**Graduate Student Project Funds Application:**

**Entry # 4402**

**Requestor Information**

<table>
<thead>
<tr>
<th>UCInetID</th>
<th>nbhaskar</th>
</tr>
</thead>
</table>

**Name of Requesting Student:**

Nayana Bhaskar

**Requesting Organization:**

ASUCI Mental Health Commission

**Contact Email Address**

mentalhealth@asuci.uci.edu

**Contact Email Address (repeated):**

mentalhealth@asuci.uci.edu

**General Program/Event Information**

**Program/Event Name:**

ASUCI Reclaim Mental Health Conference

**Description of Program/Event:**

This conference aims to:

1) explore the onset, symptoms, and treatment of mental illness,
2) illuminate the disproportionate risk factors for mental illness among marginalized communities, and
3) examine mental health through a sociopolitical lens.

We will have keynote speakers, workshop presenters, mental health narrative sharing panels, a resource fair, and wellness room for attendees

**Location of Program/Event:**

UCI Student Center

**Date of Program/Event:**

05/05/2018

**Start Time of Program/Event:**

09:00 am
Graduate Student Project Funds Application: Entry # 4402

Expected Attendance

Number of UCI Graduate Students Expected to Attend: 50

Number of UCI Undergraduate Students Expected to Attend: 300

Number of UCI Admin/Faculty/Staff Expected to Attend: 20

Number of Other People Expected to Attend: 150

How are you predicting the attendance numbers listed above?

We are predicting these numbers based on the past conference registration forms, FB event RSVP, and attendance.

Planned Methods of Advertisement:

We plan on advertising through social media (FB event page, FB groups, IG), ASUCI website, mass emails through department email lists, on-campus tabling, passing out flyers and also putting up posters around campus.

Request and Budget

Amount of funding requested from AGS Project Fund:

$1500

How much do you expect the event to cost in total?

$25000

Are you receiving other funding for this event?

Yes

<table>
<thead>
<tr>
<th>Source</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Ayala School of Biological Sciences</td>
<td>$500</td>
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<tr>
<td>ASUCI</td>
<td>$15,000</td>
</tr>
<tr>
<td>Department of Neurobiology and Behavior</td>
<td>$150</td>
</tr>
<tr>
<td>Each Mind Matters</td>
<td>$500</td>
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Graduate Student Project Funds Application: Entry # 4402

Itemized Budget for Program/Event

<table>
<thead>
<tr>
<th>Items w/ Description and Quantity</th>
<th>Cost (in dollars)</th>
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<tr>
<td>Total Student Center Room Set-Up, Equipment, and Rental costs</td>
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<tr>
<td>Snacks, Breakfast, Lunch, and Dinner</td>
<td>$12000</td>
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<tr>
<td>Banquet Table Materials</td>
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<tr>
<td>Art Gallery Supplies</td>
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<td>Other Decor</td>
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<tr>
<td>Conference Programs</td>
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<tr>
<td>Poster and flyer printing to advertise</td>
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<td>450 T-shirts</td>
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<tr>
<td>Signage</td>
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</tr>
<tr>
<td>Parking and gas reimbursements</td>
<td>$1000</td>
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</table>

Has your organization received AGS Projects Funding in the past?

No
UCI Reclaim Mental Health Conference

May 6-7, 2017
UC Irvine
Saturday, May 6

Breakfast/Check-in: 8:00 am – 8:50 am
Refugee Trauma, Tenacity, and Triumph: Paths to Hope in a Violent World 9:00 am – 9:50 am
Workshop Session 1: 10:00 am – 10:50 am
Workshop Session 2: 11:00 am – 11:50 am
Lunch: 12:00 pm – 1:20 pm
Student Panels: Storytelling as Healing 1:30 pm – 2:50 pm
Workshop Session 3: 3:00 pm – 3:50 pm
Writing Eulogies to Depression and Odes to Anxiety: Poetry Therapy as a Catalyst for Therapeutic Movement 4:00 pm – 5:20 pm

Sunday, May 7

Breakfast/Check-in: 8:00 am – 8:50 am
Memoir, Mental Health, and (Re)writing Your Story: How I Found Empowerment & Recovery in Creative Writing 9:00 am – 9:50 am
Workshop Session 4: 10:00 am – 10:50 am
Workshop Session 5: 11:00 am – 11:50 am
Lunch: 12:00 pm – 1:20 pm
Student Panels: Storytelling as Healing 1:30 pm – 2:50 pm
Workshop Session 6: 3:00 pm – 3:50 pm
CLOSING DINNER: Feminism, Hook-Ups, and Politics of Mental Health 4:00 pm – 5:20 pm
Saturday, May 6

BREAKEFAST: 8:00am – 8:50am
Refugee Trauma, Tenacity, and Triumph: Paths to Hope in a Violent World
Pacific Ballroom CD

Richard Mollica, MD, MAR, is the Director of the Harvard Program in Refugee Trauma (HPRT) of Massachusetts General Hospital and Harvard Medical School. Recognizing the urgent need to address the humanitarian care of those affected by human violence and aggression, he developed a clinical model called the H5 model (Human Rights Violations, Humiliation, Healing (Self-Care), Health Promotion, Habitat & Housing).

This model focuses specifically on the millions of refugees living in camps worldwide, but his hope is that it can also be used to serve civilian and mainstream populations suffering from trauma. The H5 model addresses the mental and physical health issues related to trauma suffered by refugees, the relationship between mental and physical health problems prevalent among refugee populations, the potential for trauma to persist in refugee camps, and the need for a new, more comprehensive model of refugee care. Richard Mollica and his team over the past 30 years have cared for over 10,000 survivors of extreme violence worldwide.

SESSION 1: 10:00am – 10:50am
Homelessness: How Did We Get Here? What Are We Doing? Woods Cove BC
Naaz Mirreghabie, UCLA Luskin School of Public Affairs, MSW Candidate

This workshop will explore the connection between policies affecting public mental health and homelessness, acknowledging and presenting the historical origin of oppressive policies that have pushed many to homelessness. As a direct service provider herself and student in social work, the presenter will share her experiences working with this population, literature on treatment frameworks, funding sources, and cultural factors, as well as facilitate discussion on the role we play in shaping public sentiment regarding the welfare of this disenfranchised community.
Psychological Impacts of Climate Change ................................. Moss Cove A
Dr. Miryha Runnerstrom, UCI School of Public Health, Lecturer

Climate change, ecological crisis, and mental health are topics that have a stronger causal relationship and overlap than is recognized by much of the public. Environmental changes can have psychological effects, in ways we may not perceive. Severe weather, natural disasters, from flood to droughts, and climate-related relocation are predicted to contribute to increases in post-traumatic stress disorder and depression. This workshop will explore the impact climate change has on mental health in populations, and how this affects discussions surrounding global public health and its policy.

Patients’ Rights During Psychiatric Hospitalization....................... Moss Cove B
James Marquez, OC Health Care Agency, Patients’ Rights Advocate

This workshop will demystify the process of psychiatric hospitalization, outlining the legal criteria that must be met before an individual can be committed for 3 days, 14 days, 30 days, or 1 year against their will. The presenter will also discuss patients’ rights to refuse medication, right to informed consent, right to visitation, etc., as well as key issues and unique cases in patients’ rights advocacy and violations in psychiatric facilities and jails. The presenter will draw on legal literature and policy from the Lanterman-Petris-Short (LPS) Act, which safeguards individual liberties, Health & Safety Codes, and the Welfare & Institutions Codes (WIC), and other due process laws that govern mental health facilities.

SESSION 2:  11:00am – 11:50am

From Genocide to Resettlement:
Mental Health of Khmer Rouge Survivors................................. Woods Cove BC
Dr. Dara Sorkin, UCI School of Medicine, Associate Professor

Long Beach is home to a high concentration of refugees, many of whom relocated to the U.S. following the genocide that swept Cambodia in the 1980’s. These first-generation migrants, as well as other East and Southeast Asian refugees face barriers in accessing mental health care, including low English-language proficiency, poor understanding of the social determinants of mental illness among health providers, and cultural variance in interpretation and self-reporting of symptoms among patients. This workshop will present trends, facts, and studies that illuminate the difficulty in securing culturally-appropriate holistic services, as well as the role family medicine physicians must play in more accurately screening their immigrant patients for the psychological and physical symptoms of unresolved trauma from geopolitical conflict.

Roundtable on Self-Disclosure ................................................. Moss Cove A
Joren Adams, UC Santa Barbara, Mental Health Peer Network

Storytelling and self-disclosure of mental illness can be empowering and revitalizing for individuals, as it may signify a determination to resist the stigma that compels many to stay quiet. As a discussion-based workshop, this session will focus on the advantages and risks of self-disclosure, in both advocacy and one’s own personal happiness and growth. By juxtaposing various experiences, consequences, and benefits, Joren hopes to ignite agency...
in participants by sharing tools to feel comfortable self-disclosing, and how to take control of the narrative and shape their stories, in different settings, and with different audiences.

Invalid “Excuse:” Psychological Disability in Higher Education ..........Moss Cove B
Jayden Setters, CSU San Diego, Master’s Student in Women’s Studies

In this workshop, Jayden will present their personal narrative of having a request for disability accommodations trivialized because their high GPA was perceived to be proof of their ability to thrive in the classroom. As Jayden writes, “What she [my advisor] failed to see was that my GPA dropped from 4.0 my freshman year, the mornings I couldn’t bring myself to get up, the days I went without food, the many sleepless nights, and the panic attacks on test day or paper due dates. Disability is not measured in GPA.” This workshop will address the need to more universally recognize mental illness as a valid disability, as well the barriers that remain between students and the accommodations for mental illness they seek.

LUNCH: Pacific Ballroom CD  12:00pm – 1:20pm

STUDENT PANELS:  1:30pm – 2:50pm
Storytelling as Healing

Group 1 ............................................. Emerald Bay A
Caroline Lae • Anthony Torres • Evan Stanfield
Moderator: Myanna Sullivan
Topics include but not limited to: Mood disorder, antidepressants, suicidal ideation, heroin and cocaine addiction, prescription drug abuse, homelessness, drug rehabilitation

Group 2 ............................................. Emerald Bay B
Asia Royston • Ashley Jimenez • Alexis Lewis
Moderator: Malak Kudaimi
Topics include but not limited to: Bipolar disorder, psychiatric medication, anxiety, depression, obsessive-compulsive disorder, social anxiety disorder

Group 3 ............................................. Emerald Bay C
Aleksandra Lucio • Karina Lopez • Sid Singhania
Moderator: Kaeleigh Hayakawa
Topics include but not limited to: Bipolar type 2 disorder, suicidal ideation, medication adjustment, abusive relationship, pregnancy, therapy, panic attacks, anxiety disorder

Group 4............................................. Emerald Bay D
Nathalia Fagundes • Tina Parsae • Karen Gonzalez
Moderator: Kristine Santos

Topics include but not limited to: Depression, anxiety, borderline-personality disorder, social anxiety, death in the family, binge-eating disorder

SESSION 3: 3:00pm – 3:50pm

Privileged Kids Go To Counseling, Poor Kids Go Jail: Prioritizing Mental Health In The Juvenile Justice System................................. Woods Cove BC
Genevieve Mage, University of San Francisco, MAT Candidate

This session will address the disparity in outcomes for children and adolescents with mental health challenges who hail from different socioeconomic environments, aiming to humanize those who have learned to dehumanize themselves. Genevieve will share her perspective on the all-too-common ability of youth incarceration to worsen mental health, rather than rehabilitate, drawing on her experience as an educator for the San Francisco Unified School District and the juvenile justice system. She aims to discuss the question of how we expect our children to emerge from the prison system better than they entered, when they’re sent to a more isolated cage of sexist, racist, and violent rhetoric.

The College Mental Health Crisis: What Are Your Politicians Doing About It?.................................................................Moss Cove A
Kevin Sabo, UC Student Association, Former President

Last year, Assembly Bill 2017 was introduced, which would have injected 40 million dollars into student mental health funding in public colleges across California. In his role both as a student leader and friend, son, and colleague who has witnessed the devastating impact of unaddressed mental illness among peers and family, Kevin attended nearly every hearing on the Senate and Assembly floor for this bill. This workshop will discuss anecdotes of what he has learned during his time interacting with California Congress about legislators’ attitudes towards student mental health, as well as how we as a community of leaders and voters can exercise our electoral power and skills in legislative advocacy to drive progress.
When Irrational Becomes Rational: A Lawsuit, PTSD & Depression ......................Moss Cove B
Jessica Dauz, UCI Social Sciences Academic Mentorship Coordinator

This workshop will recount a personal narrative of sexual assault, denial, trauma, and continued traumatization at the hands of a broken judicial system unequipped to support survivors of sexual violence. After her rape, Jessica experienced years of re-traumatizing court hearings in front of her assailant, compounded by difficulties in navigating academic responsibilities while grappling with PTSD, clinical depression, and unaccommodating professors. She writes, “As I approach graduation this June, it has taken me three years to endure, cultivate, and accept my struggles with mental health. This has provided me the strength to persevere without solely being defined by my struggles, and thus this makes me more proud to graduate with a new understanding of compassion.”

Writing Eulogies to Depression and Odes to Anxiety: Poetry Therapy as a Catalyst for Therapeutic Movement ......................4:00pm - 5:20pm Pacific Ballroom CD

Justin Huft holds a Master’s degree in marriage and family therapy, and is certified in substance abuse disorders, and LGBT-affirmative psychotherapy. He is a clinical program director and therapist at an acute psychiatric residential facility in Los Angeles, where much of his work focuses on how best to empower clients to move towards healthier versions of themselves.

In his role, he works closely with a psychiatric team, case managers, health insurance, drug and alcohol counselors, therapeutic treatment team members, and a number of wonderful staff, in order to help coordinate individualized treatment plans for his clients. Justin has experience in working with personality disorders, acute mood disorders, trauma, dual diagnosis, and clients in-crisis. He specializes in integrating aspects of poetry, art, music, and play into a feminist-experiential model of therapy.

Justin Huft
Saddleback College, CSU Fullerton
Memoir, Mental Health, and (Re)writing Your Story: How I Found Empowerment & Recovery in Creative Writing

Julia Dunn is a senior at UC Santa Cruz, graduating this June with a BA in Literature (concentration in Creative Writing). She served for 2 years on UCSC’s Counseling & Psychological Services Student Advisory Board (SAB) and has represented the undergraduate student body on multiple CAPS staff hiring committees. In 2015, Julia assisted with the UC-wide #HowAreYou campaign at UCSA’s summer conference. She advocates for writing as a tool of personal and social empowerment, agency and healing.

Julia serves as a writing tutor for students in a social justice-themed composition course at UCSC, and runs Chinquapin Literary Magazine, the oldest student-run publication at UCSC which publishes student-submitted writing, art and photography. This fall, Julia will begin graduate studies at San José State University, where she will earn a Master of Fine Arts degree in creative nonfiction writing and work to publish a memoir about her survival from childhood trauma.
SESSION 4: 10:00am - 10:50am

**Mood Disorders: Neuromechanisms and Interventions .......Woods Cove BC**

Dr. Michael Yassa, UCI Center for the Neurobiology of Learning and Memory, Director

Through an in-depth, research-based approach, Dr. Yassa will explore the neurobiological and neuropsychological pathways by which mood disorders (e.g. depression) arise. This workshop will cover the fundamental changes in the brain associated with these disorders, potential root causes, and promising preventative and therapeutic strategies for college students.

**Story of Self: Queer, Undocumented, and Living With ADHD....Moss Cove A**

Victor Garcia, UC Santa Cruz, Genomics Institute

Drawing from his lived experience, as well as his professional experience as a consultant to the NYC Department of Health and Mental Hygiene, Victor will establish a conversation discussing the intersections of identity and mental health in Latino culture. In particular, it will delve into the relationship between ADHD, sexual orientation, undocumented status and mental health, and how the stigmatization with Latino culture affects these relationships. Throughout, this will explore how different parts of one's background and identity interact, and how they can be navigated in a current social system that falls short in supporting our success.

**Deaf But Not Silent: Deaf Culture, Mental Health, and Legal Protections ..............................................................Moss Cove B**

Callie Frye, Disability Rights California, Sensory Disability Advocate

Noel King, Deaf Community Services of San Diego, Behavioral Health Therapist

When individuals experience mental health challenges, “See a psychologist and try talk therapy!” is a common suggestion. For those who are deaf and use American Sign Language as a mode of communication, how do viable mental health services translate? This workshop will be led by two deaf advocates who will illuminate the differences between deaf culture, hearing culture, and the consequences on mental health that occur when the latter fails to understand and support the dignity and rights of the former. Also addressed will be common challenges faced by those with sensory disability in both inpatient and outpatient settings, as well as the responsibility of mental health facilities to ensure accommodation for deaf individuals with mental illness.
SESSION 5:  
11:00am - 11:50am

Nutrition and Mental Health:  
Your Mood On Food ...............................................Woods Cove BC

Dr. Donovan German, UCI Department of Ecology & Evolutionary Biology, Assistant Professor

From a physiological and research-backed perspective, Dr. German will discuss the impact of diet and exercise on the human brain, including neurophysiological and microbiological mechanisms. The workshop will also briefly explore the unique societal factors that exacerbate malnutrition in the U.S. and consider potential changes at the policy and community levels. Breakout groups will allow for self-introspection as well as brainstorming simple solutions at the individual level.

Introduction to Emotional CPR .....................................................Moss Cove A

Emily Cutler, National Empowerment Center

Emotional CPR is based on the principles of trauma-informed care. The curriculum educates participants about potential sources and types of trauma that affect diverse populations, including adverse childhood experiences, dysfunctional family dynamics, interpersonal and gender-based violence, systemic oppression, bullying, and life hardships such as financial struggles and loss of one’s job. Through emotional CPR, participants learn to recognize the role that trauma can play in emotional crisis, learning not to ask “What’s wrong with you?” but “What happened to you?”

Story of Self: Rebuilding After Suicide Loss .................................Moss Cove B

Esperanza Gutierrez, UC San Diego

When young, Esperanza lost her older brother to suicide. In this workshop, she will share her narrative of grief, lifelong recovery, and empowerment through activism, drawing on broader issues of PTSD and mental health challenges in the military that claims the lives of too many. She invites those who have lost a loved one to share the challenges of navigating significant milestones without our loved one, the erratic episodes of grief that can interrupt daily routines, and gain perspective on how to recreate a permanent “new normal” after a devastating change. This space is also open to those who wish to learn how to effectively support and communicate with a peer or loved one who has survived a loss.
LUNCH: Pacific Ballroom CD  12:00pm – 1:20pm

STUDENT PANELS:  1:30pm – 2:50pm
Storytelling as Healing

Group 4.............................................Emerald Bay A
Carissa Singh • Lauren Cramer • Marah Stevenson
Moderator: Tatyana Aposhian
Topics include but not limited to: Depression, self-harm, emotional abuse, abusive relationship, substance use, sexual orientation, suicide attempt, bipolar disorder, empowerment in advocacy

Group 5 ....................................Emerald Bay B
Charlie Su • Jessica Ehrman • Tiffany Dunlap
Moderator: Christine Ta
Topics include but not limited to: Substance abuse, withdrawal from college, psychiatric hospitalization, legal challenges, sexual assault, self-harm, drug use, anxiety, seizures, psychiatric medication

Group 6 ................................... Emerald Bay C
Kayelyn Rodriguez • Doyle Yip • Arina Adourian
Moderator: Alissa Kato
Topics include but not limited to: Obsessive-compulsive disorder, depression, psychiatric medication, self-harm, body dysmorphia, anorexia nervosa, bipolar disorder, domestic violence

Group 7 ................................... Emerald Bay D
Cristian Cortez • Jennifer Jones • Natalie Gomez
Moderator: Brynne Paschal
Topics include but not limited to: Bipolar mood disorder, suicide attempt, medication adjustment, abusive family, sexual orientation, therapy, medication, depression, anxiety, counseling
Story of Self: Managing ADHD in Adulthood .................................Woods Cove BC
Adriana Cantanzarite, Cal Poly San Luis Obispo, Graduate

ADHD is a nearly universally known mental health disorder, yet continues to abound with misconceptions, persistent stereotypes, and invalidation by both members of the public and health care professionals. This workshop will center Adriana's personal narrative of managing ADHD through her secondary education and undergraduate career. She will educate on common co-occurring disorders, under-recognized symptoms that extend beyond the widely recognized attention deficit and hyperactivity, and personal coping skills acquired through years of dedication to cognitive behavioral therapy.

Providing Culturally-Sensitive Care to the LGBTQ+ Community ..........................................................Moss Cove A
Jose Navarro and Michelle Orozco, CSU San Bernardino, MFT Candidates

This workshop will be clinically oriented and led by two students in their final semester of a Masters in Family Therapy Program. In this session, Jose and Michelle will provide the audience with an overview of the cultural characteristics (e.g. strengths, barriers, diversity) of the LGBTQ+ population in order to prepare them for providing culturally sensitive services (e.g. therapy, case management, counseling). Also included will be key facts about the population (e.g. prevalence of mental health issues, census numbers), discussion of common microaggressions that the population faces when seeking mental health care, and the affirmative therapy approach.

Supporting the Unsupported: Mental Health of Former Foster Youth ..................................................................Moss Cove B
Alexus Ortiz, Community Coalition, Community Organizer

After “aging out” of the system at 18 years old, the majority of foster youth lack the institutional, financial, and mental support to access higher education and ensure a sound mind. Many instead are vulnerable to homelessness, poverty, and the school-to-prison pipeline. In this workshop, Alexus will share her narrative of transitioning into college as an emancipated youth, and how the food and housing insecurity she experienced impacted her mental wellness. She will incorporate things she learned during her time interning with the Alliance for Children's Rights, aiming to dispel the pedestal/exceptional narrative of the “disadvantaged” child who becomes a success story, and focus instead on highlighting the mass struggle/outcome and root causes.
CLOSING DINNER:
Feminism, Hook-Ups, and Politics of Mental Health

Pacific Ballroom CD

Courtney Loi
UC San Diego

Courtney Loi is a femme Chinese activist, writer, filmmaker, and artist. She makes art centered on the interplay of her various identities in the context of an imperialist and oppressive society. Some of her biggest projects have been “KREAM”- her zine series, and “Maneater”- her first short film of which she was the writer, director, cinematographer, and co-editor.

A few of her acknowledgements have been winning 2nd place for the California “Directing Change State-Wide Program and Student Film Contest” in the Suicide Prevention category and being awarded Best Script for the Triton Television 48 Hour Film Festival for her script “The Last First Time.” As a survivor of sexual assault who lives with depression, she aims to make art that encourages Asian womxn to gain control of their sexuality and find sustainable ways to live with their mental illnesses while in the process of her own self-healing.

T-Shirt Giveaway!
T-shirts will be FREE for those who visit at least 7 booths.
If You Need Assistance:

Presenters, panelists, and attendees alike may at any point during this weekend’s conference feel emotionally triggered due to the nature of the content being discussed. If you find that any of the material you encounter today induces an emotionally distressing response that requires assistance or you are concerned that someone else is experiencing an emotionally distressing response that requires assistance, please keep the following resources in mind for support:

1) For urgent matters on May 6th - May 7th or at other times the Counseling Center is closed, call (949) 824-6457 and select option 2 to be connected to an on-call telephone counselor who can assist you, 24 hours a day, 7 days a week. On-call telephone counselors will share this information with Counseling Center staff on the following business day.

2) If it’s an emergency or life-threatening call, Campus Police at (949) 824-5223 or 911.

3) Call the National Suicide Prevention Lifeline (24 hours a day, 7 days a week) at 1-800-273-TALK. The National Suicide Prevention Lifeline is an anonymous service.

3) During business hours (Monday-Friday, 8am-5pm, when the Counseling Center is open), there is always a staff member available by phone or in person to assist you.
   a) Call (949) 824-6457 and ask to speak with the Urgent Care therapist.
   b) Walk-in to the Counseling Center and ask to be seen by the Urgent Care therapist (203 Student Services 1).
   c) Call or walk-in to make a regular Initial Assessment appointment if your concerns are not urgent or time sensitive.