

Mental Health Association of Nassau County, Inc.

16 Main Street • Hempstead, New York 11550
phone: 516.489. 2322 • fax: 516.485.4486 • www.mhanc.org

2015

Nassau County

Region Multicultural Advisory Committee

Annual Report

January 2016

Prepared by:
Melanie Ginsberg
Director of Education & Training,
Adult Family Support and Outreach
Mental Health Association of Nassau County



Summary

This report details the activities of the Nassau County Region Multicultural Advisory Committee (NCRMAC) inception year, 2015. NCRMAC is presently made up of 10 colleagues from local community based organizations and is set to grow in membership through activities planned in 2016. The committee met 6 times this year and has set a goal to meet 3 to 4 times annually in 2016 with a goal to find ways to support a diverse mental health system by promoting cultural and linguistic competency among behavior health professionals and the community.

Introduction

Melanie Ginsberg, Director of Education & Training, Adult Family Support and Outreach Mental Health Association of Nassau County and Yvonne Lyon, Education and Training Coordinator at MHANC both coordinate the quarterly meetings.

Meetings and Activities

In 2015, NCRMAC met in February 17, April 24, July 23, August 4, 26 and October 10.

Meetings: Planning and implementing a Town Hall meeting occupied the focus of the meetings for the year.

Other Activities: On August 28, 2015 MAC sponsored a portion of the Annual Bi County Conference on Long Island. The MAC mission was communicated through the outreach tabling opportunity at the conference.

On February 17, 2015 I met with Frances Priester Moss and Suffolk RMAC at the Long Island Field office and filmed our RMAC conversation for use by OMH Bureau of Cultural Competency.

Throughout the calendar year MHANC has presented several workshops with an identified focus on multicultural issues in behavior health and substance use disorders.

On April 24, Norissa Atingdui-Williams presented a workshop titled, Unconscious Bias.

On May 5, 2015, Jeffrey McQueen presented a workshop focused on Cultural Competence.

On August 7, 2015, Vilma Matos presented a workshop titles, Working With Immigrant Youth.

On October 2, France Priester Moss presented a workshop focused on Conducting Multicultural Spirituality Discussion Group.

On November 12, 2015, Norissa Atingdui-Williams presented a workshop titled, Unconscious Bias.

The entire week of October 3-11, 2015 offered several public educational forums to highlight Mental Illness Awareness Week as a result of a multi-county collaboration.

October 2 Workshop: Conducting Multicultural Spirituality Groups; MHA Nassau, Hempstead
October 4 Walk: Lakeland Poke-Around sponsored by the Long Island Greenbelt Trail Conference;

- Johnson Avenue, Islandia (event will be cancelled if it is raining)
- October 5 Mental Health, Mental Illness, and Your Employees; HIA-LI Workplace Wellness Conference and Expo, Hauppauge
Town Hall: Breaking Down Barriers and Bridging Cultural Gaps Between Families and Communities sponsored in part by MHA Nassau and the Regional MAC; Hempstead High School
- October 6 Job and Health Fair presented by the Mature Workers Program of the Urban League; West Islip Public Library
Grand Rounds: Challenges and Recovery; Stony Brook School of Medicine Department of Psychiatry, HSC Level 3, Lecture Hall 6
Living Well Community Panel; Riverhead Free Library
- October 7 Workshop: Transforming Trauma into Triumph; Federation of Organizations, Patchogue
Queensborough Community College Volunteer Fair; QCC Quad (rain location is Student Union Building)
Screening and Panel Discussion of PBS's "The Homefront" co-sponsored by St. Joseph's College and the Joseph P. Dwyer Veterans Peer Support Project; St. Joseph's College, O'Connor Hall, McGann Room, Patchogue
Family Support Group Bowling Party
- October 8 National Depression Screening Day! Take an anonymous screening at:
www.HelpYourselfHelpOthers.org
Networking for the Emerging Professional; MHA Nassau, Hempstead
Senator Kemp Hannon's Senior Fair; St. Paul's School Field House, Garden City
Job and Health Fair presented by the Mature Workers Program of the Urban League; Hempstead Library
Lunch 'N Learn: Mental Health Parity Laws; RSVP Required, Nixon/Peabody LLP, Jericho
The Power of Horses: Equine Assisted Psychotherapy; Pal-O-Mine Equestrian, Inc., Islandia
Workshop: Recovering Together: How to support a loved one with Mental Illness presented by the Association for Mental Health and Wellness, Patchogue-Medford Library
- October 9 Workshop: Ethics for the Human Service Professional; MHA Nassau, Hempstead
NYAPRS Meeting with guest speaker Kathleen Flaherty, Executive Director, Connecticut Legal Rights Project, Newtown, Connecticut – Huntington Hilton
Suicide Awareness: A Community Dialogue presented by the JBFCS, Copiague
Workshop: Therapeutic Arts and Music, JBFCS Services, Copiague
- October 10 Family Fun in the Park presented by CMHP; Eisenhower Park, East Meadow – open to all families

A Look Ahead

NCRMAL will continue to coordinate with NYS OMH Bureau of Cultural Competency, NYS Multicultural Advisory Committee, and Nassau County Department of Mental Health, Chemical Dependency and Developmental Disabilities Services in order to help providers and community members learn/implement cultural competency best practices.

The committee hopes to grow its membership and develop a quarterly meeting schedule beginning in January.

We are planning a Town Hall meeting in 2016 and a MAC conference set for late May or early June 2016.

We anticipate a “conversation” at the Hands Across Hempstead Coalition meeting in January inviting the membership to talk about behavior health needs and for their assistance planning the MAC conference in 2016. I anticipate that the work group will accept the invitation to become the MAC and NCRM MAC advisory committee; the group meets weekly.