

When Politics Get Personal: Sociopolitical Stress and College Student Mental Health

LIVE VIDEO WEBCAST

Wednesday, April 24, 2024

Webcast Information

Eastern Time

12:00pm Program begins
2:00pm Program ends

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Host: Center for Collegiate Mental Health (CCMH)

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<https://cdn.pesi.com/pdf/inhouse/faq.pdf>

The current unrest exhibited on college and university campuses across the U.S. has largely been driven by politically provocative higher education policies. Predictably, the sociopolitical stress experienced by college students is wide-ranging and uniquely felt and has particularly daunting implications for their mental health. Bringing together a multidisciplinary team of professionals in law and mental health, this training will provide a range of professionals in higher education and beyond with the necessary awareness, knowledge, and skills to support college student communities as they navigate a politically stressful environment.

Target Audience: Counselors, Marriage and Family Therapists, Nurses, Physicians, Psychologists, Social Workers

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Program Outline

- Relevant laws and policies in the U.S. and their impact on higher education policies in college and university settings
- Sociopolitical stress among culturally diverse students and its impact on mental health
- Addressing the impact of sociopolitical stress in the clinical setting
- Considerations in cultivating an advocate identity for student support professional in college settings

Objectives

1. Understand the current laws and policies in the U.S. impacting higher education.
2. Define sociopolitical stress and describe its impact on college students.
3. Describe clinical interventions that can be used to mitigate the impact of sociopolitical stress on college student mental health.



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Student Affairs

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Speakers

Dr. Sultan Magruder is a licensed staff psychologist and the Assistant Director of DEI at Penn State Counseling and Psychological Services. He has more than 10 years of clinical experience in college mental health settings. He earned a B.A. in psychology from Indiana State University of Pennsylvania, and a Master's and doctoral degree in counseling psychology from Oklahoma State University. His areas of specialization and interest include culture/identity issues, eating disorders, group therapy, and clinical supervision. Dr. Magruder has presented nationally on the topics of culture, racial trauma, minority mental health, and identity matching in the therapeutic context. He is an advisor to the Center for Collegiate Mental Health, which is among the largest practice research networks for psychotherapy in the world. He believes in the necessity of intentional activism and currently serves in an elected government role as a Township Supervisor. Furthermore, as part of his private business, Sultan Magruder LLC., he provides education and training for mental health professionals and first responders on topics related to mental health and culture.

Speaker Disclosures:

Financial: Sultan Magruder maintains a private practice and has an employment relationship with Penn State Counseling and Psychological Services. He receives a speaking honorarium from PESI, Inc. He has no relevant financial relationships with ineligible organizations.

Non-financial: Sultan Magruder has no relevant non-financial relationships.

Dr. Soto is a Professor in the Clinical Science Program in Penn State's department of psychology, where he is also the Associate Head of Diversity, Equity, and Inclusion. Dr. Soto received his Ph.D. in clinical psychology from the University of California, Berkeley and completed his internship and postdoctoral training at UCSF/San Francisco General Hospital. His teaching, service and scholarship focus on advancing knowledge that is informed by diversity. In particular, his research examines the intersections of culture, health, and emotion, with an emphasis on the study of ethnic minority culture and those experiences associated with ethnic minority status (discrimination, oppression, etc.). His work has been published in leading journals in the field. He is currently an Associate Editor at Emotion, and on the editorial boards of Psychological Bulletin, and Cultural Diversity and Ethnic Minority Psychology. He has received numerous awards for his work on diversity within academia and is the 2012 recipient of the Charles and Shirley Thomas Award from APA division 45.

Speaker Disclosures:

Financial: Jose Soto has an employment relationship with the Pennsylvania State University. He received grants from Child Study Center and the Schreyer Institute. He is an associate editor for Emotion. Jose Soto receives a speaking honorarium from PESI, Inc. He has no relevant financial relationships with ineligible organizations.

Non-financial: Jose Soto is Ad hoc reviewer and editor for several peer review journals, for a complete list contact PESI, Inc.

Lisa Hernandez is the Vice President of People and Culture at Robert Morris University. In this capacity, she oversees the following: Human Resources, Diversity, Equity, Inclusion and Belonging, and Title IX/Student Equity. Lisa is passionate about creating a positive experience and sense of belonging for both students and employees. Lisa is a seasoned civil rights litigator who came to higher education in 2018 after serving for thirteen years as a Senior Trial Attorney with the Pittsburgh Area Office of the U.S. Equal Employment Opportunity Commission. In that capacity, she brought civil actions against private employers under a variety of federal anti-discrimination laws. Prior to her tenure at EEOC, Lisa clerked for federal and state court judges, and worked as an associate at Reed Smith. She received both her JD and BA (International Relations) from the University of Pennsylvania, and is in the process of earning her MBA at Robert Morris University.

Speaker Disclosures:

Financial: Lisa Hernandez has an employment relationship with Robert Morris University. She receives a speaking honorarium from PESI, Inc. She has no relevant financial relationships with ineligible organizations.

Non-financial: Lisa Hernandez has no relevant non-financial relationships.

Continuing Education Credits



Addiction Counselors - Generic: This activity consists of 2.0 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

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