

Resources for Organizations Working with African American Communities

Each Mind Matters: California's Mental Health Movement highlights the collective efforts of all people and organizations that want to put an end to stigma related to mental illness, promote mental health, prevent suicide, and create communities across California where everyone feels comfortable reaching out for the help and support they deserve. To reach California's diverse populations, Each Mind Matters has worked with cultural brokers to create a range of resources that reflect the cultural and linguistic diversity of the state. For more information visit www.eachmindmatters.org. Materials can be downloaded in the Resource Center on www.yourvoicecounts.org.

EACH MIND MATTERS EDUCATIONAL RESOURCES AND OUTREACH MATERIALS

Mental Health

- [Mental Health Guide Brochure for African American Communities](#)
- Vignettes that share stories of mental health, hope, resilience and recovery from an African American perspective:
 - <http://www.eachmindmatters.org/story/oscar/>
 - <http://www.eachmindmatters.org/story/michelle/>
 - <http://www.eachmindmatters.org/story/keris/>
- [#MillionsLikeMe Music for Mental Health](#) is a compilation of original music created by young adults in music programs run by non-profit organizations all across California who help young people use music as a tool for better mental health. For free downloads visit: www.cdbaby.com/cd/millionslikeme
- An [animated teen narrative](#) located on the website www.walkinourshoes.org. Visit the Stories section of the website and click on Scarlett.
- A youth-produced 60-second film "[Pain Never Lasts](#)" about suicide prevention developed as part of the Directing Change Program. Visit www.directingchange.org and click on Watch and Use Films/2014 Winners- UC.



Suicide Prevention (Know the Signs Campaign)

- A selection of suicide prevention outreach materials including posters and brochures can be viewed and downloaded in the Resource Center on www.yourvoicecounts.org. For more information about suicide prevention visit www.suicideispreventable.org.

CALIFORNIA RESOURCES

Mental Health Friendly Communities, a training guide for African American congregations about how to discuss mental health and care for community members with a mental health challenge. A brochure can be downloaded on the Each Mind Matters website: http://www.eachmindmatters.org/wp-content/uploads/mhfc_brochure_final.pdf.

The **California Black Health Network** seeks to improve the health status of African Americans in California and reduce health disparities through legislative, administrative, and media advocacy. Their website (<http://www.cablackhealthnetwork.org>) offers a wealth of information and links, including a comprehensive “Ethnic Health Assessment for African Americans in California” that outlines health and behavioral health data, concerns and policy recommendations at the state and community levels.
<https://www.cablackhealthnetwork.org/wp-content/uploads/2015/06/ethnic-health-report.pdf>

The **UC Davis Center for Health Disparities** oversees a comprehensive program for research, education and teaching, and community outreach and information dissemination to address inequities in health access and quality of care for diverse Californians: <http://www.ucdmc.ucdavis.edu/crhd/>. Their report “Building Partnerships: Conversations with African Americans About Mental Health Needs and Community Strengths” presents community-derived wisdom about how to improve mental health among individuals and communities, and is available here: <http://www.ucdmc.ucdavis.edu/crhd/images/pdf/African%20American%20Report%20FINAL%2009.09.pdf>

The **California Reducing Disparities Strategic Planning Workgroup** compiled the “African American Mental Health Providers Directory for California Residents” that lists mental health providers from multiple disciplines throughout the state: http://www.aahi-sbc.org/uploads/African_Am_CRDP_MHDirectoryFINAL.pdf. The report “WE AIN’T CRAZY! Just Coping With a Crazy System” includes a list of promising programs and strategies for working with African American Communities as well as a wealth of information about mental health. The full report can be accessed here: http://www.cdph.ca.gov/programs/Documents/African_Am_CRDP_Pop_Rept_FINAL2012.pdf

The **Community College Student Mental Health Program’s Guide to Supporting Students from Diverse and Ethnic Backgrounds** presents some common barriers related to mental health shared by students from historically marginalized racial and ethnic backgrounds, and will describe how resources specific to the community college system can help support their access to mental health services. Read the Guide here: <http://cccstudentmentalhealth.org/docs/SMHP-Diverse-Racial-Ethnic-Students.pdf>

Community Partners in Care was a collaborative research project of community and academic partners in the Los Angeles area working together to learn the best way to reduce the burden that depression places on our communities and other vulnerable populations. Their web site includes links to download the results of the research project as well as resources for depression, psychotherapy, clinicians, and clients and communities.
<http://www.communitypartnersincare.org>

REGIONAL CALIFORNIA RESOURCES

The **African American Mental Health Providers Directory** is a multidisciplinary list of mental health providers in the Sacramento area that are licensed/registered/certified in California. <http://aamhp.com/index.php>

The **African American Health Institute of San Bernardino County** works to build community capacity and leadership, provide health education, advocate for policy and social justice, and conduct community based participatory research projects. Their website (<http://aahi-sbc.org/Home.html>) includes links to resources such as journal articles, toolkits, and a short film on mental health access for African American transition age youth in California. The organization also took the lead in implementing the California Reducing Disparities Project African American workgroup and report, available at this link:

http://www.cdph.ca.gov/programs/Documents/African_Am_CRDP_Pop_Rept_FINAL2012.pdf

Alameda County Behavioral Health Services issued an “African American Utilization Report” in 2011 that outlines data-informed goals and strategies to better serve the African American community. Access the report here:

http://www.acbhcs.org/providers/QI/docs/Alameda_African_American_Utilization_Report.pdf

The **African-American Community Health Advisory Committee (AACHAC)**, in partnership with Mills-Peninsula Health Services, is dedicated to eliminating health disparities across generations and diverse communities through education and services in the Bay Area and Silicon Valley. AACHAC has offered a series of mental health programs over the years including symposiums and Mental Health First Aid training.

<http://www.aachac.org>

The **African American Community Service Agency (AACSA)**, founded in 1978, is one of the only African American cultural centers in the Silicon Valley. Our mission-providing quality educational, cultural, social and recreational programs, services and activities in order to perpetuate and strengthen African American identity, culture, values, traditions, knowledge and family life-is at the heart of all programs. The Health & Wellness Program provides events, workshops and seminars that deal with the health/mental and emotional development of the community.

<http://www.sjaacsa.com>

NATIONAL RESOURCES

Mental Health America has developed fact sheets and educational materials addressing mental health among African Americans: <http://www.mentalhealthamerica.net/african-american-mental-health>. The **National Alliance on Mental Illness (NAMI)** also has an informative page devoted to African American mental health that includes suggestions and options for African Americans experiencing mental health challenges: <http://www.nami.org/Find-Support/Diverse-Communities/African-Americans>

African American Therapists is a national directory of therapists of color. Their web site includes a directory of therapists as well as a page about what to expect in therapy.
<http://africanamericantherapists.com/#sthash.pchCUBCu.dpbs>

The **Association of Black Psychologists** sees its mission and destiny as the liberation of the African Mind, empowerment of the African Character, and enlivenment and illumination of the African Spirit. The group has developed programs whereby psychologists of African descent (Black Psychologists) can assist in solving problems of Black communities and other ethnic groups. <http://www.abpsi.org/index.html>

The **Suicide Prevention Lifeline** 1-800-273-TALK(8255) provides 24/7 crisis intervention services from trained counselors at crisis centers throughout California. Callers are routed to the nearest crisis center based on their area code.