

FEBRUARY 2024



Culture, Equity, Diversity, and Inclusion Committee

NEWSLETTER

WELCOME TO THE MONTHLY NEWSLETTER FOR THE CULTURE, EQUITY, DIVERSITY, AND INCLUSION COMMITTEE, BETTER KNOWN AS CEDI!



CEDI is MBHC's way to offer equitable support, guidance, and resources to each participating organization which in turn provides equity and access to those communities each organization is honored to serve. Our goal is to have every MBHC agency and region of Missouri represented.

The CEDI Committee meets on the second Wednesday of each month at 12:30 pm.

If you want to join the CEDI Committee, please email Megan Kempker at mkempker@mobhc.org.



CEDI Interim Chair | Daniel Guest,
Community Engagement Liaison,
Behavioral Health Response



MHTTC RESOURCES

- [Racial Equity and Cultural Diversity products](#) curated by the MHTTC Network.
- [Practice Brief: Cultural Considerations in Applying Cognitive Behavioral Therapy to Racial and Ethnic Minority Groups with Serious Mental Illness.](#)
- [Perspectives on Diversity and Being Marginalized from Both Sides of the Couch.](#)
- Visit [The African American Behavioral Health Center of Excellence](#) for a wealth of resources and events.
- Ways to get involved in [National Black HIV/AIDS Awareness Day this February 7th.](#)

EVENTS

- [Behavioral Health Equity Best Practices for African Americans | Register](#) | February 5th | 10:30 - 11:30 am PST |
- [Cultural Humility & Motivational Interviewing - Combined to Engage & Retain LGBTQIA People in Care | Register](#) | February 12th | 1 - 2 pm PST |
- Additional Events [Here.](#)



ALL PREVIOUS CEDI NEWSLETTERS CAN BE FOUND [HERE.](#)

Celebrate in February

Join us in fostering a spirit of inclusivity and celebration this February as we embrace and honor the rich diversity of our community by commemorating various DEI holidays throughout the month. Let's come together to learn, share, and celebrate the unique traditions that unite our communities.

This month, we highlight:

- Black History Month
- National Freedom Day
- National Missing Persons Day
- National Women Physicians Day
- National Thank a Mail Carrier Day
- Self-Love Day
- National Black Girl Magic Day
- Safer Internet Day
- National Girls and Women in Sports Day
- Korean New Year
- National Association for the Advancement of Colored Peoples Day
- Teen Dating Violence Awareness Month

2.1 - Abolition of Slavery Day

2.1 - World Hijab Day

2.2 - Groundhog Day

2.4 - World Cancer Day

2.10 - Lunar New Year

2.11 - Super Bowl Sunday

2.13 - Mardi Gras

2.14 - Valentine's Day

2.14 - Ash Wednesday

2.15 - Lui-Ngai-Ni Day

2.19 - Presidents' Day

2.28 - National Pancake Day

2.29 - Leap Day

List of all holidays: [Here](#)

BROWN SCHOOL OF WASHINGTON UNIVERSITY IN ST. LOUIS | BLACK HISTORY MONTH WEBINARS

FREE WEBINARS | CLICK HEADERS TO REGISTER

TUESDAY, FEBRUARY 13 | 12:30 -1:30 PM | Syphilis: An Infectious Disease Perpetuated by Social Inequities

The United States Public Health Service untreated black male syphilis study at Tuskegee is one of many examples of the atrocities of medical research involving Black individuals. Currently, an exponential rise in syphilis cases has been observed in adults, and in turn, the rates of congenital syphilis are also rising rapidly. Social inequities are frequently associated with this infectious disease. More attention, understanding, and research are needed to address the current Syphilis epidemic in the United States.

THURSDAY, FEBRUARY 22 | 12:30 -1:30 PM | The Last Word: Exploring Identity, Resistance, and Narrative Power in Art

In an exploration led by KVtheWriter, discover how artists can harness their personal identity and experiences to spark both interpersonal and systemic change within themselves and their communities. Through an examination of the risks and challenges inherent in artistic activism, KVtheWriter, along with the audience, will unveil the narrative potency of art—illuminating stories often overlooked and under-told in St. Louis and beyond.

TUESDAY, FEBRUARY 27 | 12:30 - 1:30 PM | Black & Blue: Double Consciousness and the Black Artist

There is a tension for the artist where success is sometimes complicated by the distance between excellence in the fine arts and commercial viability. If the artist is Black, the question is not just about art or money but the values that influence art production. Should their art challenge oppressive systems, or should they seek inclusion among the most notable of the art world? This talk will apply W.E.B. Du Bois' double consciousness as a framework for examining this historical tension for the Black Artist while highlighting contemporary data.



FEBRUARY 2024



BLACK

HISTORY

month

AFRICAN AMERICAN CULTURE

Black History Month is an annual celebration of achievements by African Americans and a time for recognizing their central role in U.S. history. Also known as African American History Month, the event grew out of “Negro History Week,” the brainchild of noted historian Carter G. Woodson and other prominent African Americans. Since 1976, every U.S. president has officially designated the month of February as Black History Month. Other countries around the world, including Canada and the United Kingdom, also devote a month to celebrating Black history.





MENTAL HEALTH IN THE BLACK COMMUNITY

Today, in the U.S., more than seven million Black and African American individuals are living with a mental health condition. Understanding the **warning signs** of a mental health concern can help you find the appropriate care before symptoms get worse.

READ MORE →

BLACK MENTAL HEALTH RESOURCE DIRECTORY

Learn more about Black mental health by engaging with the resources and organizations in our new directory.

READ MORE →

TAKE TABS ON YOUR MENTAL HEALTH

How are you really feeling? Use this Instagram guide to determine where you fall on the scale so that you can equip yourself with resources to feel your best.

READ MORE →

ADDITIONAL RESOURCES FROM WORKFORCEGPS

Visit WorkforceGPS for **more on Black History Month** and great resources on our February focus: Diversity, Equity, Accessibility, and Inclusion (DEIA). In the image, we have **eight trailblazers who fought for labor rights**. Left to right, they are (first row) Dorothy Bolden, Nannie Helen Burroughs, Melnea Cass, and Clara Day; and (second row) Anna Arnold Hedgeman, Dora Lee Jones, Maida Springer Kemp, and Rosina Corrothers Tucker.

WorkforceGPS's February focus is on Diversity, Equity, Accessibility, and Inclusion (DEIA); we invite you to take special note of the many DEIA-focused resources. Don't miss these **resources to help embed DEIA into your everyday work**, this **webinar which introduces workforce entities to the importance of DEIA**, and these accessibility resources from **TEGL No. 03-23: Allowable Uses of Funds for Outreach Activities for Federal Formula and Competitive Grant Awards**.

There are many DEIA resources with a focus on the populations that you work with every day. Get more information on **equitable access to Unemployment Insurance benefits**, using **technology to increase workplace accessibility**, **workforce partnerships with Historically Black Colleges and Universities**, **computer access for those in underserved communities**, and **DEIA in apprenticeships for young people**. Or, find the resources you're seeking with a keyword search on **WorkforceGPS**.



To gain deeper insights into the perspectives of Black LGBTQ+ young people, we invite you to read our blog post,

["What Supporting Black LGBTQ+ Young People Really Looks Like."](#)

By understanding their stories, we can collectively foster a more inclusive and supportive environment.



mark your calendars for the next

Culture, Equity, Diversity, & Inclusion Symposium

JUNE. 17-18, 2024

HOLIDAY INN & EXPO CENTER
COLUMBIA, MO



CEDI INTERIM CHAIR INTRODUCTION

Daniel Guest has been employed at Behavioral Health Response since 2020, where they initially worked as a Crisis Clinician in the Crisis Response Unit from November 2020 to May 2021. Daniel then transitioned to clinical Care Follow-up in the same unit from May 2021 to October 2022. Daniel has served as a community engagement liaison since October 2022.

In addition to Daniel's employment, he also holds the position of Community Life Pastor at Living The Word Church in Collinsville, IL, where he leads the mental health portion of the Wellness ministry.

Regarding education, Daniel Guest obtained a Master of Arts degree in Community Leadership and Social Advocacy from Eden Theological Seminary in May 2022. Later, in 2022, Daniel became a Certified Peer Specialist accredited by the Missouri Credentialing Board. Furthermore, Daniel holds a Bachelor of Arts degree in Sociology from the University of Illinois Champaign-Urbana. Daniel also holds a certification of instruction for Mental Health First Aid from the National Council for Mental Wellbeing in 2023 and for educating community members with the program "Conversations for Suicide Safer Homes Instructor."

Daniel has been involved in various volunteer and directorship roles. He has served as a Board Director for Horizon Housing Development Corporation since 2022 and Metropolitan Congregations United since 2023, where he is the treasurer. Daniel has also held a Board Director position at St. Charles Community Council since 2022. Recently, Daniel Guest served as the sub-committee chair for education as a part of the Cultural Equity, Diversity, and Inclusion Committee for the Missouri Behavioral Health Council.

Daniel is passionate about pulling up more chairs to the proverbial table of Diversity. He believes that change happens once members see the humanity in each other. People start to see that each of us brings unique talents and gifts that can change our families, communities, and, ultimately, our nation. I am honored to serve; this is what I am here for.

Volunteer and Directorships

- Horizon Housing Development Corporation (Board Director 2022)
- Metropolitan Congregations United (Board Director 2023)
- St. Charles Community Council (Board Director 2022)
- CEDI Interim Chair Missouri Behavioral Health Council



SUGGESTION SECTION

**DID WE MISS SOMETHING THIS MONTH?
LET US KNOW!**

EMAIL ANY LINKS, TOPICS, OR SUGGESTIONS FOR CONSIDERATION
IN FUTURE NEWSLETTERS TO MKEMPKER@MOBHC.ORG.



CULTURE ADAPTIONS FOR COMPASSION FATIGUE

FEBRUARY 28, 2024 | 1 PM CST
[CLICK HERE](#)



DIVERSITY, EQUITY & INCLUSION

CONFERENCE 2024 | MARCH 5, 2024

HOSTED BY THE MISSOURI CHAMBER OF COMMERCE AND INDUSTRY



Segment Feature:

Bringing Trauma
Sensitivity to the Workplace
with Rachel Jones

Trauma Informed Care is an organizational approach to understanding the science of stress and trauma and how it impacts individuals, teams, clients, and service delivery.

This presentation will provide an overview of trauma science, trauma-informed principles, and the Missouri Model Development Framework for Trauma-Informed Approaches that businesses can use to shift their practices, programming, and policies to create a trauma-sensitive workplace culture.

Learn more and register for this upcoming conference [here](#).

