

## Calendar of Events

April 11, 2025

### **Examining the Ethics and Roles of Psychologists During and Following Community-Wide Disasters**

12:00 PM - 02:00 PM EST

*This presentation will review the events surrounding the Flint Water Crisis (FWC), including what unfolded, the data and developmental impact of lead, and the community response. Thereafter, the presentation will shift to roles of psychologists during and after the FWC, with an emphasis on ethical challenges, roles, relevant skills, and the importance of community engaged practices. Given the impacts of global warming, civil unrest, and other forces, most attendees will face large-scale disaster in the future. Consequently, the presentation will wrap up by supporting attendees in identifying what psychologists can do now in preparation for the next unexpected, community-scale or larger disaster they will encounter.*

*Dr. Crystal Cederna is a doctoral level, fellowship trained Clinical Psychologist with 15 years of experience working with children and families while training pediatricians-to-be in child behavior, development, and psychiatric conditions. She's served over 4,000 families in settings spanning primary care through intensive care settings, with expertise in child behavior and development, parenting, and mental health. Dr. Cederna has presented over 55 national peer-reviewed presentations and has 12 peer reviewed publications on areas of subject matter expertise. Currently, Dr. Cederna is an Associate Professor in the Charles Stewart Mott Department of Public Health at Michigan State University who is doing the work needed to reduce mental health stigma, improve mental health literacy, and make mental health easier to access and accessible earlier.*

*Dr. Kenyetta Dotson has demonstrated a long-term commitment to moving Flint forward by creating partnerships. She is a Master's Level Social Worker with a Doctor of Theology in Black Church and African American Studies. She has over thirty years' experience working in the field of community engagement and outreach, violence prevention, safety, and public health. Throughout this time, Kenyetta has researched violence as a public health issue. With a focus on providing access to the most needed services, the ability to satisfy their basic needs, and support from community-based organizations, she seeks to break systems and cycles of violence. As a life-long resident and advocate in the City of Flint, Kenyetta knows that when citizens live in safe communities, where neighbors help, support and look out for one another, the neighborhood is safer, healthier, and a more vibrant place to live. Kenyetta has devoted her life to strengthening families, community, and fostering a sense of hope. As a member of the academic community, Kenyetta has been able to apply her decades long work as a community advocate to further create community-academic partnerships. Kenyetta has served as the Director of Community Based Implementation and Engagement for the MSU-Pediatric Public Health Initiative (PPHI) in partnership with Dr. Mona Hanna for over six years helping MSU-PPHI become a valued and trusted partner among Flint residents and the community.*

## **Mindfulness-Based Cognitive Therapy for Insomnia**

12:00 PM - 02:00 PM EST

*Sleep is one of the cornerstones of physical and mental health, yet over one third of the population struggles to initiate and/or maintain routine sleep. Clinicians are increasingly confronted with the perpetuating impact of anxiety, stress, pain and illness on sleep initiation and continuity and how this can lead to persistent daytime dysfunction. Approximately fifteen percent of adults suffer with chronic insomnia, a ratio that increases with age. Many patients turn to prescription sleep medications, which often have initial benefits, but lose potency over time. This presentation will outline the Mindfulness-Based Cognitive Therapy for Insomnia, which is a mindfulness-based method for sleep that has demonstrated efficacy. This approach to sleep treatment is growing in its application as an alternative to pharmacological interventions. In this presentation we will cover:*

- 1. Sleep architecture, sleep hygiene and featured of disordered sleep*
- 2. Integration of Cognitive Behavioral and Experiential/Meditative methods*
- 3. Informal mindfulness and brief daily practice meditation practice*
- 4. Structure of Mindfulness-Based Cognitive Therapy for Insomnia*
- 5. Outcome data*
- 6. Adaptations for individual patients and groups*

*Todd Favorite, Ph.D. | Clinical Psychologist*

*Todd Favorite, Ph.D. is board-certified and a fellow of the American Association of Clinical Psychologists. He is on the faculty of the U-M Department of Psychiatry. Dr. Favorite did his clinical training at the U-M Psychological Clinic and U-M Center for the Child & Family. He completed a clinical fellowship at the Ann Arbor VA in the PTSD Clinic. He has advanced training and certification in Cognitive Behavioral Analysis System for Psychotherapy (CBASP), Mindfulness-Based Cognitive Therapy (MBSR), and Cognitive Behavioral Therapy for Insomnia (CBT-I). His current research activities are in the application of MBSR for treating chronic pain. Dr. Favorite serves as co-Investigator and MBSR team lead on a multisite study that is exploring alternative treatment interventions for chronic pain.*