

July is BIPOC (Black, Indigenous, and People of Color) Mental Health Month CASC

BIPOC (Black, Indigenous, and People of Color) Mental Health month generates awareness about the unique experiences and challenges that individuals who identify as BIPOC encounter as it relates to mental health. Previously known as Minority Mental Health Month, BIPOC Mental Health Month creates the prospect to acknowledge and take steps toward addressing the challenges respective to mental health care that face traditionally underserved and under-represented communities.

Many issues affect minority mental health, particularly innate systemic racism and injustice affecting societal treatment towards BIPOC as well as racial disparities in the mental health system that can discourage BIPOC from getting the care they need. According to the U.S. Department of Health and Human Services, “members of the BIPOC community are less likely to receive diagnosis and treatment for their mental illness, have less access to mental health services, and often receive a poorer quality of mental health care.” Please visit <https://www.minorityhealth.hhs.gov/> for more information from the U.S. Department of Health and Human Services Office of Minority Health.

As school counselors, we have an ethical responsibility to advocate for all students, to support students and the school community, and to collaborate with appropriate school officials to remove barriers. Therefore, in creating opportunities to educate ourselves and others and to create allyship, as well as addressing issues affecting minority mental health, CASC invites you to explore their *Resources for Educators: Addressing Racism* online toolkit equipping educators with a variety of resources for supporting students. Please visit: <https://docs.google.com/document/d/1sCKsvGVFJJl6LYiKKvhAs7TgUSmIlzHVQwJbxnR07aI/edit>

Furthermore, on October 8-10, 2020, CASC will be hosting a virtual 2.5-day conference and expo for K-12 educators, education leaders, and school-based mental health service providers: **REVOLUTION: Equity, Disparities, and Student Mental Health.** Workshop and keynote presenters will provide participants with research-based strategies to address school mental health issues and race-based trauma in a Covid-19 world.

Early bird rate ends August 15th, register today by visiting: https://www.schoolcounselor-ca.org/ev_calendar_day.asp?date=10%2F8%2F20&eventid=69

We hope that you will access the resources in CASC website’s *Resources for Educators: Addressing Racism* and join us on October 8-10, 2020 for the REVOLUTION: Equity, Disparities, and Student Mental Health virtual conference. Now, more than ever, the mental health space must be discussed through a critical lens, and awareness about mental health issues Black, Indigenous, and People of Color face every day must continue to be raised.

