

Diversity Matters!

The newsletter of the Inclusive Excellence Committee and Multicultural Interest Group



UNIVERSITY of
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ARTS, HUMANITIES
& SOCIAL SCIENCES
Department of Psychology

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Welcome to the Winter issue!

Michelle Lee & Omar G. Gudiño, Guest Editors

We are pleased to welcome you to the Winter issue of *Diversity Matters!* This newsletter is the result of a collaborative effort between the Inclusive Excellence Committee and the Multicultural Interest Group. The goal of the newsletter is to highlight some of the diversity-related efforts of our students, staff, faculty and community. In addition to recognizing the important work that is already happening, we hope that this newsletter will help foster collaboration among members of the Department of Psychology and ongoing engagement with the broader Denver community.

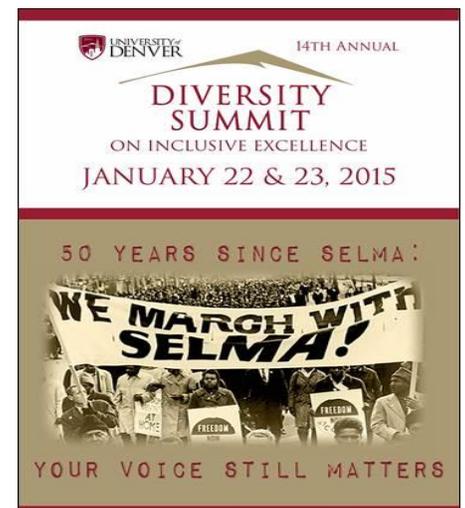


In this issue, you'll find two articles highlighting presentations from the 14th annual **Diversity Summit on Inclusive Excellence**. This year's summit, "*Fifty Years Since Selma: Your Voice Still Matters*," was held on January 22-23, 2015. IRISE postdoc fellow María Islas-López was a member of a discussion panel entitled "Interrogating the 'I' in IRISE: Power, Privilege, and Research at DU and Beyond." Graduate students Amy Anderson, Larissa D'Abreu, Jamie Novak, and Ann Spilker conducted a workshop on adolescent mental health needs. You will also have the opportunity to learn about an exciting collaborative training approach for working with Spanish-speaking populations.

Please also take a moment to check out the "Inclusive Excellence Calendar" for upcoming inclusive excellence events.

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The 14th Annual Diversity Summit: A Report from the Field

María Islas-López, PhD



On Jan. 22 and 23, DU hosted its 14th annual Diversity Summit on Inclusive Excellence. This year's summit theme was "Fifty Years Since Selma: Your Voice Still Matters." Members of the Psychology department joined other DU students, faculty and staff, as well as members of the Denver community, in an exciting number of workshops and presentations aimed to strengthen our practice of inclusive excellence on campus and beyond. As a postdoctoral fellow for the Interdisciplinary Research Incubator for the Study of (In)Equality (IRISE), I had the opportunity to participate in the opening session as part of a discussion panel entitled "Interrogating the 'I' in IRISE: Power, Privilege, and Research at DU and Beyond." Moderated by Dr. Maria Salazar, a professor from the Morgridge College of Education, this panel kicked off the diversity summit with presentations by the three IRISE postdoctoral fellows (Dr. Subini Annamma, Ms. Jennifer-Grace Ewa and myself) and the IRISE graduate student research grantee (Ms. Varaxy Yi Borrromeo, from the Morgridge College of Education). Our presentations united our various interdisciplinary research agendas under the common rubric of voice and inclusivity.

In my talk, "Minding the Future, Voice and the Capacity to Aspire," I drew on insights from my ongoing research with immigrant families to make a general point about the links between contexts of inequality and people's capacity to envision and accomplish futures. The other presentations discussed the school-to-prison pipeline and the criminalization of marginalized children in schools, the voice of first-generation college students and the recognition of underrepresented groups, and the links between segregation, our perceptions and use of space and our sense of belonging. These presentations were preceded by a short video clip of interviews with DU students responding to questions aiming to connect their personal experiences with the themes of our research. At the end of each presentation, the audience had the opportunity to have brief exchanges prompted by the content of our presentations. These presentations, the perspectives of the interviewed students, and the engagement of the attendees created a synergy that put in evidence the ability of the DU community to appreciate, value and engage with multiple and diverse perspectives both within and outside DU. A video recording of this session is available in the IRISE website: <http://www.du.edu/irise/index.html>

Addressing Unmet Mental Health Need in Adolescence

*Amy Anderson, Larissa D'Abreu, Jamie Novak, and Ann Spilker
Graduate Students*



More than 1 in 5 teenagers meet criteria for a mental disorder and the average age of onset for mental disorders occurs during the teenage years. Adolescence is clearly a critical time to intervene and teens represent an important population needing care.

However, adolescence is typically portrayed as a period of storm and stress, and teenagers themselves are often characterized as “angsty”, reckless, and rebellious. These inaccurate stereotypes can make it difficult for parents, teachers, and care providers to recognize signs of mental illness in this traditionally underserved population. To address these concerns about unmet mental health needs in adolescents, we presented *“It’s Not Easy Being a Teen”*: *Exploring Popular Representations of Adolescence as a Barrier to Mental Health Treatment* at DU’s 14th Annual Diversity Summit on Inclusive Excellence. The workshop delineated specific challenges that impact mental health care for adolescents, particularly around recognizing the signs of mental illness in this traditionally underserved population. In addition, the workshop focused on educating individuals about prevalence, symptoms, and severity of mental illnesses in adolescents, and established strategies to overcome the stigma of mental disorders in adolescence. Productive discussions explored debunking popular stereotypes and establishing helping strategies.

A Collaborative Training Approach for Working with Spanish-Speaking Populations

Omar Gudiño, PhD and Jill Holm-Denoma, PhD



Students and faculty in the Department of Psychology regularly work with Spanish-speaking families in research and clinical endeavors. However, there appeared to be few opportunities within the department for members of different research labs to come together to improve their effectiveness in working with this population or to support those who wished to develop their language and cultural competence in additional ways. To address this potential gap, Jill Holm-Denoma spearheaded a needs assessment to identify the needs of the department and explore ways to address those needs.

Dr. Holm-Denoma and I (Omar Gudino) had several meetings, met with faculty outside of our department, and compiled information on resources available at DU and outside of the university. In Spring of 2014, we collected additional information from members of the department about needs and interest in various training alternatives. Using this information, we began a series of weekly group meetings on Working Effectively with Spanish-speaking Populations in the Fall of 2014. These groups were attended by students, faculty, and staff with an alternating format consisting of (a) focused presentations led by the group members (e.g., issues related to translation; conducting immigration evaluations) and (b) discussion groups conducted entirely in Spanish. The goal of these meetings was to enhance Spanish language skills and cultural competence for work in research and clinical settings.

At the end of the Fall quarter, we obtained feedback from group attendees and revised the format of the group to better address the needs of the members. Starting in Winter of 2015, the format of the group changed so that group meetings occurred about once per month, provided more in-depth information on a topic, and emphasized the application of knowledge. Jill Holm-Denoma started off the Winter quarter series with a presentation on conducting clinical assessments of children who are dual-language learners. Eliana Hurwich-Reiss and Marina Mendoza, from the Watamura Lab, also presented on challenges and approaches to accurate assessment of economic and family risks when conducting research with Spanish-speaking families.

In addition to these formal meetings, group members volunteer to compile and distribute relevant Spanish terms or phrases on a weekly basis. Furthermore, we opted to forgo holding exclusively in-house Spanish conversation groups and instead elected to capitalize on opportunities outside of our department. For example, members had the option of attending a Spanish-speaking discussion group with students and faculty from the Graduate School of Social Work and/or attending Spanish happy hour groups organized by the Latin American Studies Association (LASA). As in previous quarters, members could also pursue Spanish training and tutoring opportunities available through DU Center for World Languages and Cultures.

Spanish-Speaking, continued from page 5

We are excited by the commitment of students, staff, and faculty that have participated in the group thus far! We look forward to continuing to grow and evolve as we support the ability of our department to work effectively with Spanish-speaking populations. If you are interested in joining, please email jholmden@du.edu or omar.gudino@du.edu. ¡Esperamos verlos muy pronto!

Inclusive Excellence Calendar

What?	When?	Where?	Description	For more information
"Environment of Childhood Poverty"	March 31, 2015 4:30-5:30pm	DU Sturm Hall 253	Gary Evans, PhD, Elizabeth Lee Vincent Professor of Human Ecology, Cornell University Marsico Social Science Visiting Scholar	http://www.du.edu/ahs/s/25live-calendar.html
The 1968 Exhibit	February 7 - May 10, 2015	History Colorado Center 1200 Broadway	The 1968 Exhibit brings to life this pivotal American year through photographs, artifacts, vintage pop culture items and interactives. Explore the exhibit and see the events that changed Colorado and America forever.	http://historycoloradoenter.org/exhibits/the-1968-exhibit/
"Talking Heads: Queer Television of the 1980s"	April 2, 2015 12:00 PM - 1:00 PM	DU Sturm Hall 286	Amy Villarejo, PhD Chair and Professor of the Department of Performing and Media, Cornell University. Critical Cultural Studies Lecture Series <i>Reception to Follow</i>	
Open World Learning Tech Fair	Apr 24, 2015 04:00 PM - Sat Apr 25, 2015 02:00 PM	3001 Brighton Blvd Denver, CO 80216	Over 100 low-income 3rd-8th grade students from the Denver area will be competing in this year's OpenWorld Learning (OWL) TechFair. Volunteers needed!	http://www.volunteermatch.org/search/opp1936361.jsp
Cinco de Mayo Festival	May 2-3, 2015	Civic Center Park	A weekend filled with food, fun and culture, Denver's Cinco de Mayo "Celebrate Culture" Festival puts the spotlight on The Mile High City's vibrant Latino population. With more than 400,000 attendees expected, it's one of Denver's most fun and family-friendly events.	http://www.denver.org/things-to-do/denver-holiday-events/cinco-de-mayo/
Denver PrideFest 2015	June 20-21, 2015	Civic Center Park	Recognized as one of the top ten pride events in the country, Denver PrideFest in Civic Center Park is a celebration of community and culture that is welcoming -- and fun! -- to all attendees, regardless of sexual orientation.	http://www.denver.org/things-to-do/denver-holiday-events/denver-pridefest/
Urban Peak Volunteer Opportunity	4/10, 5/8, and 6/12	1630 South Acoma, Denver, CO 80223	Urban Peak is a local non-profit organization that provides housing and services to adolescents and young adults experiencing homelessness. MIG goes to the Urban Peak residential center once per month and prepares and serves a meal for the residents and staff.	skylar.leonard@du.edu