

LATINX PSYCHOLOGY TODAY

AN OFFICIAL PUBLICATION OF THE NATIONAL LATINX PSYCHOLOGICAL ASSOCIATION

VOL 5 ISSUE 1

FALL/WINTER 2018

GRASSROOTS ORGANIZING: COLLECTIVE LIBERATION

EDITORIAL BOARD

Editor:

Dr. Hector Y. Adames

Associate Editor:

Dr. Nayeli Y. Chavez-Dueñas

Assistant Editors:

Jessica G. Perez-Chavez

Mackenzie T. Goertz

Claire R. Manley

SIG Column Coordinator:

Dr. Regina Jean-van Hell

CONTENTS

- 1 President's Column
- 5 From the Editor
- 7 Invited Article by Ivelisse Torres Fernandez, Ph.D.
- 14 Articles
- 21 #NLPA2018 Conference Preview
- 32 #HereToStay: NLPA Statement in

FROM THE PRESIDENT:

When I first sat down to write this column for *Latinx Psychology Today* (LPT) I struggled with how to speak to our current challenges, given the current sociopolitical climate. What came to mind was a song by Rubén Blades, a singer, actor, politician, and musician from Panama titled *Siembra* [to sow].

The song is a call for dedication and consistent work, to faithfully and consciously sow for the future good. The metaphor applies to the work of NLPA and our work as Latinx psychologists in a myriad of roles; trying to advocate, serve and, promote our community's well-being. Blades opens with an exhortation to remain mindful and aware (to be "woke"):

*Usa la conciencia Latino
No la dejes que se te duerma
No la dejes que muera...*

and encourages faith in the work...in the process, throughout the song in the chorus:

*Con fe siembra y siembra y tu veras
Con fe siembra y siembra y tu va a ver*

Blades' lyrics speak to the passion and commitment with which our members "live" their work. Our work is about ourselves, our family, our community, our heritage, and our legacy. It looks to improve the condition of our community and of society. We teach, mentor, supervise, treat, and research in hopes of creating a better present and future.

*Olvida las apariencias
Diferencias de color
Y utiliza la conciencia
Pa hacer un mundo mejor
Ya vienen los tiempos buenos
El día de la redención
Y cuando llamen los pueblos
Responde de corazón....*

(continue on page 2)



Copyright 2018 by the National Latinx Psychological Association



@1NLPA
www.facebook.com/1NLPA



National Latina/o
Psychological Association
Asociación Nacional de Psicología Latina

*Pero hay que dar el ejemplo
Pa que pueda suceder
Olvida la rabotada y enfrenta la realidad
Y da la cara a tu tierra y hacia el cambio llegarás
Siembra cariño
Siembra humildad
Y da frutos de esperanza a los que vienen detrás*

Conciencia familia

© Universal Music Publishing Group, Kobalt Music Publishing Ltd. To hear the entire song, go to <https://www.youtube.com/watch?v=AdOMUPKZ24>

Your work is especially necessary in these challenging times, as civil liberties are threatened, and immigrant families are detained and separated. The strength of NLPA is in its ability to foster and nourish the membership and to coalesce that energy and expertise into a force for empowerment, advocacy, inclusion and change. That's why the contribution of every member, regardless of career stage, specific area of interest or approach, makes us better as an organization. The following are some of the activities I would like to highlight:

Association Name Change: As of January 1, 2019, the Association will officially be renamed the National Latinx Psychological Association. This change recognizes and celebrates the diversity of our membership as well as demonstrates NLPA's flexibility and willingness to engage in a dynamic evolution as an organization. Thanks to Dr. Elizabeth Aranda, our CNPAAEMI and CLDI Leadership Fellow, who served as chair of the Name Change Task Force. She has demonstrated great leadership and organization skills in shepherding the process toward completion. Other Task Force members included Drs. Evie Garcia and Brian McNeill and myself. At the time of this writing, the Task Force had completed the incorporation name change process and had chosen a graphic designer from an open call to submit ideas for the new NLPA logo. It's all very exciting!

2018 Conferencia: The theme of the 2018 conferencia is "Navigating the Mosaic of Latinx Culture: Advocating for growth, intersectionality, and resilience". It will be held this year in San Diego, CA from October 18-21, 2018. Many, many thanks to our Conferencia chair, Dr. Alinne Barrera, for her tireless efforts in coordinating this massive undertaking. I'd also like to acknowledge Dr. Roberto Abreu who served on the 2018 Conferencia committee and will serve as the 2019 Conferencia chair.

I also wanted to thank some others who accepted the call to lead for the conferencia: Hector Y. Adames, Jorge Ballesteros, Milton Fuentes, Edil Torres Rivera, Jesus Rodriguez, Valerie Minchala, Marlaine Monroig, Brandy Piña-Watson, Eduardo Morales, Laura Minero, Claudia Antuña, Regina Jean Van Hell and all those who served on the various conferencia committees. Finally, Cynthia Guzman, Dave Panana, and Dyhalma Torres have provided their professional input and guidance on the more technical aspects of conference planning.

We are proud to feature two keynote speakers, Ed Morales, journalist, author, filmmaker and poet who has written a new book titled "Latinx: The New Force in American Politics and Culture" and Dr. Celia Jaes Falicov, renowned family therapy author, teacher and psychologist who is widely respected for her expertise with immigrant Latino families.

Our meetings have always been a celebration of the shared experiences, goals, and interests of our members. We hope to create an environment where attendees will not only learn but also feel the warmth, encouragement, and support of the colleagues, within our NLPA familia.

Journal of Latinx Psychology: The journal received its first ever impact factor score of 1.375. Our journal continues to grow and serve as a significant resource to psychology and beyond. Kudos to current editor, Dr. Esteban Cardemil, the associate editors: Ignacio Acevedo-Polakovich, Consuelo Arbona, Esther Calzada, Edward A. Delgado-Romero and Omar G. Gudino and all of the consulting editors for their work in getting us to this milestone. Much respect to Dr. Azara Santiago Rivera, the inaugural editor for the journal, for her foundational work.

Policy Matters: Under the leadership of Dr. Manny Paris, our Senior Advisor on Public Policy, NLPA has been very active with the National Hispanic Leadership Agenda, a nonpartisan association of major Latinx national organizations from across the country leading the advocacy behind the pressing civil rights and policy issues impacting Latinxs in the US. We have signed on to 26 letters on a variety of issues, including immigration, domestic violence, civil rights and voting rights. NLPA also generated its own statement:

<https://www.nlpa.ws/assets/docs/NLPA%20response%20to%20Family%20Separations%206-5-18.pdf>

In collaboration with the APA Immigration Workgroup on Unaccompanied Minors, NLPA took a lead role in producing a report titled, *Vulnerable but not broken: Psychosocial challenges and resilience pathways among unaccompanied children from Central America* that can be found on our website. NLPA members, Drs. Manny Paris and Claudia Antuña were the first two of seven distinguished authors.

Website: Thanks to Dr. Cristalis Capielo Rosario, our Media Coordinator, for coordinating the upgrade of our website. Our goal is a user-friendly portal that will be a go-to resource for Latinx Psychology. Please visit and tell us what you think!

Latinx Psychology Today/Social Media: Congratulations to Dr. Hector Y. Adames for growing our online presence through ongoing and consistent social media posts. NLPA's bulletin, *Latinx Psychology Today (LPT)* has continued to provide timely, scholarly information around a variety of topics under the leadership of Drs. Adames & Chavez-Dueñas.

Gratitudes: On a personal note, I wanted to acknowledge the former presidents I worked with who modelled how to lead for me, Andrés Consolí, Marie Miville and Melanie Domenech Rodriguez. A special note of gratitude to our current past-president, Y. Evie Garcia, who made sure to include me in her process during her presidential year so that I would be prepared when it was my turn. Thanks to our president-elect Brian McNeill for his thoughtful feedback, support, and his willingness to assume our leadership in 2019. Another note of thanks to our secretary, Andrea Romero, for her steady calming influence and organized approach, and to our treasurer, Ezequiel Peña, for stepping up and managing the money! Welcome and gratitude to Luz Garcini, Early Career Rep and Marlaine Monroig, Student Rep, our newest additions to the LC executive committee. Both are a testament to the quality of our membership. I also wanted to acknowledge all the members of the Leadership Council who have supported, guided, and challenged me to move forward constructively. I really appreciate our ongoing teamwork.

Thanks to Regina Van Hell for her leadership in the Mentoring Program, and Milton Fuentes for representing us at the APA Council of Representatives. Lastly, I wanted to recognize the stellar contribution of two appointed members who are ending their terms, Drs. Zully Rivera-Ramos, as Membership Chair and Dr. Valerie Minchala, as Student Development Coordinator. Their tireless efforts were a gift to the Association that was appreciated and will be missed!

Siempre Pa'lante!

Fred Millán, Ph.D., ABPP, NCC

2018 NLPA President

OUR MISSION

To advance psychological education and training, science, practice, and organizational change to enhance the health, mental health, and well-being of Hispanic/Latinx populations.

NLPA LEADERSHIP COUNCIL

Dr. Fred Millán

President
SUNY, College at Old Westbury

Dr. Brian W. McNeill

President-elect
Washington State University

Dr. Y. Evie Garcia

Past-President
Northern Arizona University

Dr. Andrea Romero

Secretary
University of Arizona

Dr. Ezequiel Peña

Treasurer
Our Lady of the Lake University

Dr. Luz Maria Garcini

Early Career Psychologist
Representative
Rice University

Ms. Marlaine Monroig

Student Representative
University of Georgia

Dr. Zully Rivera-Ramos

Membership Chair
University of Florida

Dr. Cristalis Capielo

Media Coordinator
Arizona State University

Dr. Hector Y. Adames

LPT Bulletin Editor
The Chicago School of
Professional Psychology

Dr. Esteban V. Cardemil

Journal Editor
Clark University

Dr. Miguel Gallardo

Psychological Practice Issues
Advocate
Pepperdine University

Dr. Edward A. Delgado-Romero

Senior Advisor
University of Georgia

Dr. Azara Santiago-Rivera

Senior Advisor
Merrimack College

Dr. Patricia Arredondo

Senior Advisor
Arredondo Advisory Group, Inc.,
Chicago, Illinois

Dr. Valerie Minchala

Student Development
Coordinator
California State University,
Fullerton

Dr. Manuel Paris

Public Policy Issues Advocate
Yale University

Dr. Brian W. McNeill

Historian & Psychological Education
Issues Advocate
Washington State University

Dr. Jesus Rodriguez

Fundraising/Development Chairperson
Patton State Hospital

Dr. Claudette Antuña

Professional Development Coordinator
Sammamish Consulting & Counseling
Services

Dr. Alinne Barrera

2018 NLPA Conference Chair
Palo Alto University

Mr. Roberto Abreu

Conference Vice-Chair
University of Kentucky

Dr. Regina Jean Van Hell

Mentoring Program & Networking Co-
chair

Dr. Andrés Consoli

CNPAAEMI Representative

Dr. Elizabeth Aranda

CNPAAEMI & CLDI Leadership
Fellow; University of California
Berkley



GRASSROOTS ORGANIZING, ACTIVISM, AND SOLIDARITY

HECTOR Y. ADAMES^{1,2}

Editorial

It is with great excitement that my editorial team and I bring you the Fall/Winter 2018 issue of *Latinx Psychology Today* (LPT). The current issue is filled with powerful content focusing on the theme, *Grassroots Organizing*. The invited article was authored by NLPA member, Dr. Ivelisse Torres Fernandez, faculty member at New Mexico State University. In the powerful piece, Dr. Torres Fernandez describes the devastating effects of Hurricane Maria on the island of Puerto Rico and the role of community organizing in the recovery efforts. She describes the importance of *recuperando el encanto* [recovering the charm] *de Puerto Rico*. Another moving article in this issue is authored by Jessica G. Perez-Chavez, doctoral student at the University of Wisconsin, Madison and Ms. Yenny Avila from the Chicago School of Professional Psychology. Jessica and Yenny share their journeys as immigrant rights activists. They vividly describe the motivation behind their work and how it has evolved throughout the years. Jessica and Yenny's article is a call for all of us to engage in advocacy efforts during these times of great uncertainty and fear among the immigrant Latinx community.

The issue also provides a preview of all the wonderful programming that will take place at the *2018 NLPA Conferencia* in San Diego. Thank you to Dr. Alinne Barrera and her team for organizing our biennial gather centering on the theme, *Navigating the Mosaic of Latinx Culture*. We hope that this issue of LPT motivates and keeps us all actively connected and caring for each other especially during a time in our country where People of Color, Immigrants, Women, Queer Folks, and other historically minoritized groups are being, vilified, criminalized, and dehumanized. Grassroots organizing, activism, and having solidarity are ways for us to survive the current state of our union. As always, *mil gracias* to the contributors, reviewers, editorial board, leadership council, and all our vibrant membership community for continuing to make LPT the success that it is. Please visit all previous issues of LPT by going to: <https://www.nlpa.ws/latinx-psychology-today-bulletin>

¡ Juntos Podemos !
Hector Y. Adames
Editor

1. The Chicago School of Professional Psychology
2. Address correspondence to:
Dr. Hector Y. Adames, The Chicago School of Professional Psychology, 325 North Wells St., Office MM-4116
Chicago, IL 60654, USA.
Email: hadames@thechicagoschool.edu
Twitter: @HYAdames

PALO ALTO UNIVERSITY

Psychology and Counseling Programs for a Diverse World

COMMITTED TO SERVING THE LATINX COMMUNITY

LatinX Task Force • La Clinica Latina • Center for Excellence in Diversity

PROGRAMS Ph.D. Clinical Psychology (97% APA Match)
Psy.D. PGSP-Stanford (100% APA Match)
M.A. Counseling
M.S. Psychology
B.S. Business Psychology
B.S. Psychology & Social Action



www.paloalto.edu
1791 Arastradero Road
Palo Alto, CA 94304
650.433.3838



RECUPERANDO EL ENCANTO: THE ROLE OF COMMUNITY ORGANIZING AND RECOVERY EFFORTS IN PUERTO RICO FOLLOWING HURRICANE MARIA

DR. IVELISSE TORRES FERNANDEZ^{1,2}

Assistant Professor
New Mexico State University
College of Education

INVITED ARTICLE

INTRODUCTION

On September 20, 2017 hurricane Maria made landfall in Puerto Rico as a category-4 storm, almost two weeks after hurricane Irma had impacted municipalities on the east coast of the island (i.e., Canovanas, Loiza, Luquillo) as well as Vieques and Culebra). To say that Maria forever changed our lives and our history is an understatement. By all accounts, hurricane Maria has been the deadliest and most destructive natural disaster in the history of Puerto Rico since hurricane San Ciriaco in 1899 (Pasch, Penny, & Berg, 2018). The damages sustained by Maria have been estimated at \$91.61 billion dollars making this hurricane the third most costly tropical hurricane on record (National Oceanic and Atmospheric Administration, 2018). Puerto Rico sustained catastrophic damage due to extreme flooding (37.8 inches of rain fall in 24 hours); damaging winds (155 mph at the peak of the storm); and the collapse of the entire electrical grid, which produced the worst electrical blackout in United States history (Irfan, 2018). Although most of the power was restored on the Island by August 2018, the municipalities of Vieques and Culebra still rely on generators for electricity. The devastating effects of Maria on the island, which resulted in a humanitarian crisis, were largely due to the lack of preparedness, an embattled economy, and a bureaucratic relief process that was slow and insufficient.

The massive loss of lives due to neglect and the inadequate response following the storm has been the most devastating and heartbreaking of all. A newly released report conducted by George Washington University (GWU) and commissioned by the government of Puerto Rico estimates that 2,975 people lost their lives between September of 2017 and February of 2018 (The George Washington University, 2018). The most recent report on the deaths associated with hurricane Maria sharply contradicts the original estimates of the Puerto Rican government which reported only 64 confirmed deaths. The newly released report from GWU provides clear evidence of the poor response and lack of preparation from both the federal and local government to manage this natural disaster. The deaths of Puerto Ricans as a result of Maria could have been prevented; however, due to neglect the community is mourning the loss of 2,975 people that did not deserve to die. Access to proper health care and disaster relief are human rights and Puerto Rican people were stripped of those rights due to the island's colonial status and struggling economy. Although Puerto Rico's economy was in peril before Maria, thanks to years of political mismanagement and most recently the enactment of PROMESA, the law that created the Fiscal Control Board to oversee all government functions in particular, to audit the financial operations (Klein, 2018); this natural disaster brought to the surface the complexities of Puerto Rico's colonial relationship with the U.S. -- in particular, how the recovery efforts have been handled.

1. New Mexico State University
2. Address correspondence and reprint requests to:
Dr. Ivelisse Torres Fernandez, New Mexico State
University, College of Education, Department of
Counseling & Educational Psychology, MSC 3CEP,
P.O. Box 30001, Las Cruces, New Mexico 88003-
8001 E-mail: itfernan@nmsu.edu

**IT'S COMPLICATED:
PUERTO RICO LA COLONIA**

The relationship between the continental U.S. and Puerto Rico is complicated since Puerto Rico remains a colony of the United States (Rivera Ramos, 2001). Even though Puerto Ricans are U.S. citizens, Puerto Ricans who live on the Island are not allowed to vote in presidential elections. In other words, we Puerto Ricans, are treated as second class citizens (Duany, 2017; Meléndez, 2017). The aforementioned situation with the U.S. has been the focus of debates and a point of contention among Puerto Rico for generations (Mullen & Marquez, 2015). However, following hurricane Maria, many of the issues that Puerto Ricans have been historically facing were in full display.

For starters, we discovered that many people in the U.S. were not even aware that Puerto Rico was a colony of the United States. However, different from other "territories" of the U.S. like Guam, and American Samoa, Puerto Ricans have been U.S. citizens since 1917 (Rivera Ramos, 2001). Although there has been a great debate in the U.S. Congress regarding where Puerto Rico fits in the U.S. context, many scholars have contested that for a long time Puerto Rico has been an afterthought in the mind of Congress, in particular, efforts to decolonize the Island (Melendez & Edgardo, 1993; Mullen & Marquez, 2015). Right after Maria the most notable debate in Congress was the Jones Act of 1917, which essentially prohibited ships from other countries from bringing aid directly to the Island. After the uproar caused by the Jones Act and its detrimental consequences for Puerto Rico, the U.S. Congress briefly lifted the Jones Act to allow aid to come faster; however, this was not enough. The Jones Act exemplifies how the tools of the colonizer are being used in order to control Puerto Ricans. These tools have been economic exploitation, violence, political exclusion, cultural control, and fragmentation (Moane, 2014). An element of internalized oppression where some Puerto Ricans seemed to adopt the dominant culture's values and hurt their own people was also observed. This has been evident in the constant defense of the colonial policies of FEMA in Puerto Rico. Nonetheless, after hurricane Maria, the Puerto Rican spirit of the diaspora and those on the Island that love *La Patria* brought back the sense of *ser puertorriqueño*. Maria broke us but it didn't break our *orgullo patrio* that was in full display when our people needed it the most.

**EL INICIO DE LA PESADILLA
[THE BEGINNING OF THE NIGHTMARE]**

The day Maria made landfall in Puerto Rico the nightmare of millions of Puerto Ricans began. As a Puerto Rican myself, I vividly recall my desperation trying to find news about my loved ones relayed on social media, personal networks, and the news. I can't recall how many times I tried desperately to call my loved ones with no luck. With the Island completely isolated from the rest of the world and the collapse of the electric grid and communication system, Puerto Ricans could only rely on one another and hope for the best. As the days went by, a full-blown humanitarian crisis began to unfold in Puerto Rico as basic necessities, food, and water began to disappear. Most people I have talked to over the past year described those days immediately after the storm as "*todo un caos*" [a total chaos], "*terribles*" [terrible], and "*desesperantes*" [complete desperation]. The long lines people on the Island made to secure food, water, ice, gasoline, and other necessities have been nothing compared to the emotional scars this storm left behind.

During the first weeks following the storm, my phone didn't stop ringing. The outpouring of love, support, and deep concern for the welfare of those in Puerto Rico kept me grounded and focused on the work that needed to be done. Every day, I would get a text or email from someone asking how they could help. I was so overwhelmed and worried about my loved ones that at first, I didn't know how to respond. Twelve days after Maria hit, I was able to talk to my parents for the first time. I completely lost it when I heard the sound of their voices for the first time. I was frantically asking how they were doing, and in typical fashion, the first thing they wanted to know was "*mamita estas bien (honey are you okay)?*" Their response speaks to the spirit of my family, who has always been concerned about the welfare of others. They were going through a lot but they were more worried about how my sister, nephew, and I were coping. My conversation with them, although brief, provided me with great insight about what was really happening on the Island, and what the most pressing needs were. I knew things were bad based on the news and social media reports, but it is completely disconnected compare to having first-hand accounts of the chaos – largely due to lack of organization and preparedness.

As weeks became months and the response from both local and federal government was painfully slow, our collective desperation turned into anger, despair, hopelessness, and helplessness. My first attempts to provide support to the Island was to initiate a collection of canned goods and hygiene products to take to El Paso, TX.

At that time, I knew I needed to do something not only to help my family but my fellow Puerto Ricans who were desperate for help that was not coming fast enough. Finally, I woke up one morning and said to myself: “I can’t sit here watching this disaster unfolding and not do anything to help others in need. It is clear our government doesn’t have a clue about managing this disaster, so I need to do something. I need to take matters in my own hands. *No sé qué voy a hacer, pero ya llego el momento de actuar*”

EL MOMENTO DE ACTUAR [THE TIME TO ACT]

Two months after Maria devastated our beloved Island, I started one of the most rewarding projects of my life. Even though community activism was not new for me due to my previous work with immigrant children and families (see Torres Fernandez, Rios, James, Bravo, & Martinez, 2012 and Torres Fernandez, 2014); this time was different because it was extremely close to home. One month before my first trip to Puerto Rico on December 10, 2017, I contacted every person who had offered assistance and asked whether they were still willing to help. The response was overwhelming. My colleagues started collecting items at their respective institutions and shipping them directly to Puerto Rico. At NMSU, my colleagues, and in particular my students, started collecting items as well. I will never forget the night I presented a video to one of my classes that explained the situation in Puerto Rico and told my students how to get involved in the relief effort I was organizing. Three days later, the boxes started to show up at the front door of my apartment and many other donations were flooding the CEP Department office. At one point, I was so overcome by the generosity of so many that I started to cry while receiving some of the donations. At that point, I knew this effort had taken on a life of its own...I wanted to believe that was possible but was not fully prepared for what our Puerto Rico relief efforts would become.

RECUPERANDO EL ENCANTO [RECOVERING THE CHARM]

As donations started to pour in, the question became where these donations were most needed. My initial efforts led me to contact Dr. Blanca Ortiz, a community psychologist and colleague from the University of Puerto Rico, Rio Piedras. Blanca was instrumental in connecting me with one of the hardest hit communities in Canovanas, who were the first recipients of our donations. Through my family members and

contacts, I identified individual families who were also in need of supplies, and once I landed in Puerto Rico, my oldest sister connected me with Iris Rodriguez Barrett, a community leader from Maricao. My relief efforts in Puerto Rico became a family and community affair. While my community in Las Cruces, NM and other parts of the US (e.g., Illinois, Arizona, New York) were collecting donations, my family members, in particular my mother, habilitated a storage space in her flower shop so we could receive, sort, organize, and distribute the donations. We were receiving supplies the whole month of December and part of January. In all, during our first mission trip in December-January we impacted three communities: San Isidro in Canovanas and Bucarabones and Indiera Alta in Maricao, assisted college students at my alma mater the University of Puerto Rico, Mayaguez, helped individual families, fed many animals, and of course, provided assistance to my family.

I will never forget the faces of the people who received aid. They were very appreciative of the assistance that we provided. In Canovanas, I remember walking street by street, identifying the families that needed supplies and hand delivering the donations. The devastation was visible; some families showed us their homes in hopes that we could contact FEMA or government officials on their behalf. People were visibly tired and emotionally overwhelmed. Some people just needed to vent or talk to someone. Some of them indicated that nearly three months after Maria made landfall they were still waiting for FEMA to arrive. At one point, we had a long line of people waiting under the relentless hot sun to get a bag of groceries from us; this surreal experience was painful to watch. Even as I was handling the donations, I was in shock and disbelief, overcome by the magnitude of the destruction around me. But I needed to continue, I couldn’t quit on this community, so for hours we handed out donations until we ran out of the supplies we brought.

A day after we visited Canovanas, we meet our contact Iris Rodriguez Barrett to visit two communities in Maricao. This trip was more dangerous and complicated than the day prior due to road conditions, including multiple mudslides that still covered the roads. In Maricao, we visited over 25 families who were in dire need of assistance. We took everything we could and delivered supplies for hours. Besides receiving supplies, many of them wanted to talk to us, and after Iris told them we were psychologists and counselors many of them opened-up to us about their experiences. Something I would not forget from that trip was arriving to a home of a family, offering them some lanterns, flashlights, and batteries. When I gave the supplies to the woman, she hugged me and cried inconsolably. She looked at me and told me: “This is the

best Christmas gift ever. You have made my day because for the first time in 100 days we won't be in the dark.” The words of that woman have accompanied me throughout this process. At that time, I understood the magnitude of this catastrophe and how small things could bring so much joy to others.

LAS CICATRICES DE MARÍA [THE SCARS FROM MARIA]

After returning from Puerto Rico in January, I decided that I needed to continue this mission and that, to the greatest extent possible, I needed to bring psychological help to the community. That's when I decided to organize a second trip in March during Spring Break. With that goal in mind, the School Psychology Graduate Student Organization (SPGSO) organized a fundraiser at NMSU and Las Cruces community. The response was fantastic! They had collected so many supplies that at one point I couldn't walk inside my apartment. They also collected money so we could ship the supplies to Puerto Rico. As my students collected the items, I secured the support of and partnership with Counselors Without Borders, who accompanied us during our second trip.

Our second relief trip was a week long, and we provided group counseling for two days, visited individual homes, and met with a group of mental health professionals to provide support. Our visit happened to occur during the six-month anniversary of Maria. Therefore, the support we provided was invaluable to the community, which was still dealing with the aftermath of the storm. In July 2018, I wrapped up my third trip to Puerto Rico, which focused on assisting the elderly and giving school supplies to children in need. This trip was unique in that we had arrived during hurricane season. The emotional scars left behind by Maria were very raw and present in the minds of everyone. As we visited the elderly and distributed school supplies, it was obvious the fear of facing another hurricane like Maria was real and for some, debilitating. As the community struggled to *levantarse de nuevo* we were reminded of the work that still needed to be done.

LAS ENSEÑANZAS DE MARÍA [THE LESSONS FROM MARIA]

The process of creating a relief effort to support fellow Puerto Rican brothers and sisters was truly a collective effort, and none of what I was able to accomplish during this past year would have been possible without the support of my family, students, colleagues, and

the Las Cruces community. As I wrapped up my third trip, I realized that I needed to shift gears in my efforts and community activism to focus more on education and advocacy. Therefore, I started to collect data for a study that will examine the psychological impact of Hurricane Maria not only in the general population but also on mental health professionals. My goals with this study are to increase awareness regarding the situation of Puerto Rico post Maria, lessons learned, and what can we do to assist and advocate moving forward. During the past 10-months, I learned a lot about myself and the needs of my beloved Puerto Rico. As such, I have a regained sense of responsibility toward my community. I want to amplify their voices, so their message does not get lost during the difficult times we are facing in the U.S. and Puerto Rico. Throughout my relief efforts in Puerto Rico, I have also learned a great deal about community activism and organizing. One of the biggest lessons I learned was that by helping my community heal, I was healing with them. Second, I learned that organizing relief efforts is complex and that having support from others is critical. Third, self-care is essential. So many times, I would come back from my trips emotionally drained and defeated; I had to learn to care for myself in a way that was extremely therapeutic and necessary.

Lastly, I was reminded how extremely resilient Puerto Ricans are, and that gives me hope for the future. I would like to end this piece sharing a quote from one of my study participants. The question is: “What do you want others to know about Puerto Rico and the situation in the Island following hurricane Maria”? This was her response: “*Diles que María nos dio duro pero no estamos derrotados. Estamos de pie y nos vamos a levantar más fuertes que nunca* [Tell them that Maria hurt us badly but we are not defeated. We are still standing and we will rise again stronger than ever]”. I hope this piece will inspire others to engage in community organizing and activism. Throughout my efforts back home, I have learned that we can make a significant impact in our communities and that small efforts could go long ways. In these difficult times let's remind one another that our voice matters and that we should be part of the solution because *unidos somos mas fuertes*.

REFERENCES

- Duany, J. (2017). *Puerto Rico: What everyone needs to know?* New York: NY: Oxford University Press.
- Irfan, U. (2018). Puerto Rico's blackout, the largest in American history, explained. Retrieved from <https://www.vox.com/2018/2/8/16986408/puerto-rico-blackout-power-hurricane>.

- Klein, N. (2018). *The battle for paradise: Puerto Rico takes on the disaster capitalists*. Chicago, IL: Haymarket Books.
- Meléndez, E. (2017). *Sponsored migration: The state and Puerto Rican postwar migration to the United States*. Athens, Ohio: Ohio University Press.
- Melendez, E., & Edgardo, M. (Eds.) (1993). *Colonial dilemma: Critical perspectives on contemporary Puerto Rico*. Boston: MA: South End Press.
- Moane, G. (2014). Liberation psychology, feminism, and social justice psychology. In H. L. (University of F. Johnson, Chad. V. (University of Oklahoma); Friedman (Ed.), *The Handbook of Social Justice and Psychology: Fundamental issues and special populations* (Vol. 1, pp. 115–132). Santa Barbara: Praeger.
- Mullen, A. L. (Producer), & Marquez, J. A. (Director). (2015). *The last colony: We need to talk about Puerto Rico* [Documentary]. Last Colony Corporation.
- National Oceanic and Atmospheric Administration (2018). National Centers for Environmental Information, State of the Climate: Hurricanes and Tropical Storms for Annual 2017. Retrieved from <https://www.ncdc.noaa.gov/sotc/tropical-cyclones/201713>.
- Pasch, R. J., Penny, A.B., & Berg, R. (2018). National Hurricane Center Tropical Cyclone Report: Hurricane Maria (AL 152017). Retrieved from: https://www.nhc.noaa.gov/data/tcr/AL152017_Maria
- Rivera Ramos, E. (2001). *The legal construction of identity: The judicial and social legacy of American colonialism in Puerto Rico*. Washington: DC: American Psychological Association.
- The George Washington University. (2018). Ascertainment of the Estimated Excess Mortality from Hurricane Maria in Puerto Rico. Project Report. Retrieved from: <https://publichealth.gwu.edu/sites/default/files/downloads/projects/PRstudy/AscertainmentoftheEstimatedExcessMortalityfromHurricaneMariainPuertoRico.pdf>
- Torres Fernandez, I. (2014). Cruzado front eras and healing children's souls: Addressing the mental health needs of borderland children. *Latina/o Psychology Today*, 1(1), 15-18.
- Torres Fernandez, I., Rios, G. O., James, A. L., Martinez, A., & Bravo, A. (2012). Cruzado front eras: Addressing trauma and grief in children impacted by the violence in the US-Mexico border. *Revista Interamericana de Psicología/Interamerican Journal of Psychology*, 46, 425-434.

Dr. Ivelisse Torres Fernandez is Assistant Professor in the Counselign and Educational Psychology Department at New Mexico State University (NMSU). Dr. Torres Fernandez's interests are primarily in the area of social emotional learning (SEL) and resilience. She currently runs several projects in Las Cruces, NM, focusing on fostering these skills among elementary school students. Other areas of interest include social justice issues in psychology, particularly examining the mental health needs of children and adolescents in the borderlands. This interest lead to *Cruzando Fronteras*, a project geared toward providing school-based mental health services to children who have been impacted by the ongoing violence near the US-Mexico Border. Currently, she is completing two research projects. The first project focuses on the experiences of bilingual supervisors and counselors-in-training who have received bilingual supervision. The second project examines the Invisibility Syndrome among African Americans and Latinxs. Other areas of interest include counseling children and adolescents, professional issues in School Psychology, and multicultural assessment practices. In 2009-2010, Dr. Torres Fernandez was awarded the *Patricia Christmore Teaching Award* from NMSU. She also received the 2010, Faculty Teaching Excellence Award from the College of Education at NMSU. In 2012, she received the College of Education, Dean's Excellence Award in Service.

12 REASONS

To Become Board Certified in Psychology with the American Board of Professional Psychology

Visit www.abpp.org for information and application materials. Information is also available through the ABPP office at 919.537.8031.

Are you a licensed psychologist who provides services to the public?

Start your board certification in Psychology application process today!

Board certification in Psychology indicates specialty expertise, which distinguishes you from other psychologists who work with patients with health issues.

Board certification in Psychology distinguishes you on the job market!

Uniformed psychologists with board certification who work at the Department of Defense or Public Health Service receive a monthly specialty pay bonus.

Health care providers in other disciplines consider board certification as a minimum standard to document training and expertise for patient care.

Board certification facilitates license mobility in most states.

Many hospitals ask about board certification when applying for privileges.

Some hospitals and medical centers require a board certification for approval of privileges, and others are moving toward this policy.

Some academic and affiliated medical settings require board certification for promotion and tenure.

Health insurance companies routinely ask about board certification when applying for inclusion in their networks.

Consumers of health/mental health services will increasingly ask about board certification, and will seek board certified psychologists online.

ABPP provides members access to online resources for networking and referrals.

Join other leaders in Psychology to define excellence in our field!



Why Choose PSI CHI?



Psi Chi offers **more resources** tailored for your unique career path than any other honor society.

Joining or reconnecting with our **Professional Organization** unites you with **750,000+ members** internationally who share similar interests in psychology.

A single one-time membership fee is all you'll ever have to pay—for life!

Membership Benefits

- \$400,000+ in Awards, Grants, and Scholarships
- Access to read and publish in
 - a. *Eye on Psi Chi* magazine
 - b. *Psi Chi Journal of Psychological Research*
 - c. Psi-Chi-ology Lab
- Advantages through your local chapter
 - a. Leadership opportunities
 - b. Valued friendships
 - c. Personalized education
 - d. Mentoring involvement
 - e. Community service
- Network at regional and national conventions
- Cross-cultural research opportunities
- Job openings listed online at our Career Center
- Online resources about
 - a. Embracing diversity
 - b. Conducting research
 - c. Graduate school
 - d. Career preparation
 - e. Attending and presenting at conventions
 - f. Leadership



Psi Chi welcomes people with diverse perspectives and a broad representation of social identities and cultural backgrounds.

Become a part of Psi Chi.
Visit www.psiichi.org/JoinToday

Stay connected with PSI CHI
   
www.psiichi.org



Alliant International University
**California School
of Professional Psychology**



Expertise. Leadership. Impact.

On-Campus & ONLINE Programs

Clinical Psychology

PhD & PsyD | APA-accredited

Marriage & Family Therapy

MA & PsyD | COAMFTE-accredited

Organizational Psychology

MA, PhD & PsyD

Clinical Counseling

MA | For LPCC licensure

Clinical Psychopharmacology

MS | Postdoctoral

At the California School of Professional Psychology at Alliant International University, we foster learning that moves you forward—in your profession and in your life. We'll help you transform your experience into expertise, and your expertise into leadership. So you can make an impact on communities, the people within them, and the world beyond.

The world is waiting for you.

learn more **ALLIANT.EDU**

SAN DIEGO | SAN FRANCISCO | LOS ANGELES
FRESNO | SACRAMENTO | IRVINE | TOKYO | ONLINE

Not all programs are available online or to residents in all states. Programs vary by location and modality; see the Academic Catalog for detail. Alliant is a private university accredited by the WASC Senior College and University Commission (WSCUC). We are an equal opportunity employer and educator. For more information about our graduation rates, the median debt of students who completed the program, and other important information visit alliant.edu/consumer.

HERE TO STAY: LESSONS FROM OUR JOURNEYS AS UNDOCUMENTED IMMIGRANT WOMEN ACTIVISTS

JESSICA G. PEREZ-CHAVEZ, B.S.^{1,3}

YENNY AVILA, M.A.²

“We draw our strength from the very despair we been forced to live. We shall endure” (Chavez, 1966, para. 7)

In this piece, we, Jessica and Yenny, two young undocumented women immigrants, share our journeys as immigrant rights activists. Each of us discusses what drives our work and how it has evolved over the years; in the end, we come together to emphasize the importance of everyone engaging in current advocacy efforts. However, before we walk you through our journeys, we want to acknowledge that our stories and trajectories cannot be shared without first acknowledging the courage of our parents and of the entire immigrant community. The immigrant community has been fighting for decades to be heard, to be seen, and to be humanized. Our beloved immigrant community continues to be targeted, criminalized, and exploited. Their contributions to society and to this country must be highlighted; to do this, we first recognize the many ways in which undocumented immigrants practice forms of activism, leadership, and social justice on a daily basis, even without recognition. We dedicate this piece to them because they have taught us the true definition of activism and courage.

-
1. University of Wisconsin-Madison
 2. The Chicago School of Professional Psychology
 3. Address correspondence and reprint requests to:

Jessica G. Perez-Chavez, Doctoral Student
Department of Counseling Psychology
University of Wisconsin-Madison
Email: jperezchavez@wisc.edu

JESSICA’S JOURNEY HOW I GOT STARTED: A SPEECH WRITTEN FOR ME

Just recently, one of my aunts told me that she was unsure where I got the courage to be an activist, specifically an undocumented activist. I have since reflected on that statement. It has made me wonder about what inspired me to get involved in activism and why I do it despite the risks. This question prompted me to think about the first time I engaged in some form of “activism.” My memory took me to 2006, when I was a young high school freshman. That year, I remember how distraught my family and community were due to the proposed inhumane bill called the Border Protection, Antiterrorism, and Illegal Immigration Control Act of 2005 (H.R. 4437), also known as the Sensenbrenner bill (Congress.gov, 2005). One of the most horrific things this bill proposed to enact was make unlawful presence in the United States (U.S.) a federal crime (Congress.gov, 2005); hence, it criminalized me and the 11 million undocumented immigrants living in this country. As a freshman in high school, I do not think I fully grasped the language of this bill, nor its implications, but what I did grasp was the panic, terror, and the anger of those around me. Seeing my family distraught made me angry and worried. It was our collective panic, terror, and anger that catalyzed the first mega-march in Chicago. That day we all marched, documented and undocumented, parents and children. I cannot recall what it felt like to be a part of such a major demonstration, but I remember that I felt less alone and less invisible. That was the first demonstration I remember being a part of, and I was demonstrating with my family. It was a beautiful way to be introduced to the power of collective organizing.

While the mega-march left a strong impression on me, it was not until I saw my older sister publicly speak about her immigration status in our high school assembly that I realized I wanted to do the same. When I first saw her in the middle of the stage, I was surprised and confused. I had no idea that she was an invited student

speaker. On that day, she spoke with such conviction and passion and in that moment, to me, she was the bravest person in the world. All of our lives we had been told to not speak about our status, but there she was – telling all of our teachers, peers, and friends that her journey would be different because she lacked a 9-digit number. In that moment I felt like she had written her speech just for me. It was my wiser and older sister telling me how deserving I was to receive an education. It was my wiser and older sister telling me about the hurdles of being young and undocumented. Finally, it was my wiser and older sister telling me to not be afraid to share my story with others. I took her words to heart and began to get involved with community and school organizations devoted to grassroots organizing for immigrant rights. My sister, without even knowing it, had in one speech challenged me and inspired me to take on this new role as a community activist.

The Essential Tools in my Activism

Part of being involved in community organizing meant sharing my story. My story, which was intertwined with my parents and grandmother's story, was one of the most powerful tools I used during my early activism years. I was able to form connections with others who were involved in the community, as well as with those who wanted to get involved. This was also one of the ways in which the undocumented youth movement was born. Our narratives became the links that connected our struggles and dreams together. The sharing of our narratives led to strong connections and the connections led us to form coalitions and community organizations that advocated and fought for immigrant rights.

The first coalition I remember helping create was *DREAM ACTion*, a community-based organization made up of teachers, community members, and high school students. Subsequent to *DREAM ACTion*, a few of us started the DREAM Team, a school club that focused solely on immigration issues. Although both small and local, I remember the power and connections those organizations had. Building locally helped prepare me for participating in an organization that has received national attention: the Immigrant Youth Justice League (IYJL), an undocumented-youth led organization in Chicago. I fell in love with the connections I formed, and it was exciting to see the many ways in which others used their skills to strengthen and empower the immigrant community. I also felt very proud of the ways in which I used my skills to advocate for myself, my family, and my community. My activism was also a catalyst for exploring and strengthening my ethnic and racial identity. Every time I shared my story, it was a reminder of who I was, where I came from, and what I aspired to do. Though I was born in a country I had no memory of, I was very proud to be from

Mexico, a country whose roots and rich culture ran in my veins. It reinforced my identity as a *Mexicana*.

The Immigrant Community and our *Familias* are the Emblems of Activism

Being involved in grassroots organizing also brought me closer to understanding the strengths and resiliency of my community and my family. A community that, despite being terrorized, criminalized, and dehumanized, continues to be self-sufficient, hard-working, resilient, strong, and never loses hope. It is the immigrant community's strength and values that are the foundation and the fuel to the work that I do.

When my aunt talks about my courage, I have an urge to deflect and say, "what courage?" Whatever courage my aunt sees in me is only a reflection of the courage the immigrant community embodies. My courage is only a small fraction of the courage my parents embody every day when they wake up at dawn to go work laborious jobs that are physically and mentally exhausting. They are courageous for continuing not just to exist, but also for finding joy in life despite the risks that are part of our family's reality at any moment. My parents are also the most courageous activists in my life. Their first bold act of activism was their decision to migrate to a country they did not know to provide me and my sister with better opportunities. On a daily basis they advocate for our family, themselves, and others in ways that are often unrecognized. I have witnessed my parents and family, including the aunt who spoke of my courage, be advocates for themselves and for others. Our collective advocacy has been a form of survival and resistance against the backdrop of unjust laws and policies that have existed to harm us. For example, I have seen my aunt find important resources for relatives who have been placed in deportation proceedings. Others have helped by providing or connecting undocumented immigrants to informal job opportunities, affordable housing, and on many occasions, they have provided sanctuary in their own homes. We never described those acts as forms of "activism," however, these actions are the very essence of advocacy.

Furthermore, my immigrant parents are resisting by simply existing in a country that criminalizes them. My whole heart goes out to my parents and all the undocumented immigrant parents who are advocating for their children and for others. They have had to carry the heavy brunt of being undocumented. Their contributions and efforts have been deemed less important and less worthy than my own, despite the fact that what they do is a million times harder and much more exhausting than what I do. This has been one of the most painful aspects of our story for me. I often feel a lot of guilt and anger for this. As an undocumented student, I have witnessed the levels

of sympathy for my narrative and for what I do, but not for my parent's advocacy and work. I feel guilty and angry that my parents do not benefit from programs like Deferred Action for Childhood Arrivals (DACA), and that they cannot return to the country *they* call home, that they have to mourn loved ones from afar, and that they are unvalued in our society. Through my activism I hope to continue to dispel the toxic narrative that my parents and other immigrant parents are less deserving. We are because of them and they, too, are deserving of liberation.

Redefining what Activism Looks Like

As described earlier, often we do not recognize the many ways in which immigrants are advocating in non-traditional ways. I know that my parents and family are constantly acting as advocates in our community. Though I can recognize this in them, it is hard to recognize some of the non-traditional ways in which I engage in activism. Since high school and my undergraduate years, my activism has evolved significantly. I have undergone a whirlwind of emotions connected to this transition, and I am in continuous change as I process it all. I am currently a doctoral student in a counseling psychology program in a predominantly white institution. It has been incredibly difficult to exist in these spaces during the current administration. There have been many moments that I have felt paralyzed by what direction I should take to advocate for myself and for others. I've had moments where I do not know if what I am doing is "activism" and whether it is enough. Anytime I wrestle with these questions, I feel challenged for various reasons, but mainly because I feel like what I am doing is never enough.

More recently, I have begun to recognize and accept that my writing, clinical practice, research, and community involvement are all forms of activism. How I practice these in relation to the immigrant community is a task I take very seriously and that I am very passionate about. As a psychotherapist I want to ensure that I know how to competently work with immigrant communities, as a researcher I want my research to uplift and highlight undocumented immigrant strengths, and as a writer I always want to honor the immigrant community. The sharing of my story also continues to be one way in which I advocate. While I am no longer organizing in the same way I was before, nor am I part of any particular organization, I continue to be involved in the immigrant community. I have learned that the current work that I do is activism, and that it is not any less worthy than the work I did before. Still, there are times when this does not feel like enough, and I understand that this is not connected to me, but to the fact that more work, advocacy, and action needs to be done in order to support the immigrant community during these extremely difficult times.

In sum, I have appreciated and enjoyed all the experiences I have had as an advocate within the immigrant rights movement and I am humbled to have the opportunity to write about it. My activism is connected to the knowledge and awareness of the systems of oppression that exist and that impact me and my immigrant community; my activism is also connected to hope, because if I had no hope that things could be better then there would be no need for activism and activists. Lastly, my activism is fueled by people, specifically by my family and the immigrant community, who continues to persevere against adversity. I wish there wasn't a need for people to have to engage in activism, because then it would mean that we have been liberated. However, until that day, activism is essential to our survival, to our healing, and to our collective liberation, and I am committed to be a part of these efforts until that day arrives.

YENNY'S JOURNEY: HOW LOSS AND PAIN STARTED MY ACTIVISM

I sometimes wonder where I would be today if my father had not returned to Mexico to bring me and my sister to the United States (U.S.). Though I remember feeling happy knowing that I would be with my parents and sisters, I had to balance those emotions with the loss of having left my home. Unfortunately, the joy of family reunification was shortly lived because a year after our arrival my father was deported. His arrest happened in our home in the middle of the night. The officers used physical force and took my father without even allowing him to put on his shoes. To justify their beating, the officers argued that my father fought his arrest and attempted to disarm them. At such young age, I did not understand why this had happened, but I understood and felt the pain of the separation. Seventeen years later, I can still recall the phrases the officers used to humiliate and dehumanize my father. They also laughed as we cried in panic and begged them not to take him. Since then we have lived in fear, always wondering if they would return to take us too. My family had minimal knowledge about our rights as undocumented immigrants and we were advised to not talk about it to prevent being "exposed." My father is still in Mexico and it took years for me to be able to speak to him without feeling anger as a result of what I know now was internalized oppression. I also know now that he chose to be silent to protect us and not jeopardize our safety and future.

The emotional pain that resulted from this traumatic event has been immeasurable. During middle school I could not make sense of what happened, but I wrote letters to my father to help with my pain. It was not until high school when I began to understand that what happened to my family was unjust, dehumanizing, and

traumatic. By this age, I knew there were countless families that were experiencing similar trauma. This, coupled with my first psychology class, sparked my drive to become involved in activism work.

The first step to becoming an activist was convincing my mother that it was safe, a task that was not easy. I still remember asking my mother for permission to participate in the 2006 mega-march in Chicago. She did not want me to go because she was afraid of the unknown and of what might happen to me. However, she eventually came around because she understood that this was an important matter for me and she went on to give me her blessing. That day I joined a group of people that organized through our local parish. I was afraid yet excited to be a part of this movement. This was the beginning of confronting the pain I had experienced in isolation and that often tormented me. For so many years, I chose to not worry my mother with my thoughts and feelings connected to the separation. Thankfully, attending the immigration march was a positive experience overall; however, deep inside I still felt I was “in the shadows” because I feared that while advocating, I risked getting arrested and deported. What helped me move past this fear was seeing my mother thrive as an undocumented, single mother of five children. This, along with knowing that I belonged to an organization that also fought for immigrant rights, gave me the courage to continue being an activist. My will to fight with and for undocumented families was also driven by my wish for other families to not experience family separation. This also gave me courage and helped me move past the fear.

Finding and Using My Voice

My passion for activism and immigration continued to develop and grow as an undergraduate student. I became involved in a club called Voces Latinas, a club on campus that focused on giving a voice to Latinx students. I was able to be involved with this organization and actively volunteer in the Latinx community as a form of social justice. One of the events I helped organize was fundraising money for a trip to the immigration rally in Washington, D.C. We partnered up with the Illinois Coalition of Immigrant and Refugee Rights (ICIRR) from Chicago in 2011 and advocated for comprehensive immigration reform. Being part of this demonstration was transformative for me. To my knowledge I was the first undocumented student admitted to my college, and for the first time I felt that my voice mattered in a public space; I felt I could impact change for the undocumented immigrant community.

Prior to attending the D.C. rally, I was starting to feel hopeless and betrayed. My high school teachers and my family had told me numerous times that all I needed to

achieve my goals was to focus on my academic work. However, once I started college I entered a different reality. This was the first time I was living in a predominately white environment and I was not prepared to deal with the animosity that some students, staff and faculty directed at me and other Students of Color. When I had to disclose to my academic advisor my immigration status, she was confused and at one point advised me to drop out of college because there did not seem to be a future in a college setting for “someone like me.” I was angry, sad, and disappointed. The opportunity to participate in the immigration march was an outlet to remind myself of where I came from and why I was pursuing a degree in psychology. I regained reassurance that I come from a family, a community, and ancestors, all whom have time after time taught me hope, resilience and commitment – a community that doesn’t give up.

Representation Matters

These values and strengths were reflected in my “Cultural Foundations: Latinos/as in the U.S.” class in graduate school. Dr. Nayeli Chavez-Duenas’s knowledge and genuine commitment to the Latino/a immigrant community inspired me to work on my ethnic identity and reframe my advocacy. Doing this made me realize that growth is uncomfortable, yet necessary. This was a beautiful, yet painful process, as I felt guilty that I was benefiting from resources that my mother and other undocumented immigrants were not. They deserved to benefit from these resources as well. I thought of all the parents whose work goes unnoticed or is viewed as “an obligation” but is not recognized. I thought of my mother, who never complains and always give her absolute best going above and beyond *por la familia* [for the family].

I also know that it is extremely difficult to survive in an environment designed to deny your existence, yet millions of undocumented immigrants do this every day. If they take this risk, why can’t we take risks to protect and advocate for our rights, humanity, dignity, and respect. This is especially true because many of us now have the awareness, knowledge, and some privilege, such as achieving an education, which requires responsibility. Through my journey I also have learned that being an activist is in itself a form of relief and healing. I no longer have to carry the weight of silenced thoughts, feelings, and experiences alone. I now share a collective narrative that empowers and encourages me to model the importance of fighting against oppressive systems that terrorize my community, despite all the significant contributions they make for the U.S. at large. Additionally, understanding the psychology behind family separation and immigration strengthened my relationship with my parents, specifically with my father and assisted in my healing process.

Since completing my graduate education, I have continued to engage in activism by advocating for my client's rights, sharing my knowledge with friends and family members, calling senators, facilitating racially-aware presentations about identity, immigration and systems of oppression, and sharing information regarding immigration so we can protect one another. I am also using this space as a form of activism in hopes to reach others and evoke thoughtful questions that challenge current beliefs that contribute to different systems of oppression affecting the undocumented immigrant community. As a current DACA recipient, I work as a psychotherapist, and I am honored to work with individuals and families to help them improve their quality of life; however, I cannot just do this work in the office: I also have the moral and ethical obligation to engage in actions that pay tribute to the resiliency and hard work of my community.

The Lessons Learned from my Activism

In sharing my story/journey of activism, I can't help but to think that we *all* have stories that have not been told, stories that have the potential to create radical healing in an individual and collective manner. Keeping these stories to ourselves can keep us living in isolation and fear. While it is true that such feelings are not eliminated by engaging in grassroots organizing, it makes the pain more bearable. As one of my mentors, Dr. Hector Adames, once said, "juntos podemos mas" [together we can persist more]. Activism should not be done for one's own purpose only, but for the benefit of our communities.

WHAT PSYCHOLOGISTS CAN LEARN FROM OUR EXPERIENCES: JUSTICE IN PRACTICE IS A VERB

First and foremost, as mental health professionals it is our job to care for the welfare and human rights of others. Our code of ethics outlines general principles that as psychologists we should recognize and follow. We believe all of our ethical principles are crucial when working with immigrant communities. However, one of these principles stands out to us. The principle of justice reminds us of our mandate to ensure that there should be equal access and quality services available to everyone. However, we know that the undocumented immigrant community does not have equal access, and when they do, they seldom receive adequate and competent services. We stress this principle of "justice" because it is not enough to showcase this word in our codes of ethics, in our program brochures, or toss it around when we talk about what our "profession does" or "aspires to do." This word carries a lot of meaning, and if we are going to use it in our lexicon, then we must be prepared to do the work. For us, as

psychotherapists and undocumented women, this principle is important because it is connected to the advocacy work in which we partake, as well as the advocacy work we *know* psychologists (and others) can engage in. We strongly believe that everyone can and should put in their part in order to honor this principle, and more importantly, to honor the immigrant community.

Since immigration status is something that is governed by policies and laws, providing psychotherapy is not enough to heal immigrant communities. As mental health providers, we need to take our work further and become advocates not just within the therapy room, but also outside of the therapy room, directly in the communities we serve. We need to care enough to break the silence, knowing that the psychological trauma experienced in these communities is due to external factors that we can change and impact. A good place to start is by modifying and strengthening our understanding regarding the strengths and the humanity of immigrants. Undocumented immigrants deserve respect, dignity, basic human rights, and the right to live without fear and worry. Our work to make sure that immigrants are treated with dignity must begin in our offices, with the language that we use, the way we treat our clients and those around us, and the actions we take to defend their rights.

Furthermore, as was stressed in this piece, we want to challenge individuals to begin to deconstruct and re-define what advocacy and grassroots organizing can be. For us, it has looked differently throughout the years and we have both learned to recognize and accept that activism can be practiced in various ways. We do not all have to be community organizers – some of us can be mental health providers on call during a crisis (e.g., a family experiences family separation), we can be mentors to undocumented and immigrant students, we can do research and write about the impact of policy on mental health, we can provide know your-rights resources to our immigrant clients, and we can educate ourselves on immigration policies and laws, sign petitions – the list of potential work we can do is nearly endless.

In sum, each of us has a role in the liberation of undocumented communities, and that role can be accomplished in different ways. We have many more ideas for the "*what*" providers can do to advocate for immigrant communities. However, we want to begin to shift some of the responsibility that is often placed on us as undocumented immigrant women, and again challenge our readers to do the research, get involved, and listen to our community's concerns, and follow their lead. Waiting to be told what to do is in itself misusing your power and privilege. By considering activism as part of our role as mental health providers, we can take an active role in challenging and changing the systems that continue

segregating, criminalizing, and dehumanizing communities based on their skin color and/or immigration status.

Activism as a Form of Healing

One of the most important pieces we want mental health professionals to take with them after reading this piece is that activism has the power to heal individuals and groups of people. In writing this piece, we have noticed this pattern in our two narratives. Activism promoted our individual healing by giving us a platform where we could express ourselves and share our fears and dreams with others. We had a channel where we were able to express all types of emotions such as anger, guilt, grief, and loss over a broken system that continues to psychologically and physically harm us and our families. It has also been the space where we can speak about the beauty and strengths of our families and community.

Additionally, radical healing to us has been a change from within the self; we have had to learn about who we are, where we come from, as well as the policies and systems that prevent us from moving forward. We believe that it is this awareness, coupled with our community's strengths that has given us the courage to effect social change. We cannot fully restore connectedness and foster a space for liberation for others without first externalizing and locating the problems affecting our community's very existence. This is especially important for psychotherapists to know and utilize in practice, because it can help to conceptualize people's experiences in a more effective way. Practicing our profession from this stance allows for the work to be done in a way that is congruent with people's realities instead of following a script that cannot possibly "fit all."

At a larger level, our activism has also promoted collective healing by allowing us to connect to others who were also undocumented. These connections led us to feel stronger, more empowered, less alone, validated, and re-affirmed. Despite activism having been a vehicle for change, growth, and healing, psychology has yet to recognize it as a form of healing. Moreover, when working with the immigrant community, it is important that we think outside the box regarding the ways in which we can provide support and encouragement to the healing practices this community is already engaging in. In doing this we are acknowledging the resiliency and power of this community to heal itself.

CONCLUSION

Our advocacy continues to be a step towards liberation and we acknowledge that this is continuous hard work, but we cannot fully heal until our communities and families, as well as other marginalized communities are

liberated. From experience, we also recognize that with the current socio-political climate it is normal and easy to feel paralyzed about what we can and cannot do. However, we must critically think about the power we hold and the spaces we take and remind ourselves of our responsibility to the welfare of others. It is during these times that we must do more than just hope that things will improve. We cannot wait for things to get better. We cannot wait anymore when our families and communities continue to be torn apart, are terrorized, and are psychologically and physically abused by this administration. We cannot wait for people to feel ready to act, we need you to see the urgency of what is happening to our communities and do something. Like our esteemed and beloved mentor, Dr. Nayeli Y. Chavez-Dueñas once said:

"In times when the humanity of people is threatened, silence is betrayal. If you are not speaking up, if you are not outraged by the problem, not only are you not paying attention, but you are also part of the problem" (Chavez-Dueñas, 2018).

REFERENCES

- Chavez-Dueñas, N.Y. (2018). Detaining immigrant dreams: A conceptual model of crimmigration. In H.Y. Adames & N.Y. Chavez-Dueñas (Chairs), *Making psychology a sanctuary discipline: A call to protect and humanize immigrants*. Paper presented at the 126th Annual Convention of the American Psychological Association, San Francisco, CA.
- Congress.gov. (2005). H.R.4437-Border protection, antiterrorism, and illegal immigration control act of 2005. Retrieved from <https://www.congress.gov/bill/109th-congress/house-bill/4437>
- United Farm Workers (n.d.). Education of the heart: Cesar Chavez in his own words. Retrieved from <https://ufw.org/research/history/education-heart-cesar-chavez-words/>



NAVIGATING THE MOSAIC OF LATINX CULTURE:

Advocating for growth,
intersectionality & resilience

2018 NLPA Conferencia

San Diego, CA

October 18 - October 21

We Look Forward to
Seeing You Soon!

#NLPA2018 Conference Organizers:

Dr. Fred Millán
NLPA 2018 President

Dr. Alinne Barrera
2018 Conference Chair

Dr. Edil Torres Rivera
2018 Program Chair

Dr. Roberto Abreau
Conference Vice Chair

Dr. Cynthia Guzman, Dave Panana, & Owl Springs Consulting



NAVIGATING THE MOSAIC OF LATINX CULTURE:

Advocating for growth,
intersectionality & resilience

#NLPA2018 KEYNOTE SPEAKERS



Dr. Celia Jaes Falicov is a renowned family therapy author, teacher, and psychologist. She is widely respected for her expertise on immigrant families and particularly Latino families. She is a Clinical Professor in the Department of Family Medicine and Public Health at the University of California, San Diego where she also directs the mental health services for the Student Run Free Health Clinics. The work at these clinics focuses on addressing the mental health care needs of underserved families, particularly Latinos, and teaching health and mental health practitioners to consider the impact of migration and culture on health risks and strengths. Dr. Falicov has pioneered writings on family transitions, migration, culture and context in clinical practice. Her books include *Cultural Perspectives in Family Therapy*; *Family Transitions: Continuity and Change over the Life Cycle*, and the widely praised *Latino Families in Therapy* (2nd Edition, 2014). She also co-authored the 2014 APA book *Multiculturalism and Diversity in Clinical Supervision*.



Mr. Ed Morales is a New York-based journalist, author, poet and adjunct professor at Columbia University's Center for the Study of Ethnicity and Race. He is a longtime contributor to the *Village Voice* with additional work appearing in *Rolling Stone*, *The New York Times*, *Miami Herald*, *San Francisco Examiner*, *The Los Angeles Times*, *The Guardian*, *Jacobin*, and *The Nation*. He is the author of *Living in Spanglish* (2002) and *The Latin Beat: From Rumba to Rock* (2003). His new book, *Latinx: The New Force in American Politics and Culture*, will be available later this year!

#NLPA2018

Latest Research, Practice, & Trends in Latinx Psychology: A Look at Some of the Symposia & Workshops



Bilingual (English-Spanish) Professional Training and Development: Best and Not So Best Practices

Andres Consoli, Iliana Flores, Olga Mejia, Carolina Meza Perez, Mohena Moreno, Teresa Celada-Dalton, Natalie Cruz, J. Manuel Casas

Using Digital Narrative Storytelling to Support Immigrant and Refugee Children

Cheryl Sawyer, Nancy Castellon, Andres Naranjo

The Experiences of Sexism Among Women of Color

Lucas Torres, Felicia Mata-greve, Claire Bird

EMPA Presidential Discussion: Current Challenges and Initiatives

Fred Millán (NLPA), Y. Evie Garcia (NLPA), Gayle Morse (SIP), Richelle Concepcion (AAPA), Linda James Meyers (ABPsi)

Invisible Bruises: Theoretical and Practical Considerations for Black/Afro-Latina Survivors of Childhood Sexual Abuse

Josephine Serrata, Luz Benbow, Martha Hernandez, Delida Sanchez

A 2-Year Longitudinal Study of Engineering Students' Persistence Intentions and Academic Satisfaction using Social Cognitive Career Theory

Lisa Flores, Rachel Navarro, Bo Hyun Lee, Xiaotian Hu, David Diaz, Heather Hunt

Latinx Substance Use Across Borders: A Discussion of Early Characteristics, Academic Impairment, and Educational Considerations

Alejandro Vazquez, Melanie M. Domenech Rodriguez, Alfonso Merado, Grace Ellen Mahoney

Centering Blackness in Latinx Psychology: Theory, Research, and Practice

Hector Y. Adames, Nayeli Y. Chavez-Dueñas, Shanna N. Smith, Denisha Maddie.

La Trenzadas de Nuestras Abuelas: Latinx Indigenous Psychospirituality and Healing

Lillian Comas-Diaz, Melinda A. Garcia, Pilar Hernandez-Wolfe

Who do We Serve, Who do We Represent? Making Latinx Psychology a Sanctuary Discipline

Nayeli Y. Chavez-Dueñas, Hector Y. Adames, Jessica G. Perez-Chavez, Mackenzie T. Goertz

The National Latinx Psychological Association Ethical Guidelines in Historical and Contemporary Context

Melanie M. Domenech Rodriguez, Miguel Gallardo, Cristalis Capielo, Edward Delgado-Romero, Lynda Field, Melba Vasquez

The Importance of Being Seen: Identity, Stigma and Health among Diverse LGBT Latinx Communities

Ernesto Lira de la Rosa, Alison Cerezo, Roberto Renteria, Kevin Delucio, Eduardo Morales, Xijun Zhang

Brief Strategic Family Therapy: Four Decades of Research Launched with Latinx Populations

José Szapocznik

Can Colonial Mentality Predict Puerto Rican Depression Better than Acculturation?

Cristalis Capielo, Amber Schaefer, Jorge Ballesteros, Roberto Renteria, Fenghen Qiu



#HereToStay

NLPA STATEMENT IN RESPONSE TO THE ELECTION OF DONALD J. TRUMP, 45TH PRESIDENT OF THE UNITED STATES

Following the results from the 2016 presidential election, and as the nation prepares for an uncertain path forward; there is an overwhelming sentiment of discontent, shock, fear, and rejection of the president-elect among many historically marginalized communities and their allies. The one undeniable conclusion is that the United States is deeply divided, even more so than most would have ever predicted. One area that has greatly contributed to the division and of particular relevance to our membership is that of immigration; especially as it pertains to immigration from Mexico and Central and South America. The following are some of President-elect Trump's campaign promises to be enacted during his first 100 days in office:

1. **TERMINATE** the *Deferred Action for Childhood Arrivals* (DACA) of which approximately 740,000 individuals have received approval.
2. **ELIMINATE** the *Deferred Action for Parents of Americans and Lawful Permanent Residents* (DAPA). This program is currently awaiting disposition in the Supreme Court, and has the potential to affect 5 million individuals.
3. **INTRODUCE** the *End Illegal Immigration Act*, which includes his promise to "build a great, great wall on our southern border" and "have Mexico pay for that wall", and a series of penalties for immigration violations.

The US has long been recognized as a safe refuge for diverse immigrant communities fleeing economic, political, and social unrest. We are gravely concerned that the proposed anti-immigrant actions will negatively impact individuals currently in the US as well as those who in the future would seek to contribute to the vitality of our country. Additionally, the harm caused by this xenophobic, racist, and discriminatory sentiment only serves to isolate and marginalize, impacting the mental health of untold numbers. We are a country built on the hopes, dreams, sacrifices, and hard work of millions of immigrants who have played a significant role in making this country a beacon of prosperity and humanity across the world. This includes the immense intellectual and economic contributions made throughout the decades. We are proud of this legacy and must preserve this long-standing tradition of ours.

We, at the NLPA are ready to assist the Trump Administration in crafting sensible immigration legislation that is grounded in the principles of dignity and respect. As an organization guided by social justice as our moral compass, we are also prepared to stand up in one unified voice and challenge any attempts by President-elect Trump to implement divisive, racist, and anti-immigration promises made during the campaign. We recognize that healing needs to occur and that it will take time, but are confident that it can begin if our leaders join in a spirit of mutual respect and with recognition and understanding for the humanity and dignity of all people.

FELICIDADES COLEGAS !

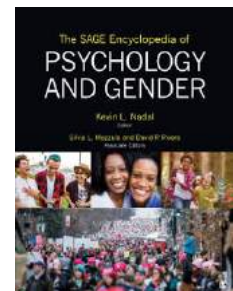
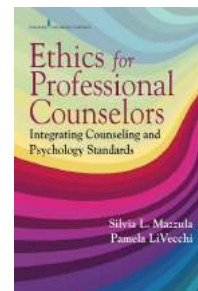
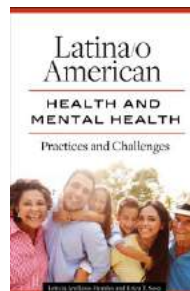
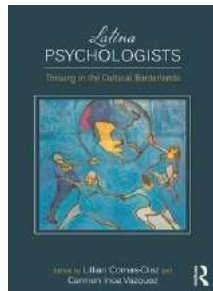
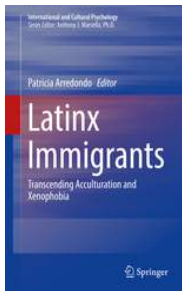
RECENT PUBLICATIONS BY NLP A MEMBERS

The recent publications of NLP A members are listed in this section as a service to the membership, and with the intent of facilitating the exchange of new information among Latinx professionals and individuals interested in Latinx mental health.

It is LPT's policy to include in this section all submissions by members that (1) have been published since the last issue of the bulletin, and; (2) can be best described as books, full chapters in edited books, or articles in peer-reviewed publications.

BOOKS

- Arellano-Morales, L., & Sosa, E. (2018). *Latina/o American health and mental health*. Santa Barbara, CA: Praeger.
- Arredondo, P. (2018). *Latinx immigrants: Transcending acculturation and xenophobia* (Eds.). New York, NY: Springer.
- Comas-Diaz, L. & Vazquez, C.I. (2018). *Latina psychologists: Thriving in the cultural borderlands*. New York, NY: Routledge.
- Mancini, P. (2018). *iMental! in the Trump Era: Ten inspirational stories about immigrants overcoming addiction, depression and anxiety in America*. Self-Published.
- Mazzula, S. L., & LiVecchi, P. (2017). *Ethics for counselors: Integrating counseling and psychology Standards*. New York, NY: Springer Publishers Inc.
- Nadal, L, Mazzula, S. L, & Rivera, D. (2017). *Sage encyclopedia on psychology and gender* (Eds.). Thousand Oaks, CA: Sage.



JOURNAL ARTICLES & BOOK CHAPTERS

- Adames, H.Y., Chavez-Dueñas, N.Y., Sharma, S., & La Roche, M.J. (2018). Intersectionality in psychotherapy: The experiences of an AfroLatinx queer immigrant. *Psychotherapy, 55*(1), 73-79.
- Adames, H.Y. & Chavez-Dueñas (2018). The drums are calling: Race, nation, and the complex history of Dominicans. In P. Arredondo (Eds.), *Latinx immigrants: Transcending acculturation and xenophobia*, (pp. 95-109). New York, NY: Springer.

- Arredondo, P. (2018). Thriving with optimism, purpose, and connectivity entre fronteras. In L. Comas-Diaz & C.I. Vazquez (Eds.). *Latina Psychologists: Thriving in the cultural borderlands* (pp. 194-210). New York, NY: Routledge.
- Baumann, A., Mejía, A., Lachman, J. L., Parra-Cardona, J. R., Lopez-Zeron, G., Amador Buenabad, N. G., . . . Domenech Rodríguez, M. M. (2018, Online First). Parenting programs for underserved populations: Issues of scientific integrity and social justice. *Global Social Welfare*. Advance online publication.
- Brito, J. (2018). A phenomenological analysis on infertility in Mexican women living in the United States. *Interamerican Journal of Psychology*, *52*(1), 129-139.
- Call, A., Domenech Rodríguez, M. M., Vazquez, A., & Corralejo, S. (2018). Predicting participation in Dual Language Immersion using Theory of Planned Behavior. *Bilingual Research Journal* *41*(1), 23-36.
- Capielo, C., Schaefer, A., Monroig, M., Ballesteros, J., & Qiu, F. (2018). Puerto Ricans on the U.S. mainland. In P. Arredondo (Eds.) *Latinx immigrants: Transcending acculturation and xenophobia*, (pp. 187-210). New York, NY: Springer.
- Capielo Rosario, C., Lance, C. E., Delgado-Romero, E. A., & Domenech Rodríguez, M. M. (2018). Acculturated and acultura'os: Testing bidimensional acculturation across central Florida and island Puerto Ricans. *Cultural Diversity and Ethnic Minority Psychology*. Advance online publication.
- Castañeda-Sound, C.L (2018). Weaving identities and theoretical perspectives of cultural competency in *Nepantla*. In L. Comas-Diaz & C.I. Vasquez (Eds.), *Latina Psychologists: Thriving in the cultural borderlands* (pp. 146-157). New York, NY: Routledge.
- Chavez-Dueñas, N.Y. & Adames, H.Y. (2018). #NeotericRacism: Exploring race-based content in social media during racially charged current events. *Interamerican Journal of Psychology*, *52*(1), 3-14.
- Chavez-Dueñas, N.Y., & Adames, H.Y. (2018). *Criminalizing hope: Policing Latino/a immigrant bodies for profit*. In S. Weissinger & D. Mack (Eds.), *Law Enforcement in the Age of Black Lives Matter: Policing Black and Brown Bodies*, (pp. 75-96). Lanham, MD: Lexington Books.
- Consoli, A. J., Bunge, E. L., Fernández Oromendia, M., & Bertone, A. (2018). Argentines in the U.S.: Migration and continuity. In P. Arredondo (Ed.), *Latinx Immigrants: Transcending acculturation and xenophobia*(pp. 15-32). New York, NY: Springer.
- Consoli, A. J., Blears, K., Bunge, E. L., Mandil, J., Sharma, H., & Whaling, K. (2018). Integrating culture, pedagogy, and humor in CBT with anxious and depressed youth. *Practice Innovations*, *3*, 138-151.
- Consoli, A. J., Flores, I., & Sharma, H. (2018). Psychology in Latin America: Legacies and contributions - Part 4. *International Psychology Bulletin*, *22*(2), 29-37.

- Consoli, A. J., Grazioso, M. P., Fernández Oromendia, M., & Cobar, A. A. (2017). La supervisión hoy: Lo que sabemos y lo que nos falta saber. [Supervision today: What we know and what we are yet to know]. *Revista Psicólogos* (Colegio de Psicólogos de Guatemala), 7(20a), 6-19.
- Corralejo, S. M., & Domenech Rodríguez, M. M. (2018). Technology in parenting programs: A systematic review of existing interventions. *Journal of Child and Family Studies*, 27, 2717-2731.
- Domenech Rodríguez (2018). Staying woke at the intersections. In L. Comas-Díaz & C. I. Vazquez (Eds.), *Latina Psychologists: Thriving in the cultural borderlands* (pp. 71-89). New York, NY: Routledge.
- Domenech Rodríguez, M. M., Baumann, A., Vázquez, A. L., Amador Buenabad, N. G., Franceschi Rivera, N., Ortiz Nolasco, N., & Parra-Cardona, J. R. (2018). Scaling out evidence-based interventions outside the US mainland: Social justice or Trojan horse? *Journal of Latina/o Psychology*.
- Fuentes, M. A., Shannon, C. R., Ahluwalia, M. K., & Collier, C. S. (2018). Transgressions on students and faculty of color in higher education: A consideration of potential strategies. In B. Blummer, J. Kenton, & M. Wiatrowski (Eds.), *Promoting Ethnic Diversity and Multiculturalism in Higher Education* (pp. 132-147). Hershey, PA: IGI Global.
- Mazzula, S.L. & Campón, R. (2018). Microaggressions: Toxic rain in health care. In G. Torino, D. Rivera, C. Capodilupo, K. Nadal, & D.W. Sue, (Eds.), *Microaggressions theory: Influence and implications* (pp. 178-193). Hoboken, NJ: John Wiley & Sons.
- Paris, M., Antuña, C., Bailey, C.D.R., Hass, G.A., Muñiz de la Peña, C, Silva, M.A. & Srinivas, T. (2018). *Vulnerable but not broken: Psychological challenges and resilience pathways among unaccompanied children from Central American*. New Haven, CT: Immigration Psychology Working Group.
- Parra-Cardona, J. R., Lopez Zerón, G., Leija, S. G., Maas, M. K., Villa, M., Zamudio, E., Arredondo, M., ... *Domenech Rodríguez, M. M. (2018). A culturally adapted intervention for Mexican-origin parents of adolescents: The need to overtly address culture and discrimination in evidence-based practice. *Family Process*. Advance online publication.
- Patterson, C. A., Papa, L. A., Reveles, A. K., Domenech Rodríguez, M. M. (2018). Undergraduate student change in cultural competence: Impact of a multicultural psychology course. *Scholarship of Teaching and Learning in Psychology*, 4, 81-92.
- Perdomo, C. (2017). Undocumented and deportable: Re-authoring trauma within the context of immigration in a narrative informed single-session. *Journal of Systemic Therapies*, 36(4), 3-15.
- Singer, R., & Fuentes, M. (2018). Ethical issues associated with mental health interventions for immigrants and refugees. In M. Leach & E. Welfel (Eds.), *The Cambridge Handbook of Applied Psychological Ethics* (pp. 384-405). New York, NY: Cambridge University Press.

CONGRATULATIONS

APPOINTMENTS, AWARDS, TRANSITIONS, PROMOTIONS,
OTHER ANNOUNCEMENTS BY OUR MEMBERS



Dr. Hector Y. Adames

Was awarded the 2018 Distinguished Emerging Professional Contributions to Research Award from the Society for the Psychological Study of Culture, Ethnicity, and Race (Division 45) of the American Psychological Association (APA).



Dr. Patricia Arredondo

Was awarded the 2018 Anthony J. Marsella Prize for the Psychology of Peace and Social Justice, awarded by Psychologists for Social Responsibility. She was also named in the American Psychological Association (APA) "I Am Psyched" First, Women of Color Changemakers, an Exhibit featuring 25 Women of Color psychologists.



Dr. Nayeli Y. Chavez-Dueñas

Was awarded the American Psychological Association (APA) Citizen Psychologist Award. She also was elected to serve a three-year term as the Latina/o/x Member-at-Large of the Society for the Psychological Study of Culture, Ethnicity, and Race (Division 45) of the American Psychological Association (APA).



Dr. Carrie L. Castañeda-Sound

Became the Director of the M.A. program in Clinical Psychology with an emphasis on Marriage & Family at Pepperdine University.



Dr. Donna Castañeda

Has been appointed Associate Dean of Academic Affairs at San Diego State University-Imperial Valley.

Dr. Jeanett Castellanos

Has been named Associate Dean of Undergraduate Studies in Social Sciences at the University of California-Irvine.



Dr. Linda Castillo

Was recently appointed Ombuds Officer for the Office of Graduate and Professional Studies at Texas A&M University.

Dr. Alison Cerezo

Was awarded Professor of the Year from the Counseling Student Association at San Francisco State. She recently transitioned to the Department of Counseling, Clinical, and School Psychology at the University of California Santa Barbara as an Assistant Professor.



Dr. Lillian Comas-Díaz

Was included in the American Psychological Association (APA) “I Am Psyched” First, Women of Color Changemakers, an Exhibit featuring 25 Women of Color psychologists.



Dr. Andrés Consoli

Elected Fellow of Division 52 (International Psychology) and Division 29 (Society for the Advancement of Psychotherapy).

Dr. Rosalie Corona

Has been promoted to Full Professor with Tenure in the Department of Psychology at Virginia Commonwealth University.



Dr. Edward A. Delgado-Romero

Was promoted to Associate Dean for Faculty and Staff Services in the College of Education at the University of Georgia, Athens.



Dr. Milton A. Fuentes

Has been elected President of the Latino Mental Health Association of New Jersey. He is a member of the Board of Advancement of Psychology in the Public Interest (BAPPI) of the American Psychological Association (APA), and the NLPA Delegate to the APA Council of Representatives.



Dr. Eréndira López-García

Was awarded the Distinguished Hispanic Ohioan Award.



Dr. Pierluigi Mancini

Has a new appointment as the Director of the Hispanic Latino Center of Excellence for Substance Use Disorder Treatment and Recovery Program **and** NLBHA Hispanic Prevention Technology Transfer Center.

Dr. Silvia L Mazzula

Was included in the American Psychological Association (APA) “I Am Psyched” First, Women of Color Changemakers, an Exhibit featuring 25 Women of Color psychologists. APA Citation was presented in Washington DC on October 1, 2018.

Dr. Melvin Navarro

Transitioned into private practice after working 14 years for the County of Orange Health Care Agency in California.



Ms. Catalina Perdomo

Is the recipient of a pre-doctoral fellowship in mental health and substance services from the American Psychological Association (APA).



Dr. Wanda Y. Quezada

Was recently elected President of the New Jersey Counseling Association.

Dr. Maria Scharron del Rio

Has been promoted to Full Professor with Tenure in the Department of School Psychology, Counseling and Educational Leadership (SPCL) at Brooklyn College of the City University of New York (CUNY).



Dr. Melba Vasquez

Was included in the American Psychological Association (APA) "I Am Psyched" First, Women of Color Changemakers, an Exhibit featuring 25 Women of Color psychologists. APA Citation was presented in Washington DC on October 1, 2018.



Dr. Claudette "Claudia" Antuña

Has been names liaison between Division 52 (International) and Division 56 (Trauma) on the CODAPAR grant to continue the Refugee and Asylum-seeking network.



Dr. Veronica Bordes Edgar

Has been promoted to Associate Professor of Psychiatry and Pediatrics at the University of Texas, Southwestern Medical Center.



WHAT'S THE 411?

Prepared By:
Dr. Regina Jean-van Hell,
SIG & Information Column Coordinator

Newly created SIGs: Afro-Latinx SIG- Chair Lucinda Bratini, Ph.D., Florida Atlantic University, lbubiera@gmail.com

The Undocumented Immigrant Collaborative SIG- Dr. Martin La Roche, Boston Children's Hospital and Harvard Medical School, Martin.LaRoche@Childrens.harvard.edu
Co-Chairs, Luz Garcini, Ph.D., Rice University, Luz Garcini, lmg7@rice.edu and Gabriela Hurtado, University of Texas/Austin, mghurtad@gmail.com

News from SIGs:

Orgullo Latinx:

Sexual Orientation and Gender Diversity SIG-Co-Chairs:

Alison Cerezo, Ph.D., Elizabeth Aranda, Ph.D., Roberto Abreu, M.S., Dagoberto Heredia Jr, M.A.

Orgullo has been active this last year. We secured a special issue in JLP and were accepted to present a portion of the articles in the special issue at a symposium for the APA 2018 Annual Convention. Roberto is serving as the conference co-chair and has been working to secure representation of LGBTQ+ programming in the conference, including scientific content and gender inclusive access throughout the venue. We were approached by Division 44 of the APA to co-present on leadership and intersectionality for the NLPA 2018 Conference. We also participated in a national twitter conversation for the 1-year anniversary of Pulse. Dagoberto and Roberto continue to represent *Orgullo* and NLPA in the APA International Psychology Network for LGBTI Issues (IPsyNet). They have been translating the LGB and Transgender APA guidelines from English to Spanish along with other psychologists from Latin America. The group has also made efforts to connect with the NLPA membership community by creating a specialized list-serve and online media group.

Bilingual Issues in Latina/o Mental Health SIG-Co-Chairs:

Laura M. Cote Gonzalez, Ph.D., Denver Health Medical Center, cote.lau@gmail.com and Elvia Lorena Navarro, Ph.D., Child and Family Guidance Center, Drlorenanavarro@gmail.com was looking for another person to Chair. New Chair Ashley Tirado-Martinez, PsyD. For information about this SIG Email: nlpabilingualsig@gmail.com

Mentoras/es y Líderes: Mirando hacia el Futuro SIG- Co-Chairs: Claudette "Claudia" Antuña, PsyD, MHSA LICSW antunaclau@aol.com.

NLPA Neuropsychology SIG-Chair:

Eduardo Estevis, M.A., University of Tulsa, eduardo-estevis@utulsa.edu

NLPA International Special Interest Group- Co-chairs:

Gregory Benson-Flórez, Ph.D. and Ryan Blucker, Ph.D.

Reports they have been inactive and are seeking another person to Chair the SIG

News From

NLPA MENTORING PROGRAM

Co-Chairs Regina Jean Van Hell, PhD., Rachel Reinders Saeman, PhD., Valerie Minchala, PhD., Laura P. Minero. We are celebrating our second year of the NLPA Mentoring Program and we will have a social meeting at the 2018 Conference in San Diego. In addition, an evaluation of this important program was done to find out from both students/mentees and mentors what worked to establish and maintain mentoring relationships and what did not work. Results will be presented at "The NLPA Mentoring Program, How did we do since 2016? a roundtable discussion whose aim is to find form participants what needs to be changed to improve this program.

Two training sessions have been planned for the 2018 Conference for students, ECP's and mentors to think about what you need to think when you join the NLPA Mentoring Program as a student or early career professional and the expectations for mentors.

At the conference this program will be recruiting undergraduate students, graduate students and early career professionals to join this NLPA Mentoring Program. Of course, we are recruiting members who are senior professionals to become mentors of this program. We need professionals to help our upcoming generations of Latinx's to succeed. If you are interested to join this program and you have questions send an email to mentoring@nlpa.ws.

To join this program

Students and early career professionals need to fill an application at:

<https://docs.google.com/forms/d/1XZUr0RGQkccenC48eZBu30QJzrQTEAT5t0aryym63xKg/viewform>

and send your personal CV to: mentoring@nlpa.ws

Mentors you need to fill an application at:

<https://docs.google.com/forms/d/1XZUr0RGQkccenC48eZBu30QJzrQTEAT5t0aryym63xKg/viewform>

and send your personal CV to: mentoring@nlpa.ws

Essay by Eduardo Morales, Ph.D.

Distinguished Professor

Alliant International University

Executive Director of AGUILAS

Being Latinx LGBT and Over 50: Unique challenges and limited options

Many of the issues people face as they pass age 50 and become elderly are similar for Latino and Latina (Latinx) Lesbian, Gay, Bisexual and Transgender (LGBT), yet there are unique challenges for this population. The literature about being Latinx and over 50 is very limited. The ever-changing nomenclature used with this population influences our understanding. Some prefer to use the term sexual and gender diverse groups rather than LGBT, while those of younger generations prefer to use other terms such as queer which can have a negative frame of reference for those who are over 50. The U.S. Census data available on this population is limited in that persons must voluntarily report their sexual orientation. Moreover, questions regarding gender identity are still not included in the U.S. Census. Additional factors to consider include place of birth. For example, members of the LGBT community born and raised in the U.S. have different developmental experiences compared to those born in Latin American countries. Individuals raised in Latin American Spanish-speaking countries have often lived in an environment that view the world in a binary gender manner that mirrors the binary gender references in Spanish language. Those who immigrated to the U.S., like those born here, need to learn how to navigate among three sectors: 1) their Latinx community, 2) the U.S. white dominate society, and 3) the LGBT, white dominated community.

Prior to 1973 when homosexuality was removed from the DSM in the U.S. by the American Psychiatric Association and then in 1974 by the American Psychological Association (APA), being LGBT or sexual and gender diverse was considered a pathology and a disease by experts in the behavioral health field. Laws and social norms supported and used this professional view across different states and countries. Consequently, sexual and gender diverse persons or LGBT were ostracized with the prevailing view that being sexual and gender diverse was taboo, a threat to society, family, and the community, and against religious beliefs. Even though recent changes have occurred in the civil laws in the U.S., some states may not extend civil rights to those who are sexual and gender diverse and they vary on a jurisdiction-by-jurisdiction basis. "Since June 26, 2003, sexual activity between consenting adults of the same sex as well as same-sex adolescents of a close age has been legal nationwide, pursuant to the U.S. Supreme Court ruling in *Lawrence v. Texas*. As of June 26, 2015, all states license and recognize marriage between same-sex couples on account of the Supreme Court decision in *Obergefell v. Hodges*... Twenty-two states plus Washington, D.C and Puerto Rico outlaw discrimination based on sexual orientation, and twenty states plus Washington, D.C. and Puerto Rico outlaw discrimination based on gender identity or expression." (Wikipedia, 2017)

The impact of the HIV/AIDS epidemic has and continues to be disproportionate among Latinx individuals in the U.S. with many seeing their friends and social networks disappear and or die throughout their lifetime. According to a report from the Hispanic LGBT Older Adult Needs Assessment (NHCOA Report, 2013), "compared to heterosexual Hispanics, lesbian Hispanics are more likely to experience depression, and gay and bisexual Hispanics are more likely to have attempted suicide" (Cochran et al., 2007, p 22). One of the first studies of sexual and gender diverse older adults by race and ethnicity by Fredriksen-Goldsen (2011) in the NHCOA Report (2013) states that "Hispanic LGBT older adults had lower levels of social support and higher levels of victimization and neglect) than the general population of LGBT older adults" (Fredriksen-Goldsen, 2011, p. 23). The importance of protecting the family is exemplified by Diaz et al. (2001) who found that 70% of respondents felt that their sexual orientation harmed their family during their childhood as reported by the 2013 NHCOA Report (p 23). As reported by the authors, "LGBT Hispanics suffer from poorer health, including higher incidence of HIV, diabetes, asthma, and impaired vision (Fredriksen-Goldsen et al., 2011), as a result of poor health earlier in life. With the lowest access to health insurance of all racial and ethnic groups, Hispanic people are more likely to enter old age, and Medicare, in poor health" (p 24).

Many elders remember this history with torment despite the recent changes in their U.S. civil rights. Additionally, they have difficulty in obtaining adequate support and assistance as they get older. One can expect differences among these elderly by socio-economic status and education, and by where they were raised. For those who identify as transgender, the spectrum of being transgender is fluid and complex that can affect finding social support as challenging when one becomes older. Currently we depend on the narrative of those who are transgender to gain insight into the issues they face. Although APA now has adopted guidelines for psychological practice with transgender and gender nonconforming people, more information is needed to understand transgender elders (APA, 2015). Preparing for older age is difficult for any population especially when they see persons of their age getting sick and dying. Some elders re-examine and look to their beliefs about spirituality and faith as a way to cope and manage even though some church institutions vary in accepting of their identity. While health care needs increase with age, living on a limited income becomes more challenging. Affordable housing, limited access to

support services and care, difficulty finding a community for social support, feeling isolated, and dealing with stigma for their identity and for seeking behavioral health services are conditions elders face in a time of great need.

As behavioral health workers, our challenge is to help build bridges, expand the options and resources to address these limitations and needs. Incorporating cultural factors that enhance resilience such as *familismo*, *personalismo*, and *respeto* are ways we can create interventions and strategies to address their overall needs. Advocating for ways to address aging and the elderly is a way to build bridges and hopefully create solutions that better address the challenges of being older and sexual and gender diverse. Creating a forum for oral histories, having cultural and recreational social events, and engaging younger persons to assist the needs of elders are some ways to address limitations in a culturally congruent manner. Conducting focus groups was found to be useful to provide better insight and to assess needs of this elderly group in various regions or locales (NHCOA Report, 2013). Preparing younger persons for minimizing the impact of issues they likely face as a function of aging is an important preventive focus. Further educating ourselves to the complexities of this group would be of great benefit to develop a better understanding of sexual and gender diverse elders.

References

- American Psychological Association. (2015). Guidelines for psychological Practice with Transgender and Gender Nonconforming People. *American Psychologist*, 70 (9), 832-864.
- Cochran, S. D., Mays, V. M., Alegria, M., Ortega, A. N., & Takeuchi, D. (2007). Mental health and substance use disorders among Latino and Asian American lesbian, gay, and bisexual adults. *Journal of Consulting and Clinical Psychology*, 75, 785-794.
- Diaz, R. M., Ayala, G., Beinm E., Henne, J., & Marin, B. V. (2001). The impact of homophobia, poverty, and racism on the mental health of gay and bisexual Latino men: findings from three U.S. cities. *American Journal of Public Health*, 91, 927-932.
- Feinberg, L., Reinhard, S. C., Houser, A., & Choula, R. (June 2011). *Valuing the invaluable: 2011 update, the growing contributions and costs of family caregiving* (Insight on the Issues 51). Washington, DC: American Association of Retired Persons Public Policy Institute.
- NHCOA Report. (2013). *Hispanic LGBT older adult needs assessment*. Retrieved from <http://www.nhcoa.org/wp-content/uploads/2014/02/NHCOA-Hispanic-LGBT-Older-Adult-Needs-Assessment-In-Their-Own-Words.pdf>
- Wikipedia. (2017). *LGBT rights in the United States*. Retrieved from https://en.wikipedia.org/wiki/LGBT_rights_in_the_Uni

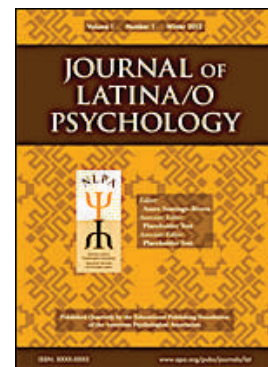
BECOME A MEMBER



NATIONAL LATINA/O PSYCHOLOGICAL ASSOCIATION

MEMBERSHIP BENEFITS

- NLPA Newsletter
 - Access to NLPA Listserv
 - Voting Privileges
 - Advocacy, Networking & Mentorship
 - Professional & Student Leadership Opportunities
 - Webinars from leading experts in Latina/o Psychology from across the country
 - Special member prices for biennial conference and job postings
 - Subscription to the Journal of Latina/o Psychology (JLP)
- ...and much more!**



To view additional membership information visit
nlpa.memberclicks.net/why-join

For questions contact our Membership Chair
Dr. Zully Rivera Ramos | membership@nlpa.ws



@NLPA1



facebook.com/1NLPA



Type of Membership (Check One):

New Membership

Membership Renewal

By signing you acknowledge to have reviewed NLPA's bylaws (visit www.nlpa.ws/bylaws) and agree to obey to them while a member of NLPA. **Signature:** _____

Contact Information

Name: _____ Degree: _____ Year: _____

Title/Position: _____

List any Professional License/and or certificate: _____

Institution/Organization: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Email Address: _____

Phone: _____ Fax: _____ Ethnic Self-Identification (Optional): _____

Clinical, Research, & Teaching Interests:

Fees (Please visit the association's website for description of membership category. Check all that apply):

Undergraduate Student \$30

Community Member \$30

Graduate Student \$50

International Member \$50

Early Career Psychologists \$75
Within ten years receipt of
doctorate degree

Institution \$100

Professional \$95

Life Time Member \$800

Allied Professional \$95

Voluntary Contribution, please specify amount \$ _____

Would you like to be included on the NLPA Listserve? Yes No

Have you ever been convicted of a felony, expelled from a professional organization on ethical or professional grounds, or had your license to practice revoked? Yes _____ No _____ If yes, please add additional documentation explaining the circumstances around the conviction, expulsion, or revocation. E-mail documents to info@nlpa.ws

Would you like to join any of the following Special Interest Groups (SIG) and be included in their communications? See descriptions on SIGs at www.nlpa.ws/special-interest-groups Select up to three:

- | | |
|---|---|
| <input type="checkbox"/> BIL | Bilingual Issues in Latino/a Mental Health |
| <input type="checkbox"/> CAF | Latino/a Child, Adolescent, & Family Psychology |
| <input type="checkbox"/> EBP | Evidence Based Practice with Latino Populations |
| <input type="checkbox"/> LGBTQI Orgullo | Latino/a: Sexual Orientation and Gender Identity |
| <input type="checkbox"/> ML | Mentors y Lideres: Apoyando a Futuros Profesionales |
| <input type="checkbox"/> NEURO NLPA | Neuropsychology |

Mail form with payment payable to NLPA
Attn: Ricardo Aguirre
ABRAZO Multicultural Marketing & Communication

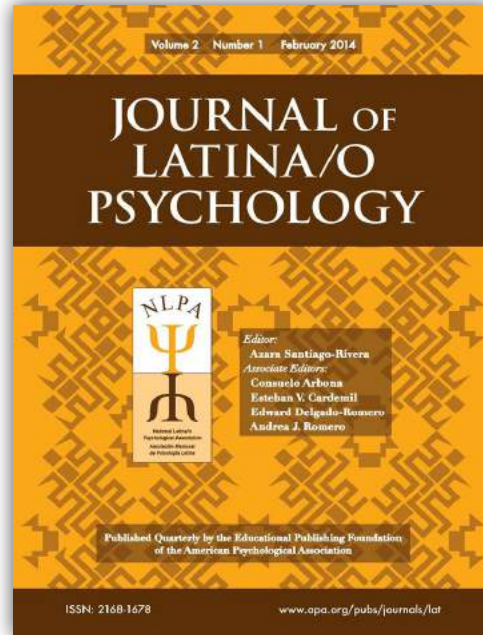


APA JOURNALS
Publishing on the Forefront of Psychology



**National Latina/o
 Psychological Association**
 Asociación Nacional de Psicología Latina

**THE AMERICAN PSYCHOLOGICAL ASSOCIATION IS PROUD TO PUBLISH
 THE OFFICIAL JOURNAL OF THE NATIONAL LATINA/O PSYCHOLOGICAL ASSOCIATION**



EDITOR:

Esteban V. Cardemil, Ph.D.

Clark University

The National Latina/o Psychological Association (NLPA) and the Journals Program of the American Psychological Association (APA) have joined together to launch the Journal of Latina/o Psychology, a peer-reviewed journal. The *Journal of Latina/o Psychology* is committed to publishing scholarly writing on research, practice, advocacy, education, and policy relevant to Latino communities. The journal publishes empirical, theoretical, methodological, and applied research.

ASSOCIATE EDITORS:

Ignacio D. Acevedo-Polakovich, Ph.D.
Michigan State University

Consuelo Arbona, Ph.D.
University of Houston

Edward Delgado-Romero, Ph.D.
University of Georgia, Athen

Esther Calzada, Ph.D.
The University of Texas at Austin

Omar Gudino, Ph.D.
University of Denver

VISIT US AT:

www.apa.org/pubs/journals/lat/

BUROS

CENTER FOR TESTING

BUROS.ORG

*Improving the science and practice
of testing and assessment*

- **Test Reviews & Information**
- **Assessment Literacy**
- **Psychometric Consulting**

If you

- ✓ test Spanish speakers
- ✓ select Spanish tests
- ✓ teach testing courses
- ✓ need to find a test
- ✓ need test information

Then you need...



Buy it now!



BUROS
CENTER FOR TESTING

UNIVERSITY OF
Nebraska
Lincoln

SAN DIEGO PSYCHOLOGICAL ASSOCIATION 2018 FALL CONFERENCE



ENCOUNTERING
SUBSTANCE USE
IN CLINICAL PRACTICE
Emerging Issues & Divergent Perspectives

Saturday, October 27, 2018
7:15 am - 4:30 pm

DoubleTree by Hilton Hotel San Diego - Mission Valley
7450 Hazard Center Drive, San Diego, CA 92108

VIEW FULL CONFERENCE AGENDA AND REGISTER
<https://sdpsych.org/event-2816645>

The 2018 SDPA Fall Conference focuses on the very timely topic of problematic substance use encountered in psychology clinical practice. There has been a rapid increase in the use of prescription and non-prescription opioid drugs in the U.S. over the last two decades. Drug overdoses have become the leading cause of death of Americans under the age of 50 with two-thirds of those deaths from opioids. Behaviors associated with alcohol abuse and alcoholism in the U.S. have also become more problematic.

Over 90% of psychologists report encountering problematic substance use in their practices. Yet psychologists often feel inadequately trained to assess, conceptualize, and treat these clients. Our 2018 Fall Conference aims to provide the clinical practitioner with the *emerging issues* in the problem of substance use and the *divergent perspectives* in conceptualizing and treating clients with these very compelling and complex issues.



KEYNOTE SPEAKER

George F. Koob, Ph.D.
Director
National Institute on Alcohol Abuse and Alcoholism (NIAAA)

Author
Drugs, Addiction, and the Brain (2014)



CORRECT CARE
RECOVERY SOLUTIONS

***More Than Healthcare,
Correct Care Solutions.***

Who We Are

CCRS is a wholly owned subsidiary of Correct Care Solutions, an international leader in public healthcare with nearly 11,000 professionals. CCRS is the nation’s leading provider of forensic mental health services.



Empathy



Compassion

..... Opportunities for:

**Psychologists, Psychiatrists, Licensed Professional Counselors,
Licensed Clinical Social Workers, and Mental Health Technicians**

**Full-Time, Part-Time and PRN available
New grads welcome!**

**Comprehensive Benefits • 401k • Tuition Reimbursement
• Competitive Compensation • Advancement Opportunities • So Much More...**

CALL OR TEXT TODAY, OR APPLY ONLINE

Nichole Adamson 561-810-5765 NAdamson@correctcaresolutions.com

ccs.careers

CCS IS PROUDLY AN EQUAL OPPORTUNITY EMPLOYER

Practice care the way you’ve always wanted.