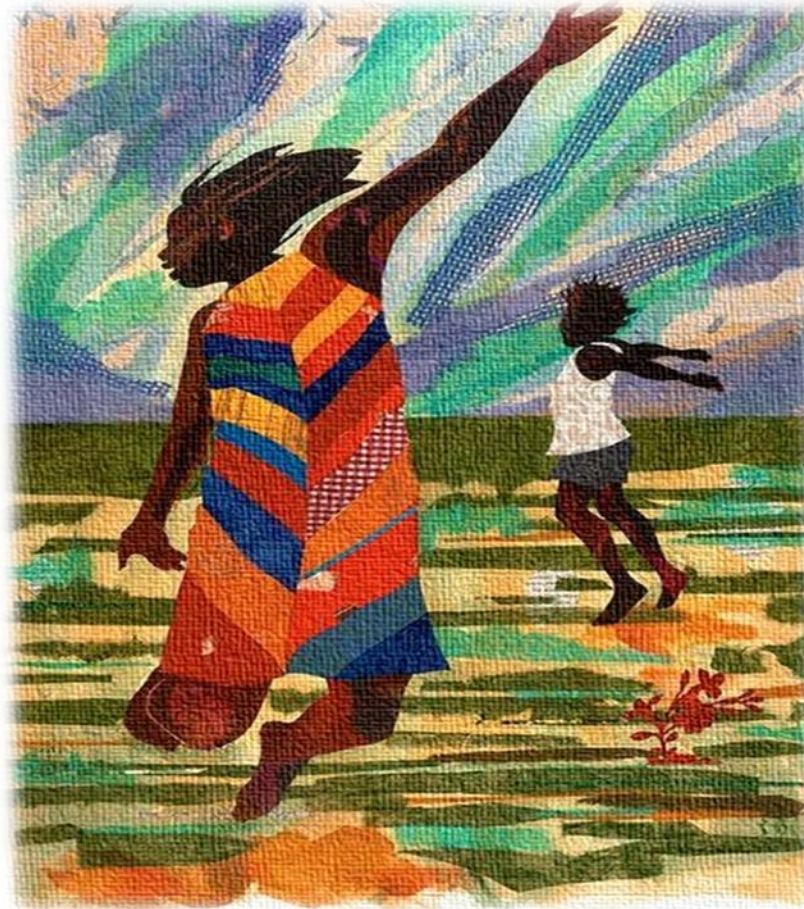


DIGITAL TOOLKIT

COVID-19 Self-Care and BLM Community Care

June 2020



Artwork by www.ekuaholmes.com

I CAN'T BREATHE!



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“...In the wake of [George Floyd’s] public execution, uprisings have ignited in cities throughout the United States and the world, many of them led by young black people. Despite potential risks of exposure to Covid-19, demonstrators are laying bare the deep pain that persists for black people fighting to live under the crushing weight of injustice that has long been at our necks. The words “I can’t breathe” hang heavy in the air. But they are so much more than a rallying cry. They are indictments.

“Please — I can’t breathe.”

...The truth is black people cannot breathe because we are currently battling at least two public health emergencies, and that is a conservative estimate. One of every 1850 black Americans have lost their lives in this global fight against a novel virus that could have harmed anyone (<https://apmresearchlab.org>). And yet — because of racism and the ways humans use it to hoard resources and power for some, while depriving others — it has killed an enormous number of black people.

“Please — I can’t breathe.”

...Any solution to racial health inequities must be rooted in the material conditions in which those inequities thrive. Therefore, we must insist that for the health of the black community and, in turn, the health of the nation, we address the social, economic, political, legal, educational, and health care systems that maintain structural racism. Because as the Covid-19 pandemic so expeditiously illustrated, all policy is health policy....



Excerpted from **Stolen Breaths**, by Rachel R. Hardeman, Ph.D., M.P.H., Eduardo M. Medina, M.D., M.P.H., and Rhea W. Boyd, M.D., M.P.H.

For the entire essay, including five recommended practices to dismantle structural racism and improve the health and well-being of the black community and the country:
<https://www.nejm.org/doi/full/10.1056/NEJMp2021072>

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INTRODUCTION

The intersection of the COVID-19 pandemic and the public murder of George Floyd, in the midst of suffering, grief and loss, presents an opportunity for racial justice and the social healing of Black/African American people. After all this is the “Blues sensibility” that pervades Black life. As of June 23rd, African Americans, who make up 12% of the population of the U.S., account for 24% of all known COVID-19 deaths. In California, the mortality rate for Blacks is 23 per 100,000 Blacks, nearly twice the rate of Whites at 12 COVID-19 deaths per 100,000 Whites. Not unlike Covid-19, police violence also has a disparate on African Americans. In nine Bay Area Counties, police use of force upon African Americans is 9 per 100,000, three times what it is for the overall Bay Area population of 3 per 100,000.

Institutional Racism and the Impact on Mental Health

The convergence of COVID-19 and the George Floyd murder revealed the structural conditions related to capitalism’s commodification of healthcare and the structural racism that transformed persons of African descent into commodities (PBS: America’s first Big Business <https://www.pbs.org/newshour/nation/americas-first-big-business-railroads-slavery>), and the creation of a police force purposed to control Black persons and enforce the Black codes that regulated Black pay, and geographical, social, and economic mobility post-emancipation (<https://theconversation.com/the-racist-roots-of-american-policing-from-slave-patrols-to-traffic-stops-112816>).

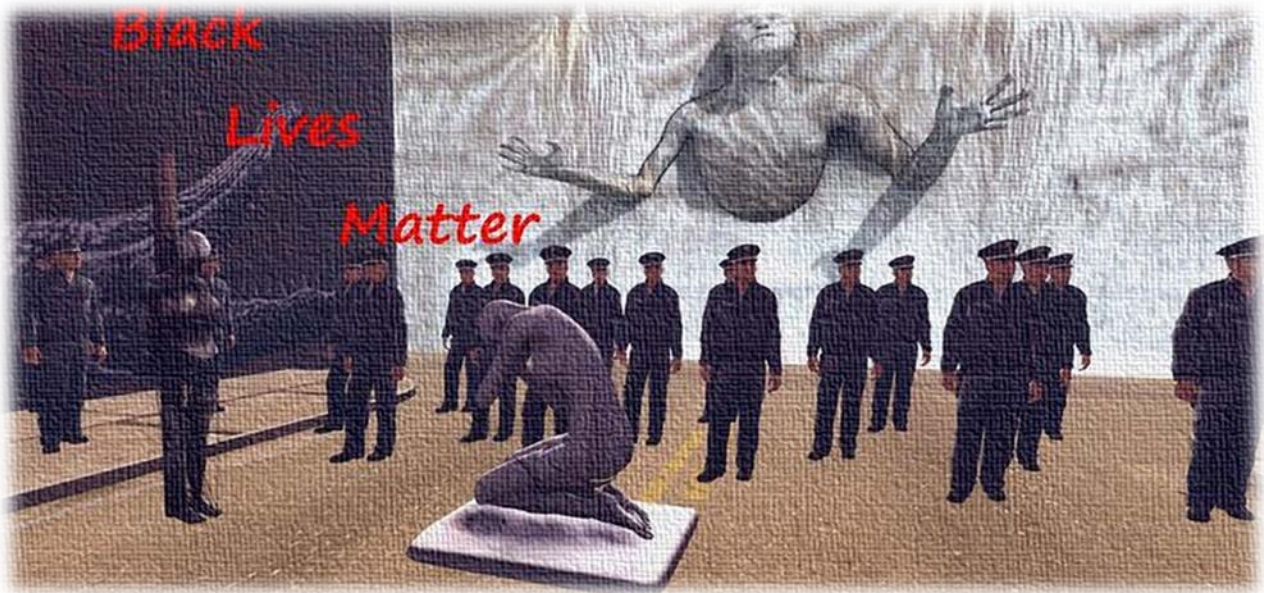
Today, this legacy of institutional racism is taking its toll in the body counts, economic condition, and consequential mental health of Black communities. According to a recent study from Yale University, systemic racism—past and present—is not a passive backdrop to COVID-19. The study states that “the health impact of social and political decisions outweighs the impact of individual choices, and these decisions have a historical context.” And concludes that: “We all are not at equal risk for COVID-19. Like other conditions, this is decidedly a racialized disease. The racial health inequities that we are seeing have not emerged randomly nor passively; rather, they are actively produced through anti-black racism institutionalized within the American political system.

Now, the Black Lives Matter Movement, triggered by the killing of George Floyd, has unleashed a sense of agency and urgency among Black people and a broad swath of individual, organizations, and institutions across the United States. This is the power of

movement building when a societal tipping point has been reached. The author and political activist, Arundhati Roy describes such a moment that the wreckage of this pandemic may hold for the black communities and the country as a whole (The Pandemic is a Portal, <https://www.ft.com/content/10d8f5e8-74eb-11ea-95fe-fcd274e920ca>).

Historically, pandemics have forced humans to break with the past and imagine their world anew. This one is no different. It is a portal, a gateway between one world and the next. We can choose to walk through it, dragging the carcasses of our prejudice and hatred, our avarice, our data banks and dead ideas, our dead rivers and smoky skies behind us. Or we can walk through lightly, with little luggage, ready to imagine another world. And ready to fight for it.

As an aid to addressing the mental health crisis of African American peoples, even as they assert their ability to produce change, this toolkit provides digital links to resources that can sustain individuals and organizations that provide services to the suffering while keeping hope alive at the same time. This pandemic can be a portal to a new beginning if we make it one, as we always have: beginning, and beginning again.



BLACK MENTAL HEALTH & WELLNESS



NEW YORK TIMES: The Quiet Casualties of the Movement for Black Lives demonstrates the centrality of connecting wellness and our efforts for social change and the improvement of Black lives, for “stress can kill; emotionally and spiritually, as well as physically.”

www.nytimes.com/2018/03/28/insider/black-lives-matter-stress.html

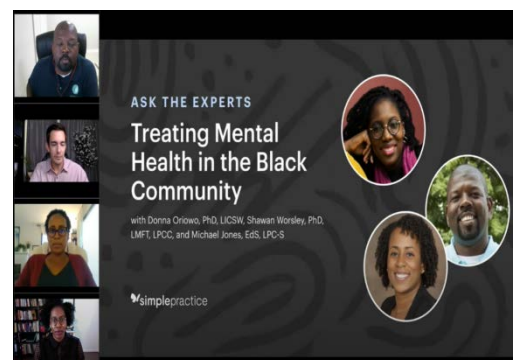
The Quiet Casualties of the Movement for Black Lives



ASK THE EXPERTS: TREATING BLACK MENTAL HEALTH IN THE BLACK COMMUNITY

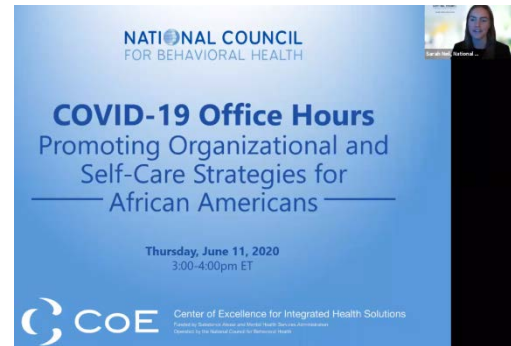
In this webinar, Donna Oriowo, Ph.D, LICSW; Shawan Worsley, Ph.D, LMFT, LPCC, and Michael Jones, EDs, LPC-S address a wide-range of questions related to Black mental health such as “What is the most important clinical mental health issue that needs more research and attention in the Black community,” and what do you do when you’re exhausted and have lost hope?”

<https://youtu.be/JzLqce2GpkU>



NATIONAL COUNCIL FOR BEHAVIORAL HEALTH: COVID-19 OFFICE HOURS: PROMOTING ORGANIZATIONAL AND SELF-CARE STRATEGIES FOR AFRICAN AMERICANS

This webinar features panelists discussing the ways in which allies can create courageous spaces to support African American staff and colleagues, and how to build in organizational training and support mechanisms to establish effective workplaces.



<https://thenationalcouncil-org.zoom.us/rec/play/tcIsjbiuqj43HtbDuASDAaAvW9W0Kqms0yYW8vdYmBq1UCUHYwGiNOASMOF0A26D8svCLbbtQPboroY6>

RHONDA MAGEE: THE INNER WORK OF RACIAL JUSTICE

Author of the book, *The Inner Working of Racial Justice*, discusses the Co-Creation of healing places that don't replicate patterns of injustice while caring for self.

<https://youtu.be/BSEaUADxa3A>

<https://youtu.be/ooj4RBl1dVw>



PEOPLE OF COLOR ONLINE: A CURRICULUM

This section of POC online contains readings on the importance of self-care, mental health care, and healing for people of color and leaders within activist movements.

www.poconlineclassroom.com/self-care/



SELF-CARE COLLECTIVE: SELF-CARE GOOGLE SHEET WITH LINKS

The Self-Care Collective has put together a wide-range of practices for Black activists as well as activist of color.

<https://docs.google.com/document/d/1ffbACKUKkBvtJzTgNkYyMICBnHVOEreBch1qYNCWFtc/edit#heading=h.j4u3ux4cxxlf>

KNEE ON OUR NECK: THE BLACK MEN OF PENN SCHOOL OF SOCIAL WORK, A WEBINAR

In this webinar, Black professors at the Penn School of Social Work address the needs Black clients and issues of systemic racism and police reform.

www.facebook.com/watch/live/?v=179683493482381&ref=watch_permalink



I CAN'T BREATHE: UNDERSTANDING CULTURAL TRAUMA, GRIEF AND MOURNING EXPERIENCED BY AFRICAN AMERICANS

This training by Dr. Dwayne Buckingham is a powerful presentation of African American historical trauma, the difference between grieving and mourning, and their relevance for addressing psychological trauma among African Americans.

<https://youtu.be/P6-QgHl2Pqs>



CARING FOR MENTAL HEALTH IN COMMUNITIES OF COLOR DURING COVID-19

In this interview, Yolo Akili Robinson, executive director and founder of Black Emotional and Mental Health Collective (BEAM), shares insights about the impact and implications of COVID-19 on mental health within communities of color.

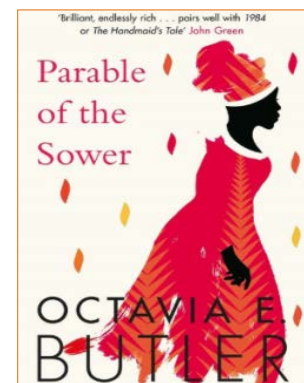
<https://www.rwjf.org/en/blog/2020/05/caring-for-mental-health-in-communities-of-color-during-covid-19.html>



WHY OCTAVIA BULTLER'S NOVELS ARE SO RELEVANT

For those who live in the trenches, reading is both an indulgence and therapy. The novels of Octavia Butler paint powerful portraits of suffering, empathy, historical legacies, and visions of a better future.

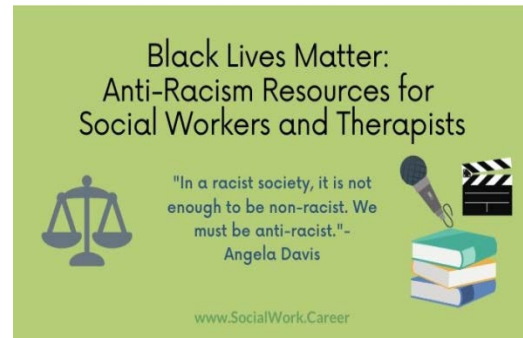
www.bbc.com/culture/article/20200317-why-octavia-e-butlers-novels-are-so-relevant-today?ocid=ww.social.link.facebook&fbclid=IwAR0mhcTnUzsG3sExhoDYJtWtpPpfn0gLicGxTnVjerMKTOG3NHctpT8DCBc



SOCIAL WORK CAREER: BLACK LIVES MATTER- ANTI-RACISM RESOURCES FOR SOCIAL WORKERS AND THERAPISTS

This web post provides a long list of many anti-racism books, articles, toolkits, YouTube videos, movies/TV shows, podcasts and self-care resources for all, as well as resources for people of color such as racial wound healing and therapy/funds dedicated to People of Color.

<https://www.socialwork.career/2020/06/anti-racism-resources-for-social-workers-and-therapists.html>



COVID-19 POLICY AND PRACTICE CONSIDERATIONS

AFRICAN AMERICAN POLICY FORUM: THE INTERSECTIONAL VULNERABILITIES THAT COVID-19 LAYS BARE

This forum, “Under the Black Light,” provides an ongoing series of webinars on critical issues addressing the issues, challenges and promises of Black America during the COVID-19 pandemic. The webinar, “Narrating the Nightmare and Reimagining the Possible,” features Kimberlee Crenshaw and Arundhati Roy.

<https://aapf.org/all-episodes-utb>



CENTER FOR SOCIAL DEVELOPMENT ET AL: SOCIAL WORK AND THE FUTURE OF POLICING: CONGRESSIONAL BRIEFING

This 06/30/20 webinar is a research-based briefing on the relationship of policing, the current COVID-19 pandemic, and social and community-health workers as first-responders, including U.S. Representatives Barbara Lee and Karen Bass.



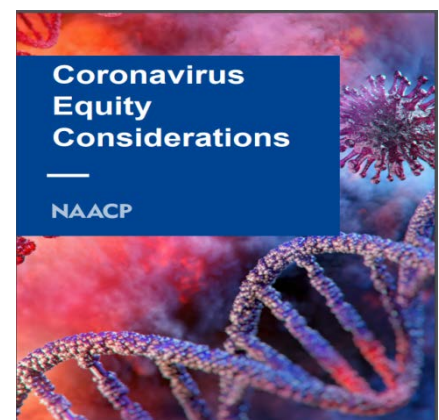
Sponsored by the Center for Social Development (CSD) at the Brown School of Social Work at Washington University in St. Louis, the National Association of Social Workers (NASW), and the Congressional Research Institute for Social Work and Policy (CRISP).

<https://youtu.be/qc3eUnO4Rw8>

NAACP: EQUITY IMPLICATIONS OF COVID-19

The National Association for the Advancement of Colored People (NAACP) has released a guide for officials responsible for addressing health, economic, and other impacts, in remediating some of the issues that are disproportionately affecting communities of color.

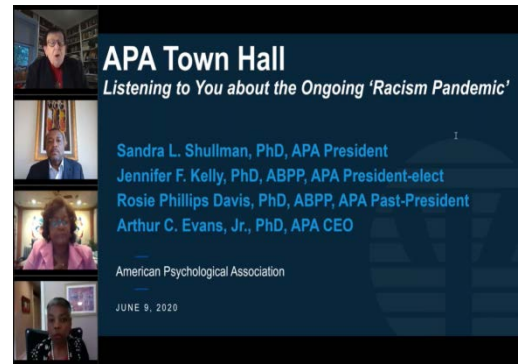
<https://naacp.org/wp-content/uploads/2020/04/Coronavirus-Equity-Considerations.pdf>



APA MEMBER TOWNHALL: LISTENING TO YOU ABOUT ONGOING RACISM PANDEMIC

This webinar, co-hosted by African American Dr. Altha Stewart, president of the American Psychological Association (APA), addresses the relationship between what they call the “racism pandemic” and the institutional racism within the APA and the clinical needs of African Americans, especially around model programs. Questions come from a range of people, including the author of “Her Story of the Hair Story,” Dr. Danielle Hibbitts.

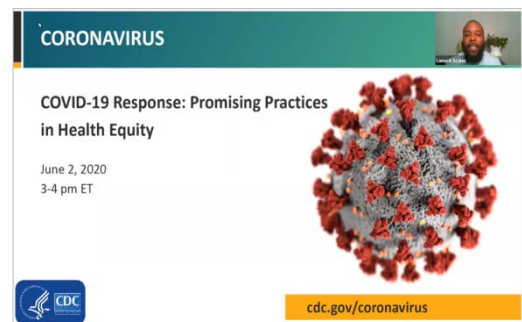
<https://youtu.be/-CzDb5odVqQ>



<https://youtu.be/2jGvVbfaLiQ> CDC: COVID-19 RESPONSE PROMISING PRACTICES IN HEALTH EQUITY

Dr. Nafissa Cisse Egbuonye (Public Health Director Black Hawk County Health Department), Dr. Jarvis Chen (Department of Social and Behavioral Sciences, Harvard T. H. Chan School of Public Health), Dr. Thomas LaViest (School of Public Health and Tropical Medicine Dean, Tulane University), and T. Benicio Gonzales, MSW (Louisville Metro Department of Public Health & Wellness Director, Center for Health Equity), discuss best practices, such as equity mapping, of establishing racial equity in cities.

<https://youtu.be/2jGvVbfaLiQ>



THE NATIONAL CHILD TRAUMATIC STRESS NETWORK: HOW RACE, ETHNICITY, CULTURE, AND IDENTITY IMPACT TRAUMA TREATMENT

This webinar addresses the importance of frank conversations about the relationship between race, racism, and trauma. Implications for practice are considered. *Click on link for replay after registering.*

<https://learn.nctsn.org/mod/nctsnwebinar/view.php?id=12246>



SUSTAINABILITY RESOURCES

WORKING SOLUTIONS: COVID-19 RESOURCE GUIDE FOR SMALL BUSINESSES

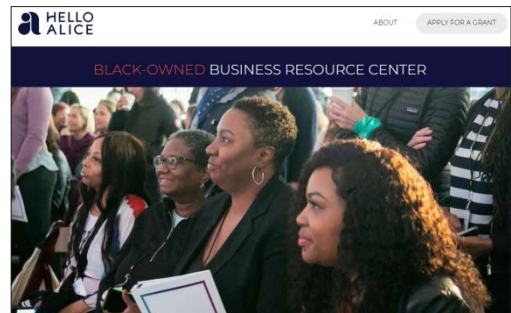
Working Solutions is closely monitoring the evolving coronavirus (COVID-19) situation, and supports small businesses with grants, loans, and webinars, and state and local resource links.



www.workingsolutions.org/COVID-19-resource-guide

HELLO ALICE: BLACK-OWNED BUSINESS RESOURCE CENTER

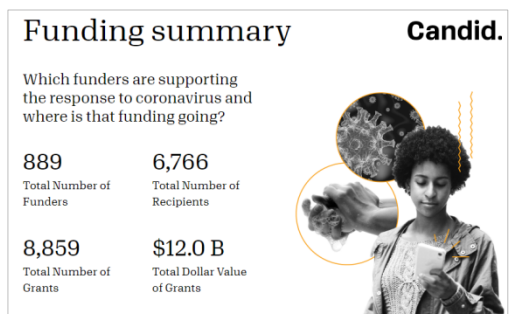
Hello Alice provides comprehensive supports to small businesses across the U.S. Supports include grants and a COVID-19 Resource Center, complete with “How-to Guides.” Of special interest in these in-between-times is the “How to Plan and Build a Resilient Business After COVID-19.”



<https://blackbiz.helloalice.com/>

CANDID: FUNDS FOR CORONA-VIRUS RELIEF

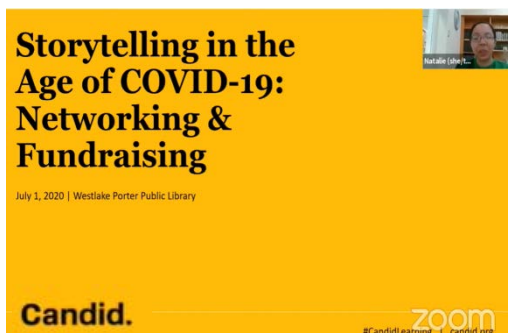
Candid continuously updates a list of funds specifically established in the wake of coronavirus. The list focuses on funds hosted at US-based foundations that serve nonprofits and lists the funds by county.



<https://candid.org/explore-issues/coronavirus>

CANDID: STORY-TELLING IN THE AGE OF COVID-19

Strategic Story-telling in The Age of COVID-19 is a webinar from Candid featuring African American panelists sharing their on-the-ground advice on how to use story-telling to stand out from the crowd and connect with potential funders during the COVID-19 era.



www.youtube.com/watch?v=9QGczSs98AM

CALIFORNIA COUNCIL OF NON-PROFITS: CARES ACT CHART AND VIDEO INSTRUCTIONS

The Coronavirus Aid, Relief, and Economic Security Act CARES Act (Pub. L. 116-136) includes a number of programs that nonprofits may be eligible. The California Council of Non-Profits has put together a chart that provides information on those loan options, eligibility criteria, terms, and application information.

www.councilofnonprofits.org/trends-policy-issues/loans-available-nonprofits-the-cares-act-public-law-116-132



OTHERING AND BELONGING INSTITUTE: VISUALIZING COVID-19 RACIAL IMPACTS

In support of your telling your organizational story for sustainability, the Othering and Belonging Institute at UC Berkeley has put together an interactive map of COVID-19 in California, detailing its hot spots, and a number of infographics that visualize its impact on homelessness, employment, and other factors by race.

<https://belonging.berkeley.edu/infographics-visualizing-social-impacts-COVID-19>



NONPROFIT FINANCE FUND: FINANCIAL SELF-ASSESSMENT WORKSHEET

The Nonprofit Finance Fund maintains an abundance of COVID-19 Tools and Resources for Nonprofits. One of the tools is the Financial Self-Assessment worksheet useful for assessing a nonprofit's strengths and weaknesses and build a plan for sustainability.

<https://nff.org/fundamental/financial-self-assessment-worksheet-know-your-strengths-and-weaknesses>



RACIAL EQUITY TOOLS: COVID-19 - RACIAL EQUITY TOOLS AND RESOURCES

The Racial Equity Tools website collects a wide-range of some of the most impactful racial equity resources related to COVID-19. Much of it is useful in shaping proposals.

www.racialequitytools.org/fundamentals/resource-lists/resources-addressing-COVID-19-with-racial-equity-lens





ONTRACK Program Resources (www.getontrack.org) is the African American Technical Assistance Provider to the CA Reducing Disparities Project, through the Office of Health Equity, CA Dept. of Public Health, with funding from the CA Mental Health Services Act, Prop. 63.

The information presented in this newsletter is not meant to diagnose or treat. It does not take the place of medical advice. It is for informational purposes only.