

## BIPOC Mental Health Awareness Month: New Briefs, Panel, and Blog

Isha B. Weerasinghe <iweerasinghe@clasp.org>

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To: Isha B. Weerasinghe <iweerasinghe@clasp.org>

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**From:** CLASP <clasp@clasphome.org>

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**To:** Kayla Tawa <ktawa@clasp.org>

**Subject:** BIPOC Mental Health Awareness Month: New Briefs, Panel, and Blog

# CLASP

Policy solutions that work for low-income people



## Unlocking Transformation and Healing: Policy Options for Accessible Youth and Young Adult

## Mental Health Care

CLASP's mental health work advances systems and policy change, with an explicit focus on how people's race and ethnicity affect how they interact with the health system and receive services. We aim to look beyond the current system to reimagine what is possible to help communities of color thrive, recognizing the influence of intergenerational and cultural trauma on communities. As part of that effort, CLASP has supported U.S. Senator Catherine Cortez Masto's resolution to make July BIPOC (Black, Indigenous, People of Color) Mental Health Awareness Month.

Over the past couple weeks, we have released a series of briefs, **Unlocking Transformation and Healing**, that identifies policy options with broad applicability and strong potential to increase access to transformation and healing for economically marginalized young people. This series provides an **overview** of state and local policy options targeting **community-based care**, **confidentiality**, and **cost**.

- **Unlocking Transformation and Healing: Overview of Policy Options for Accessible Youth and Young Adult Mental Health Care**
- **Unlocking Transformation and Healing: Community—Based Care Policy Options for Youth and Young Adults**
- **Unlocking Transformation and Healing: Confidentiality Policy Options for Accessible Youth and Young Adult Mental Health Care**
- **Unlocking Transformation and Healing: Cost Policy Options for Accessible Youth and Young Adult Mental Health Care**

### BIPOC Mental Health Awareness Month CLASP Resources:

- **“Protest-Movement Building and Mental Health: A Conversation with Young Leaders”**: This panel explored the effects of witnessing injustice on mental health, how movement building can support young people's healing, and more with young movement leaders who are advancing justice and healing in their communities.

### Watch the Recording

- **“Healing Intergenerational Trauma: A Conversation with Jazmine Wildcat”**: This blog focuses on the need to destigmatize mental health and the impact of intergenerational trauma on indigenous communities.

### BIPOC Mental Health Awareness Month Partnerships:

- Nia West-Bey joined *Young Invincibles* for **Health Care Policy in Light of COVID: A Virtual Roundtable Series**
- Nia West-Bey was a panelist for *Mental Health America of Greater Dallas's* conversation **Racial Trauma, Creating Change, and Healing**
- CLASP hosted two sessions for the *National Youth Employment Coalition's Youth Connecting Forum*
  - **Ten Core Competencies for Youth and Young Adult-Centered Mental Health Systems**
  - **Equity in Policy Making**
- Isha Weerasinghe joined the *Prevention Institute's* podcast, **Applying a Racial Justice Lens to Mental Health and Well-Being**

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CLASP • 1310 L St. NW, Suite 900 • Washington, D.C. 20005 • (202) 906-8000

CLASP  
1310 L St. NW  
Suite 900  
Washington, DC 20005  
United States