

BLACK PSYCHIATRISTS OF AMERICA, INC

**2024 TRANSCULTURAL CONFERENCE
NAIROBI, KENYA | NOVEMBER 7-11, 2024**

**NAIROBI SERENA HOTEL
SERENA BALLROOM**

PROGRAM & SCHEDULE



2024 TRANSCULTURAL CONFERENCE

***THE POWER OF US: COLLECTIVE
ACTION FOR BLACK MENTAL
HEALTH ACROSS THE DIASPORA***





BPA's 2024 Transcultural Conference

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**Black Psychiatrists of America (BPA) Transcultural Conference:
*The Power of Us: Collective Action for Black Mental Health
Across the Diaspora***

Thursday, November 7, 2024 – Monday, November 11, 2024
Nairobi Serena Hotel
Nairobi, Kenya

Gold Partner



Welcome Reception Sponsor





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

1629 K. Street, NW #300
Washington, DC 20006
info@blackpsychs.org
www.blackpsychs.org

October 4, 2024

Dear Attendee:

Welcome to the 2024 Transcultural Conference of the Black Psychiatrists of America in Nairobi, Kenya. And, a special welcome to our brothers and sisters joining us in person and spirit from the Africa Global Mental Health Institute Conference held just prior to ours.

Our conference theme, "The Power of Us: Collective Action For Black Mental Health Across the Diaspora," could not be more timely or relevant. As we gather here in the vibrant heart of East Africa, we find ourselves at a critical juncture. The recent US presidential election has underscored the deep racial divisions in America and the challenges facing our communities there. It is precisely in such times that our calling as Black psychiatrists becomes even more crucial.

Our conference theme speaks to the strength we find in unity and the impact we can make when we come together. As we explore the mental health needs of Black communities across the diaspora, we are reminded that our shared experiences and collective wisdom are powerful tools for healing and progress.

Thank you for your belief and support of BPA's initiatives. The recent growth of BPA is a testament to your, and the rest of membership's, dedication and resilience. I would also like to thank my predecessor, Dr. Cynthia Turner-Graham, my successor, Dr. Rahn Bailey, the Executive Director, Dr. Napoleon Higgins, and the rest of the Executive Committee for their leadership and guidance. Today, we stand as a beacon of hope and a catalyst for change in mental health care for Black communities worldwide.

Please fully immerse yourself in this conference experience. Share your insights, challenge assumptions, and be open to new perspectives. Together, we can chart a course for a miraculous future where mental health equity is not just an aspiration but a reality for all Black communities.

Wishing you a productive and inspiring conference.

Harambee,

Stephen McLeod-Bryant, MD
President
Black Psychiatrists of America



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Dear Colleagues, Family and Friends:

The spirit of the Kenyan people is reflected in the word Harambee, meaning "all pull together" in Swahili, and is embedded in the official Kenya Suit of Arms. Harambee is a central unifying theme of Kenyan life and ceremoniously celebrated in self-help and other events to capture and reinforce the country's spirit of generosity, placing importance of the group above the individual. This year's BPA Transcultural Conference theme is "The Power of Us: Collective Action For Black Mental Health Across the Diaspora" making Nairobi, Kenya an ideal meeting location for this year's gathering.

Additionally, we will witness the events around one of the most consequential U.S. elections in our lifetime - from the Motherland - immersed in the spirit of Harambee. Though we cannot predict what will await us upon returning home, we can be sure that the cultural, spiritual, interpersonal and intellectual fortification we receive will prepare us all to meet whatever challenges we face upon return.

Thanks to all who have contributed to organizing and overseeing the innumerable details necessary to pull this conference together. Special thanks go to our President and Executive Director, Stephen McLeod-Bryant and Napoleon Higgins respectively, for their teamwork to assure that all have a memorable and rewarding trip. And to our travel agent and my friend Ms. Georgina Lorenz, owner and operator of African Travel Seminars, I owe her a debt of gratitude for all she has contributed to our upcoming adventure. Last but not least, many thanks go to Jennis Watson and the VA Gladiators for their administrative support.

I look forward to seeing you soon. . .but if not in Nairobi, next year in March at the Atlanta BPA Spring Conference!

Peace, Power and Blessing,

Cynthia Turner-Graham
Immediate Past-President



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Dear Members of the Black Psychiatrists of America,

BPA in Kenya is a monumental experience which will reward the Diasporic mental health discussion. This assembly will bridge multiethnic discourse and tackle the complexities which interface upon the Black mental health experience. Nairobi hosts a diverse immigrant population from other African countries, which adds value to this multicultural venture. The city sets an opportune stage to curate enriching growth. Attendees will be equipped with insight that will translate into scholarly effort and perspective for their local communities and institutions.

I wish everyone a safe, enjoyable, culturally engaging trip.

Sincerely,

Rahn K. Bailey, MD
President-Elect
Black Psychiatrists of America, Inc.



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Executive Director

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Dear Colleagues and Friends,

On behalf of the Black Psychiatrists of America (BPA), I would like to extend my heartfelt congratulations and appreciation for your attendance at the Transcultural Conference in Nairobi, Kenya. Your commitment to advancing mental health through global dialogue is what makes this gathering so meaningful, and we are thrilled to have you as part of this transformative experience.

We are excited for the incredible meeting ahead, filled with valuable input and fellowship with Kenyan psychiatrists, as well as other Black psychiatrists from across the diaspora. Together, we will have the opportunity to learn from key opinion leaders, share our collective insights, and contribute to the future of mental health within our communities.

Beyond the formal sessions, we look forward to enjoying the beauty of Nairobi, taking part in enriching excursions, indulging in delicious local cuisine, and cherishing the company of one another in a space that fosters connection and collaboration.

The Black Psychiatrists of America is dedicated to providing experiences that go beyond the ordinary, and we are confident that this conference will be nothing short of extraordinary. Thank you once again for your continued support and for making this gathering possible.

We wish you safe travels and an unforgettable journey, both professionally and personally, as we embark on this unique and unparalleled experience together.

Warmest regards,

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

Schedule

**Black Psychiatrists of America (BPA) Transcultural Conference:
*The Power of Us: Collective Action for Black Mental Health
Across the Diaspora***

Thursday, November 7, 2024 – Monday, November 11, 2024
Nairobi Serena Hotel
Serena Ballroom
Nairobi, Kenya

Thursday, November 7th

4:00-5:00 PM | **Check-In/Registration (Alamanda Room)**

5:00-5:45 PM | **Collective Action: Tackling the HIV/Mental Health Syndemic through
Community Engagement** [Shary Jones, PharmD, MPH, BCPS; Mercy Njeru]

5:45-6:30 PM | **Mental Health Treatment in Kenya: Overview, Challenges, and
Successes – A Panel Discussion** [Shary Jones, PharmD, MPH, BCPS; Mercy Njeru;
Mercy Karanja]

6:30-7:15 PM | **Long Acting Antipsychotics: Impact in Kenya and the United States**
[Michael Ingram, MD]

7:30 PM-9:30 PM | **Welcome Reception**



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Thursday, November 7, 2024 – Monday, November 11, 2024
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Nairobi, Kenya

Friday, November 8th

Coffee, Tea, and Light Refreshments will be served all morning starting at 7:30 AM

6:30-8:30 AM | **Breakfast at Cafe Maghreb Restaurant**

Only attendees who are staying at the Nairobi Serena

7:30-8:30 AM | **Check-In/Registration (Frangipai Room)**

8:30-9:10 AM | **Holistic Mental Health: Exploring the 8 Dimensions of Wellness** [Ifeanyi Olele, DO, MBA, MS]

9:10-9:50 AM | **Restorative Fun! Powerful Play Therapy Activities for Psychiatrist Wellness** [Yolanda Fountain Hardy, PhD, LPC, LCMHC, RPT-S, ACS, NCC]

9:50-10:00 AM | **Break**

10:00-10:40 AM | **Leveraging the Quadruple Factor Initiative for Collective Action in Black Mental Health Care: A Community-Based Approach** [Mardoche Sidor, MD]

10:40-11:20 AM | **We Are Our Medicine: Drawing Upon Lived Experience for Organizational and Systemic Change** [Jessica Isom, MD, MPH; Frederick Shegog]



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Friday, November 8th

11:20 AM-12:45 PM | **Delgado Luncheon & Lecture – Expanding Mental Health Care for Adolescents: Lessons in Partnership, Training, and HIV Integration in Kenya** [Pamela Collins, MD; Stella Waruinge; Dr. Anne Mbwayo; Prof Muthoni Mathai]

12:45-1:00 PM | **Q&A**

2:00-4:30 PM | **Hospital Excursion (Ticket Required)**

Mathari Mental Hospital. Departing from the Nairobi Serena Hotel. Please plan to meet in the Nairobi Serena Hotel Reception by 1:00 PM for boarding.

5:30 PM | **Dinner at Carnivore Restaurant (Ticket Required)**

Excursion attendees will receive transportation to the excursion, restaurant, and back to the Nairobi Serena Hotel.



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Saturday, November 9th

Coffee, Tea, and Light Refreshments will be served all morning starting at 7:30 AM

6:30-8:30 AM | **Breakfast at Cafe Maghreb Restaurant**

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8:30-9:10 AM | **Opioid Use Disorder in Pregnancy** [Roseanne Gichuru, DO/MBA, FACOOG, CPE]

9:15-9:55 AM | **Thinking Outside the Box: Integrative Approaches to Depression**
[Ja'Nelle Blocker, MD; Lucy Ogbu-Nwobodo, MD, MS, MAS; Tiffani Bell Washington MD, MPH, FAPA, DABOM, DABLM]

9:55-10:10 AM | **Q&A**

10:10-10:20 AM | **Break**

10:20-11:00 AM | **The Vanishing African American: Our Mental Health and Future** [Mikki King Barker DO, DAPS; C Freeman, MD, MBA, FAPA]

11:05-11:45 AM | **A URiM Process Group as a Model for Collective Healing and Transformative Mental Healthcare** [Oluwatosin Adebisi, MD/MPH; Lucy Ogbu-Nwobodo, MD, MS, MAS; Cameo Johnson, LCSW]



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Saturday, November 9th

11:45 AM-12:05 PM | **Understanding ADHD in Black Women** [Ayana Gibbs, MBChB, PhD]

12:05-12:20 PM | **Q&A**

1:00 PM | **Lunch and Author's Corner**

2:45-5:30 | Bead and Flea Market Excursion (Ticket Required)

Departing from the Nairobi Serena Hotel at 2:15 PM. Please plan to meet in the Nairobi Serena Hotel Reception early for boarding. Firm departure from the Bead and Flea Market at 5:30 PM. One alert will be sent over WhatsApp regarding departure for dinner at the Tamarind.

5:30 PM | Dinner at Tamarind (Ticket Required)

Excursion attendees will receive transportation to the excursion, restaurant, and back to the Nairobi Serena Hotel.



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Sunday, November 10th

Coffee, Tea, and Light Refreshments will be served all morning starting at 7:30 AM

6:30-8:30 AM | Breakfast at Cafe Maghreb Restaurant

Only attendees who are staying at the Nairobi Serena

**8:30-9:10 AM | African and Diasporic Indigenous Psychedelic and Community
Wisdom - Understanding in order to help heal ourselves and our communities**
[Stephanie Stewart MD; Aldwin Soumare DO, MS]

**9:15-9:55 AM | Creating Mental Health-Friendly Cities for Urban Youth across the
Globe: Integrating Intersectoral Approaches with a System of Care Framework** [Alicia
Barnes DO, MPH; Pamela Collins MD, MPH]

9:55-10:10 AM | Q&A

10:10-10:20 AM | Break

**10:20-11:00 AM | Advancements in Transcranial Magnetic Stimulation for Enhancing
Black Mental Health** [Ifeanyi Olele DO, MBA, MS]



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Sunday, November 10th

11:05-11:45 AM | **After The Holmes Commission Report: A Call to Rewrite the Script on Race in Psychoanalysis and Psychotherapy** [Constance E. Dunlap, MD; Ravi Chandra, MD; Jessica Isom, MD, MPH]

11:45 AM-12:00 PM | **Q&A**

1:00 PM | **Lunch & Business Meeting**

2:00-7:00 PM | **Self-Directed exploration of Nairobi**

7:00-10:00 PM | **Closing Dinner & Ceremony**

INTI - A Nikkei Experience Restaurant

Departing from the Nairobi Serena Hotel at 5:45 PM. Please plan to meet in the lobby early for boarding.



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Monday, November 11th

7:00 AM | Amboseli Safari Send Off

Departing from the Nairobi Serena Hotel. Please plan to meet in the lobby early for boarding. If you are staying off-site, make sure to schedule transportation to arrive on time.

