



## FEBRUARY 2022 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 offers 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 the second Wednesday of each month at 12:30 pm. If you would like to join the CEDI Committee, please email KC Rafferty: [krafferty@mobhc.org](mailto:krafferty@mobhc.org)

\*\*\*\*\*



**CEDI Chair** | Tiffany Lacy Clark, Chief Operating Officer, Behavioral Health Response

**CEDI Vice-Chair** | Dr. Shelly Farnan-Moore, VP of Be Well Initiatives, Burrell Behavioral Health

### **CEDI Celebrates Black History Month** **Black History is American History**

This year's theme, **Black Health and Wellness**, acknowledges the legacy of Black scholars, medical practitioners, and health care workers whose activities and initiatives have positively impacted the health and wellness of racial and ethnic minority communities. Focusing on the overall wellness of Black communities is particularly important now because of the high risk for COVID-19 infections, hospitalizations, and death faced by this community and the impact COVID-19 has on people with underlying medical conditions.

**Missouri Black History** includes the **Dred Scott** case, also known as *Dred Scott v. Sandford*, a decade-long fight for freedom by a Black enslaved man. The case began in Missouri and persisted through several courts and ultimately reached the U.S. Supreme Court, whose decision incensed abolitionists, gave momentum to the anti-slavery movement and served as a steppingstone to the Civil War. Dred Scott and his wife, Harriet, were slaves owned by a family in Missouri. However, the family moved to other states and territories considered free. Once they returned to Missouri, **the Scott's filed lawsuits in St. Louis claiming their residence in a free state and territory had freed them from the bonds of slavery.** The final majority opinion of the U.S. Supreme Court stated all people of African descent, free or enslaved, were not United States citizens and therefore had no right to sue in federal court and the Fifth Amendment protected slave owner rights because enslaved workers were their legal property. **Despite the decision in March 1857, Scott was sold to the family of his original owner who freed the Scott's just a few months later.** For more information about the landmark case and life of Dred Scott: [Dred Scott decision - Reception and significance](#) and [Dred Scott Case - Decision, Definition & Impact - HISTORY](#)



**'Segregated Skies'** tells the story of the first Black pilot for a commercial airline | [Michael Cottman's 'Segregated Skies' tells the story of David Harris](#)



**Fannie Lou Townsend Hamer** rose from humble beginnings in the Mississippi Delta to become one of the most important, passionate, and powerful voices of the civil and voting rights movements and a leader in the efforts for greater economic opportunities for African Americans.

[Fannie Lou Hamer | National Women's History Museum \(womenshistory.org\)](#)



### The National Council for Mental Wellbeing Health Equity and Racial Justice Resources

- [Addressing Health Equity and Racial Justice - National Council \(thenationalcouncil.org\)](https://thenationalcouncil.org)
- [Purpose of this Toolkit - National Council \(thenationalcouncil.org\)](https://thenationalcouncil.org)  
[BH365 \(thenationalcouncil.org\)](https://thenationalcouncil.org)



### Suggested Reading for Black History Month

- [The Autobiography of Malcolm X](#)
- [Their Eyes were Watching God](#)
- [Invisible Man](#)
- [The Souls of Black Folk](#)
- [Black History Month books to add to your collection | CNN Underscored](#)

---

**DID YOU KNOW?** In 1926, Carter G. Woodson and the Association for the Study of African American Life and History (ASALH) launched a “**Negro History Week**” to bring attention to his mission and help school systems coordinate their focus on the topic. Woodson chose the second week in February, as it encompassed both Frederick Douglass’ birthday on February 14 and Abraham Lincoln’s birthday on February 12. President Gerald Ford decreed **Black History Month** a national observance in 1976.

---



**She was raped at the age of 8.** Her rapist was **found guilty**, but spent only **one day** in jail. After he was released, he was murdered. Because of this, she became mute for almost 5 years, believing her “voice killed him.”

*“I killed that man, because I told his name. And, then I thought I would never speak again, because my voice would kill anyone...”*

Her name was Marguerite Ann Johnson. Later in life, she would change her name to **Maya Angelou**.

**When she finally did speak, she had a lot to say.**

Maya Angelou became a voice for women and the black community, garnering respect and admiration for her honesty.

She would say, **“There is no agony like bearing an untold story inside of you.”**

Inspired by The Jon S. Randal Peace Page

### Resources for Black History Month

- ✓ [Black History Month](#)
- ✓ [2022-TDM Black-History-Month-Programming-Guide.pdf \(thediversitymovement.com\)](#)
- ✓ [Black History Month - Home \(hhs.gov\)](#)
- ✓ [BLACK HISTORY THEMES – ASALH – The Founders of Black History Month](#)
- ✓ [African American History | National Archives](#)
- ✓ [African American History and Culture in the United States | NEH-Edsitement](#)
- ✓ [Black History Month - NPS Celebrates! \(U.S. National Park Service\)](#)
- ✓ [A People’s Journey, A Nation’s Story | National Museum of African American History and Culture \(si.edu\)](#)
- ✓ [Online Exhibition — United States Holocaust Memorial Museum \(ushmm.org\)](#)
- ✓ [The Freedom Riders, Then and Now | History | Smithsonian Magazine](#)
- ✓ [Beyond Cultural Competency: Addressing Systemic Racism Through a Crisis Center Lens - YouTube](#)
- ✓ February 24 at 11:00 am CT | [Allyship & Processing Being Black in America](#)



**WE APPRECIATE EVERYTHING YOU ARE DOING, AND WILL DO, IN THIS EFFORT!**

**“A Seat at the Table”** | The CEDI Committee has developed and released a very special micro-training featuring ReDiscover’s Astra Garner! A micro-training is a short video and thought-invoking questions which can help you and your agencies start these difficult conversations. Along with all previous CEDI Newsletters, “A Seat at the Table” micro-training can be found on the MBHC website: [Missouri Behavioral Health Council | Culture Equity Diversity... \(mobhc.org\)](https://www.mobhc.org/CultureEquityDiversity...)

  
**“Diversity is having a seat at the table Inclusion is having a voice. Belonging is having that voice heard.”**  
-Liz Fosslien



**“Black People are more than just their suffering. I want people to see Black people’s contributions to society and or the world. Our suffering does not define us, we define our suffering. As Shirley Chisholm stated, “If they don’t give you a seat at the table, bring in a folding chair.” We are a resilient and an innovative people.”**  
~Anita Johnson, Tri-County Mental Health Services



The theme for Black History Month at **Comprehensive Mental Health Services/Burrell Behavioral Health** was *“More than a Month”* and they had several discussions—including panel discussions ranging from topics about the importance of mentorship, the “Why Behind DEI” and the history of Call and Response, and the Black community. Videos were featured of staff speaking about a Black history figure who inspired them and they offered resources for local Black owned businesses, [adult and children’s books](#), [a PPT with Black history figures](#), and a BHM poster that featured historical and current Black greatness with a QR code that offered information about each person. They will have a DEI leadership training to close out the month of February.



**Additional February Observances**

- ✓ [American Heart Month](#) | [Fact Sheets](#) | [About The Heart Truth®](#)
- ✓ **February 1** | National Freedom Day, which celebrates the signing of the Thirteenth Amendment, which abolished slavery in the United States in 1865
- ✓ **February 1** | Lunar New Year, one of the most sacred of all traditional Chinese holidays, a time of family reunion and celebration. The Lunar New Year is also celebrated at this time in Japan, Korea, Vietnam, and Mongolia.
- ✓ **February 7** | [National Black HIV/AIDS Awareness Day Resource Library \(CDC\)](#)

**The best way to cheer yourself up is to cheer someone else up ~ Mark Twain**



**ACTION FOR HAPPINESS**



### Webinars and Learning Opportunities

- [Health Equity Guiding Principles for Inclusive Communication | Gateway to Health Communication | CDC](#)
- [Conversations With Leaders—Race and Diversity Today | The Pew Charitable Trusts \(pewtrusts.org\)](#)
- February 22 at 12:00 pm CT | [Women of Color in the Staffing Industry C-Suite](#)
- February 23 at 12:00 pm CT | [Understanding Behavioral Health Needs in Refugee, Immigrant, and Asylee Communities](#)
- March 1 at 1:00 pm CT | [Promoting Resilience in Families During COVID](#)
- March 8 at 1:00 pm CT | The Global Women’s Recovery Roundtable is the first convening of women in recovery and organizations across the globe that celebrate and support women’s recovery from addiction, mental health, and trauma. [Women's Global Recovery Event | Bright Story Shine](#)
- March 11 at 8:30 am CT | Participants will learn how to better serve the needs of sexual and gender minorities in a clinical setting. Participants will learn how to reduce the risk of committing microaggressions, which can deter LGBTQ individuals from seeking mental healthcare; develop a deeper understanding of challenges surrounding intersecting identities, alternative families, and unique relationship constellations; and practice the skill of critically reflecting on one's own social ecology and layers of identity. Participants will also learn about the significant shift over the past couple of years in language surrounding sexual and gender identities. [Best Practices for Working with LGBTQ Clients \(salsalabs.org\)](#)
- June 3, 2022 | SAVE THE DATE for the Women of Color Leadership Conference at UMKC in Kansas City! The mission of the conference is to provide an environment for, by and about Women of Color that promotes equity, education and professional development. There will be workshops that address the topics of mental health and therapy, solidarity across groups, and women of color in the criminal justice system and resilience. [Adjusting Your Crown: Embracing Our Confidence and Restoring Our Minds](#)



### Suggested Reading for Young People

[I Am Enough by Grace Byers](#) | A #1 *New York Times* bestseller and Goodreads Choice Awards picture book winner! This is the perfect gift for mothers and daughters, baby showers, and graduation. This gorgeous, lyrical ode to loving who you are, respecting others, and being kind to one another comes from *Empire* actor and activist Grace Byers and talented newcomer artist Keturah A. Bobo.

***We are all here for a purpose. We are more than enough. We just need to believe it.***

**We Invite You to Join Us!  
Facebook Live Event**

**12 p.m. CST  
Thursday, February 24**

### A Call to Social Empowerment

BHR welcomes Marsha Morgan, CEO and founder of Resilience Builders, to provide enlightenment on the process of developing autonomy and self-confidence including marginalized groups. She will empower individuals and agencies to change social relationships and share how institutions and discourses exclude people who are poor and keep them in poverty.

