

Thank you for being here! We will begin promptly at
4:00pm CENTRAL U.S. time!

A Conversation About Supporting the Mental Health of Black women



A PANEL HOSTED BY WOMEN'S ADVOCATES



We welcome you to introduce yourselves with any of the following information: your name, pronouns, position title/role in the community, what you hope to learn from this webinar, your most effective way of tending to your mental health wellness, one word to describe how you're currently feeling.



INTRODUCTIONS

Meet the panelists



MENTAL HEALTH WELLNESS + ITS BARRIERS

Why talk specifically
about the Black
community?



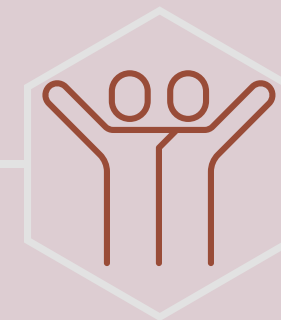
BLACK EXPERIENCES

How can we honor the
humanity of Black
women?



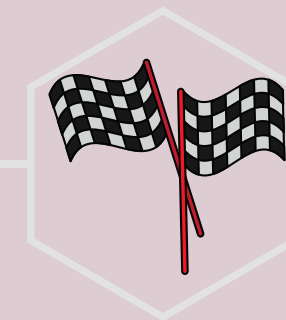
RESOURCES FOR BLACK WOMEN

How can Black women
seek therapeutic
support?



SHOWING UP WITH BLACK WOMEN

How others who are
not Black women can
support



CLOSING

Final questions,
resources



Let's meet the panelists and why they felt it was important for them to be a part of this conversation:

S. Saran Cryer, MA, LISW (she/her)

Mental Health and Wellness Counselor at Women's Advocates

Saran provides individual and family therapy to women and children who have been directly affected by domestic violence at Women's Advocates and Harriet Tubman. She explores individuals' emotional functioning, insight into belief systems, perceptions, inner strengths and goal setting. She provides crisis intervention, safety planning and stress management techniques. Saran utilizes mindfulness and self-care skills to reduce stress and increase self-awareness. She facilitates a weekly mindfulness group and has created a fifteen-minute guided mindfulness meditation video.



Dorothee Tshiela

Clinical Therapist & Outpatient Clinical Supervisor at Face to Face

Dorothee Tshiela, MA, LPCC (she/her) has been working at Face to Face in the Outpatient Therapy program since November 2014. She also provides outpatient therapy in Dakota County at a Cedar Valley in Eagan. She also has previous experiences working with survivors of traumatic experiences. Dorothee uses a trauma-informed approach to empower her clients and work collaboratively within the community to build healthy therapeutic relationships. Her areas of interest include family work, cultural issues, trauma, depression and anxiety.



Hafia Gray

Independent Psychotherapist, Alcohol & Drug Counselor
Owner and Creator of Grounded In Wellness, LLC

My name is Hafia (she/her) and I have passionately worked in the mental health/social services field for over 15 years. I hold professional licenses in drug and alcohol counseling (LADC) and professional clinical counseling (LPCC). I believe in taking a supportive, person-centered approach when working with clients, and I keep trauma-conscious practices at the forefront of my clinical and community work.



Let's Create a Word Cloud!

What are your identities/roles in the community?



Social identities (e.g. racial/ethnic identity, gender identity, sexual orientation, (dis)ability, SES, education level, religious affiliation, etc.)

Profession (e.g. advocate, teacher, mental health provider)

Familial Role (e.g. mom, dad, step mom/dad, daughter, aunt, big sister)

Community Role (e.g. clergy member/leader, PTA parent)

Anything else that makes you uniquely you!

Theme #1: Mental Health Wellness and Its Barriers



"...I believe the greatest casualty of trauma- including white supremacy, which is definitely a form of intergenerational systemic trauma - is that vulnerability becomes dangerous, risky, even life-threatening. But here's the painful piece- it's not like if you're Black, you don't need vulnerability to experience joy, belonging, intimacy, and love. It's that we've created a culture that makes it unsafe for you to be vulnerable...it's not like you need less. It's just we've created a world where you're afforded less...Our humanity, our individual and collective vulnerability, needs and deserves some breathing room."

- You Are Your Best Thing: Vulnerability, Shame Resilience, and the Black Experience An Anthology Edited by Tarana Burke and Brene Brown

It's important to understand that race-based stress and trauma extends beyond the direct behaviors of prejudiced individuals. We are surrounded by constant reminders that race-related danger can occur at any time, anywhere, to anyone.

Source



For the attendees:

Write in the chat: What makes it difficult for you to seek professional mental health support?





Questions about mental health wellness and its barriers in the Black/African(American) community



Question #1

- What does mental health wellness look like, feel like, sound like, for the Black community?
- What barriers stand in the way of achieving this?

Question #2

- How can Black people in their own communities and families start to have conversations about addressing mental health stigma?

Question #3

- Why do mental health barriers exist in the Black community?
- Why is needing mental health support so taboo to discuss?
- How can we shift the narrative so Black women are more inclined to feel empowered than ashamed for asking for help?

Theme #2: The Panelists' Experiences/Perspectives of Being a Black Woman



Experiences of Black Women

"...We often carry our trauma in similar ways, but the roads that led us to the trauma are all so different. We must pay attention to that road. That road is our humanity. That road is the piece that we're talking about."

- You Are Your Best Thing: Vulnerability, Shame Resilience, and the Black Experience An Anthology Edited by Tarana Burke and Brene Brown

THEME #2

Experiences of Black Women

“It is a dehumanization of Black people and we don't see that with any other race. It's ingrained in us from our history. White people used to have picnics at hangings and lynchings, bringing their children to watch black bodies suffer and die. We are not far removed from that, it's just being played out through technology now. And it hurts.” -April Reign

Source

THEME #2

For the attendees:

Write in the chat: What are ways that you can see yourself honoring the experiences of Black women?





Questions About The Panelists' Experiences/Perspectives of Being a Black Woman



Question #1

- What can be some of the impacts of vicarious, racial, and historical/intergenerational trauma on Black women?
- How do negative perceptions of Black women act as barriers to authentically showing up for themselves?

Question #2

- How can we honor the humanity of and celebrate the incredible lives that Black women lead?
- How can we positively influence the mental health wellness of Black girls?

Question #3

- How have you navigated predominantly White spaces?
- What are things that people have done that have helped or hurt?
- How have you come to value your own holistic health when the rest of the world seems wired to do the opposite?

Theme #3: Resources and Therapy for Black Women



"...the unrelenting nature of intergenerational trauma...and that's not familial trauma. There are some things that have improved for Black people in the United States, and then there are other things that are exactly the same but with new faces. Systems that have not necessarily improved, they just look different. And we just keep trying to reshape the same tools that we use to dismantle the ever-changing systems."

- You Are Your Best Thing: Vulnerability, Shame Resilience, and the Black Experience An Anthology Edited by Tarana Burke and Brene Brown



For the attendees:

Write in the chat: What words do you associate with therapy?





Questions about resources and therapy for Black Women



Question #1

- What questions may Black women ask their potential therapists (during an intake) to assess if they are a good fit? Related resource
- What's the importance of community in treatment, group therapy, and collective healing approaches as alternatives to traditional talk therapy?

Question #2

- How can Black women support their own mental health wellness if they cannot afford or access professional services? Related resource
- What are strategies and tools that have helped you throughout your life tend to your holistic health needs?

Question #3

- How can therapeutic and related services be more trauma informed, culturally informed, and social justice oriented in order to make the environment more supportive and accessible for Black women?
- How can White professionals truly support the Black women they encounter in their work? Through referrals, education, awareness?

Theme #4: Showing up with Black Women

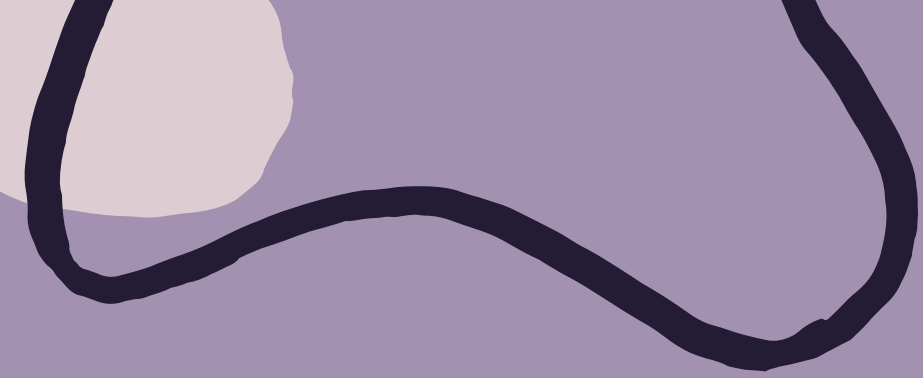
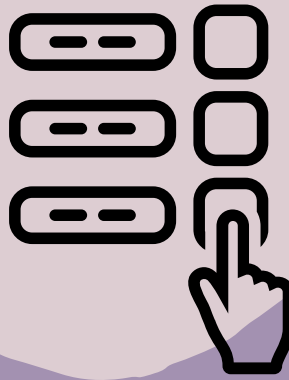


Showing Up with Black Women

"...I do not believe in your antiracist work if you have not engaged with Black humanity...It's not like Black people don't have anything to learn about the Black experience. Our experiences are vast and different. It's validating to see that even in our various identities and experiences, we engage in similar struggles, we have the same needs. And as other people engage with the book, it's about seeing the breadth of our humanity, and the depth of it, because this is the reality. It comes back to compassion and love. Always love."

- You Are Your Best Thing: Vulnerability, Shame Resilience, and the Black Experience An Anthology Edited by Tarana Burke and Brene Brown

THEME #4



For the attendees:

Write in the chat: What are ways that you currently show up with Black women? What are ways that you would like to start showing up with Black women?





Questions about resources and therapy for Black Women



Question #1

- How can space be created and integrated into the workplace and other community settings to honor and listen to the experiences and needs of Black women?

Question #2

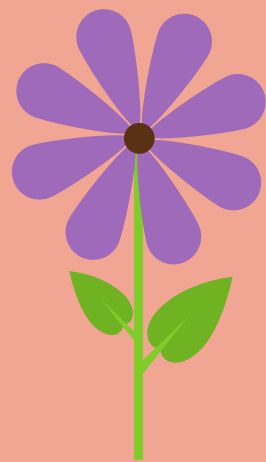
- How do we show up in a compassionate way with a Black woman who may be experiencing a mental health crisis?
- How can we open ourselves up to have more experiences with people of other cultures and ethnicities? (e.g. who do you follow on social media, what shows do you watch, who are the hosts of the podcasts you listen to, who are the authors of the books you read, where do you shop)

Question #3

- How can we bear witness to the stories and experiences of Black women while engaging in anti-racist, trauma-informed work?
- What are tangible steps that providers can take to be more considerate of Black women's experiences?



Contact Info for Panelists



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Independent Psychotherapist, Alcohol &
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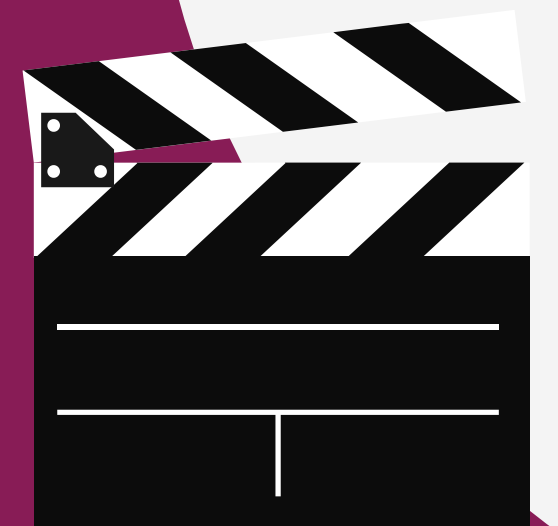
- groundedinwellnessstp@gmail.com
- 651-336-7018

Resource Page

Explore and learn more

Click [here](#) to access:

<https://docs.google.com/document/d/1WpMIAu-rw7XZAPao0GGP9ZpWw9D1F3sFhrKp0gK9JoU/edit?usp=sharing>



Final Questions?



Connect with us online!

Live chat at: www.wadvocates.org

24/7 Crisis Resource Line: 651-227-8284



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