

# FAME-EAW

## May Newsletter

[fame-eaw.org](http://fame-eaw.org)

May 30, 2024



Equity Alliance of  
**WASHINGTON**  
— F.A.M.E. —  
Thrive • Revive • Dwell

## Empowering Minds: Addressing Mental Health Disparities in Our Community



### Letter from FAME-EAW

As we shine a light on mental health within the Black community, it is crucial to recognize the unique challenges we face. In the past five years, we've recognized the increasing conversation acknowledging the historical legacy of slavery—affecting our whole beings, from mental health down to our DNA. These traumas are retriggered daily as we navigate systems of oppression. The Centers for Disease Control (CDC) has declared racism a serious threat to public health, highlighting the daily stressors of racism and intergenerational trauma that retraumatize us continuously. Studies show that nearly 65% of African American youth report traumatic experiences, compared to 30% of their peers from other ethnic groups, putting us at higher risk of PTSD.

When considering the mental health of Black Americans, it's essential to view our experiences through a historical and cultural lens. Our community has shown remarkable resilience in the face of adversity for centuries. However, the daily stressors of racism, from direct physical and verbal attacks to indirect experiences like witnessing police brutality or enduring subtle put downs, continually re-traumatize us.

We must collectively address the barriers that prevent our community from accessing the mental health care they deserve. These barriers include stigmatizing language, systemic racism and discrimination, mistrust of the healthcare system, and a shortage of diverse, culturally competent mental health providers. Only 2% of psychiatrists and 4% of psychologists in the United States are Black, contributing to a lack of culturally relevant care.

This Mental Health Awareness Month, let's work to break down these barriers and uplift our community. By increasing awareness, educating ourselves and others, and advocating for equitable access to mental health care, we can build a future where every Black person can achieve mental and emotional well-being.

# Beyond the Surface: Exploring Mental Health in Black Poverty

In the ongoing pursuit of mental health awareness, it's important to confront the stark realities facing the Black community, particularly those living below the poverty line. Studies reveal a troubling statistic: Black people in poverty are twice as likely to report serious psychological distress. This sobering fact underscores the intersectionality of race, socioeconomic status, and mental health, highlighting the urgent need for targeted intervention and support.

Living below the poverty line not only exacerbates existing mental health challenges but also creates additional barriers to accessing care. Limited resources, lack of insurance coverage, and stigma surrounding mental illness further compound the struggles faced by Black people in poverty. As a result, many suffer in silence, unable to access the support and resources they desperately need.

Addressing these inequities requires a multifaceted approach that prioritizes both individual and systemic change. We must work to destigmatize mental illness within the Black community, creating safe spaces for open dialogue and support. We have to advocate for policies that expand access to affordable mental health care and address the underlying socioeconomic factors that contribute to disparities in mental health outcomes.

Through this month's newsletter, we are dedicated to providing valuable resources, fostering open dialogue, and offering unwavering support to help address mental health disparities in our community.



## Quote of the Month!

“Mental health problems don't define who you are. They are something you experience. You walk in the rain and you feel the rain, but, importantly, YOU ARE NOT THE RAIN.” — Matt Haig

## Resources for Nurturing Your Mental Wellness

There exists a complex relationship with mental health in the Black community, often influenced by historical mistrust of mental health professionals, cultural norms, and systemic barriers to accessing care. This stigma can prevent individuals from seeking help when needed, leading to untreated mental health conditions and worsening outcomes. Organizations like FAME-EAW play a vital role in breaking down these barriers by promoting awareness, providing resources, and fostering open conversations about wellness within the Black community. By addressing these issues head-on, we can work towards destigmatizing mental health and ensuring that everyone has access to the care and support they need.

### Mental Health Resources

- National Alliance on Mental Illness (NAMI): Provides information and support for individuals and families affected by mental health conditions.
- Circle of Friends For Mental Health: Circle of Friends cultivates a community founded on acceptance by empowering those with physical, cognitive and emotional challenges through creative self-expression in Arts in Seattle, WA.
- The Healing Center: The mission of The Healing Center is to provide a safe, supportive, confidential, and nurturing environment for young widows, widowers and children to move through their grief in Seattle, WA.
- Dream Big Wellness: Dream Big Wellness is a tranquil healing and wellness collective that provides equitable access to art therapy and transformative integrative wellness through charity care, reduced rates, and full fee care in Seattle, WA.
- Substance Abuse and Mental Health Services Administration (SAMHSA): Offers resources and treatment options for mental health and substance use disorders.
- Therapy for Black Girls: A directory of therapists specifically dedicated to supporting the mental health of Black women and girls.
- Black Emotional and Mental Health Collective (BEAM): Offers resources and training on mental health for Black communities and organizations.
- Black Mental Health Alliance: Dedicated to promoting the health and wellbeing of Black communities through education, advocacy, and research.

## Educational Corner: Practical Mental Health Tips

1. Prioritize sleep and establish a regular routine.
2. Engage in regular physical activity.
3. Add nutritional meals to your diet.
4. Set boundaries to protect your time and energy.
5. Stay connected with loved ones and seek support when needed

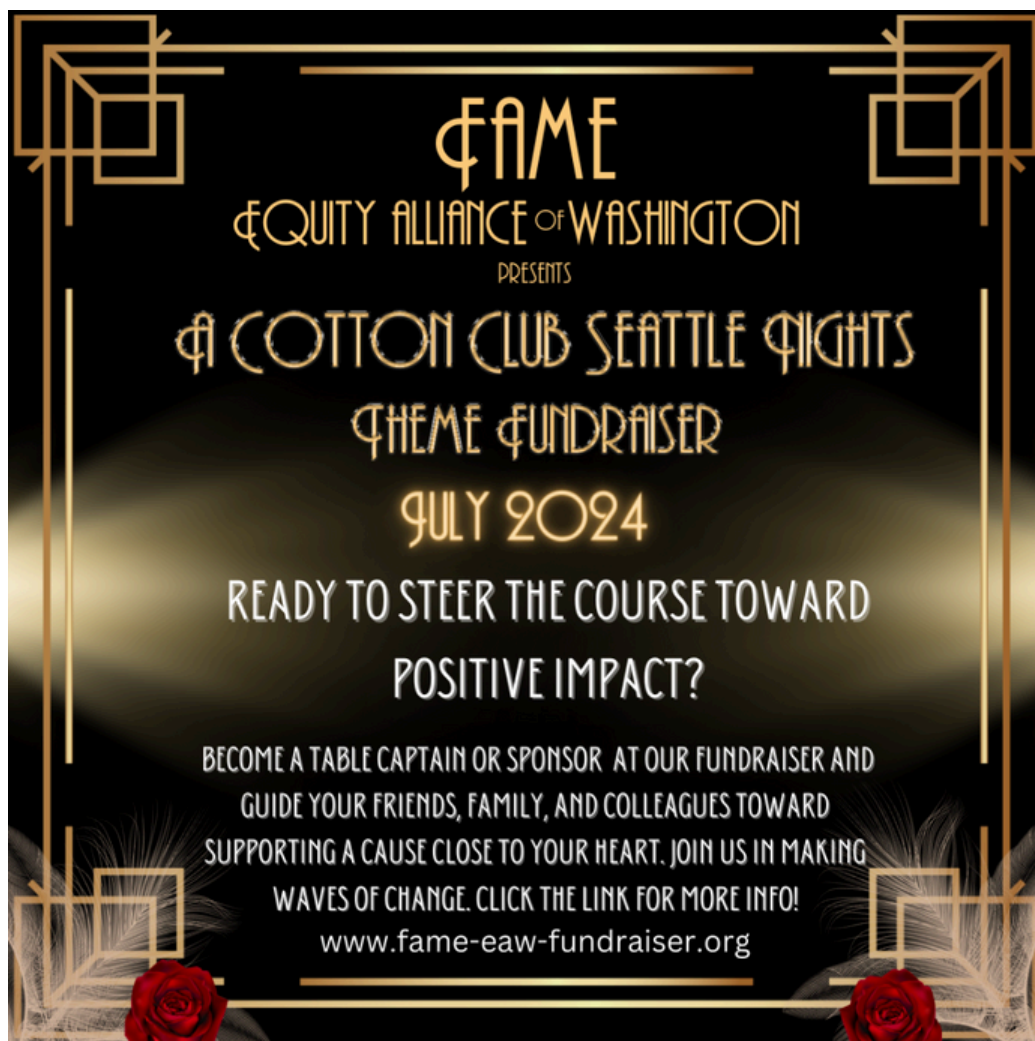
# Empowering Our Community: Check out these Exciting Upcoming Events

Explore these upcoming events in the Seattle area.

- [African Diaspora Community Market](#), May 18 | Multicultural Community Coalition
- [Black Tech Mixer Series](#), May 18 | Onni South Lake Union
- [Pop Up Saturdays at Black Arts Love](#), May 18 | Black Arts Love Gallery and Marketplace
- [Honoring Our Black Wall Streets Business Mixer + Chat](#), May 22 | Byrd Barr Place
- [Kids' Movie Party](#), May 25 | Wa Na Wari
- [Black Seattle Orientation](#), May 25 | Made Space
- [Sundaes Outside: A Celebration of Black Folks](#), May 26 | Be'er Sheva Park
- [Black Wall Street](#), May 27 | 23rd & Jackson
- [Sounds Baths with The Black Spiritualist](#), June 2 | 1313 4th Ave
- [Juneteenth Jubilee](#), June 15 | 2656 42nd Ave SW
- [Songs of Black Folks 2024](#), June 16 | The Paramount Theatre
- [Black Arts Legacies Celebration](#), June 18th | Washington Hall
- [Juneteenth](#), June 19 | Jimi Hendrix Park



# Be the Change: Become a Table Captain or Sponsor at Our Inaugural Fundraiser!



We invite you to join us for our Inaugural Fundraiser on July 20, 2024, where every contribution supports our mission to uplift Black families in Seattle. Your attendance helps us create lasting change and build a brighter future for our community, one where everyone thrives together. [Grab your ticket by May 31st and meet us there!](https://www.fame-eaw-fundraiser.org)

Thank you from the bottom of our hearts for your support! Your generosity and commitment to our cause make all the difference. Stay tuned for more updates and ways to get involved in our journey towards a stronger, more vibrant community.

**Get ahead of the curve! Take advantage of our early bird pricing until April 31st.**

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