2021 SOUTHEAST AND MIDWEST ECO CONFERENCE

Maintaining Momentum: Rest, Resilience, and Resistance in Community Research and Action

Hosted by The University of North Carolina at Charlotte, University of Miami, and DePaul University

JOIN US VIRTUALLY FRIDAY & SATURDAY NOVEMBER 12-13
The Society for Community Research and Action (SCRA) is an organization devoted to advancing theory, research, and social action. Its members are committed to promoting health and empowerment and to preventing problems in communities, groups, and individuals. SCRA serves many different disciplines that focus on community research and action beyond the walls of academia.

Southeast and Midwest ECO are regional extensions of SCRA. Ecological-Community Psychology (ECO) conferences are regional events organized by graduate students for the gathering, knowledge sharing, and collaboration of community psychologists, students, researchers, and community members.

This year’s conference theme is Maintaining Momentum: Rest, Resilience, and Resistance in Community Research and Action. As advocates and lifelong learners, one of the greatest challenges is maintaining momentum within a system that intentionally tries to undermine, erase, and dilute calls for justice. The perennial nature of community research and action requires researchers, practitioners, and community members to sustain their cause and themselves, making rest and resilience themselves acts of resistance against oppression.
**FRIDAY PRE-CONFERENCE SCHEDULE**

<table>
<thead>
<tr>
<th>Central Time</th>
<th>Eastern Time</th>
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<tbody>
<tr>
<td><strong>10:00-11:00AM</strong></td>
<td><strong>11:00-12:00PM</strong></td>
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<tr>
<td>Surviving and thriving as a graduate student and community psychologist of color*</td>
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<tr>
<td><strong>11:00-12:15 PM</strong></td>
<td><strong>12:00-1:15PM</strong></td>
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<tr>
<td>Conversations that Raise Your Practice Game*</td>
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<td><strong>12:15-1:00PM</strong></td>
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<td><strong>1:00-2:00PM</strong></td>
<td><strong>2:00-3:00PM</strong></td>
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<tr>
<td>Undergraduate Student Mentoring*</td>
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<td><strong>2:00-3:00PM</strong></td>
<td><strong>3:00-4:00PM</strong></td>
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<td>BREAK</td>
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<td><strong>3:00-4:00PM</strong></td>
<td><strong>4:00-5:00PM</strong></td>
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<tr>
<td>Graduate Student/Early Career/Community Partner Mentoring*</td>
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<tr>
<td><strong>4:00-5:00PM</strong></td>
<td><strong>5:00-6:00PM</strong></td>
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<tr>
<td>Social/Trivia</td>
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*For more information about the SCRA mentoring session, undergraduate mentoring sessions, graduate/early career/community partner mentoring sessions, and free pre-conference opportunity at 10 CST/11EST and 11CST/12EST please check the Mentoring Program linked [here](#). Registration is encouraged.*
SATURDAY CONFERENCE SCHEDULE

<table>
<thead>
<tr>
<th>Central Time</th>
<th>Eastern Time</th>
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<tbody>
<tr>
<td>8:00–9:00AM</td>
<td>Graduate Student Mentoring</td>
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<tr>
<td>9:10–10:10AM</td>
<td>Block A Sessions</td>
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<tr>
<td>10:20–11:20AM</td>
<td>Block B Sessions</td>
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<tr>
<td>11:20–12:00PM</td>
<td>Wellness Sessions</td>
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<tr>
<td>12:00–1:00PM</td>
<td>Lunch &amp; Undergraduate Student Mentoring</td>
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<tr>
<td>1:00–2:00PM</td>
<td>Block C Sessions</td>
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<tr>
<td>2:10–3:10PM</td>
<td>Block D Sessions</td>
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<tr>
<td>3:10–3:50PM</td>
<td>Poster Session</td>
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<tr>
<td>4:00–5:00PM</td>
<td>Keynote Speaker: Dr. Geraldine Palmer</td>
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Presentation titles and authors for each block are listed in the following pages. For a full list of conference abstracts, click here.
GRADUATE STUDENT MENTORING

8:00am CST/9:00am EST

Not hosted on Hubilo (the virtual conference platform). For more information about mentors and how to join their session, please check the Mentoring Program linked here.

PURSUING AND FULFILLING YOUR PASSION FOR BOTH RESEARCH AND COMMUNITY ENGAGEMENT/CHANGE

Mentor: Kwesi Brookins, PhD
biadnow@ncsu.edu
Professor of Psychology (Applied Social and Community) and Africana Studies, NC State University

SURVIVING & THRIVING AS A COMMUNITY PSYCHOLOGIST OF COLOR

Mentor: Geraldine “Geri” Palmer, PhD
gpalmer@adler.edu
Assistant Professor, Adler University
Co-founder, Community Wellness Institute

HELPING THE UNDECIDED COMMUNITY PSYCHOLOGY STUDENTS PLAN FOR DIFFERENT CAREER PATHS

Mentor: Judah Viola, PhD (He/Him)
Judah.Viola@nl.edu
Associate Professor, College of Psychology & Behavioral Sciences, National Louis University
2021 SOUTHEAST AND MIDWEST ECO CONFERENCE - SATURDAY SCHEDULE

BLOCK A SESSIONS

9:10am CST/10:10am EST

ROUNDTABLE: A CONVERSATION ABOUT THE PROCESS OF CONDUCTING
COMMUNITY-BASED RESEARCH UNDER THE COVID PANDEMIC

Fabricio Balcazar, Ph.D., Joanna Keel, Ph.D., Theresa Gibbons, Artemis Sefandonakis, Krisha A Martinez

ROUNDTABLE: CREATING AND SUSTAINING ANTIRACIST EDUCATION FOR
WHITE GENDER MINORITY YOUTH

Mariajose J. Paton, Atticus Wolfe

ROUNDTABLE: EXPLORING AND STRATEGIZING COMMUNITY ENGAGEMENT IN
GRADUATE PROGRAMS

Autumn Kirkendall, Emmanuel Gray, Nabiha Chaudhary, Stephanie Lam

SYMPOSIUM:

CHARTING A PATH TO FULL AND FREE LIVES: AN ABOLITIONIST VISION FOR
REENTRY

Kymberly Byrd

LISTENING TO LATINA’S STORIES CREATE INCLUSIVE CITIES

Ali Estefam
2021 SOUTHEAST AND MIDWEST ECO CONFERENCE - SATURDAY SCHEDULE

BLOCK B SESSIONS

10:20am CST/11:20am EST

ROUNDTABLE: COVID’S IMPACT ON THE LIVES OF AFRICAN-AMERICAN ADOLESCENTS

Kimberly Joseph, Taylor Swenski, Haley Seaman, Paige Nichols, Leonard A. Jason, & W. LaVome Robinson

ROUNDTABLE: DELINEATING DISPARITIES: THE FIGHT FOR A PATIENT-CENTERED APPROACH IN CLINICAL-COMMUNITY PSYCHOLOGY

Michelle Adzido, Meghan Elliott, Karl Conroy, Shaun Bhatia, Kensei Maeda, Emily Lange, Halli Watts-Rich, Natalie Walter, Leonard Jason

ROUNDTABLE: THE OVERSHADOWED PANDEMIC

Mohammed F. Islam, Ted J. Bobak, Noor Arjmand, Justin Bell, Daniel Wilson, Nikki Menis, Mary Abo, Isabella Netti, & Leonard A. Jason

SYMPOSIUM:

RECLAIMING OUR REST: A PHOTOVOICE ANALYSIS OF CULTURAL-COMMUNITY SELF SELF CARE

Dr. Vanessa Goodar

(ID)ENTITY: THE EXPLORATION AND ANALYSIS OF INTERSEX COMMUNITIES THROUGH PARTICIPATORY ARTS-BASED RESEARCH

Stephanie Frosch
INTRAPSYCHIC ECOLOGIES: A BRIEF INTRODUCTION TO THE INTERNAL FAMILY SYSTEMS (IFS) FRAMEWORK AS A RESOURCE FOR WELLNESS WITH DR. MEGAN CLAPP

There will be a brief introduction to the Internal Family Systems (IFS) therapeutic model, and will include a short experiential exercise using the IFS model to explore our interiorities. There will also be a short period for some members to reflect on and process their experiences with the exercise, or to ask questions.

Megan Clapp has a Ph.D. in Clinical Psychology from Suffolk University (Boston, MA). Dr. Clapp's primary clinical orientation is that of Internal Family Systems (IFS), with a strong emphasis on understanding the multiplicity and complexity of humans, and how they fit into, are shaped by, and influence their larger social and ecological systems. Her research, which used a Complex Adaptive Systems framework for understanding ideologies, along with an increasing appreciation for learning about ecology, were influential in her move toward using the IFS model. She has worked at one of the largest LGBTQ community centers in the midwest, the Center on Halsted, Brigham and Women’s Outpatient Psychiatry, and The Center for Anxiety and Related Disorders. Through these, she gained experience working with gender identity and trauma as well as with Evidence Based Protocols, and in particular, mindfulness-based interventions such as Acceptance and Commitment Therapy (ACT).

RELAXING YIN YOGA WITH ALEXA SOTIROFF

A relaxing session of all seated postures. Each pose is held for 3-8 minutes to allow a deep massage and unraveling of the connective tissues. Highly therapeutic and promotes deeper sleep

Alexa is a second year student in the Clinical Health Psychology program at the University of North Carolina at Charlotte. Alexa is originally from Michigan and attended the University of Michigan for her B.A. in Psychology. Her research interests are in clinical and forensic psychology, specifically in perpetrators of violent behavior. Alexa is also a RYT200 and completed her yoga training at the Center for Yoga in Birmingham, Michigan. She has experience teaching hot vinyasa, ashtanga, and yin yoga.

GENTLE VINYASA TO YIN WITH DAVENA MGBEOKWERE

A gentle vinyasa (transitioning from one pose to another) to yin (holding poses for a couple of minutes) flow. Session will include movement, breath work, and meditation

In an effort to prioritize balance, flexibility and strength, I discovered yoga toward the end of completing my master’s degree in social work and public administration. Eventually, I became a regular student attending 3 classes a week. In 2018, after becoming aware of the benefits for victims of trauma, I completed a 200 hour yoga teacher training program. Currently, I teach vinyasa, yin, and restorative yoga, incorporating my training as a mental health provider. Since becoming certified, I have taught children, adults and families. I specialize in working with marginalized communities and those who have experienced trauma.
For more information about mentors and how to join their session, please check the Mentoring Program linked here.

**PLANNING/PREPARING FOR GRADUATE SCHOOL: THE APPLICATION PROCESS & LIFE AS A GRADUATE STUDENT**

**Mentor:** Whitney Becker (she/her/hers) wybecker@ncsu.edu  
Mindset Lab, Graduate Teaching Assistant  
Ph.D. Student, Applied Social and Community Psychology  
Department of Psychology, North Carolina State University

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**THE UNWRITTEN RULES OF ACADEMIA**

**Mentor:** Eva McKinsey (she/her/hers) emckins@ncsu.edu  
Mindset Lab, Graduate Research Assistant  
Ph.D. Student, Applied Social and Community Psychology  
Department of Psychology, North Carolina State University

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**MASTERS VS. PHD: EXPLORING PROGRAMS AND FINDING THE RIGHT FIT FOR YOU**

**Mentor:** Yamini Patel, B.S. (she/her) ypatel9@student.gsu.edu  
VAWP/IPB Lab, Graduate Research Assistant  
MPH/Community Psych PhD Graduate Student  
Georgia State University

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**A GUIDE TO ELEVATING YOUR GRADUATE SCHOOL APPLICATION: HOW TO PREPARE APPLICATION MATERIALS**

**Mentor:** Savannah Simpson, MS (she/hers) SBS16@email.sc.edu  
Doctoral Student, Clinical-Community Psychology  
Department of Psychology, University of South Carolina, YESS Lab
ROUNDTABLE: EXPLORING STEPS TO DISSEMINATE RESEARCH INTO POLICY: COMMUNICATING SOLUTIONS FOR COMPLEX SOCIAL ISSUES TO INFORM LEGISLATION

Yamini Patel, Katharina Meredith, Renita Moore

ROUNDTABLE: THE FIRE OF DECOLONIZATION IN THE KINDLING OF ACADEMIA: EXPLORING HOW TO WORK YOURSELF OUT OF A COLONIAL JOB

*BIPOC AFFINITY SPACE

Nabiha Chaudhary, Emmanuel-Sathya Gray, and Stephanie Lam

SYMPOSIUM:

MAINTAINING UNIVERSITY-COMMUNITY PARTNERSHIPS DURING THE COVID-19 PANDEMIC

Jazmin Jaramillo-Piedra, Erin Godly-Reynolds, Andrew Gadaire

MAINTAINING H.O.P.E. FOR INTEGRATED CARE: AN ACADEMIC-PUBLIC HEALTH PARTNERSHIP TO PROMOTE COMMUNITY HEALTH IN MECKLENBURG COUNTY

Annalise Tolley, Tamikia Greene, Ed.D, Leslie Snapper, Jennifer Langhinrichsen-Rohling, Ph.D, Victoria C. Scott, MBA, Ph.D

*Block C Sessions continued on next page*
GROUP SYMPOSIUM: FORGET ARMCHAIR DECOLONIZATION: AN INVITATION TO FOREGROUNDING JUSTICE AND ACTION

1. Decolonize? Not Without Activism
2. US Psychological Warfare and Puerto Rico: Countering Mythologies of "Decolonizing" Psychology Amid Settler Complicity
3. In praise of boring topics: Studying militarism is essential for decolonization

Alice LoCicero, Monisha Ríos, Serdar M. Değirmencioğlu

ROUNDTABLE: EXPANDED SOCIOPOLITICAL AWARENESS AMONG MENTORS IN FORMAL YOUTH MENTORING RELATIONSHIPS: OPPORTUNITIES AND TENSIONS

Amy J. Anderson, Kristian V. Jones, April Riordan

ROUNDTABLE: AN ECOLOGY OF SCRIPTS: BRINGING TOGETHER SCRIPT THEORY AND THE ECOLOGICAL MODEL

Raphael Kasobel

SYMPOSIUM:

YOUTH EMPOWERMENT AND VOICE THROUGH NEEDS ASSESSMENT: RE-ENGAGING IN SCHOOLS

Megan McCormick

PROGRAM EVALUATION IN PRACTICE: INITIAL STAGES & LESSONS LEARNED

Magdalena Moskal, Savannah B. Simpson, Dr. Mariah Kornbluh
DECONSTRUCTING MACRO-LEVEL IDEOLOGIES THAT PERPETUATE SOCIAL INJUSTICES
Miguel Angel Vazquez

IMPROVING DIAGNOSTIC CRITERIA FOR ME/CFS: SECOND-ORDER CHANGE CAN HELP THOSE WITH THE ILLNESS
Karl Conroy, Mohammed F. Islam, Leonard A. Jason

RACE, SEX AND LENGTH OF STAY IN OXFORD HOUSES IN RELATION TO THE RELATIONSHIP STRENGTH
Seyedeh Faezeh Alavi, Ted Bobak, Leonard A. Jason

A PRICE FOR MAINTAINING FREEDOM: THE EFFECTS OF COLORISM ON MENTAL HEALTH IN A MILITARY CONTEXT
Dominique Fairley

SOCIAL CONTRIBUTIONS TO SUICIDAL IDEATION: STIGMA REDUCTION AS SUICIDE PREVENTION IN A CHRONIC ILLNESS
Meghan Elliott, Leonard A. Jason

TOO MUCH TO COVER, TOO LITTLE TIME: TOPIC PRIORITIZATION IN SEXUAL ASSAULT AND DOMESTIC VIOLENCE PREVENTION EDUCATION.
Kathryn Fishwick, Kristy Lowrey, Rachael Goodman-Williams

DIFFERENCES BETWEEN HETEROSEXUAL AND QUEER RESIDENTS OF COMMUNITY BASED RECOVERY SETTINGS
Isabella R. Netti, Ted J. Bobak, Leonard A. Jason

SLEEP FACTORS AS MEDIATORS OF RACIAL DISCRIMINATION AND MENTAL HEALTH IN BLACK ADOLESCENT-CAREGIVER DYADS
IJelaina Shipman, M.A., Nao Hagiwara, Ph.D., Tiffany Green, Ph.D., Faye Belgrave Ph.D., Shawn Jones, Ph.D., Heather Jones, Ph.D., & Cecelia Valrie, Ph.D.
THE USE OF ETHNODRAMA TO INCREASE KNOWLEDGE AND PRECAUTIONARY HEALTH-RELATED BEHAVIORS AMONG HBCU STUDENTS: CRISIS OF THE MOMENT
Markita Jones, Dextiny McCain, Mikeroberth Joseph, Zakiya Rucker, Nataya Ford, Courtney Hart, Undi N. Hofler PhD, Jonathan N. Livingston PhD

THE VIOLENCE EMBEDDED IN OUR SYSTEMS: A LITERATURE REVIEW TO DEFINE STRUCTURAL VIOLENCE
Lauren Allen, Rachel Siegal

PERCEPTIONS TOWARD VIRTUAL RECOVERY OF OXFORD HOUSE RESIDENTS
Daniel Wilson, Ted Bobak, John Majer, Justin Bell, Leonard Jason

GROWTH AND ESTABLISHMENT OF THE OXFORD HOUSE COMMUNITY
Mary G. Abo, Ted Bobak, Emily Schamber, Riya E. Mathew, Leonard A. Jason

EFFECTS OF CONTINUED 12-STEP MEETING ATTENDANCE AFTER LEAVING RECOVERY HOME ENVIRONMENTS
Nicole Menis, Ted Bobak, Justin Bell, Dr. Leonard Jason

SOCIAL CONTRIBUTIONS TO SUICIDAL IDEATION: STIGMA REDUCTION AS SUICIDE PREVENTION IN A CHRONIC ILLNESS
Meghan Elliott, Leonard A. Jason

EXPLORING THE EXPERIENCES OF FIRST-GENERATION STUDENTS IN GRADUATE SCHOOL
Brianna Mabie, Dr. Olya Glantsman

COMMUNITY PSYCHOLOGY VALUES IN STUDENT INTERNSHIPS
Ellie Buebendorf, Claire Galloway, Maggie Liepshutz, London McGarr, Balbina Tomczyk, Sereen Othman, Natalie Walter, Joe Sutton, Sydyl Denila, Simone Timol, Tiondra Turton, Fran Mathias, Olya Glantsman
Dr. Geri Palmer is an award-winning community psychologist, scholar-activist, writer, and assistant professor at Adler University, Chicago.

Her writing, teaching, research, and praxis is grounded in an interdisciplinary approach of community psychology, human services, ethnic studies, and sociology. The aim of her scholarship is to better understand, raise awareness, and act on the socio-economic, political, and cultural concerns among Black, Indigenous, People of Color (BIPOC). Dr. Palmer earned her master’s in human services administration from Spertus College, Chicago and doctorate in community psychology from National Louis University, Chicago.

In 2018, Dr. Palmer co-founded Community Wellness Institute (CWI). Through CWI, Dr. Palmer and a team of consultants facilitate The F.A.C.E. of Justice workshops and seminars, partner with human services organizations, and conduct social research. CWI currently partners with YWCA Evanston–North Shore to facilitate Racial Equity Workshops within their Equity Institute, and has worked with the Illinois Diversity Council, third nature therapy, Oakton Community College Adult Education Department, and Evanston Vineyard Church. Dr. Palmer regularly presents at conferences and other venues and has delivered addresses for colleges and schools, sorority luncheons, church events, conferences, and more.

More information about Dr. Palmer continued on next page.

Dr. Palmer is an Interim Co-Chair and Past-Chair of the Council on Cultural, Ethnic, and Racial Affairs (CERA), of the Society for Community Research and Action (SCRA) and former Vice-Chair and Commissioner of the City of Evanston’s Housing and Homelessness Commission. She has been recognized for her work in the community and racial justice activism by a number of professional and community organizations. In the last seven years, she was awarded the Community Treasure Award from the African American Employee Committee of the Circuit Court of Cook County, the Phenomenal Woman Award from The Reaching Back Foundation, the Outstanding Nonprofit Partner Award from Governor’s State University’s Chapter of Pi Alpha, Alpha, and more. Dr. Palmer has been featured in Today’s Chicago Woman Magazine, SouthTown Star, and interviewed by Channel 7 ABC News anchors Leah Hope and Michelle Gallardo.
THANK YOU TO OUR SPONSORS!

A particular emphasis of the Health Psychology Ph.D. Program is on the development, implementation, and evaluation of prevention and treatment interventions that involve multiple disciplines. The program has links with other colleges, departments, and programs in the university including the College of Health and Human Services, College of Education, and Gerontology Program which allows students to select health courses across disciplines.

The Office of Undergraduate Research supports UNC Charlotte undergraduate students through undergraduate research grants and opportunities to communicate their research to others through multiple research symposiums, funding to national conferences to present their research, and research exploration events.

LEARN MORE ABOUT SCRA!

The Society for Community Research and Action (SCRA) - Community Psychology, Division 27 of the American Psychological Association - serves many different disciplines that focus on community research and action. Our members are committed to promoting health and empowerment and to preventing problems in communities, groups, and individuals.