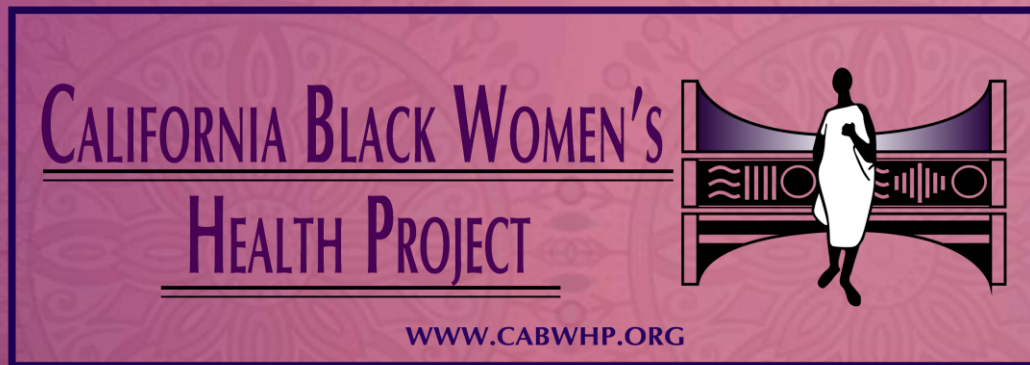


# *A Time to Care Affair*

Mind Care. Heart Care. Soul Care



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# California Black Women's Health Project

- ▶ 24 year old, statewide non-profit organization solely committed to improving the health of California's 1.2 million Black women and girls through advocacy, education, outreach and policy.
- ▶ Unapologetically Black women centered, by Black women, for Black women.
- ▶ Work focused on a range of issues impacting Black women's health status (mental health, HIV/STIs, aging, domestic/IPV, reproductive justice, etc.).



# OUR GUIDING VALUES

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## **EQUITY:**

In opportunities, access, and resources – (ensuring that Black women and girls are never overlooked in their pursuit of quality health and wellness by the systems of health and wellness care)

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## **EMPOWERMENT:**

Emphasizing individual responsibility and interpersonal support via a Sister Circle model, we empower Black women and girls to improve their health and wellness using a proactive approach

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## **BLACK WOMEN CENTERED:**

We are unapologetic about advocating on the premise of intrinsic value in the history and heritage of Black women, employing culturally competent interventions that are relevant, appropriate and effective.

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## **CHANGE:**

We operate as a lever for change in community conditions, health disparities, individual behaviors & policies that impact health and wellness.

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## **COLLABORATION:**

100% of programming efforts are centered on partnership and a fundamental belief that collective engagement is essential to effective prevention and early intervention.



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## Let's Talk: Mental Health

By: LaKisha L. Johnson, LCSW



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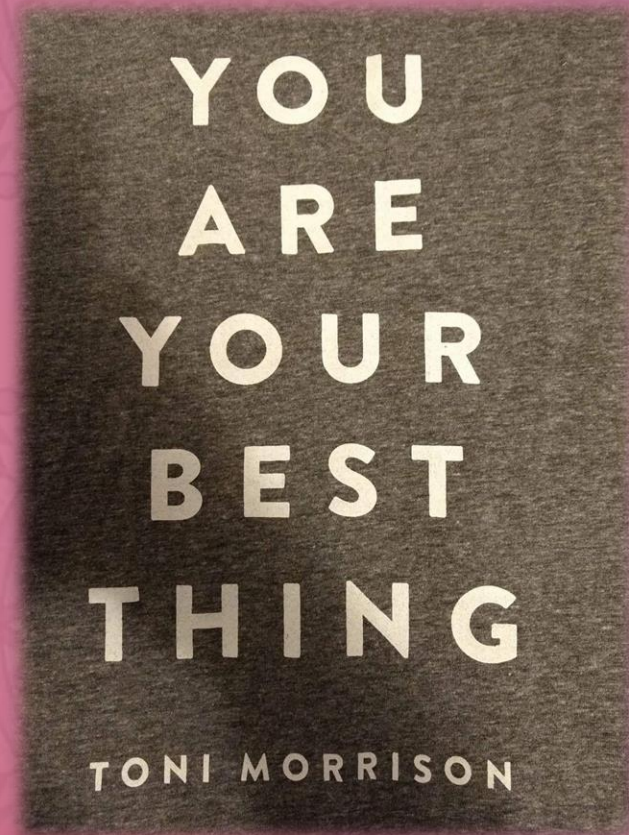
# Mental Health is...

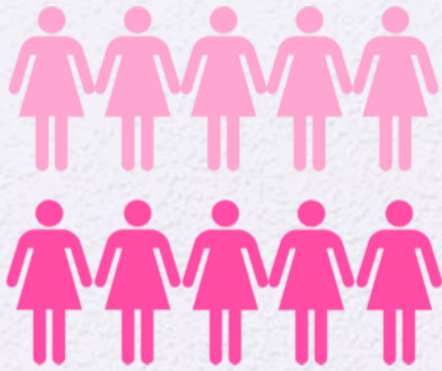
...defined as a state of well-being in which every individual **realizes** his or her **own potential**, can **cope** with the normal stresses of life, can **work productively** and fruitfully, and is able to **make a contribution** to her or his community.

... **more than the absence of mental disorders.**

...a fundamental part of health; there is **no health without mental health.**

... determined by a range of factors.

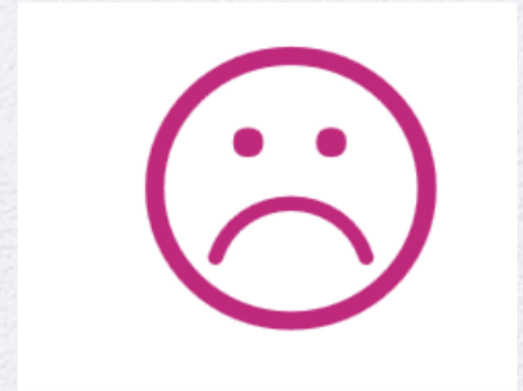




**One study showed that over 50% of Black women ages 18-25 met the criteria for Major Depressive Disorder.**

**2x**

**A study by the CDC in 2016 found that Black women were twice as likely to feel "everything is an effort all the time" compared to White women.**



**50% of Black people believed that depression was a "normal" part of aging.**



**Black women are more likely than white women to have experienced post-traumatic stress disorder resulting from childhood maltreatment and sexual and physical violence.**



**More than 16% of black women are uninsured, and many can't afford mental health treatment.**



stig·ma

*noun*

noun: **stigma**; plural noun:  
**stigmata**; plural noun:  
**stigmas**

1. a mark of disgrace associated with a particular circumstance, quality, or person.

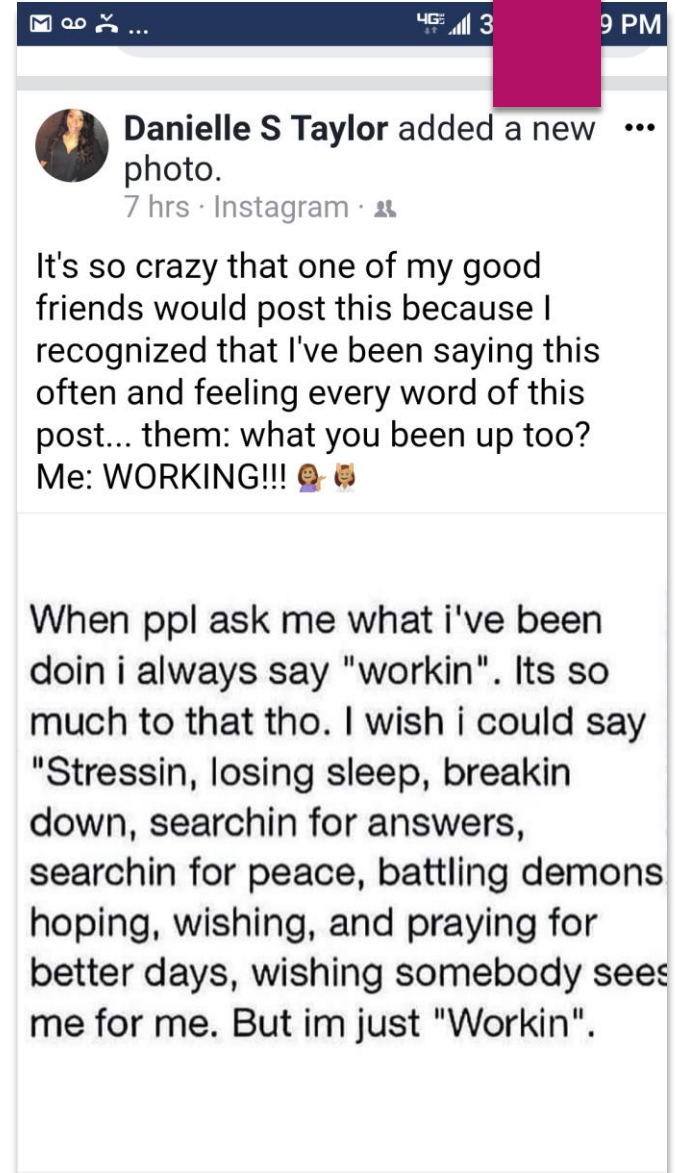
"the stigma of having gone to prison will always be with me

"synonyms: shame, disgrace, dishonor, ignominy, opprobrium, humiliation, (bad) reputation

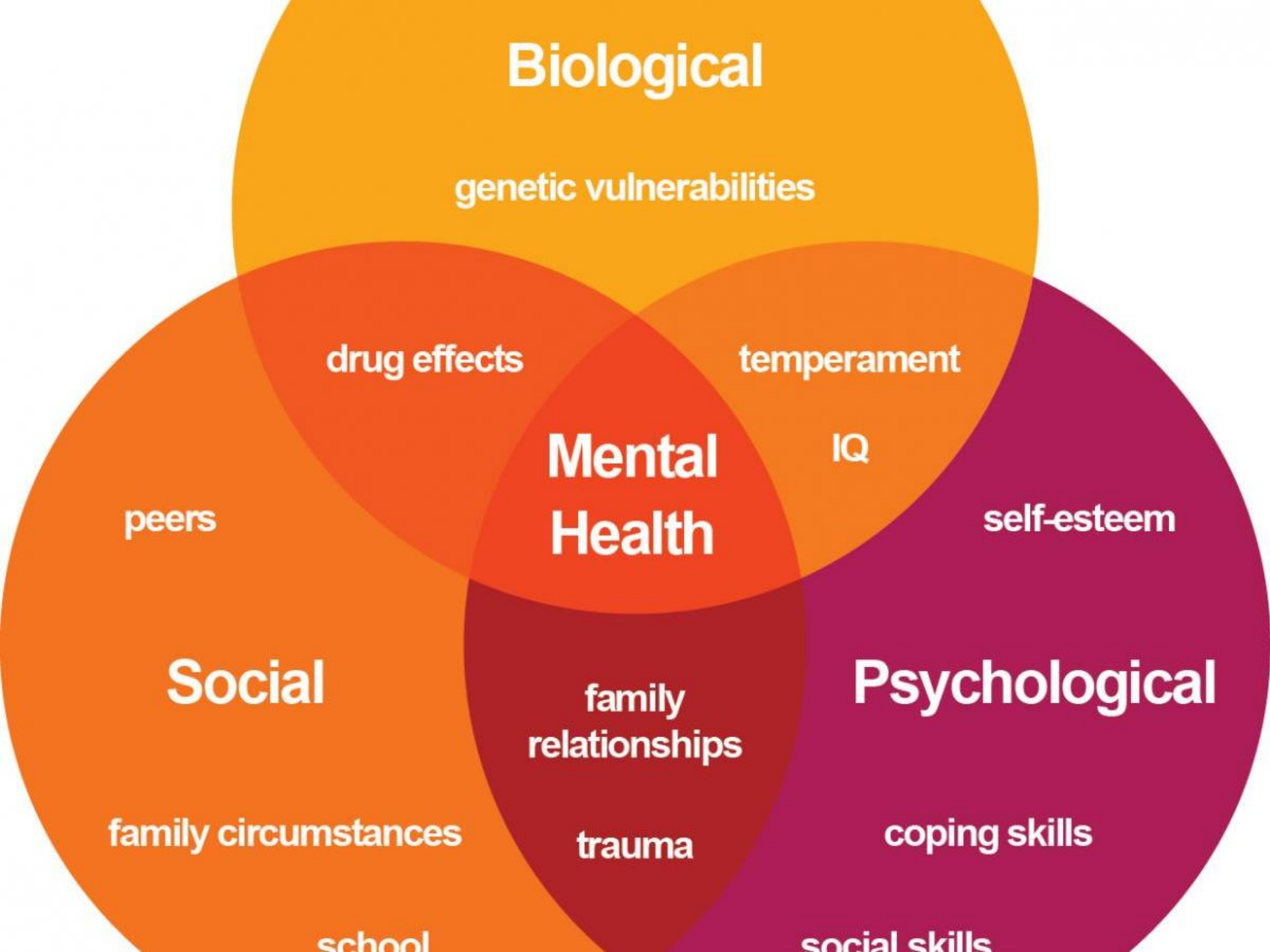


# The Stigma of Help Seeking: Courageous Conversation

1. Safety Plan
2. Warning signs
3. Identify Trustworthy Individuals vs. People You Trust
4. "The Ask"
5. Emergency Contacts
  - ✓ Community Based Mental Health
  - ✓ Private Therapists
  - ✓ 211, Psychology Today
  - ✓ 1-800-273-8255
  - ✓ 911







# Psycho-social Stressors

## ▶ THE “ISM” IMPACT:

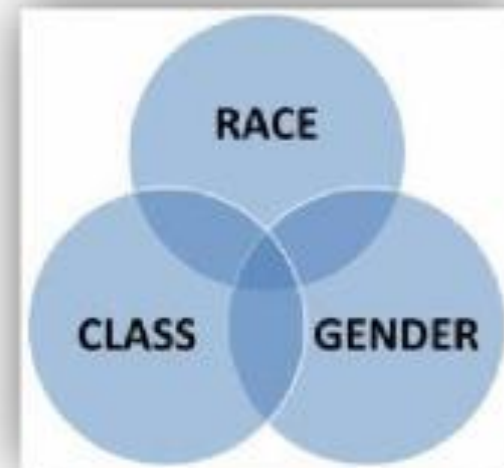
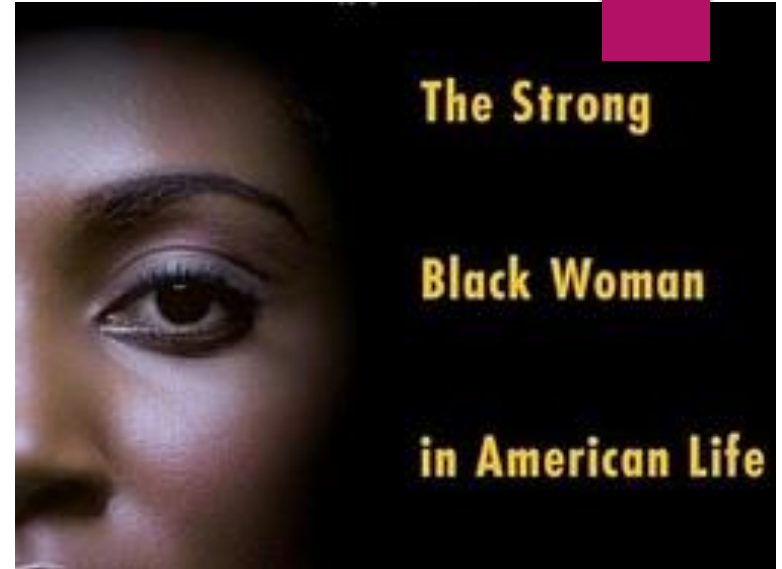
Racism, Classism & Sexism

## ▶ VIOLENCE & TRAUMA:

Domestic, Intimate Partner & Community Violence

Ongoing Traumatic Stress

Adverse Childhood Experiences (ACES) – Impact of childhood abuse & neglect



# Self Care is part of Health Care

TALK TO YOURSELF  
LIKE YOU WOULD TO  
SOMEONE YOU LOVE.

@LISABEVERE

REMEMBER TO  
TAKE CARE OF  
YOURSELF FIRST.  
YOU CAN'T POUR  
FROM AN EMPTY  
CUP.

# My to-do list for today...

**1**

Be  
GRATEFUL

**2**

Be  
KIND

**3**

Let go of what I  
can't control or  
change

**4**

Listen to my  
intuition

**5**

Be productive  
but calm

**6**

BREATHE



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## OUR IMPACT

We believe a healthier future is possible when Black women are empowered to make choices in an environment where equal access and health justice are community priorities.

3,500+

Black women and families were reached through the California Black Women's Health Project's workshops, trainings, and events from 2016-2017.



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## MENTAL HEALTH

### Sisters Mentally Mobilized

- 5** Year project (2017- 2022)
- 8** Mental health focused Advocate Training Programs & Sister Circles
- 4** California regions (LA, Inland Empire, Sacramento, Oakland)

### LA County Women's Mental Health Project

(In partnership with Black Women for Wellness)

- 16** Workshops
- 4** Service Planning Areas reached
- 60** Black women educated on mental health awareness, leadership, advocacy & education



## AGING

### Sistahs Aging With Grace and Elegance (SAGE)

- 2** Convenings in Sacramento & Oakland, California
- 125** Women in attendance

### Healthy Aging Partners Prevention Initiative (HAPPI)

- 7** Educational presentation focused on breast & cervical screenings
- 95** Black women educated & trained



## NUTRITION

### Champions for Change

- 20** Presentations delivered
- 200+** Black women and families reached



## HIV/AIDS

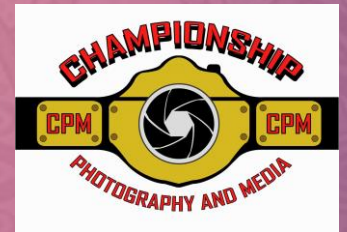
- 5** Film screenings
- 4** Community forums
- 2,600** Individuals reached through awareness and educational materials



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## Our Village: Partners and Friends



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# *Sisters Mentally Mobilized*

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Sisters Mentally Mobilized is project of the California Black Women's Health Project





# California Reducing Disparities Project (CRDP)

- ▶ Under the CA Dept of Public Health - Office of Health Equity, this statewide Prevention and Early Intervention effort focuses on five populations:
  1. African Americans
  2. Asians and Pacific Islanders (API)
  3. Latinos
  4. Lesbian, Gay, Bisexual, Transgender, Queer, and Questioning (LGBTQ)
  5. Native Americans
- ▶ Advancing the strategies identified to demonstrate community-defined evidence to reduce mental health disparities.
- ▶ There has not been a project of this scope before; one that recognizes and elevates community practices and identifies strategies for systems change.



# Sisters Mentally Mobilized

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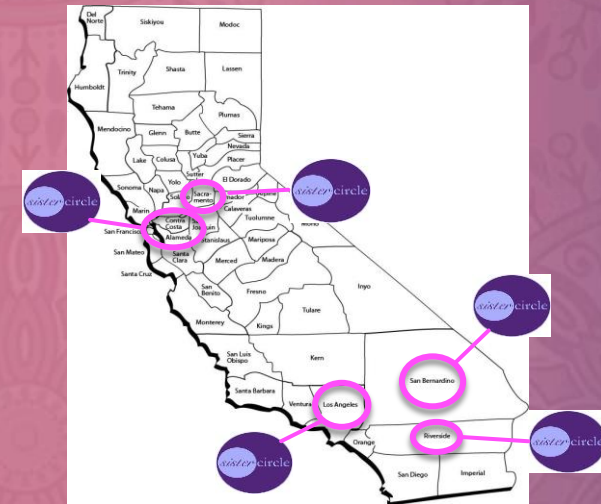
A project of the California Black Women's Health Project



Black-women centered, mental health PEI initiative to reduce MH stigma, isolation, and anxiety



Training 100 Black women in 4 regions (IE, Oakland/Bay Area, Sac, LA) as MH advocates, and launch MH focused Sister Circles



Vision: statewide network of circles connected to CABWHP

# Sisters Mentally Mobilized ATP



- 8 week experience
- Not just “training” but building & mobilizing Sister Circles

## Topics :

- MH “101”
  - Social Determinants & root causes
  - Stress, Triggers, Coping,
  - Stigma Reduction strategies
- 
- No professional experience required

# Sisters Mentally Mobilized<sup>SM</sup>

## Sister Circles



□ Safe Space



□ Pre-cursor to traditional therapy



□ Platform for mobilization

*“Sister circles are support groups that build upon existing friendships, fictive kin networks, and the sense of community found among African-American females. Originally embedded in the Black club movement (Giddings 1984), sister circles have been a vital part of Black female life for the last 150 years...”*

Neal-Barnett, et al. Sister Circles as a Culturally Relevant Intervention for Anxious African-American Women. *Clinical Psychology (New York)*. 2011 September; 18(3) 266-273

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## Reflections on Our Legacy By Natalie Champion



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# MAY IS MENTAL HEALTH MONTH

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## The California Black Women's Health Project's 12 Commandments of Good Mental Health:

1. Good mental health is essential to your overall well being.
2. Know your family's mental health history.
3. Acknowledge your feelings, thoughts, and experiences.
4. You deserve to feel well.
5. Recognize and journal your mood changes.
6. It is okay to ask for help.
7. Research and reach out to mental health resources.
8. Know your limits; set healthy boundaries.
9. Nurture and protect your spirit.
10. Trust the healing process; it takes time, support, and work.
11. You are worth it; make yourself a priority.
12. Commit to fun and relaxing activities.



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In Celebration of Black Women:  
The Words of Mari Evans



**Carlene Davis, MPA**  
*Evaluation and Strategic Director*



# Sistah's Aging with Grace & Elegance (SAGE)

A Project of the  
California Black  
Women's Health  
Project

## In Celebration of Our Elders



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## Let's Talk: An Intimate Conversation



**Dr. Gloria Morrow**

*Clinical Psychologist, Author, Playwright*



**Jennifer Holliday**

*Singer, Actress*



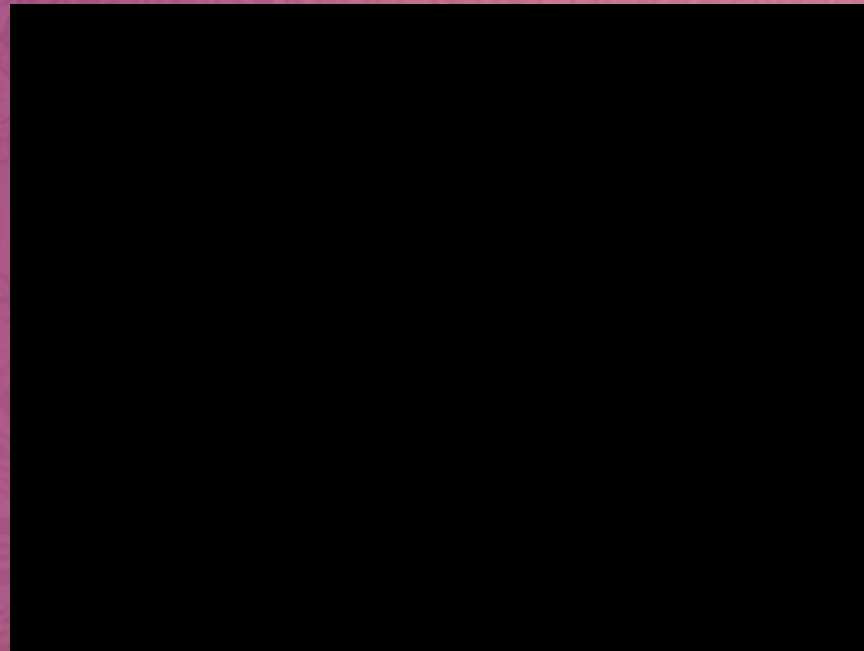
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## Dr. Gloria Morrow



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