



York Alumnae Chapter of Delta Sigma Theta, Sorority, Inc. Presents:

# MILESTONES

Live Well



NOV  
2022





COVER: It's often said that what you do between the "dash" in your life is what matters most. Venitia Harper packed a great deal in her dash! If her life after her initiation into the York Chapter of Delta Sigma Theta Sorority, Inc. on April 24, 1999, is any indication of her life before her initiation, her life was full. Venitia loved her biological family, but she was also committed to and loved our sisterhood!

She worked not only for Delta Sigma Theta, but the community at large. Venitia made us aware of any events or organizations that she felt could use our assistance. One of those organiza-

tions was Habitat for Humanity. We continue our relationship with this organization today. She also worked with Colgate to have their mobile dental van and dentists provide free dental checkups and information to youth in the area at several of our events. We continued this service for many years until COVID interrupted us last year. She was well-known to Deltas in neighboring areas such as Harrisburg and Lancaster, PA. Despite, her illness, Venitia got around. She went to the UN for Delta Days at the United Nations, she attended plays in NY, and jazz shows in York. If we were working on a project and needed to connect with some of the local movers and shakers, Venitia would make that happen!

Venitia served in several roles while in the chapter. Her warm, friendly personality made her an excellent person to serve as our Sargeant-at-Arms. Her smile could light up the room. Her longest serving position was that of Chair of our Membership Services Committee. While these were two of Venitia's official leadership roles, she could speak to all areas of Delta's five point thrusts: education, social justice, health, economic development or international awareness!

Soror Venitia Harper remained true to her sacred word of honor. She loved Delta and its ideals and faithfully attempted to realize them in her daily life. She sought to be compassionate, loving as a sister, tender hearted and humble minded. She lived fully and laughed often. She looked for the best in others and gave the best she had. Her life was an inspiration and her memory will be a benediction.



## **York Alumnae Chapter of Delta Sigma Theta, Sorority, Inc. Presidents Message**



Welcome Sorors, Families and Friends!  
Thank you for supporting our efforts to provide scholarships to our local high school seniors. Founded on January 13, 1913, by twenty-two collegiate women at Howard University, Delta Sigma Theta Sorority, Incorporated,

is a private, not-for-profit organization whose purpose is to provide, assistance and support through established programs in local communities throughout the world. Since its founding, more than 300,000 women have joined the organization of predominately Black, college educated women.

York Alumnae Chapter's commitment to community service, dates back to January 19, 1984, when it was chartered by twelve members of the Lancaster-York Alumnae Chapter of Delta Sigma Theta Sorority, Incorporated. Although a few of the charter members are no longer with us, some still reside in the area. The chapter currently has thirty-one members, one of whom is a charter member. Since 1984, York Alumnae Chapter has consistently hosted events and community-based programs through our National 5-Point Programmatic Thrust: Economic Development, Educational Development, International Awareness and Involvement, Physical and Mental Health and Political Awareness and Involvement.

The Sorority has a history of facing and overcoming societal challenges, and the members of York Alumnae Chapter continue that legacy. The world looks different since the COVID-19 pandemic, and many communities now have different needs. York Alumnae Chapter did not turn away from its commitment to public service during the pandemic. We quickly adapted and transitioned our scholarship fundraising, youth mentoring programs, physical and mental health programs and even some of our social action events, to virtual platforms. I am humbled to serve as the Chapter President for the York Alumnae Chapter of Delta Sigma Theta Sorority, Incorporated. We are excited to continue our work in the community (York City, York and Adams Counties) through new and established community-based partnerships. We appreciate your generous support and invite you to visit our chapter website and media sites, attend our fundraisers physical and mental wellness events, and join us in our voter education and registration campaigns throughout the year.

Respectfully,

**Tresa L. Fitch Drakeford, RN, ESQ.**

President York Alumnae Chapter, Delta Sigma Theta Sorority, Inc.



*Like our sister chapters, the committees of the York Alumnae Chapter of Delta Sigma Theta Sorority, Incorporated., are the backbone of our Chapter*

### **Program, Planning and Development Committee:**

#### **Chair, Melanie Still**

March 13, 2020 will be remembered as the day that the world shut down. There was a lot of uncertainty. Life as we knew it, changed... The access that we had to the outside world was diminished to short trips to the store and that was even if we dared to venture out. Members of the Program and Planning Committee jumped into action. We leveraged the resources that we had within our chapter to reach those in the community with a focus on Mental Health. D. Marie Tribble and Crystal Mitchell Tilson, in partnership with FACE-2-FACE Ministries birthed our initial live zoom sessions for FACEoff and Speaking My Mind. These workshops focus on an assortment of mental health topics and challenges that our community facing. Speaking My Mind is the 3<sup>rd</sup> Friday of the Month and FACEoff is the 4<sup>th</sup> Thursday of the month. Since the pandemic, there have been approximately thirty (30) virtual sessions to date. Topics covered ranged from handling Domestic Violence, dealing with Adult ADHD, Depression and Suicide and living with Sickle Cell Anemia.

In addition to focusing on mental health, this Committee participated in the following activities during the last few years:

- Hosting Zumba classes and initiating fitness challenges with Melanie Still.
- Participating in the YMCA's Race Against Racism.
- Helped to build homes with Habitat for Humanity.
- Establishing a Virtual Blood Drive with the American Red Cross.
- Partnering with the National Council of Negro Women to donate funds to plant trees to combat climate change.
- Acknowledging HIV Day on December 1st
- Donating funds to Global Generosity for women's personal hygiene products in Cameroon.
- Purchasing, wrapped and donated toys to needy York families during the holidays.
- Adopting families at the Cornerstone Youth Home shelter during the holidays and during the year.
- Cosponsoring the Colgate Dental Van with a virtual presentation on the importance of Dental Health.
- Donating hundreds of notebooks to York High in 2021 and hundreds more to children in the York City School District for the 2022 school year
- Hosting syndicated columnist and author Michelle Singletary and Edward Gajadar, Project Manager of the Cultural Museum of African Art, Brooklyn, New York, who conducted workshops on financial fitness



## **Social Action Committee: Chair, Nakesha Muldrow**

This Committee is the heart and soul of Delta, both at the National and local level! At the local level in 2021, our Chapter participated in the following activities: Encouraged our Senators to support the John Lewis Voting Rights Act; Supported protests against the banned book list at Central High School; Engaged in a COVID vaccination education session with WellSpan Health; Posted voter registration materials in local businesses and churches. In 2022, we intensified our Social Action efforts by doing the following: Partnered with the York City Police in hosting a Public Safety Forum in February 2022 entitled “Keeping Kids Alive.” In March 2022, attended Delta Days in the Nation’s Capital where we engaged with Congressional leaders on issues of concern; Hosted a Breast Cancer Screening Awareness Session with WellSpan Health. In October 2022, initiated a “Get Out and Vote” sign waving event. In October 2022, conducted voter registration at William Penn Senior High School; Posted about voter awareness on social media. On November 1, 2022, Rev. D. Marie Tribble spoke at a rally with faith leaders and York City Mayor Helfeich to “Get Out the Vote.” The rally was sponsored by Power Interfaith and the Power Freedom Express Tour. On November 4, 2022, attended a community talk with Joan Trumpauer-Mulholland, civil rights icon and Freedom Rider, for a discussion on civil and voting rights; On November 5, 2022, joined with Shiloh Baptist Church in a “March to the Ballot Box.”

## **Risk Management Committee & Delta Academy: Chair, Anna Breland-Williams**

On the national level, Delta Sigma Theta Sorority, Incorporated (“DST”) currently sponsors several programs designed to promote the development of young girls and boys. These include, but are not limited to, Delta GEMS (“GEMS”), Delta Academy (“Academy”), and EM-BODI (collectively “youth initiatives”). This Committee’s primary responsibility is to ensure that we administer all youth initiatives consistently and in a manner that is in the interests of both the participating youth and Delta while minimizing any harm or injury to youths as well as the probability of Delta incurring any liability.

After eleven years of offering the Delta Gems program to high school youth, YAC shifted its focus and launched the Betty Shabazz Delta Academy, a program for young females aged 11-14. Our inaugural class of young ladies participated in discussions on a variety of topics including: safe use of social media, social justice, financial literacy, careers in STEAM, self-esteem, leadership and Black women in history. Members of YAC and young adults accomplished in their various professions led these discussions. Our goal is to empower our young ladies to develop self-confidence, strengthen their academic skills and explore a variety of career paths. YAC seeks more young ladies to join our Betty Shabazz Delta Academy in 2023! See our flyer in this issue of Milestones for more information!



6

**Scholarship: Chair, Twilah Shipley, Esq.**

This Committee is responsible for the administration and awarding of scholarships to deserving students seeking higher education. Since its chartering in 1984, the YAC has awarded tens of thousands of dollars to students. Scholarships that the students received from YAC assisted students with paying for the sky rocketing costs of college tuition, books, travel and various other school-related expenses. YAC's involvement with our scholars does not end with the student receiving a scholarship. The scholarship committee participated in the following recent activities to encourage and mentor our Scholars: In 2021, hosted a virtual Scholars Recognition Program announcing scholarship awards and inviting a panel of young adults thriving in college and recent college graduates working in their fields, to speak about their achievements and challenges and offer advice to the Scholars; In January 2022, invited Scholars to a virtual "rap" session where they reported on how they were doing in college academically, socially and emotionally and solicited their feedback about how the Chapter could better support them; On a biannual basis, mailed cards and gift cards to scholarship awardees.

**Fundraising: Chair, Rev. D. Marie Tribble**

This Committee plans, organizes and hosts events to raise funds for scholarships for deserving students to attend college and trade schools and for Chapter programs. In the past three years, our fundraising committee raised approximately \$17,000 by hosting the following innovative, exciting and fun activities: A 90's virtual dance party with a DJ, Double Good Popcorn fundraiser; All White Party, Mother's Day Red Shoe Paint & Impartation Brunch, Annual Bowling Party; and a Night of Jazz.

**Arts and Letters: Chair, Tanecia Richardson**

This Committee promotes and supports cultural arts in the community and informs members and the community about cultural events in the community. One of the biggest accomplishments of this committee was the creation of a monthly newsletter that highlights arts and entertainment activities in the community. The committee hosted a virtual movie night for, "Uncorked", a Netflix movie that highlighted a young man's journey to becoming a Sommelier. As a Chapter, we met at the movies to see "Respect", "Till" and "Black Panther: Wakanda Forever." The Committee encourages chapter members and the community to take full advantage of all arts and letters offerings, especially those geared towards the African American community, at various venues in and around York and Adams counties and the surrounding areas.



7

**Membership Services Committee:**  
**Chair, Greta Sawyers**

This Committee is responsible for coordinating bonding and sisterhood activities to maintain chapter morale and to reclaim inactive members. In 2021 and 2022, the Membership Services Committee kept morale high and members connected in the following ways: Hosted Annual Retreats in 2021 and 2022: As part of our 2021 Retreat, we collected and donated dozens of toiletries and cleaning supplies to Bell Socialization. In conjunction with our 2022 Retreat, we donated hundreds of art supplies to Crispus Attucks' All Stars Programs. At our 2022 Retreat, we hosted guest speaker Yorri Berry, a passionate leader and advocate for equity and access for underserved youth. We communicated with visiting members, inactive members and members experiencing a loss or celebrating special events. We met for festive holiday celebrations in December. We engaged in bonding activities such as an Escape Room (in person), a virtual Sip and Paint, virtual Game Night and virtual cooking class/demonstration. We met with and mentored collegiate members of Upsilon Delta at Dickinson University.

**Heritage and Archives:**

Under the leadership and direction of former Heritage and Archives Chair Margaret Eckles-Ray, we hosted a virtual "Chat and Chew" with the majority of the Chapter's twelve Charter members. Charter members shared their knowledge about service projects they did when YAC was chartered in 1984, reminisced about their unshakeable bond and offered sage advice and ideas to current Chapter members.

**Emergency Response Team (ERT) Committee:**  
**Chair, Demietra Middleton**

The purpose of the DELTA Emergency Response Team is to: Increase awareness about emergency preparedness activities. Provide structured and systematic training for the membership's Readiness, Response, and Recovery efforts. Provide effective preparedness communication strategies. Provide resource support for affected sorority members. Supports local Emergency Management Director (EMD) and distribute disaster related materials as directed or per request. In 2021 and 2022, our ERT Committee achieved the following: Prepared an Emergency Response toolkit for the chapter to be able to conduct virtual and in person meetings as well as chapter events with a goal of always being Delta Ready; Communicated covid protocols and safety messages for chapter and community events which are read at the start of every meeting and event; Conducted "Wellness Checks" of senior and Charter members and members who grieved over the death of a loved one; Shared Ready.gov initiatives with the chapter; Ensured that chapter meetings and events included E.R.T. components with an Emergency plan, a Red envelope which includes important emergency information, and a Ticket available at Chapter events for emergency preparation.







*Our members excelled in their professions and careers and diligently served on many boards in our community, in neighboring states and on the national level in the past two years, in spite of the pandemic, Our **DELTAS** are **ON THE MOVE...***

**Anna Breland-Williams, Retired York City School District.** Elected Minority Inspector of Elections for York County, 2022. Serves as Secretary on the Cornerstone Youth Home Board of Directors. Serves as Secretary on the Crispus Attucks Board of Trustees. Serves on Leadership York Board and several committees.

**Tresa Fitch Drakeford, RN, Esq.,** Principal, Drakeford Law, LLC, Risk Management Director, Georgetown University Hospital, Medstar Health Outpatient Clinics, Washington, DC. Board Member of the Cornerstone Youth Home, York PA and The American Red Cross, Central Pennsylvania Region. Appointed to Chair, Legislative Affairs Committee, The American Association of Nurse Attorneys. Sworn in to the District of Columbia Court of Appeals as a Member of the DC Bar. 2022 Maryland Volunteer Lawyer Services Excellence Award.

**Margaret Eckles-Ray,** Program Director of the York Assessment Center and Certified Drug and Alcohol Counselor at White Deer Run Treatment Network, York, PA. Vice-Chair York Opioid Collaborative Board, Member of Cornerstone Youth Home Board, Member of Pennsylvania Certification Board, YCEA & WBCO Member, WBCO Council Member & Mentor & York County Economic Alliance-Volunteer of the Year Recipient.

**Demietra Middleton,** Field Human Resources Manager, Harley-Davidson, York Vehicle Operations. 2021 Spirit of YOCO award recipient for Workforce Development Advocate of the Year Award. Member of the following Boards and Alliances: Harley Davidson Foundation, YWCA, Theatre Arts for Everyone, Crispus Attucks, United Way HR Committee, York County Economic Alliance, Confronting Racism Coalition, South Central Manufacturing, Industry Next Gen Partnership, Lead H-D York Inclusion Council.





## ***DELTA* are ON THE MOVE...**

**Crystal Mitchell Tilson, MA., LPC,** Harrisburg MEPS Medical Technician/ACOR and Licensed Professional Counselor at Arrow Counseling Services LLC and owner of CBD Supply MD York. Serves as the Board Chair for Restoration Community Christian Church and Board Member of FACE-2-FACE Ministries.

**Nakesha N. Muldrow, MBA,** Vice President –Access & Scheduling, Wellspan, York, PA. Healthy York County Coalition – Access & Empowerment Committee. Board chair of the Cornerstone Youth Home. Board member of the York Jewish Community Center, leading their Diversity, Equity, and Inclusion Committee. York Alumnae Chapter of Delta Sigma Theta Sorority, Inc., Social Action Committee chair. Recipient of Central Penn Business Journal's 2022 Women of Influence.

**Tanecia Richardson,** Resources & Services Administration, Rockville, MD. Received two time-off and cash awards for performance with employment with the federal government. Moved two steps, from a GS-13 step 1 to a GS-13 step 3.

**Tracy Sommerville Collins, R.N.,** Director of Nursing, Ann's Choice Retirement Center, Warminster, PA. Promoted to Director of Nursing in August 2022 at Ann's Choice Retirement Community where she is on the Executive Team of the Ann's Choice campus. She celebrates five years with the company this year.

**Melanie Still,** Bearcat Cyber Principal, William Penn Senior High School, York, PA. In 2022, promoted to cyber principal for the high school.

**Rev. D. Marie Tribble, MDiv., MAR, FBMHP,** Family Based Mental Health Therapist for TEAMCare Behavioral Health, Founding Pastor of Restoration Community Christian Church, and CEO of FACE-2-FACE Ministries. Monthly Community "Loads of Love" outreach ministry that provides resources and laundry supplies to the community. Community Lead for the Messiah University "Thriving Together" Program.









## **YORK ALUMNAE CHAPTER (2022-2023)**

Tresa Fitch Drakeford, Esq., *President*

Twilah Shipley, Esq., *Vice President*,

Cynthia A. Jones, *Treasurer*

Nakesha Muldrow, *Recording Secretary*

Demietra Middelton, *Correspondence Secretary*

Crystal Mitchell-Tilson, *Financial Secretary*

Kimberly Bell

Glynnis Bennett

Deborah Bernal, MD

Margaret Eckles-Ray

Barbara Eubanks

Tamika Gladney

Deborah Hargett Robinson, Esq.

Travia Harris

Irene Hudson, Ed.D

Tracy Hicks

Ayanna Lee

Gwendolyn Rankin, MEd, DMin.

Tanecia Richardson

Deborah Ritter-Grant\*\*\*

Greta Sawyers

Rhea Simmons

Melanie Still

Tracy Summerville Collins

Rev. D. Marie Tribble

Janique Walker, Ph.D

Brandi Wiafe

Anna Breland-Williams\*\*

Jodi Williams

Pamela Wilson

\*\*\* Charter Member

\*\*Immediate Past President



13  
**YORK ALUMNAE DELTAS with 25plus years of  
 Membership**

<b>Name</b>	<b>Initiation Year</b>	<b>Initiation Chapter</b>	<b>College/ University</b>	<b>Length of Service</b>
Kim Bell	1997			25
Glynnis Bennett	1989	Alpha Gamma	Morgan State University	33
Deborah Bernal	1976	Alpha	Howard University	46
Anna Breland-Williams	1996	York Alumnae		26
Wanda Dorm	1973	Lancaster York Alumnae Chapter		49
Barbara Eubanks	1976		Columbia College	46
Tresa L. Fitch Drakeford	1989	Xi Nu	Rutgers University	33
Margaret Eckles-Ray	1980	Kappa Phi	University of Maryland, College Park	42
Tamika Gladney	1997			25
Travia Harris	1995	Kappa Pi	Delta State University	27
Cynthia Jones	1996	York Alumnae		26
Crystal Mitchell Tilson	1996	Gamma Epsilon	Texas College	26
Gwen Rankin	1969	Epsilon Gamma	Penn State University	53
Deborah Ritter Grant	1972	Gamma Chi	Clafin University	50
Greta Sawyers	1991	Baltimore County Alumnae Chapter		31
Rhea Simmons	1996	York Alumnae		26





# NIGHT OF JAZZ

With *Energico*

## Program

- 7:00 Ambiance Music  
7:15 Welcome,  
Fundraising Chair, D. Marie Tribble  
Chapter President, Tresa Fitch-Drakeford  
Silent Auction & Vendors Open  
7:20 Dinner  
8:00 **ENERGICO JAZZ**  
9:15 Acknowledgements & Reminders  
9:30 **ENERGICO JAZZ**  
10:15 Silent Auction Closes  
10:55 Winners Announced & Closing Remarks





# ENERGICO

Hailing from the Washington, DC, and Baltimore, Metro areas, Energico is a Jazz-Fusion band with influences ranging from Charlie Parker, Thelonious Monk, Dizzy Gillespie, Miles Davis to Chick Corea, Kirk Whalum, Yellow jackets and Jeff Lorber. With over 100 years of combined experience, the versatile Energico band is ready to perform for an array of corporate and formal events, such as weddings and festivals, theme-based parties (e.g. the 20s/Great Gatsby/Prohibition, 40s/50s/60s, etc.) as well as performing in hotels and restaurants and skillfully execute studio/session work and songwriting and collaboration.



Initially joining forces in early 2016 for what was to be a one-time performance for a fundraising event, Energico's delightful live show garnered them numerous requests to return and play for additional

events and venues. Since then, they have opened for and shared stages with Cindy Bradley,, Chelsey Green, Merlon Devine and comedians Curt Gaskins, Sean Sarvis and Gee Gee Wong to name a few.

Energico plays a dynamic blend of Straight-Ahead/Traditional Jazz, Fusion, Smooth Jazz and Latin/World Jazz all while infusing a well-traveled, international feel. A few of the members are veterans of military bands such as the US Army Band, US Marine Corps & US Navy bands. This immensely talented group of musicians commit to the common values of service, honor, integrity, and duty to both the band and their performances.





16

*In this issue of Milestones, we highlight mental illness, mental health and mental wellness. The Covid-19 Pandemic affected the mental health of individuals across the lifespan. We address the mental health concerns of various populations and offer solutions to improve our mental wellness and well-being.*

## **YAC DST MENTAL HEALTH PROFESSIONALS SPEAK**

### **Mental Health: Millennials**

Millennials are a demographic cohort or age group, also known as Generation Y. They're called millennials because they became adults around the time of the millennium. In popular culture, millennials are often described as self-centered and obsessed with social media, winning the unflattering nickname "Generation Me." Millennials have been called the "burnout generation". Burnout is a real thing that's impacting millennials in very real ways—especially when it comes to their mental health and emotional well-being. For example, major depression had the largest growth in prevalence among the top 10 health conditions affecting millennials. What's more, millennial women are 20 percent less healthy than men, with major depression being one of the main drivers.

### **MILLENNIALS HAVE A DIFFERENT VIEW ON MENTAL HEALTH**

We're also seeing that there's a generation gap in the perception of mental health. The majority (68 percent) of baby boomers and Gen Xers think their mental health is good or excellent, but only 49 percent of millennials say the same. Taking that a step further, we found nearly three-quarters (73 percent) of millennials think mental counseling needs to change. Whether it's financial debt, consumption of social media, always connected work environments or heavier workloads with fewer resources, there are many different factors that may cause higher levels of stress, anxiety and depression in millennials compared to past generations. One thing is clear, we need to find solutions that help address these behavioral health issues by doing the following:

#### **1) REMOVE THE STIGMA**

- Stigma still exists around behavioral health conditions. Employees hesitate to ask employers for time off to seek care and instead look for care after hours, which can delay care. It's important for an employer to demonstrate that there is no stigma or repercussions from taking advantage of Employee Assistance Program benefits.

#### **2) EMBRACE INTEGRATED "WHOLE PERSON" CARE**



- Benefit designs should evolve to meet the needs of millennials, including expanded behavioral health access and incentivizing doctors to provide "whole person" care, including mental and physical care. Consider making mental health screening more standard, similar to preventive care.

### 3) TAKE A MORE HOLISTIC APPROACH

- There needs to be a holistic approach, including appropriate sharing of data, to better care for patients both mentally and physically. The current health system lacks interoperability, and this is a challenge that needs to be addressed as we improve the healthcare ecosystem.

### 4) CONTROL COST AND IMPROVE ACCESS

- Time and cost are barriers to receiving care for behavioral health conditions. Counseling can result in a weekly copay in addition to the cost of medication, which in turn, can prevent millennials from reaching out for treatment. Also, some rural communities lack access to mental health professionals and face even greater stigma around seeking care for these conditions. How can we provide better access for these communities?

### 5) ESTABLISH TRUST AND BUILD RELATIONSHIPS

- Trust is an important issue among millennials, especially when there is a concern or diagnosis of a behavioral health condition. Many millennials feel that a doctor will not understand or try to hear them. There are opportunities through payer-provider solutions to find ways to establish trust and build lasting relationships through continued follow-up and engagement.

There is a lot to think about when it comes to improving mental health services and care for millennials, as well as your entire workforce. Sharing ideas is one way we can get closer to a solution. We need to work on changing the culture of businesses so employees take time to unplug from work to help reduce the stigma associated with utilizing non-health benefits, such as vacation days, work from home and/or parental leave. Companies should be encouraging employees to sign off during their vacations and not look at emails. Efforts should be made to encourage people to normalize their mental health, taking time to unplug—reducing stress and burnout.

**Mrs. Crystal Mitchell Tilson, MA, LPC**  
Co-Chair Mental Health Committee



## **Caregivers are at the Core of Mental Health**

When people hear the words Mental Illness they often think about Depression, Anxiety, Suicide, and some people even think about Self-Esteem. It's rare people hear these words and immediately begin to think of Schizophrenia, Bipolar Disorder, Disruptive Mood Dysregulation Disorder, Borderline Personality Disorder or even Autism. It is even rarer for people to think of those responsible for caring for those living with Mental Illnesses.

When I established FACE-2-FACE Ministries in 2016, our first support group was for Caregivers. I'd learned the depth of a Caregiver's pain is unlike any other pain experienced. Caregivers are often the people responsible for managing appointments, medication, advocacy needs, and all other provisions for those individuals living with a Mental Illness. However, Caregivers are also the most likely to develop their own Mental Health challenges from being subjected to repetitive physical abuse, mental abuse, conflict and trauma from long term exposure to crisis events while providing care to those they love. Caregivers are at the core to those who are living with a Mental Illness.

As a Family Based Therapist I have witnessed numerous Caregivers deteriorate while attempting to provide unconditional care and love to someone with a Mental Illness. The resources for Caregivers are limited, while the expectations are astronomical. Being a Caregiver often comes with extreme financial and social sacrifices. Caregivers have limited social life out of fear of being embarrassed due to an unforeseeable Mental Health crisis. Others silently suffer from extreme mental fatigue due to juggling the daily responsibilities of life and severe mental disturbances.

In Pennsylvania this becomes challenging as the law requires minors who are fourteen years or older to consent to their Mental Health treatment. In spite of this, Caregivers continue to seek out Mental Health services they believe are necessary for those they love.

**Rev. D. Marie Tribble, MDiv., MAR, FBMHP**  
Co-Chair of Mental Health Committee  
Family Based Mental Health Professional  
&  
Founder & CEO of FACE-2-FACE Ministries



## **Cultural Implications of Counseling Services**

Mental illness can affect people of various cultures and ethnic backgrounds. According to the Mental Health America, 16% of African Americans reported having mental health conditions within the past year (MHA, 2022). Research has shown symptoms related to mental illness may manifest or demonstrate differently amongst various cultural groups. African Americans in particular have significant challenges associated with the topic of mental health. First, there is the historical cultural stigma attached to mental illness (Harris et al., 2020). Having a mental illness for some is frowned upon or misunderstood. Secondly, there is the issue of limited access to care and systemic problems compounded by the bureaucracy of the health insurance industry with insurance coverage problems, overwhelming paperwork and processes, or challenges navigating access (Taylor, 2019). Finally, there is a major concern related to health care and distrust (Kennedy, Mathis & Woods, 2007).

African American history reflects a health care system that has taken advantage of, manipulated, and downright harmed African Americans for the advancement of medicine. Incidences such as the Tuskegee Syphilis Experiment, the unauthorized use of Henrietta Lacks cells for stem cell research, Dr. Simms gruesome gynecological treatment of enslaved Black women are well documented (Kennedy et al., 2007), and in today's times the gross number of African American women dying in child labor due to poor obstetric care (Adebyo et al., 2022). Within behavioral health, potential clients willing to seek counseling want to feel safe (Harris et al., 2020). The premise of safety may be validated by having services rendered by an African American therapist. It's the notion since the client and therapist share the same culture there is a foundation of understanding already established. Satisfying such a preference is difficult because less than seven percent of all mental health clinicians are African American (Lim, Stamin, Christidis, 2019). Even more challenging, potential clients who live in rural or predominately white areas will have an even harder time finding an African American clinician. Such a dilemma is why a person may choose not to proceed with therapy at all. Unfortunately, unaddressed symptoms may worsen, which is why if a preferred therapist is not secured within a timely fashion, it is encouraged that we access mental health care regardless of the racial/ethnic background of the therapist clinician (Harris et al., 2020). The Code of Ethics of all behavioral health licensing and credentialing bodies like the American Psychological Association and the American Counseling Association have standards that speak to cultural competence of all providers (ACA, 2014). These standards state behavioral health practitioners should be considerate of how others perceive and express their mental health challenges within service provision. The standards can be interpreted as an olive branch



of trust and it's up to the individual<sup>20</sup> client to engage in services with an open mind.

### **How to Include Your Culture in the Counseling Process**

The therapeutic experience is unique to the individual served. If your family has cultural preferences, be sure you express them to your therapist. Educate your therapist regarding how your culture perceives mental illness. Doing so will create an open relationship in which the therapist can have a better understanding of how to meet your cultural needs. Remember, you are the expert on your culture and have an awareness of how you would like your cultural preferences respected during the counseling process.

### **Examples of culturally based information to share with your therapist (SAMSHA TIP 59, 2014);**

1. Your family's cultural background.
2. Values about family structure, power, myths, and rules
3. Languages spoken in and outside the home
4. Health beliefs and beliefs about help-seeking
5. Religious and cultural institutions, food, clothing, and holidays
6. Cultural experiences of oppression or discrimination
7. Values about education and work
8. Cultural behavioral norms

The challenges of coping with mental health are complicated even more with limitations in health care coverage and the stigma associated with mental illness. Across the country, many diverse communities have increased health disparities associated with less access to care and resources. However, as individuals we can feel empowered by knowing we can advocate for our own care and express our expectations within any established therapeutic relationship.

**Janique Washington Walker, Ph.D., LPC**, is an Assistant Professor at Coppin State University within the College of Behavioral Health and Social Sciences teaching within the Department of Psychology, Counseling, and Behavioral Health.

#### References

- Adebayo, T.C., Parcell, E.S., Mkandawire-Vallmu, L., & Olukotun, O. (2022) African American women's maternal healthcare experiences: A critical race theory perspective, *Health Communication*, 37:9, 1135-1146, DOI: 10.1080/10410236.2021.1888453
- Ahmed, S., Wilson, K., Henriksen Jr., R., & Wind Walker Jones, J. (2011). What does it mean to be a culturally-competent counselor? *Journal for Social Action in Counseling and Psychology*, 3(1), 17-28.
- American Counseling Association. (2014). ACA code of ethics. Retrieved from <http://www.counseling.org/docs/ethics/2014-aca-code-of-ethics.pdf?sfvrsn=4>
- Harris, J.R., Crumb, L., Crowe, A., McKinney, J. (2020). African Americans' perception of mental illness and preferences in treatment. *Journal of Counselor Practice*, 11 (1): 1-33. DOI: 10.22229/afal112020
- Kennedy, B.R., Mathis, C.C., Woods, A.K., (2007). African Americans and their distrust of the health care system. *Journal of Cultural Diversity*, 14(2)55-60.
- Lim, L., Stamin, K., Christidis, P., (2019). How diverse is the psychology workforce? *Monitor on Psychology*, Vol 49(2).
- Mental Health America. (2022). Black and African American communities' mental health. Retrieved from: <https://www.mhanational.org/issues/black-and-african-american-communities-and-mental-health>
- Taylor, J. (2019). Racism, inequality, and health care for African Americans. The Century Foundation. Retrieved from: <http://arks.princeton.edu/ark:/88435/dsp01ng451m58f>







**Mental Health Resources**

**CRISIS: 7 Days a Week, Contact:**

**TrueNorth Wellness Services: 717-632-4900 and select Option 2**

**WellSpan York Hospital: 717-851-5320**

**Dial 988** to reach the National Suicide Prevention Lifeline.

**Local Agencies that provide Mental Health Services**

<b>T.W. PONESSA &amp; ASSOCIATES</b> 160 Roosevelt Ave. York, PA 17401 717-845-2425	<b>CATHOLIC CHARITIES</b> 253 E. Market St. York, PA 17403 717-845-2696	<b>PRESSLEY RIDGE</b> 141 E. Market St. York, PA 17401 717-845-6624
<b>TRUENORTH WELLNESS SERVICES</b> 625 W. Elm Ave. Hanover, PA 17331 717-632-4900	<b>TRUENORTH WELLNESS SERVICES</b> 1195 Roosevelt Ave. York, PA 17404 717-843-0800	<b>TRUENORTH WELLNESS SERVICES</b> 73 E. Forrest Ave. Shrewsbury, PA 17361 717-235-0199
<b>PA COUNSELING</b> 301 W. Philadelphia St. York, PA 17401 717-848-6116	<b>WELLSPAN BEHAVIORAL HEALTH</b> 1101 S. Edgar St. York, PA 17403 717-851-1500	<b>COMMONWEALTH CLINICAL GROUP</b> 1 E. Market St. Suite 402 York, PA 17401 717-747-3158

**Community Sponsored Mental Health Events Events**

November 23, 2022

1:00 PM – 1:30 PM EST

Pranayama • Free Weekly Class • Hanover

**Learn the Joy of Breathing technique, practice a deep Pranayama session and enjoy the benefits.**

**Soul Dimension Online Zoom Meeting Hanover, PA 17331**

**<https://www.eventbrite.com/e/pranayama-free-weekly-class-hanover-tickets-408463153287?aff=ebdssbcategorybrowse>**

Dec 2, 2022

5 PM – 8 PM EST

Hosted by Trauma Therapy Training Pty Ltd

Resolve Anxiety, Depression and PTSD - Online Workshop



May 30, 2023,  
9 AM – 4 AM EST  
Women's Wellness Retreat

<https://www.eventbrite.com/e/womens-wellness-retreat-tickets-461748751947?aff=ebdssbcategorybrowse>

Jun 24, 2023  
12PM – 6 PM EST

3rd Annual Building Bridges For Brianna June Event  
Lions Park 541 Lions Dr, Dallastown, PA .

This years event is to provide the community with an outdoor event for all to enjoy, educate and support those who have dealt with or dealing with mental health issues.

## Upcoming YAC Mental Health Events

### Chapter Sponsored Events

#### SPEAKING MY MIND

3rd Friday's  
7:00—9:00 PM

Free to all  
Register using QR



FACE 2 FACE MINISTRIES

FACE

off

Featuring With D. Marie  
Ms. Lisa McNair

November 25, 2022 @ 8:00 PM EST

"Taking the Mask Off"

To Discuss:  
The lasting impacts of the 1963 death of her sister Denise McNair. Navigating the reoccurring episodes of grief and trauma following racially motivated acts of hatred. The challenges, changes and triumphs to her family, and faith as they sought to find peace and create legacy out of pain.

Join us LIVE: <https://www.facebook.com/FACE2FACEMinistries>  
In Collaboration with: York Alumnae Chapter of Delta Sigma Theta Sorority, Inc. & Restoration Community Christian Church (DOC)

## MOVE YOUR BODY

HAVE FUN AND BE FIT

## ZUMBA W/ MEL

You may not be the best dancer, but you made a choice to get yourself active!! Let's Go!!



FIRST CLASS IS FREE  
\$5 PER CLASS FOR NON-MEMBERS

JOIN ME ON  
THURSDAYS AT  
6PM AT

FITNESS1440

3629 E Market Street  
York, PA 17402  
(717) 855-2305



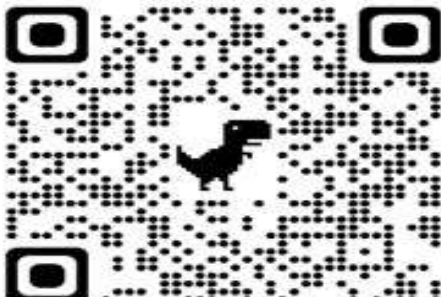
FACEoff with D. Marie  
4th Thursday  
8:00 PM

MOVE YOUR BODY  
ZUMBA with Mel  
Every Thursday  
6:00 PM



# YORK HAPPENINGS

Explore  
YORK



## York Alumnae Chapter Delta Sigma Theta Sorority, Inc.



GIRLS  
AGES  
11-14

ACCEPTING  
APPLICATIONS  
2022-2023  
HERE



CODING  
FINANCIAL  
LITERACY  
SELF-ESTEEM

If you have questions, please email  
[yacdst.riskmanagement@gmail.com](mailto:yacdst.riskmanagement@gmail.com)

## DR. BETTY SHABAZZ *Delta Academy*

Embracing Girl Power on Purpose!

- ACADEMIC EXCELLENCE
- LEADERSHIP SKILLS
- STEM CAREERS
- EDUCATIONAL GOALS
- COMMUNITY SERVICE



TRESA FITCH-DRAKEFORD, ESQ., PRESIDENT



# FUNDRAISING COMMITTEE

2022-2023



Rev. D. Marie Tribble—Chair  
Tresa Fitch-Drakeford, Esq.  
Twilah Shipley, Esq.  
Anna Breland-Williams  
Pamela Wilson  
Melanie Still  
Crystal Mitchell Tilson



## Special Thanks

*DreamWrights* for providing us with this beautiful Venue  
Elisha Berger at Elevated Balloon Décor for the Decorations  
Melanie Still for the Centerpieces  
*Tinea Payne*—Tinea's Tasty Treats for the Delicious Meal

## Vendors

*Crystal Coleman*—Hair Free Girl [hairfreegirl@gmail.com](mailto:hairfreegirl@gmail.com)  
Mark Rhodes & Val Rhodes—Mark & Val Wines <https://www.facebook.com/markandval.wines>  
*Deb Reeves-Waters*—Radiant Jewlz Paparazzi  
<https://radiantjewlz.square.site>

## Sponsors

TEAMCare Behavioral Health, Central PA  
CBD Supply MD, York PA







In Memory of our Sorors who have transitioned into  
**OMEGA OMEGA Chapter**

Mrs. Genora Orr  
Mrs Edwina Johnson  
Mrs. Joan Toomer  
Dr. Julia Hines Harris  
Mrs Terry Baldwin  
Major Gwendolyn Grimes Ford  
Ms. Venetia Harper

**2022**

**October 27, 2022**

Mrs. Mary Catherine Elizabeth Mason Beatty



Mrs. Beatty taught in the York Public Schools for 31 years – all in first grade. She was a member of Bethlehem Baptist Church where she served in many capacities over time. Her other affiliations include: Life Member of Parent-Teacher Association, Life Member of Pennsylvania Association of School Retirees, Life Member of York County Chapter-PA Association of School Retirees, Life Member of Delta Sigma Theta Sorority, and member of NAACP. Mary was an active volunteer where she registered kindergarten students, served on the boards of Easter Seals and the United Way Allocations Committee for the Literacy Council, York Catholic High School phonathon, and the York County Community Against Racism.





# TEAMCARE

BEHAVIORAL HEALTH, LLC

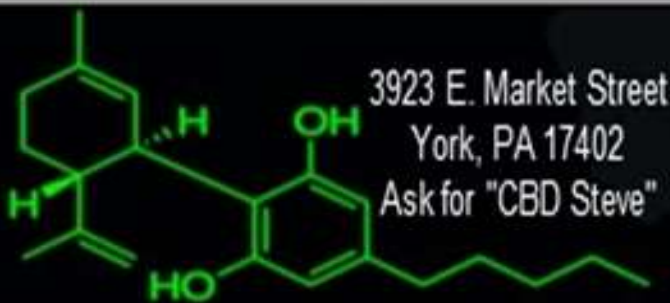
## GROWING HEALTHY LIVES

Providing comprehensive outpatient psychological and psychiatric services for adults and children.

[www.teamcarebh.com](http://www.teamcarebh.com)

1808 Colonial Village Ln., Ste. 103, Lancaster, PA 17601 | 717.391.0172  
5570 Derry St., Harrisburg, PA 17111 | 717.525.9804

**CBD**  
**SUPPLY MD**  
York, Pennsylvania



### White Deer Run Treatment Network

[www.whitedeerrun.com](http://www.whitedeerrun.com) | [www.careforgrebebehavioralhealth.com](http://www.careforgrebebehavioralhealth.com)

[www.bowlinggreenbrandywine.com](http://www.bowlinggreenbrandywine.com)

24/7 Admission Support Center: (866) 769-6822

**Margaret Eckles-Ray, BA, CADC, CRS**  
Clinical Liaison

Office: (717) 850-2344 | Fax: (717) 326-1827

Cell: (717) 472-3654

[Margaret.Eckles-Ray@acadiahealthcare.com](mailto:Margaret.Eckles-Ray@acadiahealthcare.com)

[www.whitedeerrun.com](http://www.whitedeerrun.com) | [www.careforgrebebehavioralhealth.com](http://www.careforgrebebehavioralhealth.com)

[www.bowlinggreenbrandywine.com](http://www.bowlinggreenbrandywine.com)

24/7 Admission Support Center: (866) 769-6822

### Delta Sigma Theta Sorority, Incorporated's Mission Statement

*Delta Sigma Theta Sorority, Incorporated is an organization of college educated women committed to the constructive development of its members and to public service with a primary focus on the Black Community.*

### **Additional Information regarding Delta Sigma Theta Sorority, Incorporated**

CHAPTER: <https://yorkdst.org/>

REGION: <https://easternregiondst.org/>

NATIONAL: <https://www.deltasigmatheta.org/?id=20YAC>