



FALL NEWSLETTER

AMERICAN SOCIETY OF HISPANIC PSYCHIATRY

Contributors: Daniel Jimenez, Fernando Espi, Frances Bell, and Ruby Castilla-Puentes



Our Board

2020-2022

President: Ruby Castilla, MD

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Secretary: Pamela Montano, MD,

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Bernardo Ng, MD,

Carlos Zarate, MD

Mauricio Tohen, MD

Roberto Lewis-Fernandez, MD

Secretariat:

Frances Bell



Message From the President

The last 5 months have been a period of intense activity at ASHP. In the middle of the mist caused by the coronavirus, we published a book and launched 3 campaigns: to increase our finances and to increase our visibility in the social networks. Not only did we share information about our Hispanic Heritage Month Campaign P.4, but we also promoted the organization to a predominantly young audience and established tighter links with other Latinx organizations.

More than 90 colleagues members from the Hispanic community were recognized in the book "Quijotes de la psiquiatria" published in August of this year. Fernando Espi co-author included an article in this issue.

this issue

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Hispanic Heritage Month Campaign **P.4**

We partnered with the APA Latino Caucus and the APAL (Society of Latin American Psychiatrists) to submit five symposium proposals at the next APA annual meeting. And we are in the process of developing an exciting agenda of events for the May, 2021 American Psychiatric Association meeting in Los Angeles, CA (see table below).

We want to listen to you, we want to include you and we want to make our society, a society where all those who want to improve the mental health of Latinxs, fit. We're here for you and to serve you. This is a very exciting time to become involved in our organization! The Board Members join me in encouraging you to become a very active member of ASHP.

It is time to make the necessary changes to make our society strong. The future of ASHP moving to the XXI century is in your hands!

Yours,

Ruby C. Castilla-Puentes, President ASHP

Our Submissions at the APA 2021

1103	What are we doing to promote and protect children's mental health in Latin America?	Roberto Chaskel, Tatiana Falcone, Arturo Grau, Bruno Coelho, Ruby Castilla Puentes
1200	Current Topics on the management of psychiatric comorbidities in epilepsy	Ruby Castilla Puentes, Fernando Espi, Forcen, ELIA PESTANA KNIGHT, Youssef Mahfoud, Tatiana Falcone
1295	Latinx/Hispanic Communities and Mental Health: Identifying Barriers to Access and Potential Solutions during Unsettled Times	Hector Colon-Rivera, Bernardo Ng, Mauricio Tohen, Daniel Jimenez, Pamela Montano, Ruby Castilla Puentes
1314	Impact of COVID-19 on Women's Mental Health- How Latinx/Hispanic America is Addressing Socio Economic Disparities?	Ana Maria Saavedra Sanchez, Sebastian Cisneros, Alina Uribe Holguin, Pamela Montano, Ruby Castilla Puentes
1351	Latinas in Psychiatry: The importance of Mentorship and Training	Hector Colon-Rivera, Esperanza Diaz, Tatiana Falcone, Pamela Montano, Ruby Castilla Puentes
1437	Understanding the mindset of depression in minorities- using Artificial Intelligence and big data	Liliana Gil Valletta, Anjali Dagar, Murat Altinay, Ruby Castilla Puentes, Tatiana Falcone
1388	Latinx 2021. Solving the dilemma.	Eugenio Rothe, Renato Alarcon, Theresa Miskimen, Bernardo Ng
1433	"Roma": Resilience and Compassion in a Mexican Family through Transcendental Style in Film	Esperanza Diaz, Enrique Camarena, Bernardo Ng, Francis Lu

Our Mission

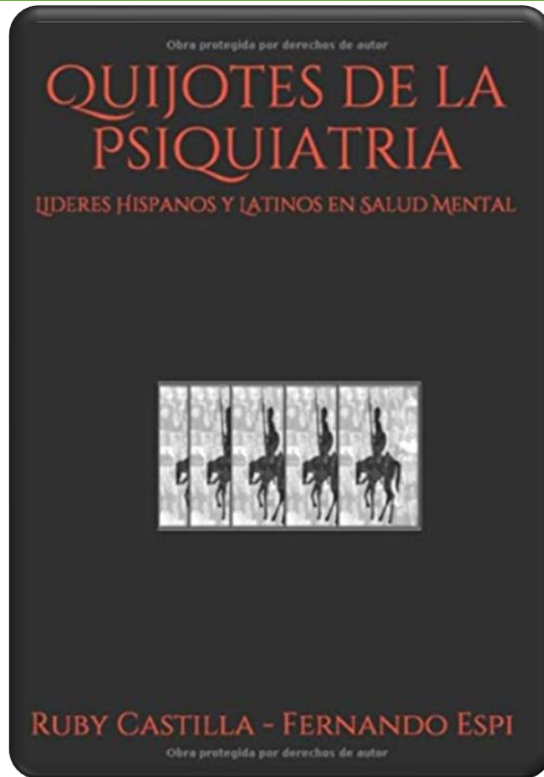
The American Society of Hispanic Psychiatry (ASHP) fosters multidisciplinary collaborations in mental health treatment with a particular focus on Latino Populations. Members are psychiatrists, psychologists, and other mental health workers.

To promote research, professional education and clinical activities in the field of mental health through the participation and collaboration of Hispanic psychiatrists, psychologists, and other mental health professionals in the United States, Latin America, and the Iberian Peninsula (Spain and Portugal).

To promote the collaborative process between Hispanic mental health professionals and other Latino-focused organizations in the United States, Latin America, and the Iberian Peninsula.

To advocate for policies based on the best available scientific evidence that aims to eliminate the health disparities prevalent in Latino and other minority populations.

To support Latino patients, families, and communities in the promotion of wellness and inclusion initiatives.



This book was created from the need to recognize and pay tribute to Hispanic psychiatrists working in the United States, Spain, Latin America and the Hispanic world. It is both a tribute to "El Ingenioso Hidalgo Don Quixote de la Mancha", the major breakthrough of the literature in Spanish, written by Miguel de Cervantes and published more than 400 years ago.

The book refutes in Don Quixote's definitions as a masterful representation of pure idealism. A character who is set to achieve his objectives and to condense the human desire to transcend. The pages cite some famous Quixote phrases and reflect the ideals of Quixotes of the Hispanic psychiatry linked to the project.

Quijotes de la Psiquiatría:

Líderes Hispanos y Latinos en Salud Mental

Fernando Espi Forcen, MD



A posthumous tribute is also paid to the Quixotes who left. To those who left an indelible mark on the lives of patients, colleagues and families.

We also paid tribute to colleagues who had already left and at the end a section that spoke of an "optimistic" perspective of the future of psychiatry. We hope that young people and the new generation of Hispanics who want to engage in the noble profession of psychiatry will find some answers in this book, in the examples of life, struggle, sacrifice, success and learning from failures.

The last section speaks of an "optimistic" perspective of the future of psychiatry.

We hope that young people and the new generation of Hispanics who want to dedicate themselves to the noble profession of psychiatry can find some answers in this book, in the examples of life, struggle, sacrifice, success, and what they have learned from failures.

“Si los perros ladran, Sancho, es señal que cabalgamos.”

“If dogs bark, Sancho, it is a sign that we ride.”

ASHP Member Showcase: Daniel Jimenez, PhD

I am the son of immigrants who migrated from Cuba in the hopes of making a new and better life for themselves and their children. From that vantage point, I grew up not only witnessing the hardship of being an immigrant but also watched as they persevered in the face of great adversity.

My grandmother was, in essence, my third parent. She took care of my brothers, my cousins, and me after school, and when we were out of school. I kept going to her house long past the time when I needed someone to take care of me. I would often drive to her house to eat lunch and listen to her. It was these experiences that ignited my passion and continue to drive my commitment to help older Latino adults. I learned from an early age that despite older generations

carrying great wisdom and knowledge, a foreign culture that marginalizes minorities can severely challenge even the most capable immigrants. My culture and relationship with my parents and grandmother have influenced me in countless ways and is most evident in my decision to pursue a research career focusing on Latino older adults. I ask the questions that those around me are not likely to come up with and answer those questions taking into consideration the cultural influences (e.g., values, beliefs, stigma, etc.).



I have been very fortunate to have great mentors who have nurtured my passion and have dedicated countless hours in helping me succeed. They have supported and challenged me to pursue my own research interests. They encouraged me to stay true to myself and provided a nurturing environment that allowed for my unique voice to be heard.

I am grateful to be able to give back to the community that has given me so much and hope to mentor future generations to do the same.

OUR PAST PRESIDENTS

Moises Gaviria 1982-1984

Eduardo Val 1984-1986

Evaristo Gomez 1986-1988

Jose Arana (elected & deceased)

Bruno Lima (elected & deceased)

Jaime Trujillo 1990-1992

Walter Pedemonte
1992-1994

Renato Alarcon 1994-1996

Juan Mezzich 1996-1998

Jose Canive 1998-2000

Pedro Delgado 2000-2002

Javier Escobar 2002-2004

Manuel Trujillo 2004-2006

Alex Kopelpwicz 2006-2008

Maria Oquendo 2008-2010

Margarita Alegria 2010-
2012

Roberto Lewis Fernandez
2012-2014

Mauricio Tohen 2014-2016

Carlos Zarate 2016-2018

Bernardo Ng 2018-2020

Our Impact

Activities During Covid-19 Pandemia

- ASHP members participate in 18 webcasts on topics of mental health during the Covid-19, reached 5000+ people.
- Cross-collaboration with NHMA speaker series, where 1200+ people were reached through 4 webcasts
- Began building a pilot process for promoting Hispanic talent. ASHP is posting open positions for mental health professionals in a program through a partnership with NIMH, academic and private institutions.
- A book: "Quixotes of Psychiatry" which pays tribute to more than 100 Hispanic psychiatrists was published and was given to its members to increase the morale of mental health workers in times of the pandemic.
- ASHP researchers participated in multiple investigations where 30+ publications in peer-review journals were created

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ASHP Board Members -Initiatives & Subcommittees

- The to facilitate the activities within the society the below described subcommittees were discussed and approved by our board members.
- If you want to be part of any sub-committee, or to learn more about our activities, please contact Frances Bell at francesrotonbell@gmail.com

ASHP Senior Leadership Structure - Plan

Ruby Castilla-Puentes- President; Juan Gallego - Elected President
Pamela Montano- Secretary; Gerardo Villarreal –Treasurer; Frances Bell – Secretariat



Subcommittees		
Education-Research-Collaboration	Advocacy-Membership	Community
Mercedes Perez Roberto Lewis Ruby Castilla Ivan Montoya Sandra Duarte Fernando Espi Carlos Zarate Juan Gallego	Gerardo Villarreal Pamela Montano Michelle Dickinson Bernardo Ng Nancy Colimon	Daniel Jimenez Hector Colon Fructuoso Irigoyen Mauricio Tohen

Hispanic Heritage Month-2020 ASHP campaign

- To celebrate US Hispanic Heritage Month, the Board Members participated in a campaign called: “Nuestra Cultura in Psychiatry.”
- From 28 September to 15 October each member was portrayed in the social media: Facebook, LinkedIn and Twitter.
- Thanks for all the participants for their contributions to improve the Mental Health of Hispanic Patients.

