

## July is Black Mental Health Awareness Month

The DC Chapter of the Association of Black Psychologists has developed innovative programming for July 2016 to heighten awareness around Black Mental Health. We hope you can participate!

DC ABPsi will be communicating frequently throughout the month. Some of our programming highlights include:

1) **Black beauty salon/barbershop crawl:** This program will entail walking in mapped areas to talk with hair care professionals about mental health topics, distribute information, and leave referral lists to Black psychologists and social workers at the shops.

2) **Black depression presentation by Dr. Benson Cooke:** Dr. Cooke is a former past national president of ABPsi and he published a book on depression in 2013. He will speak on the causes and treatment of depression in lay terms for community members and providers alike. This will take place on Tuesday, July 19th from 6-8pm at UDC.

3) **Film Screening of "Smile":** This film highlights the psychological consequences of community violence in Chicago, highlighting trauma and mental illness within a specific Black family. Here is the trailer: <https://www.youtube.com/watch?v=DDhzBXPLOYw>  
We will be joined by Congresswoman Robin Kelly, who represents Chicago, to facilitate the discussion as she is also a trained clinician.

4) **Pop-up Writing Bootcamp:** Students and professionals that are writing on mental health topics are invited for a one day writing retreat.

5) **DC ABPsi Fitness meet ups:** The connection between mental and physical health is strong, therefore we will promote Black fitness opportunities (Bikram Yoga at Ivy City on Monday and Friday @8pm, West African Dance at Dance Place on Tuesday & Thursday @ 6:30pm, etc)

6) **Mindfulness in the Garden:** This will be a meet up people to learn the meditative practices of gardening at a local community garden followed by a yoga session. This will take place on Sunday, July 24th at 4pm.

7) **Cultural Competency Training and Supervision with Dr. Edwin Nichols:** Dr. Nichols is one of the founding members of ABPsi and has been a psychotherapist since 1955; he has insight to share. This workshop is open to anyone seeing a Black client for mental health services to develop skills to address concerns that are under the surface. Participants can bring a case to discuss for peer supervision as part of the training.