

# MHWA SPRING CONFERENCE

APRIL 11-12, 2019, CHABOT COLLEGE, 2555 HESPERIAN BLVD., HAYWARD, CA

## REGISTER ONLINE AT [MHWA.ORG](http://MHWA.ORG)

OR mail this form and check, payable to CCC MHWA, to Humberto Hernandez at Cerritos College, Student Health, 11110 Alondra Blvd., Norwalk, CA 90650

### MHWA MEMBER

**1.5 days**      100.00 early bird  
                    160.00 after 3/29/19                      \$ \_\_\_\_\_

**1 day**            75.00 early bird  
                    135.00 after 3/29/19                      \$ \_\_\_\_\_

### NON-MEMBER

**1.5 days**      140.00 early bird  
                    200.00 after 3/29/19                      \$ \_\_\_\_\_

**1 day**            115.00 early bird  
                    175.00 after 3/29/19                      \$ \_\_\_\_\_

**CE credits**    \$25.00 (up to 5 credits)                      \$ \_\_\_\_\_

Total            \$ \_\_\_\_\_

Name, Title \_\_\_\_\_

College \_\_\_\_\_

Address \_\_\_\_\_

City, Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Will you require accommodations? (please circle) Yes No

Specify: \_\_\_\_\_

### HOTEL:

#### Hampton Inn Hayward

24137 Mission Blvd., Hayward, CA 94544, (510) 247-1555  
\$189/night, ask for *MHWA Room Block*

**MHWA is a CE provider** approved by the CA Psychological Association to provide continuing professional education for psychologists. The Board of Behavioral Sciences recognizes CE credit from CPA approved providers for LCSWs, MFTs, LEPs, and LPCCs. MHWA's CE programs meet the CA Board of Nursing's requirements for acceptable continuing education for BRN licenses. MHWA maintains responsibility for this program and its content. **ATTENDANCE POLICY:** Those who attend this training in full and complete the appropriate evaluation form will receive CE credits. Those arriving more than 15 minutes after the start time or leaving before the training is completed will not receive CE credit. **REFUND POLICY:** If, after registering, you cannot attend the meeting, notify [hhernandez@cerritos.edu](mailto:hhernandez@cerritos.edu) for a refund (prior to 4/5) or credit for a subsequent conference.

## AGENDA

### THURSDAY, APRIL 11, 2019

#### **BUILDING 700, ROOM 722**

12:30-1:00      Registration  
1:00-1:30      Welcome & Introductions  
1:30-3:30      Dr. Diana Peña: *Undocu-Resilience: Individual and Systemic Mental Health Considerations to Support Undocumented Students During Politically Hostile Times* (2 CEs)  
3:30-3:45      Snack Break  
3:45-5:00      Discussion  
5:30            Networking Dinner (no-host)

### FRIDAY, APRIL 12, 2019

#### **BUILDING 2300, ROOM 2338**

8:00-8:45      Registration & Breakfast  
8:45-12:00    Dr. Kevin Cokley: *The Psychological Impact of Racism and the Impostor Phenomenon on Mental Health* (3 CEs)  
12:00-12:45   Lunch  
12:45-1:45    Roundtable Discussion - How are mental health fees distributed on your campus and/or how is your campus using its new state funds  
1:45-2:00      Closing Remarks

#### **Speaker: Dr. Diana Peña**

#### ***Undocu-Resilience: Individual and Systemic Mental Health Considerations to Support Undocumented Students During Politically Hostile Times***

*After this training participants will be able to:*

1. Describe 1-2 unique circumstances that make undocumented college students more vulnerable to psychological stress, including legal stressors
2. Identify 1-2 strategies from a Trauma-Informed Care perspective that increase psychological safety when counseling an undocumented student
3. Identify 1-2 "Resilience Tools" to offer undocumented students and campus allies
4. Identify 1-2 strategies to advocate for undocumented students on an institutional level

#### **Speaker: Dr. Kevin Cokley**

#### ***The Psychological Impact of Racism and the Impostor Phenomenon on Mental Health***

*After this training participants will be able to:*

1. Identify 1-2 negative impacts of racism
2. Describe 1-2 ways in which racism is a traumatic stressor
3. Provide a definition for the impostor phenomenon
4. Provide a definition of the impostor cycle
5. Discuss 1-2 negative impacts of the impostor phenomenon