



MAY 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

May is Mental Health Awareness Month
Let’s increase awareness of the importance of mental health and wellbeing!

Break the stigma!

- ✓ [Mental Health Awareness Month 2022 - National Council for Mental Wellbeing \(thenationalcouncil.org\)](https://thenationalcouncil.org)
- ✓ [Feel Your Feelings - The Mental Health Coalition](#)
- ✓ **Creating Safer Spaces in Schools for LGBTQ Youth** | The majority of young people spend many of their waking hours at school, surrounded by teachers, administrators, and peers who may have different views and opinions than they do. For LGBTQ youth in particular, school can be a tricky place to explore their identity, especially if they face harassment, discrimination, or a lack of resources. [Here are some ways you can help foster a safer space.](#)
- ✓ [Mental Health Month | Mental Health America \(mhanational.org\)](https://mhanational.org)
- ✓ [Mental Health Month | NAMI: National Alliance on Mental Illness](https://nami.org)



May is [Asian American, Native Hawaiian, and Pacific Islander \(AA and NHPI\) Heritage Month](#)—a celebration of AA and NHPI individuals and communities in the United States. This year’s theme, **"Building Legacy Together: Our Communities' Journey of Strength and Resilience,"** encourages local and national governments to prioritize collaboration, development, diversity, transparency, and inclusion through leadership training of AA and NHPI communities. This May, we celebrate the contributions and diversity of AA and NHPI communities by sharing resources and data highlighting their contributions to our society, economy, and culture. Join the conversations on social media with the hashtags #AANHPILegacy and #AANHPIHM.



June 3, 2022 | SAVE THE DATE for the Women of Color Leadership Conference at UMKC in Kansas City! [Adjusting Your Crown: Embracing Our Confidence and Restoring Our Minds](#)



[National Women's Health Week](#) (May 8-14) is a weeklong health observance led by the Health and Human Services Office on Women's Health (OWH) which focuses on health issues impacting women's physical and mental health. According to the CDC, heart disease is the leading cause of death for Black women (22.8 percent), and cancer is the leading cause of death for Asian or Pacific Islander (25.5 percent), Latina (22 percent), and American Indian or Alaska Native (17.6) women. The 2022 theme for National Women's Health Week, "Forward Focus: Achieving Healthier Futures Together," urges women to stay healthy by taking steps such as keeping up to date with preventive screenings and vaccines, getting active, eating healthy, paying attention to their mental health, and quitting smoking.



2022 National Survey on LGBTQ Youth Mental Health

Suicidal thoughts have trended upward among LGBTQ young people over the last three years. The impacts of the COVID-19 pandemic and relentless political attacks during this time period cannot be understated. The survey sheds light on the challenges faced by LGBTQ young people by capturing the experiences of nearly 34,000 LGBTQ youth from across the country. This is one of Trevor Project's most diverse surveys of LGBTQ youth ever conducted, with 45% being LGBTQ youth of color and 48% being transgender or nonbinary. Explore the results of this survey here: [The Trevor Project: 2022 National Survey on LGBTQ Youth Mental Health](#)



The CEDI Committee at Gibson Center for Behavioral Change will be sharing information throughout the month of May with staff to learn more about mental health as well as tips on how to manage mental health (See their first shared document here: [Starting to Think About Mental Health](#)). They are also creating social media posts, getting metal green pins for their staff to put on their nametags, and creating green ribbons for their consumers!

For Pride Month in June, staff have created two t-shirt designs (see below) and the profit from shirt sales are going to be donated by the Gibson CEDI Committee to their local chapter of PFLAG to help with scholarships for a local student and to help support mental health access for LGBTQIA individuals in their community. Go Gibson!



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



Act as if what you do makes a difference. It does. ~ William James

ACTION FOR HAPPINESS



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



The Burrell/CMHS DEI team will celebrate AAPI (Asian American Pacific Islander) month with a special AAPI Be Well segment on May 11th with father/daughter podcast hosts Jen and Ted Lai (their podcast is called Asian American History 101): <https://www.listennotes.com/podcasts/asian-american-history-101-gen-and-ted-lai-DamOnckSq56/>

In June, the Burrell/CMHS DEI team will celebrate Juneteenth and Pride month by having a special Table Talk which celebrates inclusion and representation in art and a special LGBTQ+ Be Well segment. Stay tuned for dates and times for those events! Learning resources will accompany all events and celebrations.

University Health-Behavioral Health (TMC) is hosting a lunch and learn for their staff on May 31st: *Understanding Health Disparities in the LGBTQIA+ community and how behavioral health staff can support/advocate for clients as they navigate through the health/behavioral health care systems from both the physician and client perspective.*



Children’s Mental Health Awareness Week is observed May 1-7 this year! Positive mental health is especially vital to children’s development. This week emphasizes the need for giving children the best support and care they need when in crisis. When responding to a child in crisis, your staff needs to be aware of the unique challenges of the situation and have the resources to address them in a way that is trauma-informed and person-centered. Find resources below to assist you in working with the children in your communities.

- [Crisis Prevention & Intervention Training in Human Services | Relias](#)
- [Children’s Mental Health Week - NAMI Missouri](#)
- **Strengthening MO Families** | StrengtheningMOFamilies is an animated public education series to help Missouri’s families understand important building blocks like resilience, caregiver-child connection, social-emotional learning and more [StrengtheningMOFamilies | dmh.mo.gov](#)



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

