



JULY 2021 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



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

July is National BIPOC/Minority Mental Health Awareness Month

National Minority Mental Health Awareness Month is observed each July to bring awareness to the unique struggles that racial and ethnic minority communities face regarding mental illness in the United States. The COVID-19 pandemic has made it harder for racial and ethnic minority groups to get access to mental health and substance-use treatment services.



Click on the icon above for more resources from OMH!

Throughout the month, the **HHS Office of Minority Health (OMH)** will focus on promoting tools and resources addressing the stigma about mental health among racial and ethnic minority populations, particularly during the COVID-19 pandemic.

The **OMH Knowledge Center** has over 5,000 articles and documents on racial and ethnic minority mental health topics | [Search Catalog](#)

Mental Health America’s theme is “Strength In Communities.” MHA will be “highlighting alternative mental health supports created by BIPOC and queer and trans (QTBIPOC, for BIPOC and QTBIPOC.” [Link to the 2021 toolkit and other resources](#)

Thanks to the visionary work of Bebe Moore Campbell, who “worked tirelessly to shed light on the mental health needs of the Black community



and other underrepresented communities,” MHA has been celebrating **Bebe Moore Campbell National Minority Mental Health Awareness Month**, also known as **BIPOC (Black Indigenous, and People of Color) Month** since 2008.



Additional CEDI July Celebrations

- **July 4:** Independence Day
- **July 14:** International Non-Binary People’s Day | [International Non-Binary People’s Day \(wsh.nhs.uk\)](#)
- **July 26:** Disability Independence Day | The Americans with Disabilities Act (ADA) turns 31 this year! [#ADA31 - Celebrate. Learn. Share. | ADA Anniversary Tool Kit](#)



MISSOURI BEHAVIORAL HEALTH COUNCIL

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

What can we do during BIPOC Mental Health Month? (Below, from MHA's BIPOC toolkit)

Language reminders and considerations:

- ✓ In place of "slaves," – "those who were enslaved"
- ✓ In place of minorities – "underrepresented" and "historically excluded"
- ✓ Reminder: Language is always changing.

Surround yourself with spaces working to remain informed.

Share your knowledge within your small spaces.

WHAT YOU CAN DO DURING BIPOC MENTAL HEALTH MONTH

<p>Examine the current structures and ask questions. Consider the various barriers to accessing mental health care like cost and stigma and whether the current framework is the best approach to providing quality services and meeting the needs of communities.</p>	<p>Hold organizations and institutions accountable. Ensure that the systems you are a part of are actively assessing how they contribute to the problems that exist for BIPOC and QTBIPOC mental health and support solutions to ensure change.</p>
<p>Push for accessibility in traditional health care. Contact your local elected officials or use your channels like social media to talk about these issues. Call for expanded language services, culturally responsive provider training, expanded public education resources around health literacy, and more.</p>	<p>Give credit to originating communities of healing practices. Many BIPOC communities developed their resources and supports to address mental health needs. However, they do not always get credit for these practices if they become adopted by mainstream society.</p>

BIPOC Mental Health Resources

[Bebe Moore Campbell National Minority Mental Health Awareness Month | NAMI: National Alliance on Mental Illness](#)

[BIPOC Mental Health Month \(counseling.org\)](#)

[Behavioral Health Response with Dr. S. Kent Butler | Mental Health through the Lens of Diversity and Inclusion](#)

BIPOC MENTAL HEALTH MONTH
BE COLOR BRAVE, NOT BLIND.

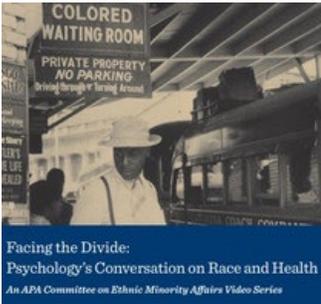
The experience of trauma has widespread impact on the lives of those we serve, leading to or exacerbating mental illnesses, substance use, and physical health conditions. In a truly integrated whole health system of care, effectively treating behavioral and physical health conditions must involve addressing the impact of trauma.

If you're working towards becoming a trauma-informed organization (or just want to learn more about trauma-informed care), this resource hub will help you understand the basics of trauma, the TIC framework, and how to care for your staff. There are also resources for Understanding Racial Trauma.

[Trauma-Informed Care - Everything Your Organization Needs to Know \(relias.com\)](#)



The Centers for Disease Control and Prevention [Hear Her](#) maternal health campaign has created a new, **Urgent Maternal Warning Sign Poster** that visually represents the 15 urgent maternal warning signs developed by the **Council on Patient Safety in Women's Health Care**. The poster is available in several languages, including Spanish, Arabic, Chinese, Haitian Creole, Portuguese, Somali, Tagalog, and more. For more resources, including palm cards, microsites, and video PSAs, please visit the [Hear Her campaign website](#).



Facing the Divide: Psychology's Conversation on Race and Health is a video series designed to bring psychological science to the conversation regarding the connections among race, racism, and health.

Created by the **American Psychological Association** for use by psychologists and other mental health professionals, the series can help you to facilitate constructive dialogues around race in the classroom or workplace. The series includes a discussion guide and covers topics such as racism, micro-aggressions, and the impact of race-related stress on children: [Facing the Divide](#)



Are you leveraging employee-led DEI groups? Download this guidebook from The Diversity Movement to find out how your organization can successfully establish a DEI group [Employee-Led DEI Groups](#)



[Resources to Help Reduce Mental and Substance Use Disorders](#) | SAMHSA recently posted several webpages containing a variety of videos, factsheets, and broadcast-quality public service announcements to help individuals and their loved ones connect with and remain in treatment for mental and substance use disorders. Each page contains a brief overview of the topic, ways to obtain help, and additional References and Relevant Resources at the bottom of the page. Some of the resources are available in Spanish as well as English.



Mental Health Resources for the Black Community

National Resources:

- Mental Health America
Mental Health Resources for Black, Indigenous, And People of Color: BIPOC
Mental Health mhanational.org
- The Association of Black Psychologists:
abpsi.org
- The Black Mental Health Alliance (BMHA):
blackmentalhealth.com
#BlackMindsMatter



burrellcenter.com

Dianne Asher, TMC, shared the following resources from PBS:

- [Watch The Blinding of Isaac Woodard | American Experience | Official Site | PBS](#)
- [Mr. Civil Rights | American Experience | PBS](#)

Other Resources

- The Shine App: Shine | Calm Anxiety & Stress (theshineapp.com)
- Dr. Rheeda Walker: Dr. Rheeda Walker (rheedawalkerphd.com)
- Book: The Unapologetic Guide to Black Mental Health: Navigate an Unequal System, Learn Tools for Emotional Wellness, and Get the Help you Deserve
- Therapy for Black Girls: therapyforblackgirls.com
- Therapy for Black Men: therapyforblackmen.org
- Farrah Harris MA, LPC: Home - WorkingWell Daily, LLC
- Dr. Mariel Buque: Dr. Mariel Buque (drmarielbuque.com)

- Black Girls Heal Podcast
Black Girls Heal (libsyn.com)
- Instagram:
 - @wholebrothermission
 - @blackwomensyogaco
 - @blackfemaletherapists
 - @dr.marielbuque



In July, **Compass Health Network** will launch a training focused on Implicit Bias. This training will provide participants the opportunity to learn four qualities of inclusive people, identify two ways to reduce implicit bias, acknowledge unintentional microaggressions and ways to decrease them, find opportunities to foster cultural humility as a part of the learning process, and develop a better understanding of the unconscious factors that impact our decisions. CHN is eager to offer this training for all employees as a part of our annual training requirement.



Did you know that resilience can be learned? Although we can't control what happens in our lives, we can build skills to help us deal effectively with challenges, recover more quickly and even grow as a result.

Lucile Bluford Day

July 1 is designated as Lucile Bluford Day in Missouri! Ms. Bluford was a journalist and civil rights activist who successfully sued to end segregation in the University of Missouri journalism program. Her long and distinguished career at the *Kansas City Call* contributed to it becoming one of the largest and most important Black newspapers in the nation. To learn more about Ms. Bluford: [Lucile Bluford - SHSMO Historic Missourians](#)



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In the
Spotlight

Missouri Behavioral Health Council member agencies have had a VERY exciting month of June to celebrate their employees, clients, and communities! Please email krafferty@mobhc.org to share your agency's events, pictures, and other ways you are honoring diversity, equity, and inclusion!



ABOVE | Preferred Family
Healthcare St. Louis Delmar Team
celebrating Juneteenth

BELOW | Preferred Family Healthcare St Peter's Adolescent program hosted a "Love is Love" event to celebrate LGBTQ + Pride Day on Saturday June 26. Youth and staff from St Peter's adolescent, Jefferson City adolescent, and Franklin County ARTC enjoyed great food, games, tie dye and an ARTC project!



Thank you PFH for sharing!



In June, **Team ReDiscover** celebrated Pride, Juneteenth and hosted the second installment of their Speaker Series (Clara Anderson Sainte talked about what makes a true ally, the dangers of performative allyship, and the ways in which we can all take action).

To celebrate Pride Month, they sent educational resources and provided training workshops open to all members of Team ReDiscover as a call to action on how to increase our awareness and foster an inclusive environment for our co-workers and community members.



ReDiscover provided a resource guide with a list of books, documentaries and events all related to Pride Month and the LGBTQIA+ community. Additionally, the book club continues reading, *Subtle Acts of Exclusion: How to understand, identify, and stop microaggressions*. This has led to discussions about gender and sexuality SAE. What's more? ReDiscover also had their first ever Pride Spirit Day in which employees were encouraged to wear rainbow and/or use rainbow backgrounds in their virtual meetings.





Behavioral Health Response (BHR) Juneteenth Recognition

Alumni Bulldogs Bishop Alton Davis Jr., Dr. Donna Scott, and Dr. Jeanette Strong share fond memories of Charles H. Sumner High School in St. Louis, Missouri. Charles H. Sumner High School in St. Louis was the only public school for blacks West of the Mississippi in 1875.

[Behavioral Health Response Juneteenth Recognition | Facebook](#)

Thank you BHR!

In honor of Juneteenth, ReDiscover's diversity and inclusion committee REACH, organized an art project in which employees read about the history of Juneteenth as well as a reflective poem, before being asked to make their marks on a shared canvas. Once the canvas was complete, canvases from all locations were brought together to form a collective art piece that will be on display at ReDiscover. Pictured to the right and below are a few of the canvases from their locations. Thank you ReDiscover for sharing!



Click on icon to the left for more information and to register for the 2021 MBHC Conference!

Save the Date

MBHC Conference

September 23-24, 2021 | HYBRID Conference

Missouri Behavioral Health Conference '21

Day 1 | 8:30 a.m. – 4:00 p.m. Networking Event at 5:30 p.m.
Day 2 | 9:00 a.m. – 3:30 p.m.

In Person | \$100 per person, includes behavioral health continuing education
Virtual | Free with no continuing Education or \$10 with continuing education

WEBINARS TO SHARE!

[Integrating Buprenorphine Treatment into Your Practice](#) | Register for this July 13 webinar (3:30 pm) on prescribing buprenorphine in hepatitis care settings.

[Advancing Equity, Diversity, and Inclusion for a More Perfect Union](#) | Given the continued emergence of an interconnected society, a global pandemic, and protests and unrest calling for racial justice, building organizational capacity for advancing equity, diversity, and inclusion is more critical than ever. The need for leaders within social sector organizations to understand and engage the current environment is essential in building an equitable society for all. This is a three-day virtual workshop.

- » [July 15, 22 and 29, 2021, 11am-3pm CT](#)
- » [November 2, 9 and 16, 2021 11am-3pm CT](#)

Do not judge me by my success, judge me by how many times I fell down and got back up again.
~ Nelson Mandela

ACTION FOR HAPPINESS

Click icon above for access to the Jump Back Up July calendar from Action for Happiness!

