Diversity, Equity, & Inclusion at WUSM Psychiatry
July 2022

In this newsletter, we aim to provide you with the latest updates related to Diversity, Equity, & Inclusion (DEI) occurring in our Department of Psychiatry and beyond. This newsletter will be distributed every other month. We will also provide an update on DEI events every other month.

Psychiatry Listening Sessions

Drs. Cavazos and Navsaria will plan to continue hosting Psychiatry-focused DEI listening sessions.

The purpose of these sessions is to provide you with an opportunity to ask DEI-focused questions, propose ideas, express concerns, etc.

Thank you to those attendees who have previously joined us

National Minority Mental Health Awareness Month

National Minority Mental Health Awareness Month is observed each July to bring awareness to the unique struggles that racial and ethnic minority communities face regarding mental illness in the United States. The COVID-19 pandemic has made it harder for racial and ethnic minority groups to get access to mental health and substance-use treatment services.

Throughout the month, the HHS Office of Minority Health (OMH) will focus on promoting tools and resources addressing the stigma about mental health

for one or more listening sessions. Some of the topics discussed included strategies to recruit and retain a more diverse workforce and requests for more DEI training opportunities across all psychiatry staff, faculty, and trainees. Summer Session 1 took place on June 30, 2022 at 10am-11am Zoom link: https://wustl-hipaa.zoom.us/j/92099284979 Summer Session 2 will take place on July 19, 2022 at 11am-12n Zoom link: https://wustl-hipaa.zoom.us/j/97642467749	among racial and ethnic minority populations, particularly during the COVID-19 pandemic. OMH encourages state, tribal, and local leaders, community-based organizations, faith leaders, healthcare providers and individuals to educate your communities regarding mental health stigma. Visit this web page during National Minority Mental Health Awareness Month for shareable social media messages, downloadable graphics, and health resources. Check out the OMH Knowledge Center online catalog for publications and resources that highlight the importance of spreading awareness on how to avoid and help dissipate mental health stigma in minority communities.	

HISTORY OF NATIONAL MINORITY MENTAL HEALTH AWARENESS MONTH

Bebe Moore Campbell was the driving force behind National Minority Health Awareness Month. She was an author, advocate, co-founder of the National Alliance of Mental Illness, Urban Los Angeles who actively campaigned for mental health education and improving mental healthcare facilities in impoverished communities.

In 2005, Campbell and her friend, Linda Wharton-Boyd decided it was time to end stigma and make mental health facilities accessible for everyone. Wharton-Boyd suggested dedicating a month to the effort. The two friends worked together to develop the concept of National Minority Mental Health Awareness Month and what it would entail. The Department of Mental Health stepped in and Anthony Williams held a news conference to encourage residents to get mental health checkups.

The importance of the month was quickly realized and people started to join the cause wholeheartedly. The two of them held book signings, spoke in churches, and created a National Minority Mental Health Taskforce of healthcare workers, patients, friends, and allies.

However, the efforts came to a standstill when Campbell was diagnosed with cancer. She passed away soon after but Wharton-Boyd and other advocates for National Minority Mental Health Awareness Month reignited their cause. It was decided that Campbell's efforts would not go in vain. The group researched and obtained the support of Representatives Albert Wynn and Diane Watson who signed legislation to create an official National Minority Mental Health Awareness Month in 2006.

HOW TO OBSERVE NATIONAL MINORITY MENTAL HEALTH AWARENESS MONTH

- Help someone in need

If you feel someone needs mental health care and attention, encourage them to seek help from professionals. You can send resources their way.

- Donate and volunteer

Mental healthcare facilities in minority communities are always in need of funds and volunteers. You can donate money or even volunteer your time to help out.

- Be kind

Empathy and kindness go a long way in helping those with mental illnesses. Lend an ear to a friend and let them know that you care about their well-being.

Excerpt pulled from: https://nationaltoday.com/national-minority-mental-health-awareness-month/

Community Discussions: Washington University School of Medicine's Commitment to Anti-Racism Statement

Jul 21, 2022

4:00 pm – 5:00 pm

This session is hosted by the Office of Diversity, Equity and Inclusion (DEI) at WUSM. In early 2021, the Executive Faculty of Washington University School of Medicine approved a "WUSM Leadership Commitment to Anti-Racism Statement," naming racism as a public health crisis and committing to address racism within our institution, policies, and educational frameworks. The commitment includes a campus wide anti-racism curriculum aimed at building the capacity of our community to do the work of anti-racism as individuals and as an institution. The Office of DEI at WUSM is hosting one hour community discussions for WUSM community members to learn more and talk about the statement, what it means to them and how you can be involved in this important transformation initiative.

Learn More

NEWS & ANNOUNCEMENTS

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Welcoming the new residents!

On 7/12/2022 Patty Cavazos and Neha Navsaria were excited to join the first year psychiatry residents' orientation to present DEI initiatives in psychiatry and across our WUSM campus. Residents were also given a brief overview about the Understanding Systemic Racism (USR) curriculum. The USR curriculum will be formally launched this September in the residency and fellowship programs in partnership with the WUSM Office of Diversity, Equity and Inclusion.

Congratulations to Neha Navsaria, Ph.D. on teaching award!

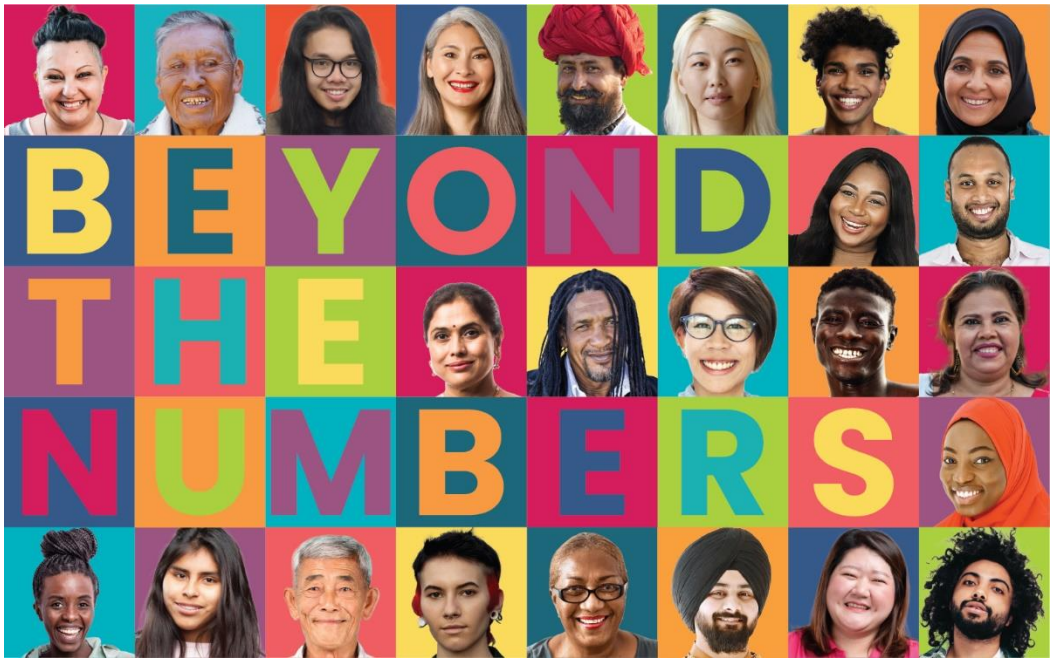
	Neha Navsaria, Associate Professor of Psychiatry was honored with a teaching award from the Child Psychiatry fellows. The graduating fellowship class highlighted her efforts in promoting DEI in didactics. Her teaching portfolio includes a recent expansion of the DEI curriculum within fellowship training.
Read the Latest Blog in Department of Health and Human Services Office of Minority Health (OMH) New Health Equity Series: Advancing the Response to COVID-19 **OMH** is committed to continuing to advance the response to COVID-19 in communities of color. The	**Training: "Clinical Justice" for Black Men and Boys in the Age of Mass Incarceration and Mass Trauma** **July 21, at 9:00 a.m. ET**. This virtual training, provided by the **Great Lakes Mental Health Technology Transfer Center** and the **Ohio Association of County Behavioral Health Authorities**, is intended for individuals working in the HHS Region 5 states of Illinois, Indiana, Michigan, Minnesota, Ohio, and Wisconsin. The training covers the following topics: • How racial and gender disparities are created for Black males in the mental health field. • Therapeutic techniques and procedures specific to working with Black males. • Different levels of practitioner skills and goals when working with Black males. Trainer: Jewel Woods, MA, MSW, LISW-S, Founder and Clinical Director of Male Behavioral Health Registrants who fully attend this event or training will be eligible to receive 1.5 hours of continuing education from **Ohio Department of Mental Health & Addiction Services**. Certificates are sent by the

new OMH blog series, *Advancing the Response to COVID-19*, catches up with some of the presenters that participated in OMH's September 2020 COVID-19 virtual symposium.

The latest blog in the series is a follow-up interview with **Sudarshan Pyakurel**, M.A., Executive Director of **Bhutanese Community of Central Ohio**, and community leader and advocate for social justice. In this interview, Mr. Pyakurel discusses how the project has evolved to continue serving refugee, immigrant, and Limited English Proficiency communities throughout the COVID-19 pandemic.

Read Mr. Pyakurel's Full Blog

host to all qualifying individuals approximately two weeks after the conclusion of the event or training. Click HERE to learn more



2022 Theme: Beyond The Numbers

To continue the visionary work of Bebe Moore Campbell, each year Mental Health America (MHA) develops a public education campaign dedicated to addressing the mental health needs of Black, Indigenous, and People of Color (BIPOC).

Mental Health America recognizes that Black, Indigenous, and people of color have rich histories that go #BeyondTheNumbers. While there are stories of resilience born out of oppression, persecution, and abuse, there is immeasurable strength in each of these cultures. In an increasingly diversified America, we acknowledge the specificity of individual and group experiences and how it relates to their beliefs and well-being. BIPOC communities are significantly more likely to develop mental health conditions, and one of the major barriers to mental health treatment is access and the need for understanding mental health support. #BeyondTheNumbers explores the nuances and uniqueness in BIPOC communities.

This year's theme for BIPOC Mental Health Month is #BeyondTheNumbers. Click here to learn more.

We now have a DEI email address for you to communicate with us about any of your DEI questions, ideas, or concerns.
We encourage you to reach out to us at DEIpsych@email.wustl.edu

We are also looking for <u>your</u> input on content that helps to elevate Diversity, Equity, and Inclusion to include in our newsletter.

Please do email us at DEIpsych@email.wustl.edu with any recommendations on events, books, movies, podcasts, other popular media, etc.