

# CELEBRATE BLACK HISTORY MONTH

A weekly newsletter to celebrate Black History Month



## Black Mental Health Matters

By Lindsey Phillips - Racial violence and discrimination are woven into the fabric of the United States. The ways policies and laws are implemented. The weaponization of Whiteness and privilege. Disparities in education and health care and the horrible and senseless killings of Black people throughout our nation's history and into the present day.

How do daily acts of racial violence, injustice and discrimination affect the mental health of Black Americans? What is it like to work and live beside people who don't value you as a human being? What is it like to live in a country where your rights are frequently threatened?



## ABOUT THIS NEWSLETTER:

This newsletter is all about celebrating and loving Blackness. Although Black History Month is only 28 days long; there is so much rich Black History to uncover. Join me on this journey to discover ways that you can celebrate and support Black folx during this special month.

This is the third edition of the newsletter. We've got a lot of love for the first two and I really appreciate folx sending in resources and submissions. This issue is all about Black Mental Health and the issues that affect our day-to-day Black lives.



## Jesse Owens - Breaking the Black inferiority myth

Jesse Owens was the first American track-and-field athlete to win four gold medals in a single Olympics. He tied the record in the 100-meter dash, set an Olympic record in the 200, set Olympic and world records in the first leg of the 4 x 100 relay, and set an Olympic record in the long jump.

His record-breaking feat proved that black athletes could compete at the highest level of the sport. He was born in Alabama, but raised in Ohio, which is where his nickname, the Buckeye Bullet, came from.

The victories of Jesse Owens and other Black athletes at the 1936 Olympics were a blow to the Nazi myth of Aryan supremacy. Black people were considered inferior and sub-human in the eyes of Hitler.

The continuing social and economic discrimination the Black medalists faced upon returning home underscored the irony of their victory in racist Germany.

U.S. Pres. Franklin D. Roosevelt never publicly acknowledged Owens's triumphs—or the triumphs of any of the 18 African Americans who competed at the Berlin Olympics. Only white Olympians were invited to the White House in 1936.



### Poem: (anonymus)

The eyes of Hitler  
focus in on the track  
on Olympian Jesse Owens,  
American and Black.

The son of a sharecropper  
and grandson of a slave  
lines up in the starting block  
as the Nazi flag waves.

Eyes focus forward,  
feet ready to run,  
then the Buckeye Bullet  
explodes at the gun.

Three winning races  
and one long jump victory  
earn four gold medals  
and a place in history.

★ **Read more about Jesse here:**  
<https://rediscovering-black-history.blogs.archives.gov/2016/02/16/jesse-owens-american-hero/>



## Black Mental Health Facts

*Source: US HHS Office of Minority Health, American Psychiatric Association, Journal of Counseling & Development, and J Gen Intern Med*

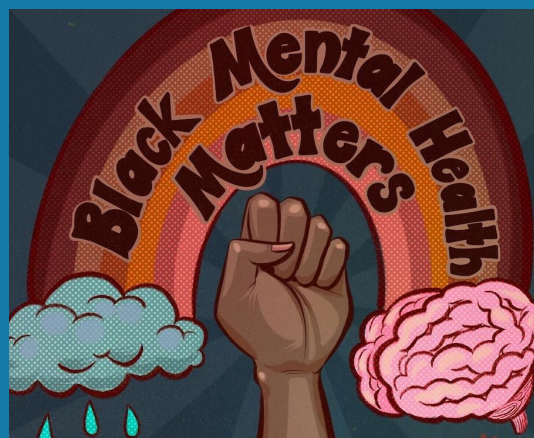
**Higher prevalence:** Adult Black / African Americans are 20% more likely to report serious psychological distress than white adults.

**More likely to attempt suicide:** Black/African American teenagers are more likely to attempt suicide than are white teenagers (8.3 percent v. 6.2 percent).

**Less likely to receive care:** As of 2015, among those with mental illness, 48% of Whites are receiving the services they need compared to 31% of Blacks.

**Microaggressions and mental health:** Higher frequencies of racial microaggressions negatively predict mental health and racial microaggressions are significantly correlated with depression.

**Disparities in care quality:** African Americans often receive poorer quality of care and lack access to culturally competent care. Compared with the general population, African Americans are less likely to be offered either evidence-based medication therapy or psychotherapy.



# Making Black History Spotlight

## Phillip J. Roundtree - On Why Black Mental Health Matters

What is “Black Mental Health” and why does it “Matter”? Hear Phillip’s journey of trauma, resilience, and advocacy as he gives an impassioned talk discussing the impact of trauma on black identity, and black wellness, and why America’s current conversation on mental health is inadequate.

Phillip J. Roundtree, MSW, MS is a dynamic and engaging speaker, Master’s Level Clinician, who has been practicing professionally since 2005. He’s recognized society’s lack of emphasis placed on mental health awareness, and total wellness, resulting in him evolving into a staunch advocate of wellness, among various communities, particularly those underrepresented. (from [quadefyllc.net](https://quadefyllc.net))



[watch here](#)

★ Read more about Phillip's work here:  
<https://quadefyllc.net>

## Black History Spotlight



★ Read more about Clarks here:  
<https://www.apa.org/pi/oema/resources/ethnicity-health/psychologists/clark>

## The Clarks

By Riyan V.

Mamie Phipps Clark and Kenneth Clark were psychologists whose groundbreaking studies were used in the *Brown v. Board of Education* ruling, finding that “separate but equal” education was unconstitutional. This ruling against segregated services played an important part in the civil rights movement and the future desegregation of other services deemed “separate but equal”.

The Clarks were the first African American doctorates of psychology from Columbia University. Mamie’s thesis work in 1939 on race and child development included the infamous doll study used in the ruling mentioned previously. This study found that a majority of African American children assigned positive characteristics to white dolls, while discarding the Black dolls and deeming them “bad”.

Kenneth Clark stated in court that based on their findings, segregation was creating feelings of inferiority and resentment among Black children by the age of three. They argued that segregation had lifelong psychological consequences, which was echoed by the Supreme Court justices and led to a unanimous decision against segregated schooling.



# Black Mental Health Pioneers

*This section honors some Black mental health pioneers. Black Americans' contributions to the field of mental health have been long overlooked.*

*Special thanks to Mental Health America for putting this list together*



## Bebe Moore Campbell

Bebe Moore Campbell was an American author, journalist, teacher, and mental health advocate who worked tirelessly to shed light on the mental health needs of the Black community and other underrepresented communities. She founded NAMI-Inglewood in a predominantly Black neighborhood to create a space that was safe for Black people to talk about mental health concerns.

Throughout her time as an advocate, Campbell made her way to DC. On June 2, 2008, Congress formally recognized Bebe Moore Campbell National Minority Mental Health Awareness Month to bring awareness to the unique struggles that underrepresented groups face regarding mental illness in the US.



## E. Kitch Childs, Ph.D.

In 1969, E. Kitch Childs helped to found the Association for Women in Psychology. She was also a founding member of Chicago's Gay Liberation Front. In addition to being a leader for women in psychology and the LGBTQ+ community, she also owned her own practice in which she provided therapy to LGBTQ+ folks, people living with HIV/AIDS, and other marginalized members of her community. She practiced feminist therapy, and centered her research and work around the experiences of Black women and feminist theory.



## Joseph L. White, Ph.D.

Joseph L. White is sometimes referred to as "the father of Black psychology." He wrote the groundbreaking article "Toward a Black Psychology," which is credited as being the first-ever strengths-based (rather than deficit-based) evaluation and description of Black behavior and culture.

He passionately advocated for the creation of Black psychology, arguing that applying white psychology to Black people often unfairly created the illusion of Black inferiority, when ultimately it was a reflection of the culturally irrelevant psychological principles being applied. He also helped found the Association of Black Psychologists as well as the Black Studies program at San Francisco State University in 1968.



## Beverly Greene, Ph.D.

Beverly Greene is the author of the landmark article "When the Therapist is White and the Patient is Black: Considerations for Psychotherapy in the Feminist Heterosexual and Lesbian Communities." She is a pioneer of intersectional psychology, and her work on heterosexism, sexism, and racism has illuminated how different intersecting facets of a person's identity shape their experiences of privilege, oppression, and mental health.

Dr. Greene's work earned her the honor of the Distinguished Publication Award from the Association for Women in Psychology in 2008.

★ **Discover more Black mental health pioneers here:**  
<https://www.mhanational.org/black-pioneers-mental-health>

# Resources for Black Mental Health

## Counseling and therapy resources for Black Americans

[Black Emotional and Mental Health \(BEAM\) Collective](#). “A collective of advocates, yoga teachers, artists, therapists, lawyers, religious leaders, teachers, psychologists and activists committed to the emotional/mental health and healing of Black communities.”

[Black Girls Smile](#). “Ensuring all young African American females receive the resources and support necessary to lead mentally healthy lives.”

[Black Mental Health Alliance](#). “Mission: To develop, promote and sponsor trusted culturally-relevant educational forums, trainings and referral services that support the health and well-being of Black people and other vulnerable communities.”

[The Boris Lawrence Henson Foundation](#). Mission: Eradicate the stigma around mental health in the African American community

[Inclusive Therapists](#). Inclusive therapist directory, online trainings and workshops, and inclusive mental health events.

[The Loveland Foundation](#). Therapy fund uses donations to fund mental health services for Black women and girls.

[My Brother's Keeper](#). My Brother's Keeper, an initiative of the Obama administration, aims to unite and amplify the voices of Black men through mentorship.

[National Queer and Trans Therapists of Color Network](#). A healing justice organization that actively works to transform mental health for queer and trans people of color in North America.

[The Safe Place App](#). Mental Health app geared toward the Black community. App features include: Black mental health statistics, inspirational black quotes, self-care tips

[Therapy for Black Girls](#). A space for Black women developed to navigate mental health in an accessible and relevant manner.

## Ways to donate

- [The Okra Project](#). Provides “home cooked, healthy, and culturally specific meals and resources to Black Trans People”.
- [The Foundation for Black Women's Wellness](#) COVID-19 Women's Relief Fund
- [Loveland Therapy Fund for Black Women & Girls](#)
- [Black Earth Farm Foods Donations](#)

## How you can check in on someone

Instead of “how are you,” try:

- Have you been sleeping?
- How do you need to be supported in this moment?
- What feelings are you experiencing the most right now?
- What have you done just for YOU today?
- Where are you finding joy these days?
- Who are you leaning on for support?
- Did you make sure to eat today?
- What did you eat?
- What's on your mind right now?

# Resources for Black Mental Health

## Black communities online and beyond

[100 Black Men of America](#). Working to improve the quality of life within the African American Community.

[Dive In Well](#). Resources, gatherings, and workshops working toward an inclusive wellness industry.

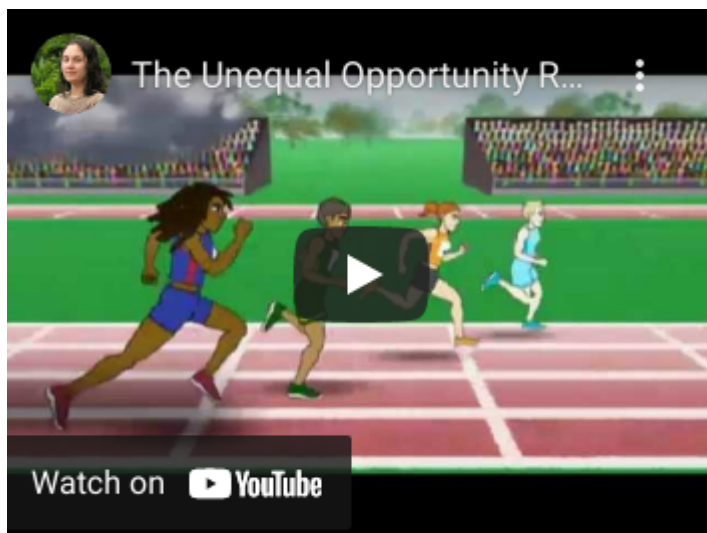
[Ethel's Club](#). "A social and wellness club designed to celebrate people of color, online and IRL."

[The Marsha P. Johnson Institute \(MPJI\)](#). A community that heals, organizes, advocates, and develops transformative leadership, and promotes our collective power.

[Project LETS](#). Peer Support for Mental Healing.

[The Unplug Collective](#). "a place where Black and Brown womxn and non-binary folks can share their stories about existing in their bodies without being silenced or censored."

## Videos & links for learning



**A must watch:** The Unequal Opportunity Race

[watch here](#)

Short film for the African American Policy Forum, showing metaphors for obstacles to equality which affirmative action tries to alleviate. All graphics and animation by Erica Pinto. For more information, visit:

<http://aapf.org/>  
<http://aapf.org/publications/>



[watch here](#)

**Check it out:** Changing views on mental health in the Black community | Chante Meadows

Why don't we make our mental health as important as our physical health? Unfortunately, because of mental health stigma. How we view mental health keeps people from ever seeking proper treatment.

Just as addressing any physical illness early provides better outcomes, so can addressing our mental health. Lack of mental health care is the root of many of the problems facing community. Drug addiction, violence, sexual abuse, and so many more issues can all be rooted in mental illness.

By properly addressing mental health issues, we can heal one person, one family, and hopefully one community at a time.