



Action Council Newsletter

■ FEBRUARY 2017 ■ CONFERENCE EDITION

From the Editor

ERNEST SHAW, LMSW



Welcome to the 2017 Cross-Cultural Conference and we are glad that you have chosen to review the conference edition of our newsletter. The primary

goal of this organization is to promote cultural competency through the various educational events that we sponsor and present throughout the year. This edition of the newsletter will provide our readers some of the highlights of the past year, thank those individuals and organizations who continue to contribute to our success and extend an invitation to everyone to join us for future events.

I would also like to ask all of our members to contribute to the content of the newsletter by submitting print-ready news items and photographs to me at Ernestshaw2001@yahoo.com. We know that you are doing great things out there that we all need to know about. Please remember that the opinions expressed in this publication are the opinions of the writers and do not necessarily reflect the policies of our organizations. We welcome corrections, opposing opinions, and constructive criticism.

THE PRESIDENT'S MESSAGE



James Starnes, Action Council President

Cultural diversity was front and center throughout 2016. While politics dominated all forms of media, the world learned how contrasting values and beliefs shape the character of our nation. Where one man sees poison, another sees fertilizer. As we face the reality of contrasting views and beliefs of our nation, we are compelled

to meet the needs of all people with excellence.

The 39th Annual Cross Cultural Conference will focus on the importance of collaboration among professionals. It is always the intent of the Action Council that information shared be based on best practices. Providers of human services, as well as policymakers, must realize that illness, poverty and economic despair are blind to political and religious affiliations. Service recipients benefit when changes come as a result of proven best practices and not politically motivated policy shifts.

The Action Council Board has ambitious goals for 2018, which marks the 40th anniversary of the Cross Cultural Conference. As an Action Council member, your suggestions and assistance is most welcome. Our newsletter, facebook page and website will provide details as they are developed. I hope this thirty-ninth annual conference will be a rewarding experience for all. I offer a special welcome to first-time conference attendees and I thank you all for your support of the Action Council. If I can be of assistance in anyway throughout the Conference and afterward, please do not hesitate to let me know.



Cultivating Professional Identity Amongst Graduate Students

Thommi Lawson, Ph.D.

Thommi Lawson, Ph.D.

Nontraditional students are returning to college to increase their career options (Chartrand, 1992). In a 2014 report produced by Destiny Solutions, 48 percent

of students on American university campuses were over the age of 24. By 2020, enrollment for this group is expected to grow by 20 percent. Nontraditional students have multiple life roles such as parent, caregiver to a parent(s), employee or employer, spouse, or volunteer. Given these multiple life roles and the pressure to excel in each role simultaneously, allotting time for experiential experiences for professional identity development amongst this population is a challenge for students.

Professional identity development is a process by which an individual reaches an understanding of her or his profession in conjunction with her or his own self-concept, enabling the articulation of occupational role, philosophy, and professional approach to

people within and outside of the individual's chosen field (Brott & Myers, 1999; Smith & Robinson, 1995). Professional identity development is a critical process for students in the helping profession to actively engage in and reflect on as it strengthens the connection to their chosen life's work and commitment to the counseling profession.

I am excited to continue the mission of the Action Council in chairing Student Day at the 2018 conference. The day will address the needs of both the first career student as well as students who are embarking on their second career. Workshops will include networking etiquette, NCE exam prep, and employment options after graduate school.

If you are interested in volunteering to help support Student Day, please contact me at thomasinalawson@webster.edu or 843-497-3677.

Thommi Lawson, Ph.D. is a Counselor Educator at Webster University in Myrtle Beach, SC

We will not forget!



Leon Love



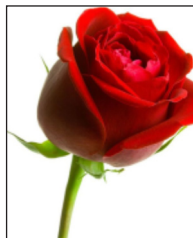
Racine Brown

During the past year, we lost three individuals who were instrumental in the early development of the Cross Cultural Conference and the Action Council. Leon Allen Love served in many capacities at the SC Department of Social Services before retiring nearly a quarter of a century later as a Deputy Director in 2007. Leon Love was a colleague and friend of Harrison Rearden and like his friend he was one of the early leaders of our organization. Mr. Leon Allen Love Sr. died on March 13, 2016.

Racine Darwin Brown became the Assistant Director of the SC Department of Mental Health in 1981 and for several years was thought to be in line to succeed Dr. William S. Hall as director. Like Dr. Hall, Dr. Brown provided crucial support to our organization during those early years. Dr. Racine Brown died on October 13, 2016.



Moses Rabb



Moses Rabb was a junior psychologist at the SC State Hospital and a colleague of Otis Corbitt during the upheaval of the 1960s. He spent most of his professional career working for the SC Commission on Alcohol and Drug Abuse. Dr. Rabb was one of the early leaders of the Action Council. Dr. Rabb died on October 26, 2016.

The 2016 Conference: How Did We Do?



Welcome to the 39th Annual Cross Cultural Conference. Planning is also underway for our 40th annual conference in 2018. However, we should take one last abbreviated look at last year's conference. The complete evaluation appeared in the 2016 Newsletter. The 38th Annual Cross Cultural Conference was held from February 18-21, 2016. The theme for last year's conference was: "Utilizing Best Practices to Promote Exceptional Systems of Care."

This conference was designed for persons working with diverse cultural groups including but not limited to social workers, nurses, professional counselors, psychologists, physicians, attorneys, law enforcement, policy makers, educators, members of the clergy, criminal justice professionals, as well as other interested personnel.

The goal of the conference was to provide participants with the knowledge, skills and networking opportunities to enhance the delivery and effectiveness of services in their respective professions.

The overall conference evaluation revealed the following: The Educational Value of Conference was 3.68, based on a 4.0 scale. The Extent Workshops for this year's conference were as advertised was rated at 3.72. Fifty-two respondents consisting of seventeen Action Council members and thirty-five nonmembers completed the overall conference evaluation. Forty-nine indicated that their personal goals and objectives were met during the conference. Only one person said that their personal goals and objectives were not met and two did not answer the question. Respondents were asked if they planned to attend next year's conference. Thirty-four answered yes, none said no and seventeen said maybe. Many of those who answered "maybe" cited cost or possible inability to get time off from work for their current uncertainty.

We appreciate the many comments made regarding the quality of the presentations made by the many talented speakers. There were a few negative comments. However, most were of the technical nature. Nevertheless, an examination of the hundreds of evaluation forms turned in by the attendees were almost universal in their conclusions. "You all did a fantastic job in hosting this conference! Teamwork made the dream work!! Give yourselves a pat on the back. I may be back next year! Go team go!" Another person added "You all did GREAT with providing a well-rounded diversity of topics. Action Council was excellent!!" We commend Nadine Livingston and all of the members of the planning committee for their hard work.

Hacer Nostoros el Valo Cultura la Diversidad

Myriam Torres of the Consortium for Latino Immigration Studies at the Arnold School of Public Health at the University of South Carolina graduated from Universidad de Antioquia in Medellín, Colombia and Universidad Javeriana in Bogotá, Colombia before earning a Master of Science in Public Health from the Arnold School of Public Health at the University of South Carolina. Lee S. McElveen of the S.C. Commission for Minority Affairs Board was born in Mexico City. Her father was Puerto Rican and her mother was born in South Carolina. She grew up in Puerto Rico in a bicultural and bilingual home. She has worked in Puerto Rico and South Carolina. Dr. Torres and Ms. McElveen have served on the Board of the Action Council.

Ana Isabel Gallego was the Program Director of Alliance for a Healthier South Carolina. She was educated at Universidad ICESI in Cali, Colombia and the University of South Carolina. Ana received the Michael Doyle Jarrett Award for her commitment to public health and a high potential for leadership. Ana briefly served on the Board of Directors of the Action Council. She is currently Director Policy and Health Systems Analysis at New York City Department of Health and Mental Hygiene.

The goal of the Action Council is to achieve more diversity in the composition of our board and all of our endeavors as the face of our society continue to evolve. We hope that our commitment to this goal is reflected in the content of our educational presentations. In recent years, we have featured Dr. Arelis Moore de Peralta from Clemson University who spoke of the challenges Hispanics in South Carolina experience in attempting to access human services. She taught in the School of Medicine at the Ibero-American University in Santo Domingo in the Dominican Republic before coming to South Carolina, Pastor Ruben Navarrete of Primera Iglesia Bautista Hispana, a Hispanic Church in Columbia was featured at a recent conference. Dr. Cristina M. López of the College of Nursing and the Mental Health Disparities and Diversity Program in the Department of Psychiatry and Behavioral Sciences at the Medical University of South Carolina has spoken at several recent conferences. We look forward to our continuing collaboration with members of our increasingly diverse community. Ironically, Myriam Torres was on the television behind me speaking about our new president's decision to build a wall on our southern border to stem the flow of illegal immigrants into this country as I wrote the last lines of this story.



*Myriam E. Torres
Lee S. McElveen
Ana Isabel Gallego*

*Arelis Moore de Peralta
Ruben Navarrete
Cristina M. Lopez*

Who are we?

Can you identify these two gentlemen who grew up, came south and became "cousins"? See answer on last page.

The Black Male Summit

The most recent Black Male Summit took place in Aiken on October 28-29. Wesley United Methodist Church and Open Heart United Methodist Church and the Rev. Pattie E. Gordon served as host. The Convocation was held at Wesley United Methodist Church and the speaker was The Rev. Willie E. Wade of Abundantly Blessed Life Empowerment Ministries of Charleston.

Many members of the Board of Directors participated in a retreat on Friday afternoon. Board members Carl Jones and Wendell Price provided information to members.

A variety of speakers addressed issues pertinent to the Black male on Saturday, October 29, 2016, at Open Heart United Methodist Church. The theme was "Restoring the Legacy of the African American Male."

The Opening Plenary Session titled Know Your Rights was presented by Geoffrey Alan Alls, JD of the Alls Law Firm of Savannah, Georgia. One participant noted "Attorney Alls did an excellent job...Session was quite interesting." Another person noted that planners needed to other ways to get more young men to attend, "maybe finding a way to pick them up, and returning them home."



Carl Jones



Wendell Price

Terry B. Miller, counselor and founder of Word of Life Behavioral Health in North Augusta Presented Effects of Illicit Drugs on Individuals, Families and their Communities. "This type of session is very much needed by our youth," wrote one participant.

Carl E. Jones, Ph.D., a member of the Action Council Board of Directors presented Anger Management and Bullying. One person noted. Jones is a dynamic and thoroughly sincere presenter."

Burnett Gallman, MD, one of the prominent figure in the early history of our organization was the luncheon Speaker. Dr. Gallman's presentation was described as "Simply excellent!"



Ernest Shaw



Carl Jones



Herbert Walker

Ernest Shaw, LMSW, retired social worker and editor of this newsletter was asked to address "How Young Men Should Treat Young Ladies." The presentation was described as "Superb!!"



Attorney Alls



Terry Miller



Dr. Gallman



Jerry Smith

Jerry Smith, LCSW of Augusta presented Success After High School.

Herbert Walker, M.B.A., CPA Action Council Board Treasurer provided the participants with strategies to empower themselves financially by enhancing earning potential and building wealth through savings, investment and the wise use of credit. To the point, good resource for financial management. His presentation was described as "To the point, good resource for financial management."



Rev. Gordon



President Starnes



Willie Bethune

President James Starnes and Willie Bethune, LMSW of the Action Council Board of Directors closed out the summit with a Wrap Up of findings and recommendations. We appreciate the contributions of everyone who made the summit successful. We thank President Starnes.

The 2016 Female Leadership Conference

On October 1, 2016, the Action Council collaborated with Francis Marion University to present the 2016 Female Leadership Conference on the campus of the university. We were especially pleased that many of the attendees were young ladies.

The opening speaker was Rhonda M. Brogdon, DNP, RN, MBA, Assistant Professor of Nursing at Francis Marion University. Her presentation was described as “Good information to bring awareness to female health issues.” Another attendee wrote “Very approachable and pleasant! You were very engaged and sympathetic to the voiced concerns.”

Gina Newsome Duncan, M.D., formerly of Georgia Regents Hospital and a frequent speaker at recent conferences spoke on the issue of Mental and Emotional Health: What’s Your Vision? Dr. Duncan is currently affiliated with Eastover Psychological & Psychiatric Group, P.A. in Charlotte, NC. One participant wrote the following about her presentation: “Can always be counted on to do a good job. Excellent presenter.

Beverly W. Brockington, BS, the Women Infant and Children Nutrition Manager at the SC Department of Health and Environmental Control presented A Healthier You. “Very knowledgeable in what is needed to have a healthy diet for life and to decrease the risk of disease.” Was the way one participant described her offering.

Monique M. Law is a Project Manager at Hewlett-Packard. Her luncheon speech titled Race to Rescue. Ms. Law used her avocation of running to draw attention to the serious problem of human sexual trafficking. “Excellent presentation and topic. Your core point about the valuing of money over human life, and the power we have to change it was so salient” wrote one participant while another noted “This was an inspirational presentation. The delivery, I am sure, inspired some to want to help.”

Dr. Rose H. Wilder, Superintendent of Clarendon School District One presented The Public School System: What You Need to Know. “Dr. Wilder was very organized and very knowledgeable about her subject. I think she was one of the best, if not the best presenter for today” one person noted.

Teresa Johnson Ramey the Vice President for Student Affairs and Dean of Students at Francis Marion University presented Managing the Inevitable: Conflict Management Skills for Young Women. Her effort was described as “Excellent thought provoking and informative.”

The Closing Speaker was attorney Fycena Renee Gaters. One observer noted “Ms. Gaters provided a wonderful,



The 2016 Female Leadership Conference
Strengthening & Empowering The
21st Century Woman
presented by
THE ACTION COUNCIL
for Cross Cultural Mental Health and Human Services

October 1, 2016
Francis Marion University
Florence, SC 8:00 am - 3:30 pm

Healthy, Wealthy & Wise

enthusiastic, and empowering speech discussing ways to motivate generations to take action and relay information. Would love to hear her speak again and learn additional ways to reach out to others.”

Nadine Livingston, Johnese Bostic, Tracy Richardson, Yulaundra Heyward, Beverly Woods, Cassandra A. McCray and S. Elaine Leonard served on the committee that planned the conference. We thank Francis Marion University for their hospitality and the generosity of their staff. We also greatly appreciate the contributions of the other presenters. We look forward to continuing our networking and collaboration with Francis Marion and other educational institutions.



*Rhonda M. Brogdon
Gina Newsome Duncan
Beverly W. Brockington*

*Monique M. Law
Rose H. Wilder
Teresa Johnson Ramey
Fycena Renee Gaters*

The Honorable *Harrison Rearden*

Harrison Rearden, a native of Edgefield County, was educated at South Carolina State University, Fisk University, and Indiana University. He was a school teacher and district manager in the insurance industry. He also spent twenty-nine years with the Department of Social Services where he retired as Chief of Staff and Deputy State Director. He has served on many boards, commissions, and committees including the United Baptist Deacons of Columbia, the American Lung Association, the South Carolina State Employees Association, the Salvation Army, the Columbia Metropolitan Airport Commission, the SC Department of Transportation Commission, the NAACP, the Lupus Foundation and the United Way of the Midlands.

He has been awarded the Order of the Palmetto, the Order of the Silver Crescent and there is even an interchange at the intersection of South Carolina Highway 277 and Fontaine Road near Columbia with his name on it. It is a well-deserved honor for Mr. Rearden, but we are honored that a man who serves on so many boards has chosen

to serve with us. As we prepare for the 40th Cross Cultural Conference, it is proper and fitting that we look back and take note of the fact that Mr. Harrison Rearden was present at the beginning of our journey, but he is still available to serve as the voice of reason as we deliberate issues of great importance.



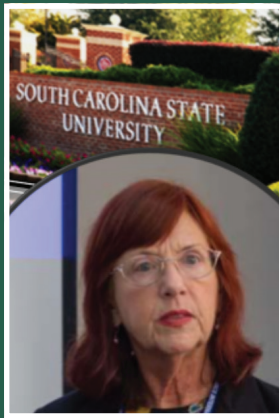
Meet our Newest Board Member



The Action Council has been fortunate to have many talented board members throughout the past thirty-nine years. Some of our members have been around for decades. In a recent meeting, one member remarked that several of our members had been around since before she was born. As we approach the 40th. Cross Cultural Conference, we will continue to highlight the lives our seasoned members who have sustained our organization with their considerable talents. Nevertheless, one of the ways that we remain true to founder Otis Corbitt's belief that "we must make certain that our dreams always overshadow our memories," is to welcome talented new members to the fold. It is in that spirit that we welcome Yvette Nicole Odom, LMSW, a social worker practicing in the Columbia area. We hope to learn more about Yvette in the pages of this newsletter in the future.

Stress in the 21st Century – Part II: *Change and Role Overload*

Carol Apt, Ph.D., January 26, 2017



America in the 21st century is rich, powerful, economically and politically stable, and the hoped-for destination for many people from less fortunate countries. So why do so many Americans feel so much stress?

Stress, like so many issues, is a complex problem with a variety of possible explanations. One possible explanation might

be found in the frequency and the degree to which Americans are confronted with change. One thing you can say about this great country is that change, small and large, is inevitable. In the 1960s, two researchers, Thomas Holmes and Richard Rahe, came up with 'The Social Readjustment Rating Scale.' Their theory was that the amount of adjustment required to adapt to a particular life change was in direct proportion to the degree of stress it produced in people. At the top of the list was 'death of a spouse.' The loss of a spouse, in addition to being emotionally difficult, causes the surviving spouse to have to adjust to everything from legal issues, to financial ones, to explaining to everyone what happened, to having to decide what to do with the late spouse's clothing. The death of a spouse can be so practically and emotionally overwhelming, especially when one considers that the decisions one makes can have far-reaching and sometimes permanent consequences, that it throws some people into a tailspin that can last for years. The second and third items on the Holmes and Rahe list are divorce and marital separation, as these two situations can also require people to make major life changes. Even events that we think of as pleasurable or inconsequential can cause us to have to make changes. A vacation, especially to an unfamiliar place, requires us to adapt to people, activities, and sometimes cultures and languages with which we are not familiar. Changing one's hair style or losing weight are generally considered to be positive, but they can also cause some stress because they require us to adjust our self-images to coincide with our new looks.

One thing you can always count on in this society is change: we lose a job or get a new one, friends and family members move away, we are diagnosed with a condition that requires that we make lifestyle changes, we welcome

a new baby into the family, we have our house painted a different color. Change causes us to have to make adjustments; the more adjustments we have to make, the more stressful the change is. If we can anticipate an event that will require us to change, we can plan for it so that by the time it comes we can feel (somewhat) prepared. Those changes that occur suddenly, without warning, can be exceptionally stressful because we have to make a lot of important decisions quickly.

Another possible explanation for the stress that 21st century Americans feel is what's called role overload. Sometimes we have so many demands on our time and energy that it may seem as though we'll never have the time or the wherewithal to get it all done. For example, a stereotypical middle class man is a husband, a father, a brother, an uncle, an employee, a member of a community organization, a neighbor, a coach on his son's softball team, to name a few of the roles he occupies. One complaint frequently heard is about the lack of time; we often have so much to do that 24 hours in a day just don't seem like enough. There are professionals whose expertise is time management, loosely defined as assisting people in getting everything that has to get done, get done. What often happens when people feel as though they have too much to do is that the relaxing, pleasurable activities fall by the wayside. Take the hypothetical example of the 'Supermom.' She gets up early, sometimes very early to make breakfast, wake the kids, make sure they're dressed, fed, and on their way to school. She has to get dressed to go to work, where she may remain until 4:00 or 5:00 pm. Then she has to take care of errands before she goes home to prepare dinner. She has to make sure that the kids' homework is done before they go to bed, and then she does whatever needs to be done around the house before she collapses into her bed. What she often doesn't have time for in a typical week is a visit to a friend's house or to a beauty salon for a mani-pedi, or preparing and enjoying a dinner party with friends and family. Role overload doesn't apply only to women; men often feel as though they have too much to do and not enough time to do it.

In Part III I'll continue to look at the roles we occupy and how they, and sometimes the people with whom we occupy them, can cause us to feel stressed.

A Mother's Caretaker



Debra Michelle Wanamaker Johnson
1967-2016

Debra Michelle Wanamaker Johnson, the International Education Coordinator at South Carolina State University and the daughter and caretaker of former Action Council President Dr. Ida Elizabeth Jenkins Wanamaker died on January 21, 2016. Dr. Wanamaker was the long term Executive Director of The Orangeburg Area Mental Health Center. We extend our sympathies to Dr. Wanamaker and her family during this difficult time. Please keep Dr. Wanamaker and her family in your thoughts and prayers.



John Morris (left) is a graduate of Carminade College Preparatory School in St. Louis, Missouri. Other less noted graduates of the school are NBA basketball players David Lee and Bradley Beal as well as venture capitalist John Doerr. John Morris is a former President of the Action Council.

John Connery (center) is a graduate of St. Joseph High School in Metuchen, New Jersey. Other less noted graduates of the school are NBA basketball player Karl Anthony-Towns, Former player Andrew Bynum and musician Jon Von Jovi. John Connery is a member of the Board of Directors of the Action Council.



40TH ANNIVERSARY

CROSS CULTURAL
CONFERENCE

FEBRUARY 15-18, 2018

MYRTLE BEACH,
SOUTH CAROLINA