

The Black Psychiatrists of America Presents

2025 TRANSCULTURAL CONFERENCE

Roots of Resilience: Confronting the Legacy of Racism and Advancing Mental Health in the Diaspora



CONFERENCE INFORMATION

November 6-9, 2025 | St George's, Grenada

Hosted at the Royalton & St. George's University

**Learn More &
Register**



[HTTPS://BLACKPSYCHIATRISTS.ORG/BPA-FALL-CONFERENCE](https://blackpsychiatrists.org/bpa-fall-conference)



WhatsApp



**Join the 2025 Transcultural
Conference Community**

TRAVEL TIPS

Health & Comfort

- Wear insect repellent.
- Use earplugs at night to block sounds from the coqui frog.
- It's hurricane season, so pack light rain gear just in case.

Getting Around

- Look for Grenada Taxi Association (GTA) drivers for extra-certified service.
- Local rideshare app: Haylup (<https://haylup.com/>). Uber is also available.

Money & Tipping

- USD is widely accepted; local currency is the Eastern Caribbean Dollar (XCD). You can find an ATM at the mall/bank.
- Suggested Tips: 10–15% for taxis/restaurants, \$2 per bag for hotel staff. BPA will cover gratuities for sponsored events.

Local Etiquette & Rules

- No camouflage clothing (fines apply).
- Swimwear only at pools and beaches, please.
- Plastic bags are banned. Be sure to bring a reusable tote.
- Avoid foul language near police (it's illegal).
- LGBTQ+ identities may not be as openly recognized or accepted in Grenadian society.
- English is spoken everywhere, but you may also hear Grenadian Creole.

General Safety & Travel

- Enroll in the free U.S. State Department's STEP program to receive important health, weather, and safety updates.
- Keep luggage secure and avoid accepting "gifts" from strangers.
- Pack a pen in your carry-on for arrival customs forms.
- Bring a Type G power converter for your U.S. devices. Grenada uses the UK standard plugs and sockets. If your devices are rated for 100-240V, a simple adapter will suffice. For devices designed specifically for 110-120V, you will need a voltage converter to prevent damage.
- Expect warm hospitality. Grenadians are known for their friendliness!

THURSDAY, November 6, 2025

- 12:00-5:00 PM | Pre-Conference Session
- 4:00-6:00 PM | Check-In/Registration at the Royalton
- 7:00-8:00 PM | Welcome Reception

FRIDAY, November 7, 2025

- 8:00 AM | Buses Load for SGU
- 9:00-10:25 AM | CME Educational Sessions
- 10:25 AM | Break
- 10:40-11:20 AM | CME Educational Sessions
- 12:00 PM | Buses Load for University Club
- 1:00-3:00 PM | Delgado Luncheon
- 3:30 PM | Buses Load for Sunset Cruise
- 4:00-7:00 PM | Sunset Cruise

SATURDAY, November 8, 2025

- 8:00 AM | Buses Load for SGU
- 9:00-11:10 AM | CME Educational Sessions
- 11:10 AM | Break & Poster Session
- 11:25 AM-12:05 PM | CME Educational Sessions
- 12:10 PM | Box Lunch Pickup
- 1:30 PM | Buses Load for Excursion
- 1:30-6:00 PM | Island Tour

SUNDAY, November 9, 2025

- 8:00 AM | Buses Load for SGU
- 9:00-11:10 AM | CME Educational Sessions
- 11:10 AM | Break
- 11:25 AM-12:50 PM | CME Educational Sessions
- 1:30 PM | Box Lunch Pickup
- 2:30/3:00 PM | Buses Load for Hospital Tour
- 3:30/4:00 PM | Tour of Mt. Gay Psychiatric Hospital
- 4:00/4:30 PM | Buses Depart for the Royalton
- 6:30 PM | Buses Load for Pier 57
- 7:00-10:00 PM | Closing Dinner at Pier 57
- 10:00 PM | Buses Load for the Royalton



Black Psychiatrists of America, Inc.

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October 11, 2025

Thank you for participating in the Black Psychiatrists of America's Transcultural Conference on the beautiful island of Grenada, West Indies. We are truly excited about the dynamic programming ahead—rich with scientific insight focused on the diaspora and the shared experiences that shape our understanding of mental health.

This gathering is more than a conference; it is a cultural exchange. Our goal is to learn from one another, to serve as a resource, and to create a ripple effect of knowledge and collaboration that endures for years to come. We hope that the friendships and partnerships formed here will continue to strengthen our collective efforts in advancing mental health throughout the African diaspora.

Exploring the storied history and culture of Grenada allows us to see the resilience and triumph woven into our shared heritage. Together, we illuminate a path toward greater empowerment through mental wellness and healing.

We hope this conference will be both an inspiring getaway and a transformative learning experience—helping us all become even better clinicians, scholars, and advocates for the communities we serve.

With gratitude and anticipation,

Napoleon B. Higgins, Jr. MD
Executive Director

BLACK PSYCHIATRISTS OF AMERICA, INC.

Addressing African-American mental health and fostering education for Black Psychiatrists since 1969



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October 13, 2025

Welcome to the 2025 Transcultural Conference of the Black Psychiatrists of America (BPA) in Grenada! We are delighted to extend a heartfelt welcome to each of you—our colleagues and friends from across the globe. Your presence is a testament to the enduring connections and mutual commitment that bind us together.

This year's conference theme, "Roots of Resilience: Confronting the Legacy of Racism and Advancing Mental Health in the Diaspora," reflects the urgent needs and profound opportunities of our times. Gathering together in the rich cultural tapestry of Grenada, we recognize how history continues to shape the collective experience and well-being of Black communities worldwide. Recent social and political developments—both in the United States and abroad—make clear the deep challenges which persist for Black people. Yet it is precisely in moments like these that our shared purpose as Black psychiatrists becomes even more vital.

Our theme invites us to explore not only the barriers which have thwarted mental health equity, but also the deep strength, creativity, and resilience within our communities. As we confront the consequences of systemic racism, we reaffirm our power to heal, lead, and create meaningful progress—across continents, cultures, and generations.

The growth and impact of the BPA is a powerful reflection of your dedication and resolve. It has been this dedication and resolve which has fueled my term as President, and I thank you for this fuel. As this Conference marks the end of my presidency, I look forward to supporting the leadership of my successor, Dr. Rahn Bailey; our Executive Director, Dr. Napoleon Higgins; and old and new members of the Executive Committee in taking BPA to new heights.

Together, we stand as catalysts for change and as a beacon of hope for Black mental health globally. I encourage every attendee to immerse yourself fully in this conference—share your expertise, challenge assumptions, embrace new perspectives, and strengthen the bonds of collaboration. By uniting our voices and wisdom, we can chart a future where mental health equity is not merely an aspiration but a lived reality for all Black communities.

Harambee,

Stephen McLeod-Bryant, MD
President

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November 4, 2025

On behalf of the Scientific Program Committee, it is our pleasure to welcome you to the Black Psychiatrists of America, Incorporated Transcultural Conference, centered on our theme: **“Roots of Resilience: Confronting the Legacy of Racism and Advancing Mental Health in the Diaspora.”**

This year’s program addresses the profound and complex impact of historical and systemic racism on the mental health of Black communities globally. This programming is for all of us who stand in this space of recognizing that advancing care requires not only cultural humility but a proactive engagement with the forces that preserve health injustices across the Diaspora. Beyond the formal didactic presentations, we encourage you to visit with speakers and those with posters during breaks and outings to further the dialogue as we all take this time from our clinical practices to relax, network, and build community on the lovely island of Grenada.

Thank you for being a part of our commitment to provide a solid program with the essential knowledge and practical, evidence-based tools necessary to transform the quality of care we provide. Thank you to our committee members, Dr. Ja’Nelle Blocker and Dr. Mardoche Sidor for your service to the organization.

We look forward to your submissions for the Spring meeting in New Orleans!

Nicole B. Washington, DO, MPH
Chair, Scientific Program Committee

Danielle Hairston, MD, Co-Chair
Scientific Program Committee



Nicole B. Washington, DO, MPH



Danielle Hairston, MD

BLACK PSYCHIATRISTS OF AMERICA, INC.

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BPA Executive Committee



Stephen McLeod-Bryant, MD
President



Napoleon Higgins, MD
Executive Director



Rahn Bailey, MD
President Elect



Cynthia Turner-Graham, MD
Immediate Past President



Samuel Williams, MD
Treasurer



Tammara Davis, MD
Secretary



Mardoche Sidor, MD
Region I Trustee
Mid-Atlantic



Gina Newsome Duncan, MD
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Welton C. Washington, MD
Region III Trustee
Midwestern



Lucy Ogbu-Nwobodo, MD
Region IV Trustee
Western



Geoffrey Walcott, MB.BS, DM
Region V Trustee
International



Francois Williams, MD
Member-in-Training

Pre-Conference Session for Grenada Local Mental Health Professionals

Sessions held at St. George's General Hospital

Grand Etang Road, St George's, Grenada

Attire: Business Casual to Casual

12:00-5:00 PM | **Mental Health Across the Lifespan: Education, Stigma, and Care in the African Diaspora**

12:00 PM | ***Welcome and Opening Remarks***

12:15 PM | ***Child Psychiatry Highlights***

- *Speaker: Juandalyn Peters, MD*

1:45 PM | ***From Island Blues to Euphoric Moods***

- *Speaker: Paula-Ann Francis, MD*

3:15 PM | ***Break***

3:30 PM | ***Comprehensive Psychiatry: Basics to Advanced Diagnostic Care and Treatment in the Diaspora***

- *Speaker: Napoleon Higgins, MD*

5:00 PM | ***Closing Remarks***

7:00-8:00 PM | **Welcome Reception at the Royalton**

FRIDAY

General Session and Excursion

Sessions held at St. George's University

Attire: Business Casual to Casual

8:50 AM | **Opening Remarks**

- Toni Johnson Liggins, M.D., Associate Dean, Clinical Studies, St. George's University School of Medicine
- Arlette Herry, PhD, Vice President for Multicultural Affairs, St. George's University School of Medicine

9:00 AM | **When the Smoke Clears, Data Still Stands. The Value of Collaborative Research that Speaks the Peoples' Truth**

- Speaker: Brandi Walker, PhD

9:45 AM | **Building Bridges Around the Globe: Cross-Cultural Lessons from Psychiatry in Grenada and Ghana**

- Speakers: Philipa Owusu-Antwi MD, MPH, CCTP; Toni Liggins MD, MPH; Doris Keens-Douglas, MD, MPH; Evelyn Spencer, MD; Arlette Herry, PhD

10:40 AM | **"May I Say 'Disparity'?"**

- Speaker: Stephen McLeod-Bryant, MD

11:25 AM | **Acute Schizophrenia in a 79-Year-Old Retiree**

- Speakers: Danielle Hairston, MD; Amina Richardson, MD; Clarence Glenn, MD; Alainia Morgan, MD

1:00 PM | **Delgado Luncheon at the University Club**

- Speaker: William Lawson MD, PhD, DLFAPA

4:00 PM | **Sunset Cruise on Starwind**

- **Attire:** Island comfortable
- Sail Grenada's coastline aboard a classic vessel
- Includes open bar and snacks
- *If you would like to change clothes before the excursion, please plan to bring them with you to the general session.*

SATURDAY

General Session and Excursion

Sessions held at St. George's University

Attire: Business Casual to Casual

9:00 AM | **Jail, Flog, Fine: The Impact of Grenada's Colonial Legacy on Crime, Punishment, and Mental Health Treatment**

- Speakers: Raquel Wilson, JD; Malaika Berkeley, MD, MPH; Jasmine Redhead, LLB, LED, LLM

9:45 AM | **Bridging Communities: Cultivating Excellence Through Global Psychiatry Collaboration in the Diaspora (UWI/HU)**

- Speakers: Danielle Hairston, MD; Ja'Nelle Blocker, MD; Brian Kazaara, MBBS

10:30 AM | **Panel Discussion Moderated by Dr. Ingram**

- Speakers: Evlyn Spencer, MD and Michael Ingram, MD

11:25 AM | **Reclaiming Cocoa-The Hidden Story of Mental Slavery and Chocolate**

- Speaker: Yao Mfodwo, MD, MMED

1:30-6:00 PM | **Island Tour**

- Start at the vibrant Spice Market in St. George's
- Visit Clarke's Court Rum Distillery for tasting and purchasing
- Stop at Annandale Waterfall
- Explore the Grand Etang Nature
- *If you would like to change clothes before the excursion, please plan to bring them with you to the general session.*

SUNDAY

General Session and Dinner

Sessions held at St. George's University

Attire: Business Casual to Casual

9:00 AM | **Black and Brown Joy: Perspectives on Rationally, Compassionately, and Joyfully Facing Narratives of Disconnection and Domination**

- Speakers: Ravi Chandra, MD; Nina Joy Mena, MD; Tiffani Bell Washington, MD

9:45 AM | **Psychiatry, Spirituality and Religion: A Melanated Journey**

- Speakers: Mikki Barker, DO; Katrina Peters, MD

10:30 AM | **The Audacity to Heal Out Loud: Queer, Black, Immigrant and Unapologetically Whole**

- Speaker: Uchenna Lizmay Umeh, MD, MBA, FAAP (AKA Dr. Lulu)

11:25 AM | **Rooted in Justice: Psychiatrists as Climate Health Equity Advocates in the Diaspora**

- Speaker: C. Freeman, MD, MBA; Ifeanyi Olele, MD, MS, DFAPA; Venise Curry, MD

12:10 PM | **The Emotional Truth of IVF: How to Center Black Patients' Healing and Agency in Their Fertility Journey**

- Speakers: Rev. Dr. Stacey L. Edwards-Dunn, MPH, MDIV, DMIN; Jonathan Shepherd, MD; Erikka Taylor, MD, MPH; Marilyn Griffin, MD

3:30/4:00 PM | **Touring Mt. Gay Hospital**

7:00 PM | **Closing Dinner at Pier 57**

Attire: Cocktail

Black Psychiatrist of America Transcultural Conference

November 6-9, 2025

Activity Overview/Description: This four-day live meeting will feature dynamic and enriching sessions and panel discussion on topics that include mental health disorders, mental health disparities and effective treatment of mental health in the African American community.

Target Audience: This activity is intended for physicians.

Accreditation Statement:

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of The National Medical Association and The Black Psychiatrist of America. The National Medical Association is accredited by the ACCME to provide continuing medical education for physicians.”

Credit Designation Statement:

The National Medical Association designates this live in-person activity for a maximum of **13.25 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Learning Objectives:

- Implement evidence-based interventions that are effective for treatment of mental health disorders in African American individuals
- Advocate for policies and systematic changes that promotes mental health equity for African American individuals.
- Evaluate the effectiveness of addressing mental health disparities among black individuals in practices.
- Explore self-care and physician wellness as a tool to improve patient outcomes.

Unapproved Use of Disclosure:

Please note that this activity may contain discussions of unlabeled uses of FDA-approved products, AND/ OR discussions of investigational products not yet approved by the FDA. Please refer to the official prescribing information for approved indications, contraindications, and warnings.

Summary of Planning/Faculty Disclosure:

In accordance with the Accreditation Council for Continuing Medical Education’s Standards for Integrity and Independence, all persons who control the educational content of NMA accredited activities must disclose all

financial relationships with any ineligible companies that they have had over the past 24 months. NMA uses the ACCME's definition of ineligible companies: Those whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients. There is no minimum financial threshold. NMA determines whether any of those relationships is relevant to this activity. All of the relevant financial relationships identified for persons in a position to control activity content have been mitigated.

The following planners, moderators, and speakers declare no relevant relationship with commercial entities.

- Mikki Barker, DO
- Tiffani Bell- Washington, MD, MPH, FAPA, DABOM, DABLM
- Malaika Berkeley, MD, MPH
- Cecil Bennett, MD
- Ja'Nelle Blocker, MD
- Ravi Chandra, MD
- Venise Curry, MD
- Rev. Dr. Stacey L. Edwards-Dunn, MPH, MDIV, DMIN
- Paula-Ann Francis, MD
- C. Freeman, MD, MBA
- Clarence Glenn, MD
- Danielle Hairston, MD
- Arlette Henry, PhD
- Brian Kazaara, MBBS
- Doris Keens-Douglas, MD, MPH
- William Lawson, MD, PhD
- Toni Liggins MD, MPH
- Stephen McLeod-Bryant, MD
- Nina Joy Mena, MD
- Yao Mfodwo, MD MMED
- Alainia Morgan, MD
- Philipa Owusu-Antwi MD, MPH
- Juandalyn Peters, MD
- Jasmine Redhead, LLB, LED, LLM
- Amina Richardson, MD
- Jonathan Shepherd, MD
- Evlyn Spencer, MD
- Erikka Taylor, MD, MPH
- Uchenna Lizmay Umeh, MD, MBA, FAAP
- Nicole B Washington, DO, MPH
- Raquel Wilson, JD

The following planners, moderators, and speakers declare the following relations with commercial entities.

- Marilyn Griffin, MD: Aetna- Former Employee; CVS- Former Employee
- Napoleon Higgins Jr. MD: Axsome- Speaker; Collegium- Speaker; Neurocrine-PI; Noven-Speaker
- Michael Ingram, MD: Johnson & Johnson- Speaker
- J. Olele, MD: Abbvie-Consultant, Speaker; Axsome-Speaker; Collegium-Consultant, Speaker; Neuronetics-Consultant, Speaker
- Katrina Peters, MD: Johnson & Johnson- Consultant

- Brandi Walker, PhD: Insightful, Inc.- Consultant; Otsuka- Consultant

Disclaimer:

National Medical Association and their staff are not responsible for injury or illness resulting from the use of medications or modalities discussed during this educational activity. The information provided at this CME activity is for continuing education purposes only and is not meant to substitute for the independent medical judgement of a healthcare provider relative to diagnostic and treatment options of a specific patient's medical condition.

Instructions to Receive Credit: Participants must view the CME materials, attend the live activity and complete and submit the evaluation and complete and return CME attestation form.