



Black Mental Health Alliance

THRIVING COMMUNITIES COLLABORATIVE MEETING

SEPTEMBER 9, 2015

JAN DESPER PETERS, EXECUTIVE DIRECTOR



Black Mental Health Alliance

#BLACKMINDSMATTER

BALTIMORE RISING: SUMMONING THE VILLAGE

"THE HUMAN SPIRIT CAN ENDURE A SICK BODY, BUT WHO CAN BEAR A CRUSHED SPIRIT?" ~PROVERBS 18:14

Our Mission

The primary mission of the BMHA is to provide a forum and promote a holistic, culturally relevant approach to the development and maintenance of optimal mental health programs and services for African Americans and other people of color.

Our History

The Black Mental Health Alliance for Education and Consultation, Inc. (BMHA) was founded on December 9, 1983 and received its Articles of Incorporation on January 1, 1984. BMHA is a private non-profit 501(C)3 organization which provides training, consultation, support groups, resource referral, public information, and educational resources regarding mental health and mental illness issues. The Guiding Principles of BMHA's mental health programs, trainings, and consultations are "Concern for Others, Integrity, Respect for Diversity, and Empowerment".

BMHA is a unique and well-rounded organization that has a history of direct service provision; including school based mental health services, tobacco education and prevention, fatherhood initiatives, summer camp and after school programs, and HIV/AIDS prevention initiatives.

Case for Support

The Black Mental Health Alliance for Education & Consultation, Inc. (BMHA) has heard the cries of underserved communities over the years and has attempted to address those needs and make a difference. BMHA is committed to working to address the root causes and toxic levels of stress in the community which includes dealing with present and historical racial trauma.

BMHA will take action to initiate the first step toward healing which is acknowledging the racial trauma and stress that we are under and work to understand how it affects our feelings, our thinking and our actions.

Our Methodology

Endorsement of
BMHA efforts

Maintaining
Directory of BMHA
professionals

12 Month Call to
Action Series

Utilize Call to Action
as a health model

Partner with
Community Healing
Network

Emerge as a
thought leader in
the mental health
industry

Solicit and
Challenge funders
to carry out BMHA
mission

Promote
continuous and
active BMHA
membership

Research Baltimore
City Disaster
Preparedness and
Trauma

Meet Baltimore
Mayor and Police
Department

Identify and solicit
allies and partners

The Call

For over 30 years, BMHA has provided thousands of individuals and behavioral health professionals a forum for the development and maintenance of optimal mental health services for people of color and has provided a platform to continue the dialogue regarding the importance of culturally competent behavioral health counselling, direct service delivery, training, education and consultation.

BMHA accepts this current call to coordinate these efforts for such a time as this!

The Endorsement

As a Black mental health professional/community healer, I am committed to being an active participant in the healing of Baltimore's families, children and communities. As such, I support and endorse BMHA's efforts as outlined in this statement to work toward prevention and treatment of the trauma caused by toxic levels of stress in the community which include addressing present and historical racial trauma.

I will lend my time, talent and resources to assist BMHA in taking action to initiate the first step toward healing which is acknowledging the racial trauma and stress that Black families, children and communities are under and work to understand how it affects our feelings, thinking and actions, with the ultimate goal of creating a solutions focused model of prevention and treatment.

12 Month Call to Action Series

#BlackMindsMatter

Baltimore Rising: Summoning the Village

Chipping away the racism and how it impacts mental health and spirit.

Expose policies that undergird these atrocities.

Not your average program with a speaker.

Reactor panel of local leaders, scribes will be there work session.

Community listening with input.

Have a publishable blueprint

12 Month Call to Action Series ~ Process

#BlackMindsMatter

Baltimore Rising: Summoning the Village

Requires
Diverse
Advisory
Board

Need
Human and
Fiscal
Capitol

Allow the
Process to
be Fluid

Maximize
Every
Opportunity
to Share the
Story

Think
outside of
the Box and
be Inclusive
when it
comes to
partnerships

Call to Action Keynote Speaker

Dr. Mindy Thompson Fullilove

Author of *Urban Alchemy* and best known for her work in treating entire cities of people in extreme environments. Dr. Fullilove helps cities neutralize the effects of policies detrimental to communities such as mass incarceration, planned shrinkage, disinvestment, and deindustrialization by undertaking deliberate actions to improve quality of life.



Call to Action Keynote Speaker

Dr. Camara Jones

Research Director on Social Determinants of Health and Equity within the Division of Adult and Community Health at the Centers for Disease Control and Prevention (CDC). Through the use of captivating stories, such as the Gardener's Tale, Dr. Jones will explain how racism directly affects health through discriminatory policies that jeopardize the safety and well-being of communities of color.



September 24, 2015 Call to Action Keynote Speaker

Dr. Lisa Delpit

Her extensive work on teaching and learning in urban schools and diverse cultural settings has documented “the elements of public education that conspire against the prospects of children of color, creating a persistent achievement gap during the school years- a gap that research shows is not present at birth.” Dr. Delpit will share her blueprint for raising expectations for other people’s children.



Emotional Emancipation CirclesSM (EEC)

- Developed by leaders of the Community Healing Network, Inc. and the Association of Black Psychologists to heal black people from the psychological and emotional chains of centuries of racism.

Enola G. Aird is the Founder and President of EED. She is an activist mother. A former corporate lawyer, Aird has worked at the Children's Defense Fund, leading its violence prevention initiative and serving as acting director of its Black Community Crusade for Children; is a past chair of the Connecticut Commission on Children; and was a visiting scholar at the Judge Baker Children's Center in Boston.

Dr. Cheryl Tawede Grills is a clinical psychologist with emphasis in Community Psychology. She is Professor of Psychology at Loyola Marymount University, Immediate Past President of The Association of Black Psychologists, and founder and director of Imoyase Community Support Services. She is principal investigator on several social justice projects related to education reform, mentoring African American youth. Dr. Grills consults nationally on issues regarding cultural competence, multiculturalism and Africentric interventions. She has also studied under traditional medical practitioners in Ghana, Nigeria, and Senegal.

Emotional Emancipation CirclesSM (EEC)

- An EEC is a support group organized by community leaders in which black people from all walks of life participate on a weekly or biweekly basis over an extended period of time.
- Group members are guided through a variety of exercises, discussions, and affirmations designed to promote interconnectivity.
- Infused throughout these activities is information presented to help participants understand the reality and impact of the following: racism and racial microaggressions, racial stress, psychological trauma, historical trauma, internalized racism, resiliency, and community healing and emotional emancipation. Ultimately, group members decide to work collaboratively to address a community challenge .

Emotional Emancipation CirclesSM (EEC)

Training organized by:

Black Mental Health Alliance

Experiential Workshops and Facilitators' Training

Friday and Saturday, June 26-27, 2015

30 people trained

Active Location: 1st Tuesday of Each Month October 6, 2015 from 6:00PM to 8:00PM

Urban Business Center, 1200 West Baltimore Street, Baltimore, MD

Emotional Emancipation CirclesSM (EEC)

Resources

Community Healing Network Website: <http://www.communityhealingnet.org/#welcometochn>

TED Talk by Dr. Cheryl Grills - <http://tedxtalks.ted.com/video/Emancipation-from-Mental-Slaver>

Dedicated to the liberation of the African mind, psychologist, Dr. Cheryl Tawede Grills, speaks on the crippling image of African and African-American people worldwide and offers solution through Emotion Emancipation.



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CONTACT US AT WWW.BLACKMENTALHEALTH.COM