



BPA News

Black Psychiatrists of America, Inc.

Dear BPA,

Being a Black Psychiatrist in America does not make you a member of the Black Psychiatrists of America. You must pay dues to be a member and not simply be Black, a Psychiatrist, and in America.

We have set up reminders in our calendars for members and increased our mailers to ensure we cover multiple ways of contacting you. Also, we ask you to please bear with us as we go through expansive growth. We have received some complaints from members that we are not contacting them enough.

Please rest assured that your Executive Board is very busy at this time working on organizational structure. In the coming months, you will hear more from the organization as we continue to expand and grow. We do hope that you will make our Transcultural meeting November 10-13th. Details are coming soon as we are finalizing arrangements to make this an excellent conference.

Nap

Napoleon B. Higgins, Jr. MD
Executive Director, Black Psychiatrists of America



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Dr. Wilsa M.S. Charles Malveaux, M.D., MA



PRESIDENT'S MESSAGE



VOTING
is a social determinant of mental and physical health
[Click here for more information](#)



BPA President, Dr. Cynthia Turner-Graham

July is Bebe Moore Campbell Mental Health Awareness month during which we focus additional attention on the unique mental health needs of Black and other people of color. BPA honors the collective efforts of our members and colleagues who educate, inform and treat those suffering from mental illness, committed to the healing of minoritized persons who endure the consequences of glaring health and mental health care inequities. This state of affairs is readily recognized as an elaboration of pervasive and pernicious tentacles of structural racism deeply embedded in all aspects of American life.

We also are witnessing the slow unraveling of democracy that -theoretically - offers attendant rights and privileges to all citizens. In this environment, reconnection with one's personal power and agency is more important than ever. The constant diet of untruths about personal limitations and inadequacies serves to perpetuate the myth of powerlessness and contributes to the disproportionate burden of mental and physical illness experienced by minoritized persons.

Therefore, a necessary component of our practice of psychiatry includes encouragement to embrace one's true nature as persons with more than sufficient power to effect transformation of self and the communities in which we live. After all, our democratic government was created "of, by, and for the people" and **"we the people" are its rightful owners**. Unfortunately, our lived-out reality more often resembles a system in which we work for the politicians rather than they for us.

Thus, effective mental health promotion and treatment must include promotion of responsible citizenship that begins with exercising the franchise but does not end there (patient resources [here](#)). Active participation in a functional democracy includes not only regular voting by all but also investing sufficient time to make the best-informed policy and candidate decisions possible. During Minority Mental Health Awareness Month and beyond, let us all "act like we own this place" we call America - because actually we do!



KEEP YOUR EYE ON THE BPA LISTSERV FOR:

- Nomination timeline for 2023 - 2025 officers
- Ways to become more involved in the work of BPA

BPA Spring Symposium 2022

The BPA Conference entitled “Expanding Our Reach: Improving Black Mental Health Through Innovation” was held virtually on April 30, 2022. It was our first Spring conference during the COVID-19 pandemic. The board decided to do the entire conference virtually after the success of our previous fall conference. The title and speakers are below. Expanding our Reach Through Publications (Sarah Vinson MD) Expanding Our Reach Through Podcasting (Danielle Hairston MD, Nzinga Harrison MD, and Nicole Washington, DO, MPH) Our Reach Through Virtual Care and Digital Services (Iverson Bell, MD, Karinn Glover, MD, Nicole Washington DO, MPH, Napoleon Higgins MD) Expanding Our Reach Through Leadership (Altha Stewart, MD, Stephen Taylor, MD) The conference chair was Dr. Danielle Hairston, and Co-chair was Dr. Nicole Washington. We offered up to 5 CMEs. We had 66 participants over a 5-hour conference. Please look forward to the talks being available virtually on our website soon.

Justice for Mental Health Equity: Addressing the Needs of the Community, First Responders, and Clergy

BPA had its second quarterly meeting where we are making a combined effort with MHA Houston, NAMI Houston, Houston Area Urban League, and Baptist Ministers Association of Houston and Greater Vicinity. The second quarterly meeting focused on the cross-section of mental health, community policing, and clergy. Participants included The Harris County Sheriff's Office, Fort Bend County Sheriffs' office, The Houston Police Department, and multiple local churches in Houston, TX, Harris, Fort Bend, and Brazoria counties. This event was genuinely insightful regarding how the local police municipalities have stepped up to train their officers in mental health emergencies.

We discussed how good community policing and practices could improve encounters with the community, deescalate mental health emergencies and decrease incarceration by making sure that mental illness is seen as a medical condition and not a criminal offense or issue of a person's character. We also discussed the untold pressures and trauma that police officers go through throughout their lives and the difficulties of building trust in communities during the current and aftermath of George Floyd and BLM. We also discussed unique issues clergy face in the community, understanding mental health, recognizing their pressures are clergy, and having a relationship with mental health professionals. I want to give a special shout-out to the Janssen Neuroscience team, HAUL: Eric Goodie. Elmer Rodgers, MHA of Houston: Alejandra Posado, Tina Megdal, NAMI Houston: Angelina Hudson, BMVA: Rev. Miller and his staff.

JOIN OUR LISTSERV

[Sign up for our private listserv today for real-time conversation and up-to-the-minute content. Visit https://www.blackpsychiatrists.org/listserv](https://www.blackpsychiatrists.org/listserv)



SCAN ME

Dr. Sampson-Mills at The Menninger Clinic and Baylor

Dr. Topaz Sampson-Mills will begin her role as Staff Psychiatrist at the Menninger Clinic and Assistant Professor of Psychiatry at Baylor College of Medicine, starting August 1, 2022. Dr. Sampson-Mills is thrilled to bring her expertise in forensic psychiatry to The Menninger Clinic and help expand this service in the greater Houston area. She is also elated to return to Academic Medicine, as she continues her own career aspirations and assists in cultivating future leaders in mental health. Dr. Sampson-Mills currently serves as Secretary of the BPA. She previously served as the Member-In-Training Trustee and was awarded the Distinguished Jeanne Spurlock, MD Memorial Award at the 2018 BPA Transcultural Conference.

About Dr. Sampson-Mills: Topaz Sampson-Mills, MD is double board certified in Forensic and General Psychiatry. She received her Bachelor of Science from Spelman College. Thereafter, she completed medical school at Wright State Boonshoft School of Medicine. Dr. Sampson-Mills was chief resident at the Menninger Department of Behavioral Sciences, where she completed her general psychiatry residency. Her forensic psychiatry fellowship training was completed at the State University of New York (SUNY) Upstate Medical University. While in fellowship, Dr. Sampson-Mills testified as an expert witness in several cases in New York state.



Photograph by Taren Marsaw

ANNOUNCEMENTS

First Black tenured professor at Yale University, Dr. James Comer, honored with an official portrait for his powerful commitment to the welfare of children over a career spanning more than 50 years. [Click here to read about it online at the Yale School of Medicine.](#)

Dr. Sarah Vinson has been appointed Interim Chair of the Department of Psychiatry and Behavioral Sciences at Morehouse School of Medicine. A triple board-certified child & adolescent, adult, and forensic psychiatrist, Dr. Vinson brings extensive expertise in the areas of children's mental health, the criminalization of mental illness, and the school-to-prison pipeline.



Chair of Psychiatry
Tufts Medical Center, Boston, MA

Tufts Medical Center and Tufts University School of Medicine, in Boston, MA, seeks a new Chair, for the Department of Psychiatry.

The Chair will be responsible for leading all teaching and research activities within the Department, including medical students and graduate medical educational programs. The Chair will be charged with implementing a strategic vision for the Department with a strong focus on creating complimentary services, integration and expansion. The Chair will also be leading activities related to our Behavioral Health enterprise spanning our parent system of Tufts Medicine.

The Department of Psychiatry at Tufts Medical Center consists of 4 divisions which include: The Division of Child and Adolescent Psychiatry, Public Sector Psychiatry, General Adult Psychiatry, and Education and Research. Currently, we have 44 faculty members and are actively growing many of these programs and are adding new faculty to cover our growing services at Tufts and within our Tufts Medicine community partners.

Interested and qualified candidates send Cover Letter and CV to:

Ellen Sullivan, *Manager Physician Recruitment*
617-699-3857 | ellen.sullivan@tuftsmedicine.org

TuftsMedicine

clinicalcareers.tuftsmedicine.org/careers
EOE.

Summary of Psychiatric Times Feature article: *If Looks Could Kill*

If Looks Could Kill: Fetishization of Black Bodies, and The Weaponization of European Beauty Standards Against Black Women in Sport. By Dr. Wilsa M.S. Charles Malveaux, M.D., M.A.

Though it may seem complimentary, or perhaps trivial, racial fetishization perpetuates stereotypes. The historical dehumanization of Black people made it easier to justify the enslavement and abuse to which they were subjected, much as it allows for the disrespect, disregard, and maltreatment of Black women today. The weaponization of European beauty standards against Black females, such as this, does not in the least spare Black female athletes.

Research has found that 24.2% of NCAA Division I female athletes and 30.7% of Division III female athletes were either very dissatisfied or mostly dissatisfied with their overall appearance; more than 60% of elite athletes reported pressure from coaches concerning body shape; and since 2001, female athletes have become increasingly sexually objectified in media. Sociocultural beauty ideals have shifted to emphasize appearing both athletic and thin, which may be explained by acculturation in minority groups.

Westernization negatively impacts body image, weight perception, and body image dissatisfaction. Examples from multiple tennis stars, for example, demonstrate the threats to maintaining pride in one's cultural identity in white dominated sports; and how normal expressions of emotion in sport are viewed and treated differently for Black women in sport compared to others. Additionally, across sports we see how attitudes towards Black women's natural hair affects their advancement, scores in subjective sports, and opportunities for endorsement deals.

Weight bias and preferences for thinner, and less muscular athletes in many sports has also been discouraging for Black women, and at times prohibited athletes from receiving funding for participation in major sporting events. These aggressions are felt deeply in Black girls and women as they pursue their passions in sport and life. A study of People Magazine's World's Most Beautiful (WMB) list found trends were becoming more



Dr. Wilsa Charles Malveaux is a sports psychiatrist in Los Angeles, California, and the CEO of WCM Sports Psych. She is an advocate and educator on the intersection of mental health, sports, and racial and social justice. Dr. Charles Malveaux lends her expertise as a psychiatric consultant to multiple national sport-related agencies, professional sports teams, and organizations. She is also the Western Regional Trustee (Region IV) on the Board of the Black Psychiatrists of America (BPA).

Continued on next page

Summary of Psychiatric Times Feature article: *If looks Could Kill* (Continued)

inclusive over time. Yet, the most common features of those voted “most beautiful” were females aged 25-34, with white/fair skin, brown hair, and brown eyes.

While research shows us that in society, there is substantial agreement as to what constitutes human beauty, a one-size-fits all leaves some ostracized. Who does the standard really serve?



To learn more, see the full article featured in Psychiatric Times:
<https://www.psychiatrictimes.com/view/if-looks-could-kill>

BPA Board Member Advances Education and Reach

BPA Executive Board Member Dr. Tiffani Bell Washington MD, MPH, FAPA, DipABLM, DipABOM recently graduated with a Master of Public Health with a concentration in Health Policy and Leadership from Harvard T. H. Chan School of Public Health in May 2022 while working to develop her private practice, The Healthy Weigh MD PLLC, which focuses on increasing awareness and decreasing bias along with prioritizing stress management, lifestyle medicine, mental health, and obesity treatment.

She was named a 40 under 40 leader in minority health by the National Minority Quality Forum in May of 2022. Tiffani was also selected to be a Nutrition Obesity Research Center at Harvard Scholar, a Fellow of the Network for Emotional Well-being as a scholarship recipient for the University College of London and a NIH-NMA Fellow. She was featured on the Harvard T. H. Chan School of Public Health website as a "Featured student" in May.



Lastly, Dr. Bell Washington has done several national talks in the last few months on the intersection of obesity and mental health; including presentations for the National Council of Aging, Jada Pinkett Smith and Queen Latifah on The Red Table Talk, Featured speaker in the decreasing Stigma/Bias videos with the Cobb Institute/NMA, Presenting policy for The Health Equity Coalition for Chronic Disease, The White House Council on Hunger, Nutrition, and Health, African American Wellness Project, and Reclaim your Wellness with the Black Women's Health Imperative.

Dr. Bell Washington has also had peer-reviewed articles published and in process regarding the intersection of obesity and mental health and "Food as Medicine", and Disparities in Quality Obesity Care.

NATIONAL MINORITY MENTAL HEALTH AWARENESS MONTH

RECLAIM YOUR WELLNESS

Understanding Mental Health and the Obesity Factor

Tuesday, July 19, 2022
1:00 pm – 2:00 pm EST

MODERATOR		PANELISTS	
	Leslie Foster WISQI Emmy Award-Winning Weeknight Anchor		Christine M. Crawford, MD, MPH Associate Medical Director, NAMI: National Alliance on Mental Illness, Senior Leadership Team
	Yolandra Hancock, MD, MPH Founder/CEO Delta Health and Wellness Consulting		Tiffani Bell Washington MD, MPH, FAPA Diplomate, American Board of Obesity Medicine - Diplomate, American Board of Lifestyle Medicine

LIVE ON YouTube Facebook
<https://bit.ly/3ayjPgb>

BLACK WOMEN'S HEALTH IMPERATIVE

CONNECT @ObesityPsychMD

www.thehealthyweighmd.com

BPA Event at APA 2022 in New Orleans

BPA had a fantastic meeting at this year's APA event in New Orleans. Our event was at Race + Religious on May 23, 2022, from 6:30 pm to 12 am. To describe it in one word would be EPIC! We had over 200 people in attendance. It was a combination of the undergraduate and medical students, residents, young psychiatrists, and those who were more seasoned. It was BPA's first in-person event since the pandemic. Many described the event as emotional because we had not seen one another in a long time. It was great to be in the space of such greatness and peers you haven't had a chance to fellowship.

The event started with our meeting, with approximately 75 psychiatrists in attendance. The crowd kept growing all evening and late into the night. The food was great, the vibe was perfect, and the music made for a vibe set for intelligent Black professionals to relax and enjoy themselves. DJ Jess kept the groove just right. Martin Wine and Spirits provided the food, which consisted of multiple cajun and creole favorites. The facility was distinct, classic, historical, and breathtaking. Elligo Health Research sponsored the event. Also in attendance were multiple friends of BPA, including pharmaceutical and medical device companies, allied health professionals, and allies to the movement.

It was great getting together, and we look forward to doing it again soon. Thanks to Trent Dissell and Dr. Lauren Teverbaugh for their recommendations of the event place and DJ. Thanks to all the young brothers who helped move that DJ equipment back and forth, dodging the rain. Laissez les bons temps rouler!



BPA MEMBERS

We need to know about the work you are doing in the world to make a difference. Submit your article for inclusion in an upcoming newsletter. Visit <https://www.blackpsychiatrists.org/newsletter-submissions>.

VISIT BPA'S NEW **CME** E-COURSE PLATFORM

Earn your CME Credits at cme.blackpsychiatrists.org.

Are you looking for CMEs relevant to you as a Black Psychiatrist? Are you looking for cutting-edge information that can advance your practice patterns and the patients you serve? Are you ready for CMEs offered by the BPA? The BPA now offers CMEs online. Please check out the link cme.blackpsychiatrists.org to get your Black Psych CMEs now.



The image shows a screenshot of the Black Psychiatrists of America website. In the top left corner is the organization's logo, a circular seal with the text "Black Psychiatrists of America, Inc." and "1949". In the top right corner, there are navigation links: "BlackPsychs.org", "All Courses", and "Sign In". The main content area features the text "Black Psychiatrists of America" in a large serif font, followed by "Continuing Medical Education (CME) Professional Training Program" in a smaller sans-serif font. To the right of the text is a photograph of a person's hands typing on a laptop keyboard, with a notebook and a coffee cup on the desk.

Use code **bpamember** for 50% off listed prices.

Coupon code is applicable for paid members only. Completion certificate(s) will be held for payment in full if the coupon code is used by non-members.

SAVE THE DATE

Return of the BPA Fall
Transcultural Conference
November 10-13, 2022 *en Puerto Rico*

More information to follow