

MENTAL HEALTH NEWSLETTER

July 2020

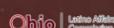
Featured Story



Following the tragic death of George Floyd and the nationwide protests that followed, many caregivers, parents and adults have been wondering how to talk to kids about racism. We've heard the following questions: Should I talk to them? How young can I start talking to them? What do I tell them?

- 1) **Be aware of your own biases:** Before we can have any conversation about racism, we have to understand where racism begins. Racism is not the same as prejudice or discrimination, but rather refers to prejudice + power acting together. It is part of human nature to have biases towards certain groups or people. Having biases does not make us bad people, but, we have to be aware of our biases. Then, we can work to make sure they don't result in prejudicial or discriminatory behavior. Speaking with your children about these topics is important. But they also learn from example. Take some time to sit down and contemplate your own biases. How do you notice these biases affecting your behavior?
- 2) **Don't avoid these conversations:** Kids are more aware of these issues than you might think. And, research tells us that even young children are aware of differences in skin color, and show biases before they enter grade school. Talking to them in ways that are appropriate for their age helps them develop a better understanding of the issues.

Coronavirus (COVID-19) Resource Page



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- 3) **Validate feelings:** What is happening can be confusing for many kids, and can cause them to experience a range of feelings and emotions. Reassure children their feelings are important and valid.
- 4) **Encourage and ask questions:** Avoid yes or no questions, but ask open-ended questions such as "What questions do you have about what we saw on tv? Do you know why people are protesting?"

5) **Be clear in your messages:** Instead of speaking more generally, be specific about why racism is wrong. You can talk about its history and how it still negatively impacts people today. Use this as the foundation for explaining why prejudice and discrimination of any kind is wrong.

6) **Use resources to help:** We know these are difficult conversations but there are various resources available to help. Here are just a few:

[10 min READ \(SPANISH & ENGLISH OPTIONS\)](#)

[10 min READ \(ENGLISH\)](#)

[10 min READ \(SPANISH\)](#)

[23 min WATCH \(ENGLISH\)](#)

[7 min WATCH \(IN ENGLISH w/SPANISH SUBTITLES OFFERED ON YOUTUBE\)](#)

[20 min LISTEN \(ENGLISH\)](#)

TRAINING

The National Hispanic and Latino Mental Health Technology Transfer Center at the Universidad Central del Caribe is continuing their series of webinars:

July 28—[Culturally Adapted Dialectical Behavior Therapy for Hispanic and Latino Clients: Part 2](#)

July 30—[Trauma-Focused Cognitive Behavioral Therapy: A Culturally Adapted Therapy to Work with Latino Families](#)

They will also be offering a special two part event. The four-hour online session, divided in two days, will discuss an evidence-based modular approach to help children, adolescents, adults, and families immediately after a disaster and terrorism. Cultural alerts regarding main cultural values like; familismo, respeto, and personalismo will be provided to enhance providers' skills while serving Hispanic and Latino populations.

July 27th & 29th— [Implications of the Psychological First Aid among Hispanic/Latinx populations during the pandemic Part I & II](#)

GRANT

Foundation for Opioid Response Efforts (FORE) will initiate rapid response grant support for specific projects that aim to strengthen access to evidence-based OUD recovery services for vulnerable and high-risk populations during COVID-19 national emergency. Areas of special interest include strategies that link individuals to recovery supports at transition points, such as release from jail or discharge from an inpatient or residential program. **Deadline is July 31st, 2020.** Click [HERE](#) to access the entire funding proposal.

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