# WELLNESS

*February wellness tips from the MCISD Mental Health Team*

## BLACK HISTORY MONTH

### The link between racism and mental health

Learning about the history of systemic racism in the mental health system during Black History Month - and all year - is key for creating a mentally healthier world. People of color and all those whose lives have been marginalized by those in power experience life differently from those whose lives have not been devalued. They experience overt racism far too often, which leads to a mental health burden that is deeper than what others may face. Racism is a mental health issue because racism causes trauma. Traumatic experiences are a leading reason why people experience mental health conditions. Trauma is not just caused by hate crimes, but just like a pebble in a shoe, can cause major pain and injury when left in place. Smaller, everyday racist experiences can cause trauma. According to the American Psychiatric Association, only one in three Black Americans in need of mental health care receives treatment. There are also few Black mental health providers, which is a profound cultural hurdle.

BIPOC youth with behavioral and mental health conditions are more likely to be directed to the juvenile justice system than to specialty care institutions compared to non-Latinx white youth (likely due to higher rates of harsh disciplinary suspension and expulsion practices).

Depression is the most commonly reported condition across BIPOC.

Click here to access more information from Mental Health America!

Click here for the recorded mental health roundtable on racism from 1/26/21 (minute 16)

Click here for the Friendly February calendar!

## QUESTIONS?

Whatever you need, the Mental Health Team is here for you. Visit our webpage: MCISD Mental Health Support Services & Twitter for updates & resources! Call: 734-322-2724 @MCISDMentalHlth

The Monroe County Intermediate School District does not discriminate on the basis of religion, race, color, national origin, sex, disability, age, height, weight, marital status or familial status in its programs, activities or in employment. The following person has been designated to handle inquiries regarding the non-discrimination policies: Eric Feldman, Assistant Superintendent for Human Resources and Legal Services, 1101 S. Raisinville Road, Monroe Michigan 48161; Telephone: 734.322.2640.