

2021 Black Joy Festival Community Resource Guide

Because Black Joy Matters Too.



We believe that community care is just as important as self-care. It is our duty to connect with individuals and like-minded organizations to create spaces that we can openly discuss matters that ultimately affect our health.

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About Black Health Commission

Founded in 2020, Black Health Commission, focuses on educating and bringing awareness to the root causes of health disparities through programming, volunteerism, and collaboration with other organizations.



Black Health Commission



@blackhealthcommission



www.blackhealthcommission.com

"It is so important for us to have a space where we feel free to laugh as much as we want and come together as a community."

- Rebecca Désir, Founder and CEO

Black Joy Festival Crew

Black Health Commission would like to thank this crew for planning and executing the 2021 Black Joy Festival.



Rebecca Désir

Black joy matters because it involves being intentional about our happiness despite the curveballs life may throw our way.



Romae Morgan

Black joy matters because our history matters and our community matters. Black Joy Festival is my community.

Black Joy Festival Crew



Samiyah Mubarak

Black joy matters because it gives us the much-needed freedom to bond over things that simply make us smile.



Jae Fortunè

Black joy matters because our identities matter, our swag matters, and joy matters.



Ronnie H.

Black joy matters because my family matters. black joy equates to health, safety and confidence.

Black Joy Festival Crew

Kadeem Stewart

Black joy matters because it is important to normalize Black joy.



Jade Chardaney

Black joy matters because oftentimes we are not given the freedom to genuinely express ourselves in the form of joy.



Kassandra Clerrobrun

Black joy matters because it is imperative that my children understand how beautiful it is to be black.



Black Mental Health

Mental health includes our emotional, psychosocial, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.



In that population, over **16%** report having a mental illness in 2020 - this represents over **7 million people**.

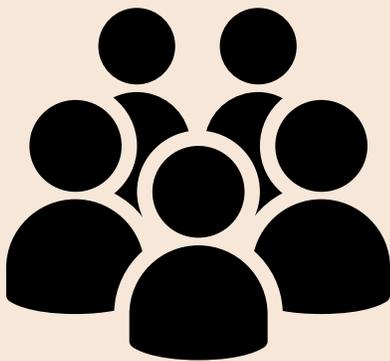
Historical oppression and violence against Black people have evolved into present-day racism and institutional racism. These inequities further creates mistrust due to medical inequalities which increase mental illness in Black communities.

Black Mental Health

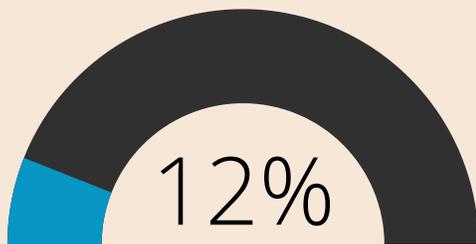
Black communities likely experience several variables such as financial challenges, discrimination, and inequities that affect their mental health.

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Black adults who live below the poverty line are **two times** more likely to report serious psychological distress compared to people living above the poverty line.

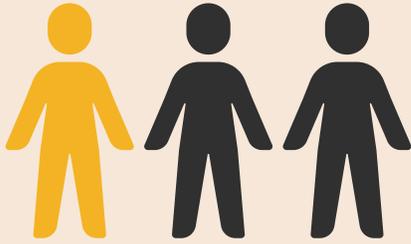


More than **50 million days** of poor mental health are experienced by Black people annually due to killings of unarmed Black people at the hands of police.



12% of Black adults experienced serious psychological distress in 2019.

Its the Health Equity for me



Despite the disparities, only 1 in 3 Black adults who need mental health care receive it.

Culturally Competent Care

When a person is experiencing challenges with their mental health, it is important for them to receive quality care as soon as the symptoms are recognized. It is equally important that the care is provided by culturally competent health care professionals.

When meeting with a provider, it is helpful to ask questions to get a sense of their level of cultural awareness.

- Have you treated other Black people or received training in cultural competence for Black mental health?
- How do you see our cultural backgrounds influencing our communication and my treatment?
- What is your current understanding of differences in health outcomes for black patients?

How You Doin'?

Community Stigma

Research has found that the Black community has a high degree of stigma associated with mental illness. Individuals in the Black community may be more likely to believe that facing adversity equates with strength and may view mental health as a sign of weakness.

Breaking Down the Stigma

Breaking down the stigma will likely involve a two-way approach - increase the number of culturally competent providers and change the narrative surrounding mental health. education focused on mental illness and normalizing mental health challenges may help the black community improve and sustain treatment. treatment could help the black community live happier, more fulfilling lives.

Check Out Some Published Books to Learn More

- The Unapologetic Guide to Black Mental Health: Navigate an Unequal System, Learn Tools for Emotional Wellness, and Get the Help you Deserve
- Black Mental Health: Patients, Providers, and Systems
- Black Women's Mental Health: Balancing Strength & Vulnerability
- Black LGBT Health in the United States: The Intersection of Race, Gender, and Sexual orientation

What Brings You Joy?

Check Out Local Black Businesses and Resources

Black Podcasts

| | | |
|---------------------------|---|---------------------|
| Black Girl Podcast | - | The Read |
| Side Hustle Pro | | Pod Save the People |
| Blaze Health | | Never Before |
| Intersectionality Matters | | The 85 South Show |
| You Had Me at Black | | Unorthodoxrel |

Black Eats

| | |
|-----------------------|----------------------------|
| Streetwise Urban Food | House of Chick'n |
| Chicken Fire | Vitality Bowls |
| Mila's Front Porch | Soul Food Fantasy |
| Flavors Nigerian | Marks Jamaican Bar & Grill |
| Nikki's Place | W.A.R. BBQ & Seafood |

Black Businesses

Pretty Peacock Paperie
Jewelree.co
Naked Bar Soap
Black Business Orlando
Black Diamond Nails

Black Therapy

Therapy for Black Girls
Therapy for Black Men
Black Men Heal
Black Women's Health Imperative
LGBTQ Psychotherapists of Color

Are We Really Outside?

Covid-19 vaccination efforts now target the general population leaving many Americans excited to regain a summer of fun.

The phrase "we outside" comes from the anticipation of many Americans wanting to gain back a sense of normalcy after living in a year of a pandemic. With many states slowly returning to mask optional and full capacity policies, a new variant, the delta variant, is plaguing many communities.

The Delta variant is a dangerous mutant of Covid-19 that is increasing positive cases in all communities, including the Black community. In order to stay safe from the Delta variant, follow these guidelines posted by the CDC.

- If you are not vaccinated, wear a mask and continue to practice physical distancing when out in public.
- If you are vaccinated, continue to either wear a mask or practice social distancing when in a large group.
- Continue to wash your hands frequently.
- If you are feeling symptoms of covid-19, contact your physician imminently and quarantine for the recommended time.

Following these steps to keep our community safe



Wear a mask in crowded areas



Follow proper hand washing techniques often



Feeling sick?
Stay home



Disinfect commonly touched surfaces often



Physical distancing -
stay 6 feet away
from others

Mask Wearing Tips

Follow These Steps Below for Proper Mask-Wearing Strategies

Ensure the proper side of the mask is faced outside



Clean your hands before touching the mask and inspect the mask for any damage or dirt



Cover your mouth and nose fully making sure there are no gaps



Sponsorship Shoutout

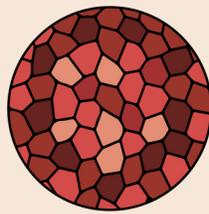
JOY CULTIVATOR

FORMA THERAPEUTICS



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THERAPEUTICS.

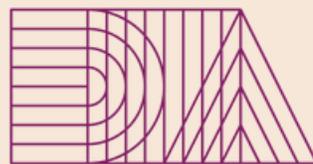
CLINARK



ClinArk

MOMENT OF HAPPINESS

SPORA HEALTH



Spora
Health



Our Team

Rebecca Désir
Founder And Executive
Director

Romae Morgan
Community Engagement
Intern

Our Board of

Directors
Berika Hutchinson
Board Chair

Kassandra Clerrebron
Board Vice-Chair

Gaslande Fleurimont
Secretary

Cortina Peters
Member At Large

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References

Mental Health America

National Alliance on Mental Illness

U.S. Department of Health and Human
Services: Office of Minority Health

veryWell Mind

