A Time to Care Affair
Mind Care. Heart Care. Soul Care

California Black Women's Health Project

www.cabwhp.org

@cabwhp
#atimetocare
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

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)

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

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.

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

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

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.
stigma

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

Danielle S Taylor added a new photo.
7 hrs · Instagram
It's so crazy that one of my good friends would post this because I recognized that I've been saying this often and feeling every word of this post... them: what you been up too? Me: WORKING!!! 🤦‍♀️🤦‍♀️

When ppl ask me what i've been doin i always say "workin". Its so much to that tho. I wish i could say "Stressin, losing sleep, breakin down, searchin for answers, searchin for peace, battling demons hoping, wishing, and praying for better days, wishing somebody sees me for me. But im just "Workin".
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
A Time to Care Affair

Mind Care. Heart Care. Soul Care

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.

@cabwhp
#atimetocare
**MENTAL HEALTH**

**Sisters Mentally Mobilized**
- 5 Year project (2017-2022)
- 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
A Time to Care Affair
Mind Care. Heart Care. Soul Care

Our Village: Partners and Friends
Sisters Mentally Mobilized
Mind Care. Heart Care. Soul Care

Sisters Mentally Mobilized is a 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

Mind Care. Heart Care. Soul Care

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℠
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…”

Reflections on Our Legacy
By Natalie Champion
MAY IS MENTAL HEALTH MONTH

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.
A Time to Care Affair

Mind Care. Heart Care. Soul Care

California Black Women's Health Project

WWW.CABWHP.ORG
Sistah’s Aging with Grace & Elegance (SAGE)
A Project of the California Black Women’s Health Project

In Celebration of Our Elders
A Time to Care Affair
Mind Care. Heart Care. Soul Care

Let’s Talk: An Intimate Conversation

Dr. Gloria Morrow
Clinical Psychologist, Author, Playwright

Jennifer Holliday
Singer, Actress

@cabwhp
#atimetocare
A Time to Care Affair
Mind Care. Heart Care. Soul Care

Dr. Gloria Morrow

Clinical Psychologist,
Author, Playwright

@cabwhp
#atimetocare