



MACC IMUM

Multiethnic Advocates for Cultural Competence

focus

FOR THE FRIENDS AND ADVOCATES OF CULTURAL COMPETENCE

Spring 2008 Edition

INSIDE

- 1 **MACC 5th Statewide Training Conference and Annual Meeting**
- 2 **TOVA's N.E.S.T. Train-the-Trainer Workshop Annual Meeting to Seat New Board Members and Officers**
Quarterly Lecture Series Travels to Hamilton County
- 3 **Policy and Legislative Updates**
State of Ohio Poised to Adopt Cultural Competence Definition
Board Spotlight
- 4 **New Members**
Featured Resource

MACC 5th Statewide Training Conference & Annual Meeting

Cultural Competence in Recovery: Breaking the Bonds of Illness, Poverty and Violence

The Multiethnic Advocates for Cultural Competence (MACC) will host its 5th Statewide Training Conference & Annual Meeting, "Cultural Competence in Recovery: Breaking the Bonds of Illness, Poverty, and Violence," on September 18-19, 2008, at the Center for Workforce Development at Columbus State Community College, located at 315 Cleveland Ave. in downtown Columbus.

According to MACC's Executive Director Charleta Tavares, "All of us who serve people must be willing to work together to address cultural competence. This conference will be beneficial to those in behavioral health, but also those in criminal justice, MRDD, children services, education and other people-serving systems."

The keynote speaker for this year's conference is actress and activist Gloria Reuben of the hit television series ER. In addition to her talents as an Emmy and Golden Globe nominated actress, Reuben is a social advocate for such issues as HIV/AIDS awareness and education, women's health-



care, and health promotion. "We are excited about having a national spokesperson and advocate for healthcare in minority and underserved communities," said Tavares.

In addition to the keynote speaker,

Dr. Lonnie Snowden will present on issues of general health and mental health disparities. Dr. Snowden, an expert from the University of California at Berkeley, will share his disparity research findings and how to construct a framework for understanding and examining disparities.

The conference will also feature topics on the integration of primary and behavioral health, and the influence of social factors that impact the outcomes for minority populations. Workshops will address domestic violence, trauma, severely mentally disabled (SMD) culture, poverty, and specific mental health and other issues relating to diverse communities (i.e., Asian, Somali, Latino, African Americans, GLBTQ, veterans, deaf community, etc.).

Tavares wants attendees to understand that this training conference will

continued on page 4



1335 Dublin Road
Suite 105 C
Columbus, Ohio 43215
(614) 221-7841 phone
(614) 487-9320 fax
www.maccinc.net

**MACC has moved
to a new location!**

Annual Meeting to Seat New Board Members and Officers



The Nominating Committee of MACC is currently accepting nominations to serve on the Board of Trustees. Nominations are open to all members of MACC. The organization will accept applications until August 15 at 5:00p.m. Sharon Bird, Vice-Chair of the MACC Board and Nominating Committee chair is encouraging members from throughout Ohio to apply. "We are especially eager to have residents from south east and north east Ohio and from the Latino/Hispanic and Asian communities to consider joining us. We need to ensure our organization is geographically, demographically and professionally diverse in order to bring the voice, perspectives and skills to our Board table and meet the needs of Ohio's residents", said Bird. Applications can be downloaded at www.maccinc.net or call (614)221-7841.

Tova's N.E.S.T. Train-the-Trainer Workshop



Tova's N.E.S.T. identified several people who I felt shared the vision of the work and invited them to an intense "Dancing Rivers of Life" Train-the-Trainer workshop held at Life Care Alliance in Columbus on May 9-10. This training was unique and empowering to both the trainees and me. I wanted this training to look beyond the "typical" training of education and awareness regarding mental health and stigma. We held "no holds barred" dialogue about topics from "What keeps African-Americans from Obtaining Treatment" to "Accountability of the System and Cultural Competence". We learned about and discussed the high-risk/high needs of our community, which opened even more discussion and dialogue to co-occurring disorders such as diabetes, heart disease, violence and HIV-AIDS in the African-American commu-

nity. We celebrated with smiles and a few tears as we shared our own personal stories of recovery and resiliency. We were able to have open and honest dialogue regarding the dynamics and importance of family and our culture, which led us to "the goodness" of African-Americans. This training allowed some of us to move forward in our recovery and to heal from some of the mistreatments in our past. A Special thanks to Baby Ruth Sutton-Williams, Janee' Jenkins, Trevor Black, Tracey Hopkins, Petrina Patterson, Tova Black-Durant and Robin Washington for their participation and hard work. Should you want more information on Tova's N.E.S.T, Inc. or to schedule a workshop, please contact Tracee' L. Black, Executive Director at (614) 337-1311 (Tova's N.E.S.T Office) or (614)221-7841 (MACC Office).

Quarterly Lecture Series Travels to Hamilton County

MACC held its quarterly lecture "Multiculturalism: Celebrating Diversity & Developing Competencies" at the Hamilton County Mental Health and Recovery Services Board in Cincinnati, Ohio on April 4, 2008. The lecture presented by Les Helms, B.S., MBA, ABD and Daniel A. Houston, M.A. was hugely successful with more than 70 participants. We would like to thank our co-sponsors Hamilton County Mental Health and Recovery Services Board, Greater Cincinnati Behavioral Health Services, Mental Health Association of Southwest Ohio, Ohio Federation for Children's Mental Health,

Ohio Psychological Association, Cincinnati UMADAOP, Talbert House, Alcoholism Council of the Cincinnati Area, Maryhaven and the Ohio Department of Rehabilitation and Corrections for their support and their commitment to move their community towards cultural compe-



teness. The participants enjoyed the interactive workshop that explored cultures, values and codes of conduct. Below are some of the comments from the participants:

"Most impressed, most informative. Was happily surprised by direction of the workshop."

"Very good and competent training. Never

thought about generations as cultural groups in this context. Thanks for the aha moment!"

"Great workshop! Very interesting and great way to handle sexual orientation 'controversy'. I learned a lot."

"Good presentation skills - keep up the humor. Training was very informative and encouraging. Thank you."

"Very invigorating and insightful. I enjoyed the dual presenters. It provides variety. Thank you."

MACC conducts quarterly training workshops in partnership with behavioral health boards and community-based care and service providers. If you are interested in collaborating with MACC to conduct a quarterly training in your community, please contact Yolanda Aldea at (614)221-7841 or yaldea@maccinc.net.

Policy and Legislative Updates

Joint Commission: "One Size Does Not Fit All: Meeting Health Care Needs of Diverse Populations"



The report urges health care organizations to assess their capacity to meet patients' unique cultural and language needs. Based on successful practices now being used in hospitals, it underscores the need to move away from a "one size fits all" approach that negatively affects the quality and safety of care for diverse patients.

To download a free copy of "One Size Does Not Fit All: Meeting the Health Care

Needs of Diverse Populations" please visit www.jointcommission.org/PatientSafety/HLC/.

Mental health and Drug/Alcohol Addiction Parity – Federal Update

The U.S. House and Senate have passed legislation expanding the Mental Health Parity Act of 1996. H.R. 1424 and S. 558 were adopted by their respective chambers prior to the Memorial Day recess. Negotiations are continuing on the differences between the two versions of the bill however, House Leader Steny Hoyer (D-MD) has indicated that the bill may be brought forth before the August recess.

State of Ohio Poised to Adopt Cultural Competence Definition

MACC is working with Ohio's state departments and agencies to lead Ohio's efforts to move our state towards cultural competence. Through the Transformation State Incentive Grant awarded by SAMHSA to Ohio in 2005, MACC was asked to develop a Cultural Competence Content Working Group (CC CWG) to help transform our mental health delivery system and provide services to meet the needs of consumers in Ohio. As the External Lead, MACC has worked with the Ohio Department of Mental Health the agency charged with administering the grant, to develop a CC CWG that represents state agencies, departments, consumers/clients and statewide advocacy organizations. The CC CWG's goals are to: 1.) develop a common cultural competence definition for the state of Ohio to be used across systems that will create a foundation for moving towards cultural competence and; 2.) assist in establishing a Research Advisory Committee (RAC) and work plan.

The RAC will work with MACC to: assess various behavioral health, health, education and other assessment tools; national programs and/or train-

ings for appropriateness for use in various systems; develop a trainer certification process, training standards and curricula and; research and develop cultural competence strategies to make recommendations on their use in Ohio. An independent consultant (RAMA Consultant Group, Inc.) worked with the MACC Executive Director, Charleta B. Tavares to design a process to capture input from all stakeholders, build consensus/adoption of the definition and develop the RAC work plan.

The CC CWG met on April 24 and June 16 to go over the work plan, discuss concepts of cultural and linguistic competence, developed, and approved a cultural competence definition. The CC CWG members will share the definition with their organizations, agencies and departments for review and approval. Matthew Mikolic

The next meeting of the CC CWG will be held on July 29 from 1:00-3:00p.m. at the Riffe Center, 31st Floor. For more information on the Cultural Competence Content Work Group or TSIG, contact Charleta Tavares at MACC.

BOARD SPOTLIGHT

MACC Seats New Board Chair



Suzanne Coleman-Tolbert was recently seated in to serve the remaining term as Board chair upon the resignation of Debbie Nixon-

Hughes. As a long-term member of the Board, Ms. Coleman-Tolbert has worked diligently to promote the importance of cultural and linguistic competence in recovery and resiliency. She currently serves as the President and CEO of JOBLeaders/Central Ohio Workforce Investment Corporation for Columbus and Franklin County and previously served as Vice-President of the Franklin County Alcohol, Drug Addiction and Mental Health Board. Ms. Coleman-Tolbert and the Board adopted a 5-year strategic direction for MACC that prioritizes the infusion of cultural competence into the foundation of care and service delivery, development of a research arm, diversifying the organizations' funding, tools and partnerships and expanding the resource library.



Visit us online at maccinc.net

**MACC Welcomes
New Members**
(November 07 - February 08)

INDIVIDUAL MEMBERS

Janet Day
Denise Martin
Maurice White
Christine Erikson
Bobobee Bright
Connie Seal

ORGANIZATIONAL MEMBERS

Connecting Point, Toledo
Stop AIDS, Cincinnati

Annual Conference from page 1

not make you culturally competent, but will provide the foundation for a greater appreciation and understanding of its impact on clients, customers, patients, and systems of care. Tavares mentioned that the conference compliments the quarterly regional trainings that MACC co-hosts with mental health boards and other care providers around the state in moving towards cultural competence.

"We should all work to find better ways to transform our care and service delivery so that we have a coordinated, multi-system service approach, which will support recovery and resiliency for recipients of our services."

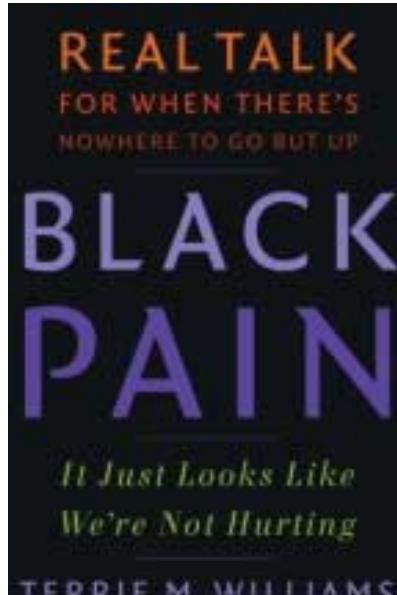
Funding support for the conference comes from the Ohio Department of Mental Health and The Ohio Commission on Minority Health.

**Black Pain: It Just Looks Like
We're Not Hurting**

by Terrie Williams

Reviewed by Alice Holman of The RAWSISTAZ Reviewers

Terrie M. Williams, a professional in mental health care, as well as the owner of a public relations firm, describes the debilitating agony of depression felt by black people, yet denied by many. In the black community, there is a taboo against looking "crazy" or not having enough faith in God. This prevents many from seeking the help they need from professionals to deal with deep depression. She covers the subject in many ways and gives the symptoms of depression; she covers the depression of women and men separately. She notes that many black women feel they have to be super woman and don't know how to just say 'no' to anyone asking a favor or needing help. She lets us know that if we can't help ourselves first, we won't be any good to anyone else. Black men have difficulty showing weakness of any sort and many times don't seek the help they need. BLACK PAIN covers the myriad reasons for pain in the black community, especially among the young, such as living in foster care, single parent households, dealing with addicted parents or struggling parents who have to work



all the time. Depression breeds anger and produces gangs running the streets taking out their anger on each other because it temporarily relieves the pain. The Hip Hop culture is sometimes a reflection of depressive situations.

BLACK PAIN doesn't leave it there, with merely a description and the symptoms. Ms. Williams also gives solutions to the problem, discusses the many medications that are on the market for depression, as well as their positive and negative side effects. She

includes a list of readings that will help, and she even includes a letter that can be written to friends to form a support group when help is needed. Ms. Williams also includes her mailing and email addresses so she is accessible. Many of us don't even know we are depressed but a reading of BLACK PAIN will define it for you. There are ways to help others we see that need help with depression. That is a big help, because we frequently know something is wrong with a relative or friend, but we don't know what it is or how to deal with it. This book will give you guide lines for getting them and yourself back on track. It is a must read for anyone living today. I highly recommend this book.

**Support MACC by purchasing
your books on Amazon through
the MACC website, go to:
http://www.maccinc.net/resource_library.html
CLICK ON AMAZON LINK**