

Diversity Matters!

A Quarterly Newsletter



Produced by:
The Diversity Committee (DC)
The Multicultural Reading Group (MCRG)
Department of Psychology

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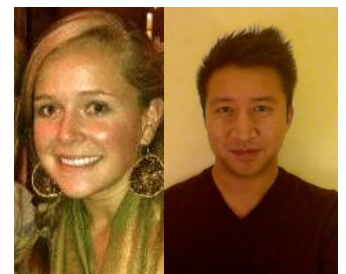
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Greetings, DU's Department of Psychology, and welcome to a new year! 2012 has brought with it a revitalized energy and new exciting ideas for improving the ways in which we connect and collaborate with one another. We hope you find this very first Diversity Newsletter, *Diversity Matters!*, to be one of the many great steps forward that we can take together as a department.



Sundermann & Reyes

Diversity Matters! is a collaborative effort between the Diversity Committee (DC) and Multicultural Reading Group (MCRG) within the department. This past year, DC and MCRG members have been working particularly hard to better evaluate, discuss, and revise our department's approaches to multicultural issues. Meanwhile, many faculty members and students who are not in DC or MCRG continued to pursue the promotion of diversity across teaching, clinical work, community involvement, and research projects. This newsletter was born out of DC and MCRG members' desire to come up with an effective (and maybe even fun) way to connect as a department over the multicultural work being conducted by members of our department.

Not surprisingly, we found no shortage of high quality work, which we have highlighted here. We hope this newsletter encourages and inspires you to further engage and appreciate multiculturalism both professionally as well as personally. Happy New Year!

Jane Sundermann, Child Clinical Psychology Graduate Student
John Paul Reyes, Child Clinical Psychology Graduate Student

Faculty Spotlight: Sarah Watamura

Written by: Tejas Srinivas

Dr. Sarah Watamura and graduate students Marina Mendoza and Lisa McFadyen-Ketchum of the Child Health and Development Lab are embarking on an exciting new study in collaboration with Head Start programs in the Denver metro area and with Amanda Moreno of the Marsico Institute. The study will include diverse families (35% African American, 60% Hispanic, and 5% non-Hispanic, with no group overlap). The study tests the efficacy of a parenting intervention designed to reduce children's toxic stress. The intervention will be administered by community therapists from the Mental Health Center of Denver, under the direction of Dr. Lydia Prado.



Very young children are especially dependent on their caregivers for the regulation of their stress, so that attuning parents to techniques that enhance the core parent-child bond may help parents serve as better buffers against stress and thereby also improve children's outcomes.

Since the sample includes distinct ethno-cultural groups, a "one size fits all" model will not adequately address issues specific to each group. The parent-focused support condition will include focus groups asking parents how the intervention could be adapted to make the strategies more applicable to issues they face and are not covered by the general parenting intervention.

A recently completed study conducted by Watamura & Mendoza found that first-generation children of Hispanic immigrants had lower levels of physiological stress than immigrant children in general. Hispanic immigrants, as compared to immigrants from other racial/ethnic groups, may engage in more positive parenting behaviors that help disrupt the transmission of high stress levels from parents to children.

QUICK FACTS about the study:

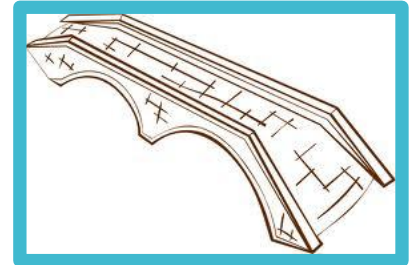
- A 3-year Randomized Controlled Trial for 360 families from 6 head start programs, randomized to 3 conditions:
 - (1) Control = typical Head Start
 - (2) Experimental = parenting intervention
 - (3) Experimental: parenting intervention + parent-focused support
- Parenting intervention = 10-week manualized Microsocial Video-Coaching Intervention—*Filming Interactions to Nurture Development* (FIND)
- Stress in children and mothers will be measured through cortisol levels
- Coping, cognitive skills, and socio-emotional health of children and mothers will be assessed with questionnaires and tasks.

Thank you to Dr. Watamura and graduate student, Marina Mendoza, for sharing their team's wonderful work; we look forward to following this new study!

Students' Spotlight: P.A.C.E.

Written by: **Shelby Scott**

The Psychology Advocates for Community Engagement (PACE) is a new student organization founded by second-year clinical student, Shelby Scott. PACE meets bi-weekly to discuss new ways for students to get directly involved with disseminating knowledge, reducing stigmas associated with psychopathology and treatment, and providing empirically-supported treatments to the local community. Through collaboration with clinic director, Dr. Stephen Shirk, PACE looks forward to establishing an on-site clinic at Englewood High School (EHS) as early as January 2012. This project has involved extensive cooperation and collaboration with EHS, including Callan Clark, Director of Student Services. EHS is the only general public high school of Englewood ISD and is located very close to DU's campus (approximately 7 minutes driving). The on-site clinic will provide free therapy for depression and/or anxiety to students who are referred for treatment by school personnel. The student population at EHS primarily consists of Latino students from low socioeconomic status. A collaboration between PACE and EHS is consistent with the department's efforts to increase community engagement and to address multicultural issues in mental health. This clinic will be a direct off-shoot of the Child and Family Clinic, in which clinical students may earn clinical hours with supervision from clinical faculty. PACE also hopes to provide additional services at EHS, including parenting workshops, relationship education programs, and/or couples therapy. Non-clinical student may also participate in PACE's goals, including its efforts to provide the local community with resources and information regarding a range of psychology related issues. For more information, please contact Shelby at Shelby.Scott@du.edu and look out for future emails regarding meeting times and scheduling.



PACE: Bridging academia and the community

Multicultural Reading Group (MCRG) Welcomes You!

Written by: **Hannah Bianco**

The Multicultural Reading Group (MCRG) is the psychology department's student-organized group that serves as a forum for department members to gather to address issues relating to diversity, inclusive excellence, and multicultural research inside and outside the department. In its current incarnation, with faculty advice from Dr. Ann Chu, MCRG also serves as a supportive network for students. Last year, students used MCRG as a base of operations for planning and implementing activities such as workshops for DU's annual Diversity Summit and department- and campus-wide cultural climate surveys. We're looking to expand our functions – student ideas for future discussion topics or activities are welcome at anytime! MCRG meets several times per academic quarter depending on the needs of the group. The group is open to anyone who would like join at anytime – we look forward to having you with us or hearing more about our endeavors!



MCRG Members: JP Reyes, Tish MacDonald, and Jane Sundermann Speak to the DU Community @ the Diversity Summit



Upcoming Events @ DU or Denver:

Written by: Eliana
Hurwich-Reiss

When?	What?	Details:	Want more info?
Monthly, details TBA	Multicultural Reading Group (MCRG)	Mostly student reading group. Faculty Advisor: Ann Chu, PhD. Frontier Hall .	Hannah Bianco hbianco@du.edu
Second Tuesday of each month 2:00 – 3:30 p.m.	Diversity Committee (DC)	Faculty/student committee. Frontier Hall.	Jane Sundermann jane.sundermann@gmail
Biweekly, details TBA	Psychology Advocates for Community Engagement (PACE)	Student group (see above in this newsletter). Faculty Advisor: Stephen Shirk, PhD.	Shelby Scott shelbyscott@gmail
Every Wednesday 7:00-8:00 p.m.	Drop-in beginning salsa lessons!	Turnverein Dance & Cultural Center 1570 Clarkson Street, Denver, CO. \$ 5 members, \$10 non-members	More Salsa Central info: http://www.salsacentraldenver.com/
Monday, Jan. 16, 2012 9:00 a.m. – 1:00 p.m.	Martin Luther King <i>MARADE</i> (March and Parade)	Participants gather @ Dr. King Memorial site in City Park and march to Civic Center Park. FREE event.	More MLK day info: http://www.denver.org/e vents
Saturday, Jan. 21, 2012 1:00 – 2:00 p.m. Performances 4:00 – 5:00 p.m. Performances 12:00– 5:00 p.m. Culture Fair & Taste of China	Chinese New Year Celebrations: Performances, Culture Fair, & Taste of China.	Rec Center @ Southridge, Wildcat Mountain Auditorium, Highlands Ranch. Cost: \$10.	http://greatwallchineseacademy.org/denverchinesenewyear.html . Ticket Office at 303-471-8859
Sunday, Feb. 26, 2012 7:00 p.m. – 11:00 p.m.	Stomp to Shock, Step competition	Davis Auditorium @ DU.	http://www.du.edu/cme/cme_calendar.html
March 9-12, 2012	TRANSforming Gender Symposium	CU Boulder's free conference on gender identity/expression diversity and issues	http://www.du.edu/cme/lgbtiqa.html
March 23-25, 2012	37th Annual Denver March PowWow	Denver Coliseum	http://www.denvermarcpowwow.org/

Next issue:

We will produce the next issue (Vol 1. No 2, Spring Quarter 2012) of *Diversity Matters!* in May 2012. If you would like to contribute in any way, please contact the Winter Quarter co-editors, Reyes (jpmreyes80@gmail) or Sundermann (jane.sundermann@gmail) as soon as possible. We look forward to hearing your feedback and to introducing two new student co-editors for the Spring 2012 newsletter!