

NYCTWC P.R.I.D.E Newsletter



Summer 2023 has flown by and we are soaking up the last bits of sun, warmth, and fun. We come together at NYCTWC to support each other and welcome new trainees while we continue providing mental health care to our communities.



June

Awareness & Celebrations



Pride Month

June is Pride Month. Here at NYCTWC, we celebrate intersectionality, honoring the many layers of our identities, gender and sexuality being one of these layers. Pride month reminds us of the beautiful diversity amongst our community and within ourselves. We continue to advocate for equality and justice for the LGBTQIA+ community. Learn more about mental health and our gender and sexually diverse communities in the "read more" link.



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Juneteenth

On June 19, 1865, after white Southerners had extended the enslavement of countless Black people by concealing the Civil War's end, Union troops arrived in Texas, and for the first time local Black residents learned that the Confederacy had lost the war. Juneteenth celebrates the day Black Southerners learned of their freedom under the Emancipation Proclamation; it is a holiday that celebrates Black identity and calls for unity, respect, and learning (link available in "read more").



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“One doesn’t have to operate with great malice to do great harm. The absence of empathy and understanding are sufficient.” – Charles M. Blow

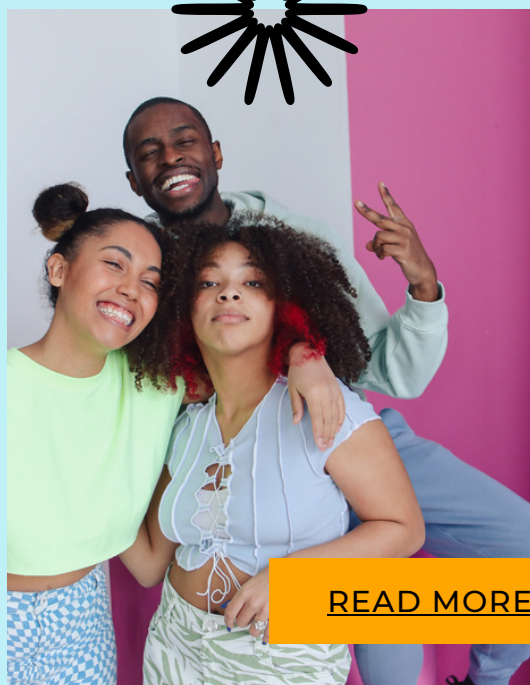
Awareness & Celebrations

Disability Pride

In honor of the Americans with Disabilities Act being passed in July, the month has been designated as Disability Pride month. This monumental civil rights law was passed July of 1990, protecting those with disabilities from discrimination. Disability Pride celebrates those in the Disabled community and encourages individuals to claim their disability and combat discrimination and societal ableism.

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July



[READ MORE](#)

Learn more about the disability flag in the "read more" link

BIPOC Mental Health

July is BIPOC mental health awareness month. Historically this community has been disproportionately affected by trauma, racism, and oppression impacting mental health within the BIPOC community. We acknowledge the unique experiences of staff, patients, and community members. This month specifically is designated to bring awareness to the struggles the BIPOC community faces. Learn about supporting BIPOC employees and communities in the "read more" link.

International Self Care Day

July 24th is International Self-Care Day. As mental health providers, we must practice what we preach. Learn more about International Self-Care Day and ways you can honor your own self in the "read more" link.

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August

Awareness & Celebrations



Grief Awareness

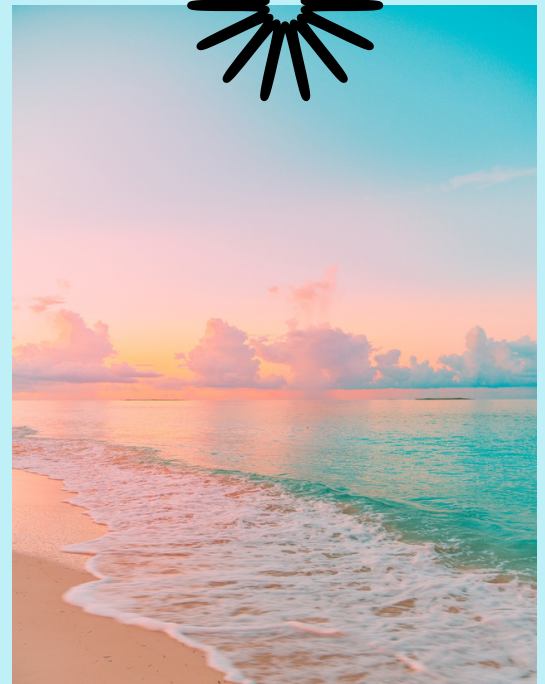
National Grief Awareness Day is August 30th. Loss, in all its forms, can be a challenging human experience. Grief Awareness Day is an opportunity to recognize the process of bereavement, and how it may affect mental health. It is helpful to understand the bereavement process through a cultural lens as experienced by our community. Additionally, the concept of "collective grief" may be a human experience relevant to us all.

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Reminder : Take care of yourself as well as you take care of those around you.

We would do anything for our families we allow our patients to pour their sorrows into our rooms while we sort through the heaviness together, we preach self-care and self-compassion. When was the last time you did these things for yourself?



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NYCTWC

We see you | We thank you

Meet Our Interns

Desse-Anna Alexis (She/Her) Mental Health Counseling Intern



Desse-Anna is a clinical mental health counseling intern completing her clinical experience under the direct supervision of a licensed mental health professional. She has her Bachelor of Arts in Psychology from CUNY Medgar Evers College, and is presently working towards a master's degree in clinical Mental Health Counseling from Molloy University.

Desse-Anna has been working in the medical field for over 10 years, working with patients with a variety of mental health concerns including bipolar disorder, schizophrenia, major depression, anxiety, and PTSD. For the past 4 years she has been working at Elmhurst Hospital with patients with mental health diagnoses comorbid with alcohol and substance use disorder. Desse-Anna is also counselor with the Mental Health and Wellness Center at Molloy University, where she specializes in working with children. Desse-Anna's approach to counseling embraces a person-centered philosophy with an emphasis on cognitive and behavioral strategies to improve the overall wellbeing of her clients of all ages.



Meet Our Interns



Shay Ward (They/Them) Mental Health Counseling Intern

Shay Ward is a mental health counselor from Molloy University in the process of completing their requisite internship experience at New York Cognitive Therapy and Wellness Center. They graduated summa cum laude with a Bachelor of Science in Psychology from Molloy College. During their time at Molloy University, Shay served as a student advocate by promoting mental health and wellness among LGBTQ+ students throughout campus and has a passion for working with individuals within the LGBTQ+ community. Shay is also currently serving as a counseling intern at Molloy University's Mental Health and Wellness center, where she specializes in working with adolescents and individuals presenting with anxiety, depression, attention-deficit hyperactivity disorder, life transitions, low self-esteem and relationship difficulties. Shay's approach to counseling is rooted in a person-centered and cognitive-behavioral framework, but she also incorporates mindfulness, emotional regulation skills, distress tolerance and coping strategies into her sessions as well.



Meet Our Interns

Kerrilyn Surdi (She/Her) Doctoral Intern



Kerrilyn Surdi is a NYS Certified School Psychologist, and Nationally Certified School Psychologist. She is currently an intern under the supervision of a licensed NYS psychologist to receive her doctoral degree from Hofstra University. Kerrilyn has extensive experience in the school setting and specializes in working with adolescents, emerging adults, and families. Her treatment approach utilizes Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), and Positive Psychology. With a strong commitment to mental health, she actively contributes to research, presentations, and works with local schools and communities to promote mental health.

