTINUING EDUCATION CREDIT

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### CERTIFIED ADDICTIONS COUNSELORS

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Community Care is certified by the Pennsylvania Certification Board (PCB) to provide certified addictions counselor continuing education credits for those participants attending the entire program. 6.5 PCB hours have been approved for participation in this conference.

### CERTIFIED REHABILITATION COUNSELORS

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Community Care has been approved by the Commission on Rehabilitation Counselor Certification (CRCC) to provide continuing education credits for certified rehabilitation counselors for this conference. Community Care adheres to the CRCC continuing education guidelines. 6.5 hours have been approved for participation in this conference.

### NATIONAL CERTIFIED COUNSELORS

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Western Psychiatric Institute and Clinic is recognized by the National Board for Certified Counselors (NBCC) to offer continuing education for National Certified Counselors. Western Psychiatric Institute and Clinic adheres to the NBCC continuing education guidelines. This program is being offered for 6.5 continuing education credits.

### PHYSICIANS

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This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of the University of Pittsburgh School of Medicine and the Berks County MH/MR Program. The University of Pittsburgh School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

The University of Pittsburgh School of Medicine designates this educational activity for a maximum of 7.25 *AMA PRA Category 1 Credits*<sup>™</sup>. Each physician should only claim credit commensurate with the extent of their participation in the activity.

### PSYCHOLOGISTS

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Western Psychiatric Institute and Clinic is approved by the American Psychological Association to sponsor continuing education credits for psychologists. Western Psychiatric Institute and Clinic maintains responsibility for this program and its content. This program is being offered for 6.5 continuing education credits.

## CONTINUING EDUCATION CREDIT

### SOCIAL WORKERS

This program is being offered for 6.5 hours of social work continuing education through the cosponsorship of the University of Pittsburgh School of Social Work, a Council on Social Work Education (CSWE) accredited and Pennsylvania pre-approved continuing education provider for LSW, LCSW, LPC, and LMFT. Those attending from other states should check with their social work boards on acceptance of or number for continuing education through CSWE accredited schools of social work.

### OTHER HEALTH PROFESSIONALS

Other healthcare professionals are awarded .725 continuing education units (CEU's) which are equal to 7.25 contact hours.

**Please note that in accordance with Accreditation Council for Continuing Medical Education requirements on disclosure, information about relationships of presenters with commercial interests (if any) will be included in materials distributed at the conference.**

## ABOUT THE SPONSORS

### BERKS COUNTY MH/MR PROGRAM

The Berks County Mental Health/Mental Retardation Program, administering a broad array of services for individuals and families, is a partnership of consumers, family members, service providers, and policy makers which creates options responsive to individual needs and preferences. The program's mission is to improve the quality and efficiency of public services and supports for individuals with mental illness and mental retardation so that they can increase their opportunities and abilities to lead lives of dignity and independence.

### CENTRO HISPANO DANIEL TORRES, INC.

The nonprofit Hispanic Center of Reading and Berks County has been providing assistance to the Latino community, and others in need, throughout the area for over 34 years. Its mission is to provide fully bilingual and bicultural programs that meet immediate needs, as well as promote acculturation and self-sufficiency. The Hispanic Center provides a wide array of resources, including information and referral, supportive counseling, translation/interpretation, transportation and accompaniment, in-home family program, HIV/AIDS outreach, abstinence education, tobacco prevention, employment/training programs, and other health, human service, social, cultural, and educational programs.

## ABOUT THE SPONSORS

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### COMMUNITY CARE

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Community Care, a non-profit recovery-focused behavioral health managed care company, part of the UPMC Insurance Services Division, manages behavioral health services for nearly one million members whose health coverage is sponsored through Medical Assistance, Medicare, and UPMC Health Plan commercial plans. Community Care proudly partners with members, families, providers, and other stakeholders to promote the delivery of effective and accessible behavioral health services. The organization is committed to creating an environment that provides hope, empowerment, choice, and opportunities that facilitate recovery.

### OFFICE OF MENTAL HEALTH AND SUBSTANCE ABUSE SERVICES

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The mission of the Pennsylvania Department of Welfare (DPW) Office of Mental Health and Substance Abuse Services (OMHSAS) is that “every person with serious mental illness and/or addictive disease, and every child and adolescent who abuses substances and/or has a serious emotional disturbance will have the opportunity for growth, recovery and inclusion in their community, have access to services and supports of their choice, and enjoy a quality of life that includes family and friends.”

### UNIVERSITY OF PITTSBURGH SCHOOL OF MEDICINE CENTER FOR CONTINUING EDUCATION IN THE HEALTH SCIENCES

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The Center for Continuing Education in the Health Sciences advances the academic, clinical, and service missions of the University of Pittsburgh Schools of the Health Sciences and the University of Pittsburgh Medical Center through the continuing professional development of health professionals.

### WESTERN PSYCHIATRIC INSTITUTE AND CLINIC (WPIC)

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Part of UPMC, WPIC is a national leader in the diagnosis, management, and treatment of mental health and addictive disorders.

Support for this conference is being provided by The Reading Hospital and Medical Center, a not-for-profit healthcare center providing comprehensive acute care, post-acute rehabilitation, behavioral, and occupational health services to the people of Berks and adjoining counties. Established in 1867, the hospital has expanded into a leader in tertiary care for this region of Pennsylvania.





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