



MISSOURI BEHAVIORAL HEALTH COUNCIL

JUNE 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



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

WE CELEBRATE AND HONOR JUNETEENTH!



The observance of Juneteenth is about the journey and achievement of African Americans – from a horrific period of sanctioned enslavement to the pinnacle of human endeavors. It is a story of pride, resilience and determination that will always be of historical and spiritual importance – as it serves us well to understand that together, we can overcome all obstacles in our path.

As we know it, June 19, 1865, was the day word reached the enslaved in Galveston, Texas their emancipation had been made formal, though it had been so since January 1, 1863. And with those words, our country changed, this world changed. And, with bold and contentious decisions, we have continued to change – striving always to make it right, to make it better for all.

Again, we have the opportunity to look back at this century-and-a-half journey of progress. We pay homage to those who have gone before us, those that have paved the road to freedom – many with their lives. We stand on their shoulders. We, as a collective, from all walks of life, are a part of this victory. We celebrate freedom.

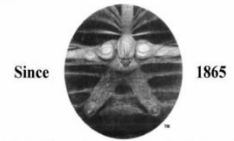
Through our celebrations we reflect this independence. Through grass roots organizing and community collaboration we enjoy the creativity and dedication that produce celebrations from the dinner table to the backyard barbeque, from the neighborhood block party to the city-wide parade, and from the school cafeteria to the corporate conference room. There is no governing body that sanctions or approves Juneteenth celebrations or Juneteenth organizations. We encourage everyone to participate in a local event or start their own tradition. Strengthening the ties that bind us should always be our objective. Unity and peace are our goals.

As we pay tribute to the journey, we acknowledge the many roles and contributions of the African American spirit to our society. We embrace the past as well as the future that only unity, respect and appreciation can bring. To the countless supporters, organizers and attendees of Juneteenth celebrations hosted across this nation and beyond, you are writing the history of our country and our world – there can be no greater honor than that. We thank you. Credit: [Juneteenth World Wide Celebration](#)

Juneteenth Resources:

- [What Is Juneteenth? - HISTORY](#)
- [What Is Juneteenth? - The New York Times \(nytimes.com\)](#)
- What's happening in MO | [Visit Missouri](#) | [Articles](#) | [Juneteenth in Missouri \(visitmo.com\)](#)

CELEBRATE



JUNETEENTH



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JUNE IS LGBTQIA+ PRIDE MONTH!

Join CEDI in advancing equality for LGBTQIA+ and preventing discrimination against all humans!

- Learn about the history of Pride Month | [Pride - HISTORY](#)
- Learn about the Pride Flag | [The home of Rainbow Flag creator Gilbert Baker](#)
- Learn how to be an ally | [Being an LGBTQ Ally - Human Rights Campaign](#) and [10 Ways to Be an Ally & a Friend | GLAAD](#) | Join The Diversity Movement for a webinar on June 21 at 11:00 am (Central) [Allyship Out Loud: How to Be an Active LGBTQ+ Ally](#)
- Learn about resources at the National Council for Mental Wellbeing | [LGBTQ+ Pride Month 2022](#)



- Learn about [Examining Policy and Practice Trends in the LGBTQ+ Community](#) | June 30 at 12:30 pm (Central)
- Learn about [The Trevor Project](#) resources and the [2022 National Survey on LGBTQ Youth Mental Health](#)
- Learn about why pronouns matter | [Pronouns.org Resources on Personal Pronouns](#)
- Learn how to ensure LGBTQIA+ people, their families, and communities receive equal access to health services | [LGBTQI+ | HHS.gov](#)
- Learn how to work more effectively with the LGBTQ+ community | [June is Pride Month - Relias](#)



Talking Health Equity with the CDC Director

Join the National Council for Mental Wellbeing and Rochelle P. Walensky, Director of the Centers for Disease Control and Prevention (CDC), on **July 6 at 1:00 pm (CT)**. They will discuss the following:

- The state of health equity and how we can move the conversation forward.
- What can be done to increase health equity in communities across the country.
- How we can better address the impact of health disparities on people's lives.
- How to improve a health care system that leaves too many people behind.

Register for this special Wellbeing Wednesday discussion | [Wellbeing Wednesdays Episode 7- Advancing Health Equity \(swoogo.com\)](#)



A NIGHT OF ART, MUSIC, POETRY, AND COMEDY.

Save the Date!

ReDiscover is excited to announce their brand-new event, **Art After Dark, A Spotlight on Mental Health**, coming to the Kansas City community on August 5, 2022, from 6:00-10:00pm at the Grandview Amphitheater. Art After Dark will showcase

powerful stories of mental health and resilience. This evening of coming together as a community will feature some delicious food trucks and culminate with local performing artists showcasing their talents in music, dance, poetry, and humor.

Please email krafferty@mobhc.org to share your agency's events, pictures, and other ways you are honoring diversity, equity, and inclusion!





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



ReDiscover Book Club Holds Inclusive Conversations

This month ReDiscover's REACH (ReDiscover Equity & Awareness to Create Harmony) Committee began hosting its second organizational book club. The committee selected *Inclusive Conversations: Fostering Equity, Empathy, and Belonging across Differences* by Mary-Frances Winters. The book is said to encourage "effective dialogue across different dimensions of diversity, such as race, gender, age, religion, or sexual orientation, fosters a sense of belonging and inclusion, which in turn leads to greater productivity, performance, and innovation." Meeting biweekly, the group will unpack dialogue and process reflection questions provided by the author. Additionally, the team will discuss ways to continue to implement inclusive conversations within ReDiscover.



The theme for June at Burrell is *Illuminating Inclusion* as they celebrate Pride Month and Juneteenth!

- The DEI Team at Burrell will host a Table Talk on June 15th to discuss the importance of having representation in art and using art as a means to social justice.
- The team also launched a LGBTQIA+ Resource Card throughout the system for every team member to have access to at their workstation.



Keke Rover

- Keke Rover, System Director of DEI, was featured as a Guest Columnist in the Springfield Business Journal | [Opinion: Why DEI matters in the workplace | Springfield Business Journal \(sbj.net\)](#)
- Dr. Shelly Farnan-Moore, VP of Be Well Initiatives, was interviewed for an article in the Columbia Daily Tribune | [Mental health matters: Overall wellness means inclusion, studies show \(columbiatribune.com\)](#)
- A special Be Well segment with Nclusion Plus speakers will be held June 29.
- Keke will be celebrated at Springfield Juneteenth on Saturday, June 18, when she is recognized as a recipient of NAACP Springfield's "Black Excellence" Award! **Way to go Keke!!**



Integrated Work presented at the June MBHC Board Retreat! Integrated Work is a social impact consulting firm working with mission-driven leaders and organizations to amplify their effect on the communities they serve. In partnership with MBHC's CEDI Committee, their team members gathered and analyzed feedback from employees at 32 MBHC member agencies to deepen awareness of the employee experience and inform CEDI-based workforce development initiatives and organizational benchmarks across the MBHC network. Darrie Matthew Burrage and Mikayla Branz, Integrated Work team members, presented findings from the CEDI Survey on June 6 to CEOs and other leadership who attended the retreat. The team has already started providing technical assistance to several agencies based upon their individual results and there are plans to extend this to many more agencies over the next year!

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June is Internet Safety Month!

[Internet Safety Month \(missingkids.org\)](#)

[Internet Safety Month | Office of Juvenile Justice and Delinquency Prevention \(ojp.gov\)](#)

June 28 from 10:00 am to 3:15 pm (CT)
[Protect Our Youth Online: A Virtual Event to Start the Conversation | Office of Juvenile Justice and Delinquency Prevention](#)



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Connect with Me

Do you have a teen in your life that looks to you for support or guidance? Are you a parent, uncle, teacher or other adult that works closely to teenagers? Talking with teens may not always be easy, but most adults agree it is important to have meaningful conversations with young people. The more resources you have to help communicate, the more prepared and comfortable you both are for the highs and lows of adolescence. The Connect with Me cards are a great tool to strengthen the connections and help start meaningful conversations between youth and adults. Get your FREE deck (or however many you need) by visiting [Connect with Me | Health & Senior Services \(mo.gov\)](http://Connect with Me | Health & Senior Services (mo.gov)).



Celebrate Men's Health Month in June | Throughout June, [Men's Health Month](#) aims to encourage boys and men to take charge of their overall health by implementing healthy living decisions. According to the [Centers for Disease Control and Prevention](#) (CDC), 13.2% of men aged 18 and over are in fair or poor health. The HHS Office of Minority Health (OMH) [Six Plays for Men's Health](#) remind men and boys that they can improve their health by seeking medical advice and taking other important steps, such as making healthy food choices, staying active, quitting smoking, getting regular checkups, taking care of their mental health, and getting the COVID-19 vaccine.



Join the National Council for Mental Wellbeing on **June 27 at 12:30 pm (CT) for the next Social Justice Leadership Academy Event.** Sam Hasan, Director of Outpatient Clinic Operations and Certified Community Behavioral Health Clinic (CCBHC) Project Director at CenterPointe and Dr. Teresa Lewis-Hunt, Family Nurse Practitioner at CenterPointe will discuss how systemic inequities rooted in race, gender, ethnicity, age, and class have created lasting and damaging health disparities in mental wellbeing. The conversation will include solutions -- what we can do personally and as organizations to dismantle unjust systems and structures. [Webinar Registration](#)



- ➔ June is PTSD Awareness Month | [PTSD Self-Screen - PTSD: National Center for PTSD \(va.gov\)](#) and [How Common is PTSD in Adults? - PTSD: National Center for PTSD \(va.gov\)](#)
- ➔ June 5 is [National Cancer Survivors Day® \(ncsd.org\)](#)
- ➔ June 14 is Flag Day | [What Is Flag Day? - HISTORY](#)
- ➔ June 15 is World Elder Abuse Awareness Day | [Office for Victims of Crime \(ojp.gov\)](#)
- ➔ June 19 is World Sickle Cell Day | [Sickle Cell Disease Awareness](#)
- ➔ June 26 is National HIV Testing Day | [National HIV Testing Day](#)

Resources for Coping with Traumatic Events | Responses to traumatic events such as the recent violence in Buffalo, New York, Uvalde, Texas, and Tulsa, Oklahoma can be immediate or delayed. Most people have intense responses immediately following, and often for several weeks or months after a traumatic event. You may feel anxious, sad, or angry, have trouble concentrating and sleeping, and continually think about what happened. In some cases, you might have frightening thoughts, nightmares, or flashbacks to the experience. Children may wet their beds, have difficulty talking, or become unusually clingy. The National Institute of Mental Health (NIMH) offers information on [ways to cope and find help following a traumatic event](#). They also have publications on helping children and teens cope with traumatic events and post-traumatic stress disorder. These publications are [available in English and Spanish](#).



All previous CEDI Newsletters may be accessed at [Missouri Behavioral Health Council | Culture Equity Diversity... \(mobhc.org\)](#)