

The Equalizer

Marriage & Family Therapy Solutions, LLC Newsletter



STRATEGIES FOR EQUITY AT INTERCEPT 0: INCREASING MENTAL HEALTH AWARENESS IN BIPOC OLDER ADULT COMMUNITIES

Welcome to the June, 2023 issue of the Marriage and Family Therapy Solutions the “Equalizer” Newsletter. In this issue, we highlight Juneteenth, African American Music Appreciation Month, Mental Health Awareness and BIPOC Older Adults, Elder Abuse Awareness Month and World Elder Abuse Awareness Day.

JUNETEENTH, JUNE 19TH

On June 19, 1865, in Galveston, Texas, Union soldiers announced the end of the Civil War and that slavery was abolished in the United States. Although the Emancipation Proclamation was issued more than two years earlier on January 1, 1863, many slaves were not told that slavery had been abolished. Juneteenth, a combination of the words “June” and “nineteenth” commemorates the end of slavery, a distressing part of American history. Within African American communities Juneteenth is considered a second Independence Day. For decades many Black communities celebrated Juneteenth as “Emancipation Day.” And while most states recognized Juneteenth as a State holiday, it was not until June 17, 2021 that President Biden signed legislation declaring Juneteenth a Federal holiday.

Newsletter Highlights

[Strategies for Equity at Intercept 0](#)

[Juneteenth](#)

[African American Music Appreciation Month](#)

[Mental Health Awareness and BIPOC Older Adults](#)

[Elder Abuse Awareness Month](#)

[Region 2 News & Updates](#)

[Upcoming Events](#)

- [July- VOICE and Governor Youngkin](#)

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JUNE IS AFRICAN AMERICAN MUSIC APPRECIATION MONTH

Since June 1979, the United States has celebrated African-American Music Appreciation Month. During the month of June we celebrate and acknowledge the contributions of African-American musicians, composers, singers, and songwriters in American culture. Throughout the month we pay tribute to the history and abundant African traditions that are the foundation to distinct styles of music such as rap, hip-hop, jazz, rhythm and blues, barbershop, and swing.

MENTAL HEALTH AWARENESS AND BIPOC OLDER ADULTS

#Black Lives Matter raised awareness and interest in racial injustices in the United States. Research indicates that African Americans, young and old experience subtle and overt forms of racial discrimination". Older African Americans have lived through decades of oppression and discrimination. They have carried the weight of race-related stress their entire lives. Race-related stress occurs as the result of a person experiencing or witnessing racial incidents that induce social and historical experiences of racism.

“African American Older Adults have also experienced cumulative **race-related stressors that negatively impact their physical and mental health.”**

(African American Older Adults and Race-Related Stress, How Aging and Health Care Providers Can Help, American Psychological Association)

The American Psychological Association (APA) identified actions that Aging and Health-Care Providers can to better serve BIPOC older adults:

- Understand the impact of racism
- Listen with empathy
- Create safe spaces
- Support, strengthen, and enhance resilience
- Celebrate culture
- Be mindful of triggers
- Be aware
- Refer to mental health services and support
- Advocate



There are **more than 4 million** African Americans over the age of 65 living in America today and that number is projected to increase by 12 million by 2060. Age impacts an individual's mental and physical health. As people age, they are more likely to feel isolated. Mental Health providers can play an essential role in helping older BIPOC adults cope with race related stress and cope with the challenges related to advancing through the life span. Take time to learn more about how to effectively treat BIPOC older adults.

JUNE IS ELDER ABUSE AWARENESS MONTH

June 15th is World Elder Abuse Awareness Day

The purpose of Elder Abuse Awareness Month is to increase awareness about abuse and neglect of the elderly and vulnerable adult population. On World Elder Abuse Awareness Day communities around the world are encouraged to increase awareness of the cultural, social, economic and demographic processes that affect elder abuse and neglect.

Elder abuse includes physical, emotional or sexual abuse, financial exploitation or neglect of a person over 60 years old or a vulnerable adult by a person who is responsible for their care. Elder financial exploitation occurs when a person illegally or improperly uses an older person's money or belongings for their own personal use. Financial exploitation of older adults is on the rise.

Reportedly, elders are scammed out of more than 36 billion dollars each year, but only a small percentage of financial exploitation of elders is reported.

(The Center for Elder Justice and Education)





BE A PART OF MAKING OUR COMMUNITIES BETTER

Equity at Intercept Zero aims to make sure that community services are available to meet the needs of Virginians of color and other minority groups by providing training opportunities, increasing participation of providers of color in crisis services, increasing the number of students of color seeking jobs in crisis services, and viewing all crisis programming through a Black, Indigenous, and People of Color (BIPOC) lens.

MARCUS ALERT/NORTHERN VIRGINIA REGIONAL PROJECTS OFFICE REGION 2 NEWS AND UPDATES

Click to access the [Northern Virginia Public-Sector Crisis Brochure for community members and Stakeholders](#). Please feel free to share this with others as warranted.

Please distribute this brochure to your contact list, encourage others to visit the Marriage and Family Therapy Solutions website, and like us on social media.

NOVA Regional Crisis Call Center: ☎ (703) 527-4077 or Text 8551

The NOVA Regional Crisis Call Center provides immediate help to callers by connecting them to behavioral health and other community services.

Mobile Crisis Response

CR2 Mobile Response: ☎ (844) 627-4747 (24/7) or 571-364-7390

CR2 provides 24-hour rapid response to children, youth, and adults facing a mental health and/or substance use crisis who may be at risk for hospitalization.

[CR2 Public Flyer 5-2022](#)

[CR2 Client Flyer 5-2022](#)

REACH Mobile Response: ☎ (703) 531-2150 TTY 711 (24/7)

The REACH program is designed to meet the crisis support needs of individuals who have a developmental disability and are experiencing crisis events that put them at risk for homelessness, incarceration, hospitalization, and/or danger to themselves or others. REACH programs offer an additional layer of support to emergency services, the state hospital system, and caregivers who work most closely with individuals with developmental disabilities (DD).

UPCOMING EVENTS

JOIN VOICE & OUR COALITION PARTNERS

JULY 9th 2023

3:00 PM – 4:30 PM

Join us for our Youth Behavioral Health Assembly with Gov. Glenn Youngkin at Mt. Zion Baptist Church. The coalition of VOICE, the VA Association of Chiefs of Police, and the VA Hospital and Healthcare Association will join hands to fully address the opioid and overdose crisis affecting youth in Virginia. Music will start at 2:45PM. The Assembly will begin promptly at 3PM & end promptly by 4:30PM.

LOCATION:

Mt. Zion Baptist Church
18410 Chapel Street,
Triangle, Virginia 22172



VISIT: WWW.VOICE-IAF.ORG SCAN. SIGN-UP. ATTEND.

PAST EVENTS

MENTAL HEALTH AND WELLNESS EXPO

Marriage and Family Therapy Solutions, LLC participated in the National Coalition of 100 Black Women, Inc., PWC Chapter [Mental Health and Wellness Expo](#) on June 3rd



RESOURCES

988 Suicide & Crisis Lifeline

The SAMHSA [988 Suicide & Crisis Lifeline](#) provides information about 988, and understanding the background, history, funding opportunities, and implementation resources for strengthening suicide prevention and mental health crisis services

The [Native Americans and Alaska Natives](#) section of the [988 Lifeline](#) website provides Native American specific information and resources for AI/AN communities

Other Suicide Prevention Organizations

[Suicide Prevention Resource Center](#)

Helps with the development of suicide prevention programs, interventions, and policies, and advances the National Strategy for Suicide Prevention

[Suicide Prevention Fact Sheets](#)

[Suicide among Racial/Ethnic Populations in the U.S.: American Indians and Alaska Natives](#)

Provides information on suicide and risk and protective factors among American Indians and Alaska Natives

[Suicide Facts at a Glance](#)

A fact sheet from the Centers for Disease Control and Prevention

[HTTPS://STORE.SAMHSA.GOV/PRODUCT/ADVANCING-BEST-PRACTICES-BEHAVIORAL-HEALTH-ASIAN-AMERICAN-NATIVE-HAWAIIAN-PACIFIC-ISLANDER/SMA17-5032](https://store.samhsa.gov/product/advancing-best-practices-behavioral-health-asian-american-native-hawaiian-pacific-islander/sma17-5032)