



BPA News

Black Psychiatrists of America, Inc.

PRESIDENT'S ADDRESS

June, the beginning of summer, concluded with a number of events featuring members of the BPA. June was Men's Health Month and many of us participated in lectures, webinars, and podcasts sharing our expertise on Black male mental health. The aim of raising awareness and empowering Black men has led the BPA's Executive Committee to formally endorse a Black Male Fellowship program created by Dr. Francois Williams.



*BPA President
Stephen McLeod-Bryant, MD*

Just prior to Father's Day, Dr. Ayana Jordan and the Jordan Wellness Collaborative celebrated The Lancet Psychiatry Series, "Black Mental Health in the USA: Nothing For Us Without Us" highlighting the goal of mental wellness for all Black people in America. This was soon followed by Juneteenth and, as our Executive Director Dr. Napoleon Higgins reminded us, this was a day to be celebrated "with joy and purpose, acknowledging it as a day of freedom and a reminder of the work that remains."

Our most immediate work is educating and supporting one another despite the American caste system operating against us.



The 2025 Spring Conference will be held in Atlanta. Stay tuned for further details.

EXECUTIVE COMMITTEE

PRESIDENT

Stephen McLeod-Bryant, M.D.

EXECUTIVE DIRECTOR

Napoleon Higgins, M.D.

PRESIDENT-ELECT

Rahn Kennedy Bailey, M.D.

IMMEDIATE PAST PRESIDENT

Cynthia Turner-Graham, M.D.

TREASURER

Samuel Williams, III, MD

SECRETARY

Tammara Davis, M.D.

MID-ATLANTIC/EASTERN REGIONAL TRUSTEE REGION I

Tiffani L. Bell Washington M.D., MPH, FAPA

SOUTHERN REGION TRUSTEE, REGION II

GINA DUNCAN, M.D.

MIDWESTERN REGIONAL TRUSTEE, REGION III

Welton C. Washington, M.D.

WESTERN REGIONAL TRUSTEE, REGION IV

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

INTERNATIONAL TRUSTEE, REGION V

Geoffrey Walcott, MB.BS, DM

MEMBER-IN-TRAINING

Jennifer Oruebor, MD

In 2041, she will help unlock
the key to reframing memories...

...and she will reclaim
her life from trauma.

If you think
this is impossible,
you've never met
an Otsuka-person.



At Otsuka, we defy limitation,
so that others can too.
Visit [Otsuka-us.com](https://www.otsuka-us.com).

President's Address, cont.

The National Medical Association's (NMA) Annual Meeting in New York City takes place August 3-7 with the theme of "The Quest of Healthcare Transformation". Dr. Higgins serves prominently as Section Chair for the Association's psychiatry section. The NMA meeting presents an important platform to engage with colleagues in other specialties to advocate for best practices improving mental health services within Black communities.

Following the NMA meeting, we are hosting our highly anticipated Transcultural Conference in Nairobi, Kenya, November 7-11. This conference, whose theme is "The Power of Us: Collective Action for Black Mental Health Across the Diaspora", promises to be a transformative experience with a full scientific program fostering dialogue and collaboration around mental health on a global scale. Register now to reserve your room and a space on one of our excursions (including an African safari).

The BPA remains dedicated to providing its members with the best educational opportunities possible to better serve the mental health needs of our communities. We are also committed to fostering growth and support for all Black psychiatrists, miracles of accomplishment and beacons of healing. Please continue to share announcements, suggestions, or questions to our BPA listserv or contact me directly at smcleodbry@gmail.com. Please also let us know if you are interested in joining the Executive Committee as a Trustee or Officer or in joining any of our other committees to help BPA grow and meet our objectives.



Stephen McLeod-Bryant, MD
President, Black Psychiatrists of America

Do you have a diagnosis of Schizophrenia?

Feeling unmotivated, less interested in socializing, or enjoying things? These symptoms are called the negative symptoms of schizophrenia.

Join the CONVOKE Study, which will look at 2 mobile applications (apps) designed to support individuals with negative symptoms of schizophrenia. These apps are investigational digital therapeutics and are downloaded onto a smartphone.

We are looking for people who are:

- 18 years or older
- Diagnosed with schizophrenia
- On antipsychotic medication for at least 12 weeks
- Owners of a smartphone

Participants may be eligible for study payments and travel assistance. Study participation will last up to 22 weeks.



CONVOKE™



Want to know more?
Scan this QR code using a smartphone camera.



Want to take part?
Scan this QR code using a smartphone camera.



www.convokestudy.com

© 2024 Click Therapeutics, Inc.



Discover a wearable patch for your patients with ADHD

Scan QR code to learn
more and request to
be contacted by a
Noven representative



Introducing Our New Communications Committee Interns

The BPA Communications and Social Media Committee Internship program is open to students interested in psychiatry who are either off-cycle or who did not secure a residency position in the match. The internship provides them the opportunity to continue to be active in the field and receive mentorship from other Black psychiatrists. This is the second cohort of interns and the BPA is immensely grateful for the work they put in for us as we continue to build upon the name Black Psychiatrists of America in the social media space.



Name: Oluwanifesimi Olu-Lawal, MD

School: Attended Windsor University School of Medicine

I believe one of my life's mission is to play my part in creating more mental health awareness and reduce the stigmatization around it, especially among the underserved communities. I am honoured to be one of the Interns at the Communications and Social Media Committee this year because I get to shine more light on the need for appropriate provision and utilization of mental health services in the black community through our social media platforms.



Name: Melissa Gray, MD

School: American University of the Caribbean SOM

My name is Melissa Gray, MD. I graduated from American University of the Caribbean SOM. I currently work as a rehabilitation specialist in an outpatient mental health clinic. I am excited to have been selected as one of this year's social media interns. I look forward to adding to the fabulous growth done by our predecessors. I also look forward continuing to share the achievements, history, and benefits of BPA with the world.



A Mentally Healthy Nation **For All**

Dear Dr. McLeod-Bryant and BPA Members:

Please accept our warmest congratulations on the 2024 BPA Spring Conference. This year's theme of Exploring the Nexus of Community and Mental Health: Space, Place, and Identity is especially relevant given the rising mental health crisis in the United States and beyond. It was a privilege to connect and collaborate with you all during the conference and Saturday's President's Luncheon.

As you know, there is still much work to do to effect change in American psychiatry for the betterment of African Americans and the country as a whole. APAF looks forward to continued collaboration with BPA to help make America and our world as good as its promise.

Very truly yours,

Rawle Andrews, Jr., Esq.
Executive Director
American Psychiatric Association Foundation

The First Cohort of BPA Black Male Fellows

I would like to welcome the following physicians as BPA's first cohort of Black Male Fellows!

- Marcus Wright (LSU Health Science Center)
- Joel Burt-Miller (Boston Medical Center)
- Rufus Aderounmu (John Peter Smith Hospital)
- Antonio Igbokidi (UCLA), Nasir Jackson (Howard University)
- Aaron Mack (Howard University)
- A.J. Wallace (Texas Tech University Health Science Center)
- Caylon Pettis (Mayo Clinic)
- Davin Bryant (Charles Drew University)
- Melvin Grimes (LSU-Shreveport)
- Jabbarius Ervin (George Washington University)
- Joshua Martin (Indiana University-Merrillville)
- Chijindu Diokpa (UPMC), Aldwin Soumare (Meharry Medical College)
- Percy Takyi (Penn State Health-St. Joseph)

The Black Male Fellowship is the brainchild of Dr. Francois Williams, who initiated the idea and received BPA Board endorsement in June. He has pledged to fund BPA memberships for up to 12 fellows over the next three years. Fellows will be Black male first-year residents identified in BPA's annual Mentor-Mentee survey.

Fellows will be expected to attend 18 of the 24 group sessions offered throughout the year led by Dr. Williams. Dr. Williams has expertise in group psychotherapy and is a member of the American Group Psychotherapy Association. The Fellows will be supported by BPA to attend the spring conference during their fellowship year through travel scholarships and reduced conference fees.

We look forward to supporting these men through their journey in psychiatry. If interested in finding out more or supporting this program, please contact Dr. Williams at francois.williams1@gmail.com.

Stephen McLeod-Bryant, MD



We want to feature **YOU** in our next newsletter! Share your wins so we can celebrate you. [Submit your highlight or article](#) by October 1, 2024.

We need your help!

The University of Virginia wants to improve clinical practices so women with disabilities can receive better care.

We need your help reaching moms of color that have a disability and have experienced difficulty in relationships.

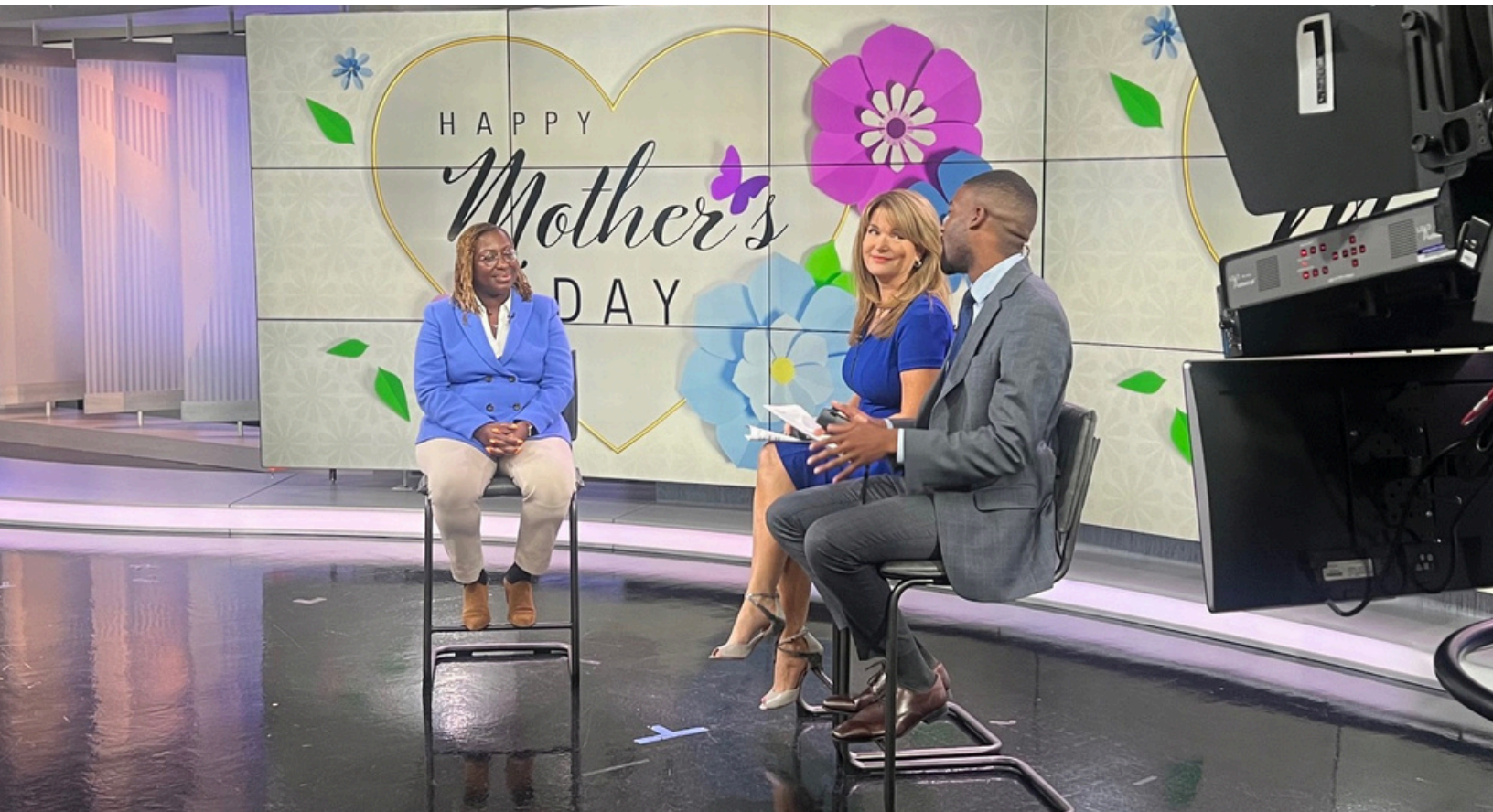
PLEASE SHARE THIS SURVEY:

<https://tinyurl.com/UVAMHSurvey>



Have you visited BPA's new Career Center? [Click here!](#)

Supporting Mom's Mental Health



Dr. Sampson with Fox 26 News hosts

Part 1: "Managing Burn Out"

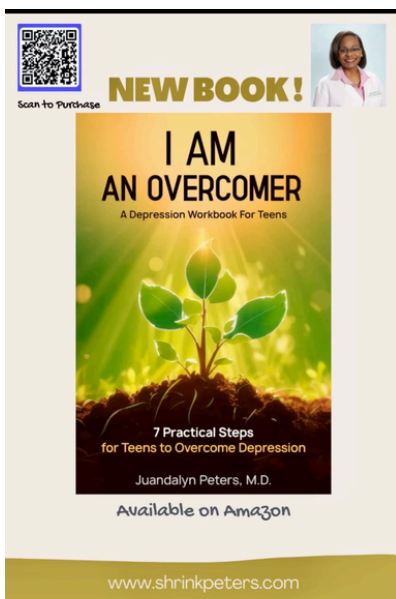
On May 7, 2024 in anticipation of Mother's Day, Dr. Topaz Sampson-Mills was featured on Fox 26 news in Houston Texas to talk about signs of burn out in mothers. Dr. Sampson also discussed ways family and friends can support the mothers in their lives. [Click here to check out the link to the clip.](#)

Part 2: "Managing Grief on Mother's Day"

On May 8, 2024, in anticipation of Mother's Day, Dr. Sampson was invited back to Fox 26 News in Houston TX to discuss how to recognize and manage grief on Mother's Day. She discussed grief for those who struggle with loss of a mother, infertility and many other areas of grief associated with this day. [Watch her clip here.](#)

AUTHOR'S CORNER

Welcome to the Author's Corner, our exciting new newsletter section dedicated to showcasing the latest and greatest from BPA's members! Here, authors can proudly present their newly published works. Whether you're a seasoned writer or a debut author, this is your space to shine. Happy reading!



I Am an Overcomer: A Depression Workbook for Teens

by Dr. Juandalyn Peters

I invite you to celebrate with me the release of my new book. It's a depression workbook for depressed teenagers. It's become clear that despite increasing rates of suicide among black youth, so many of our youth will not access mental health treatment. So this book is designed to be self-help for individual teens, as well as to be a guide for youth in group discussions with teens. It's short and simply-written for a teen audience.

Congrats



Congratulations to Dr. Ja'Nelle Blocker, M.D., our immediate past Member-in-Training Trustee, for graduating from her Integrative Medicine Fellowship at Jefferson and starting her Global Mental Health Fellowship at HEAL through UCSF!!

Have you visited BPA's new Career Center? [Click here!](#)