

The Coalition for Black Health and Wellness (CBHW) Behavioral Health Committee is sending you this brochure entitled:

*I Am Because We Are,
We Are, Therefore
I Am*



The purpose of this brochure is to increase access to Mental Health resources, Health Equity, and to educate and bring awareness to Health Disparities in Riverside County's African American Community.

Since 1949, Mental Health Awareness in the month of May has been observed across the globe. Each year, over 16% of African Americans have reported having a mental health illness; however, a significant number of other African American individuals with mental health issues go undetected, are wrongfully imprisoned, and/or left untreated. We are dedicated to increasing awareness of Mental Health by providing accessibility to available resources. The goal is to create awareness via an annual observance of Mental Health conditions within the African American community but, more importantly, the goal is to share available resources for personal wellness with those with mental health challenges.

Mental Health Activities in the Community: Events May 1st to May 7th, 2022

Empower You Edutainment, presents Lift Every Voice, school girls talk about being Black, and how they deal with traumatic experiences. Virtual event: Monday, May 9, 2022, at 6:30 pm. Zoomlink: https://us06web.zoom.us/webinar/register/WN_RHG_VdBhTTgWsYRTINFzcow

Join NAMI California (NAMI CA), and the California Health and Human Services on Thursday, May 5th at 1:30 p.m., to discuss Governor Newsom's proposed CARE court, SB 1338. https://us06web.zoom.us/webinar/register/WN_GxbVI6wmQX2gtVopzs0qSw

Eventbrite: START Strategic Trauma & Resiliency Tactics, By Nick Wilson, Date and Time: Wednesday May 4th, 2022 @ 8:00am to 5:00pm, Location: City of Fontana Police Dept., 17005 Upland Avenue, Fontana, CA 92335

Eventbrite: Youth Mental Health First Aid Girls to Pearls, By: Lashon Tilmon, Date and Time: Saturday May 7th, 2022 @ 12:00pm Location: Bob Murphy Community School, 149 North Arrowhead Avenue, Rialto, CA 92376

ISSUE 1, MAY 3, 2022

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"However long the night, the dawn will break."

Traditional Definition of Mental Health and Mental Illness

What is mental illness?

Mental illnesses are health conditions involving changes in emotion, thinking, or behavior (or a combination of these). Mental illnesses are associated with distress and/or problems functioning in social, work, or family activities.

Mental illness is common. In a given year:

Nearly one in five (19%) U.S. adults experience some form of mental illness..

One in 24 (4.1%) has a serious mental illness.

One in 12 (8.5%) has a diagnosable substance use disorder.

Mental illness is treatable. The vast majority of individuals with mental illness continue to function in their daily lives. **Mental illness is nothing to be ashamed of. It is a medical problem, just like heart disease or diabetes.**

<https://www.psychiatry.org/patients-families/what-is-mental-illness>.

While it is relatively easy to define mental illness, it is far more challenging to define mental health. Good mental health is characterized by a person's ability to fulfill a number of key functions and activities, including:

the ability to learn the ability to feel, express and manage a range of positive and negative emotions

the ability to form and maintain good relationships with others

the ability to cope with and manage change and uncertainty.

Both mental illness and mental health are on a continuum, meaning that it varies, and it only becomes a problem when a person's actions, thoughts, and/or affect become distressing and debilitating to themselves and/or others.



Therapy and Wellness Resources for African Americans

1. Therapy for Black Girls (www.therapyforblackgirls.com)
2. Therapy for Queer People of Color (www.TherapyForQPOC.com)
3. Black Mental Wellness <https://www.blackmentalwellness.com/>
4. Black Psychiatrists of America: <http://www.bpaincpsych.org/>
5. Association of Black Psychologists Therapist Resource Directory <https://www.abpsi.org/find-psychologists/>
6. Inclusive Therapists (Therapy Directory) <https://www.inclusivetherapists.com/>
7. Sista Afya Community Mental Wellness <https://www.sistaafya.com/>
8. Ayana Therapy <https://www.ayanatherapy.com/> mental health therapy for marginalized & intersectional communities

Apps

1. **Liberate Black Meditation App:** Meditations by and for US with meditations. Specific toward Black experience, coping w/micro-aggressions.
2. **Breathe2Relax:** This app teaches users how to do diaphragmatic breathing (read: Breathe Down into the Low Belly)
3. **Sanvello:** This app teaches techniques for dealing with anxiety, depression, and stress. It is based on Cognitive Behavioral Therapy (CBT) techniques.
4. **The Safe Place:** This is a mental health app geared specifically towards Black Mental Health education, treatment, and resources.

African American Psychologists Define Black Mental Health

The spotlight this week is on **Na'im Akbar** a world-renowned clinical psychologist, scholar, public speaker, and author. He is especially well known for his **Afrocentric** approach to psychology. Akbar entered the world of Black psychology in the 1960s, as the Black Power Movement was gaining momentum. In the 1970s, Akbar published his first critiques of the **Eurocentric** psychological tradition, asserting that this model maintained the intellectual oppression of African Americans. Akbar criticized the pathology perspectives that had taken over as the dominant literature on African Americans.

In his 1991 paper “Mental Disorder Among African Americans,” Akbar maintains

his **Afro-centric** view of psychology, and criticizes the Eurocentric normative definition of mental illness that were historically used to classify and label numbers of African Americans as mentally ill. Akbar called this abuse “intellectual oppression,” and argued that African Americans should create their own definitions of “normal” and “abnormal” that made meaningful use of an African worldview and was culturally relevant to African Americans. Akbar attributed the failure of society to question these white normative traditions to a phenomenon he called “democratic sanity,” which he paralleled to a majority-rules system.



Crisis Resources

1. **Crisis Text Line:** Text SHARE to 741741
2. **National Suicide Prevention Lifeline:** 1-800-273-TALK
3. **SAMHSA National Helpline:** 1-800-662-HELP
4. **NAMI HelpLine (M-F 10am-6pm EST):** 1-800-950-6264
5. **Disaster Distress Hotline:** 1-800-985-5990 or Text TALKWITHUS to 66746

Contemporary Issues: Mental Health During the COVID Pandemic

The article that follows is entitled [Teen Mental Health During COVID: What New Federal Data Reveal](#) by Evie Blad. It appeared in *Education Week*, on March 31, 2022.

High school students experienced challenges with mental health during the COVID-19 pandemic, including hopelessness, substance abuse, and suicidal thoughts or intentions. However, those who felt close to people at school or who reported strong virtual connections with family and peers were less likely to report such concerns.

Those are among the [key findings](#) of a special national survey of high school students administered by the Centers for Disease Control and Prevention in 2021. The results, released by the agency are one of the largest data sets about student experiences during the national health crisis.

The survey also captured students' experiences with racism, and disruptions to their home and school life, which public health officials said are important factors for educators to address as they chart a course for recovery after the pandemic. That is shown to be especially true, because students who reported racism at school and LGBTQ students were more likely to report poor outcomes during the pandemic than their peers, said Kathleen Ethier, director of the CDC's division of adolescent and school health.



Mental Health Help and 24/7 Resources

1. HELPLine: 24 Hr Crisis/Suicide Intervention
Available: 24/7 Ph: 951-686-HELP (4357)
2. 24/7 Walk-In Help, Windsor Center 1481 North Windsor Dr., San Bernardino, CA Ph: 909-361-6470
3. Clay Counseling Solutions. Dr. Clay Website: <https://www.claycounselingsolutions.com> Ph: 909-804-8877
4. Inland Empire Concerned African American Church (IECAAC) Addresses Systematic Patterns of Abuse and Violence Unify African American church, the community's voice and resources to effect improvement and keep resources within the community. Website: iecaac.org Address: 1505 W. Highland Ave Suite #2, San Bernadino, CA 92411 Ph: 909-474-7036
5. Riverside NAACP Website: naacp-riverside.org
Address: NAACP-Riverside: P.O. Box 55131, Riverside, CA 92517-0131 Ph: 800-488-3036 / 951-324-9603 Email: rivnaacp@gmail.com
6. 100 Black Men of the Inland Empire, Inc.
African American Led Mentoring Organization
Website: 100blackmen.org
Address: 10621 Church Street #110, Rancho Cucamonga, CA 91730, President: David Morrow, Ph: 951-378-4483
7. Empower You Edutainment: Empowering the community by providing self care workshops, programs and free visual and performing arts. Website: <https://empoweryouedutainment.org/> Ph: 213 359-8639, Email: empower@empoweryouedutainment.org
8. Congregation Organized for Prophetic Engagement (COPE)
Protecting and Revitalizing Communities
Mrs. Laniea King, Website: copesite.org
Address: 1505 W Highland Ave, Suite 1, San Bernadino, CA 92411, Ph: 909-887-3900
Email: lking@copesite.org
9. Riverside County Black Chamber of Commerce
Promoting Interest of Small Businesses for Minority Entrepreneurs, Website: riversidecountybcc.org
Phone: 951-823-0175 / Fax: 951-289-9222
Address: 2060 Chicago Ave A13, Riverside, CA 92507, Email: marketing@riversidecountybcc.org
10. **Community Now**
Shor Denny, Founder & CEO, Website: <https://www.communitynow.info>
Ph: 951-413-6587 Email: communitynow@communitynow.info

Mental Health Help and 24/7 Resources Continued

11. The Black Collective
Civic Engagement Through
Volunteer Service
Website: theblackcollective.org
Holds Virtual Meetings Every Saturday from
8:45am to 10:00am
Need to Register for the Weekly Meeting
12. Inland Empire Mental Health Service
Psychiatrists and Psychotherapists
Website: inlandempirementalhealth.com
Ph: 951-507-5723, Address: 12523
Limonite Ave Suite 401, Eastvale, CA 92880,
Email:
customerservice@inlandempirementalhealth.com
13. The African America Health Coalition
Community & Partners Create Better
Outcomes, Linda Hart, Founder & CEO
Website: theaamhc.org, Ph: 909-880-1343
Email: info@aamhc.org
14. W. Vines Medical Society
Address: 1550 E. Washington St. #101
Colton, CA 92324, Ph: 951-888-0611
Website: <https://vinesmedical.org>
15. Healthy Heritage Movement, INC.
Phyllis Clark, Founder & CEO
3637 9th St., Riverside, California 92501
Website: www.healthyheritage.org
Ph: 951-293-4240 / 951-682-1717
16. Black Equity Initiative
Collective Work is guided by the Seven
Principles of Nguzo Saba
Website: blackequity.org
17. Black Men Heal
Provides free therapy to black men
In several states. They have virtual and in-
person options for individuals and group
therapy.
Website: <https://blackmenheal.org>
Address: 63 W. Lancaster Ave STE 11,
Ardmore, PA 19003
Email: info@blackmenheal.org
18. Black Girls Heal
Offers coaching services,
products and podcasts focused on healing
childhood relational trauma in their adult life.
Contact on Facebook @ Black Girls Heal /
Instagram: @ Black Girls Heal
Text: 832-219-7815
Address: 134 Vintage Park Blvd Ste A #330,
Houston, TX. 77070
19. Website: inlandempirementalhealth.com
Ph: 951-507-5723, Address: 12523 Limonite
Ave Suite 401, Eastvale, CA 92880, Email:
customerservice@inlandempirementalhealth.com
20. "Dat Yoga Dude"
James Woods, Founder & CEO
Yoga instructor and Clinical Therapist
<https://www.datyogadude.com>

If you or your organization is putting on a program that focuses on mental health in the African American community, please allow us to help you advertise. Please contact the Coalition for Black Health and Wellness Behavioral Health Committee Chair, Sharron Lewis, at (213) 359-8639.



Coalition Black Health and Wellness

Mission

To be effective agents of change to eliminate health disparities affecting the Black community and achieve the highest possible level of health through the education and mobilization of leaders, partners, policy makers and community stakeholders.

Vision

A community free of disparities in health and health care.

Purpose

The Coalition for Black Health and Wellness is a voluntary multi-sector group that provides leadership, ensures continued information flow, and galvanizes action. The Coalition addresses health disparities improvement actions for Riverside and Jurupa Valley.

Membership

Members are individuals from community-based organizations, nonprofit organizations, and community members who serve in a volunteer capacity with the willingness to engage in actions to advance health equity and/or improve healthy living standards for the nation's most vulnerable populations.

Members work or reside within the geography or community they represent and have engaged in relevant work on policies or programs that seek to eliminate health disparities and/or promote healthy living standards.