



# *Sisters Mentally Mobilized*

Mind Care. Heart Care. Soul Care

A project of the California Black Women's Health Project

## **Included in this packet:**

- Information about Sisters Mentally Mobilized
- Background on California Reducing Disparities Project
- Notes sheet



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@CABWHP

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## For Us, By Us— *mind care, heart care, soul care*

As Black women, many of us grew up hearing the expressions, “**you have to work twice as hard to be successful**” or “**you have to be twice as good.**” While our grandmothers, mothers, and aunts may have uttered these words to help us navigate and get ahead in a patriarchal and anti-Black society, this belief seems to have permeated into the very core of how we operate in all aspects of our lives.

Between our roles as mothers, wives, partners, sisters, students, entrepreneurs, caregivers, and employees, along with pervasive racism and sexism, most of us are working twice or three times as hard to hold it together. While the outside world marvels at our ability to seemingly make it all work, inwardly we feel the price we are paying, and sometimes the cost is our mental or physical health. **Sometimes we need space away from a world that too often tries to convince us that it is a problem to be a Black woman in America – we need a space to set it all down, talk it out, breathe, get support from our sisters, and love on ourselves.**

## About *Sisters Mentally Mobilized*

Sisters Mentally Mobilized (SMM), a project of the California Black Women’s Health Project, is a statewide movement that trains Black women to become mental health advocates, and prepares them to launch and grow Sister Circles in the communities where Black women live, work, play, and pray. Sisters Mentally Mobilized aims to reduce mental health stigma, anxiety, and isolation among Black women and create space for us to tend to our minds, hearts, and souls.

### Who is Sisters Mentally Mobilized for?

SMM is for any Black woman 18 or older who has stories to tell and experiences to share. **All sisters who are interested in creating lasting change for themselves and communities around mental health are welcome! No previous mental health work or experience is required (just time, talents, and treasures!)**

We are reaching out to our sisters in Sacramento, Los Angeles County, Oakland/Bay Area, and the Inland Empire (Riverside & San Bernardino) to join the Sisters Mentally Mobilized movement for personal and community healing.

## *Sisters Mentally Mobilized* — Advocate Training Program, Los Angeles

The Advocate Training Program (ATP) is the introductory experience of Sisters Mentally Mobilized. Over the course of approximately 7-8 weeks, participating sisters gain a deeper understanding of the forces that contribute to mental health stigma, anxiety and isolation in Black women; share and learn coping and support strategies; identify community priorities for mental health advocacy and organizing; and craft solutions for promoting individual and community well-being. The SMM-ATP prepares Black women to establish and lead mental-health focused sister circles in their communities.

Our Los Angeles cohort of Sisters Mentally Mobilized will begin with a two-day orientation. The ATP sessions will be weekly and culminating in a graduation attended by friends, family, and community leaders!

### **SMM-ATP Tentative Session Schedule (Los Angeles cohort)**

\*Please note, schedule subject to change. All participating sisters will be notified of any changes.

We are determining the locations and times for the sessions, which will be confirmed during orientation.

<b>Sat-Sun, September 28-29</b>	<b>SMM Two day Orientation</b>
<b>Wed. October 9</b>	Session 1 (6-8:30 pm)
<b>Saturday, October 19</b>	Session 2 (TBD)
<b>Wed. October 23</b>	Session 3 (6-8:30 pm)
<b>Wed. October 30</b>	Session 4 (6-8:30 pm)
<b>Wed. November 6 or Saturday. November 9</b>	Session 5 (TBD)
<b>Wed. November 13</b>	Session 6 (6-8:30 pm)
<b>Wed. November 20 or Saturday, November 23</b>	Session 7 (TBD)
<b>Wed. December 4 or Wed. December 11</b>	Session 8 (6-8:30 pm)
<b>Saturday, December 14 or Saturday, December 21</b>	<b>Graduation (TBD)</b>

## *Sisters Mentally Mobilized* — Sister Circles

Sister Circles have been part of the Black female experience for over 150 years. From living rooms, community halls, college campuses, church basements and beyond, sister circles continue to be safe spaces for Black women to ‘talk, deal, and heal’.

Following in that tradition, Sisters Mentally Mobilized-Sister Circles are support groups for mental health empowerment, healing and activism. SMM-Sister circles serve as a platform for members to take action in response to issues affecting mental health and wellness in their lives and communities. With ongoing support and training from CABWHP, SMM-Sister Circles are developed and facilitated by women who have completed the SMM-Advocate Training Program.

**The California Black Women’s Health Project is building a statewide network of Sisters Mentally Mobilized-Sister Circles that are actively engaged in improving personal and community mental health.**

### **APPLYING TO SISTERS MENTALLY MOBILIZED**

If you are ready to join us in the Sisters Mentally Mobilized movement, you may complete the application online at

**<https://goo.gl/forms/AnrG57NtRA6XmXHE3>**

Applications are due by **Sunday, September 15, 2019**. CABWHP staff will contact you to do a phone interview. If you have any questions, please contact us at [sisters@cabwhp.org](mailto:sisters@cabwhp.org).

# About the California Reducing Disparities Project

In response to former U.S. Surgeon General David Satcher's call for national action to reduce mental health disparities, the former Department of Mental Health (DMH), with support from the Mental Health Services Oversight and Accountability Commission (MHSOAC), the California Mental Health Directors Association (CMHDA) and the California Mental Health Planning Council (CMHPC), created a statewide policy initiative to identify solutions for historically unserved, underserved, and inappropriately served communities. Under the Office of Health Equity, this statewide Prevention and Early Intervention effort, the California Reducing Disparities Project (CRDP), focuses on five populations:

- African Americans
- Asians and Pacific Islanders (API)
- Latinos
- Lesbian, Gay, Bisexual, Transgender, Queer, and Questioning (LGBTQ)
- Native Americans

## Phase I

Focused on development of a CRDP strategic plan, along with population reports from each of the project's five populations.

## Phase II

Focuses on providing funding to implement practices and strategies identified in order to demonstrate community-defined evidence to reduce mental health disparities.

Now in Phase II, the CRDP will focus on funding and evaluating the promising practices identified in Phase I, as well as advancing the strategies outlined in the CRDP Strategic Plan. There has not been a project of this scope before; one that recognizes and elevates community practices and identifies strategies for systems change. Throughout this process, California will present this work on the national stage so that other states can learn from our efforts. In all CRDP will award \$60 million to 41 contractors and grantees over six years. The CRDP is funded by the Mental Health Services Act (Proposition 63) that was passed in November 2004. This act imposes a one percent income tax on personal income in excess of \$1 million.

