



UPLIFT: The CRESTS Newsletter

Volume 3, No. 1 | Spring 2022

Reflect, Restore, Renew!



We have officially entered Spring 2022. Accordingly, now is the perfect time to engage in activities aimed at reflection, restoration, and renewal. As we reflect on the first quarter of 2022, we can consider the promise of the new year and the celebration of key holidays/events (including, the Dr. King holiday, Black History Month, Women's History Month, and International Women's Day). In addition, March 2022 marked two years since the beginning of the COVID-19 lockdown period in the U.S. As we move into our third year of coping with the COVID-19 pandemic, we can use this time to reflect on the many ways in which this pandemic has impacted us (as individuals, our families, our friendships, our work situations and relationships, our communities, our institutions, our nation, and the world).

Although the pandemic has negatively impacted us in many ways, it is important to embody what the Spring season represents: a time for restoration, renewal, and/or rebirth (physically, emotionally, and spiritually). At this point in the COVID-19 pandemic, we have begun the process of restoration. We are actively working to re-introduce the best aspects of our pre-COVID-19 lives into our current lives. In the spirit of Sankofa, we will need to be selective in this process because not every aspect of our pre-COVID-19 lives is worthy of being brought forward into our present/future lives.

March 2022 has also provided examples of the destructive effects of human aggression, whether on an international level (e.g., Russia's attack on Ukraine, posing a risk to all of humanity) or on an individual level (e.g., Will Smith's recent physical assault on Chris Rock during the Oscars event). During this second quarter of 2022, a number of important holidays are occurring (e.g., Easter, Mother's Day, and National Mental Health Month).

During this time, let's REFLECT on the interconnectedness of humanity (as we have been reminded of through our experiences with the ongoing COVID-19 pandemic, past world wars, etc.). Let us also seek to RESTORE ourselves, our children, and our communities to wellness (physical, emotional, and spiritual well-being). Finally, let us RENEW our commitment to social justice, freedom, non-violence, collective action, and the promotion of academic excellence and well-being in Black children (and other socially marginalized youth).

This Spring 2022 issue of *UPLIFT* contains articles and links that will allow you to REFLECT on CRESTS-Achieve's recent activities (i.e., past training events, ESEA conference participation, and Black History Month communique). In addition, this issue includes an article focused on RESTORING honor to Black women and mothers across the African Diaspora. Finally, the current issue of this newsletter provides an announcement of the upcoming May training event on addressing the mental health needs of Black mothers. This training event is offered to help you to RENEW your commitment to becoming better equipped to more fully address the academic and socio-emotional needs of Black children (and to more effectively engage with their families and communities). #ReflectRestoreRenew

Article written by Constance West, Ph.D.

Upcoming Webinar

Addressing the Mental Health Needs of Black Mothers: Even the Strong Get Weary



In honor of **National Mental Health Month** & **Mother's Day**,
the CRESTS-Achieve Program (www.crestsprogram.com)
is hosting this virtual training event on:

05/24/2022 @ 12:00 p.m. (Central Time)



Register Now!

Nurturers and Warriors



Some time ago, I remembered reading a book entitled, *This Bridge Called my Back: Writings by Radical Women of Color* (a feminist anthology edited by Cherríe Moraga and Gloria E. Anzaldúa published in 1981). And I've been struck by the editors' message that Black women, and other women of color, serve as a foundation for resistance, transformation, and renewal in communities of color.

We have been both nurturers and warriors. We have groomed our children to stand tall in the face of daily oppression. In the absence of human shields that serve as buffers to the tyranny of racism, Black women have had to fight, resist, and hold up the bloodstained banner. This we did while being maligned and called out of our names by those who seek to destroy us. Yet, still, we rise. Despite being underserved in the healthcare system where infant and maternal health is undervalued for Black women, still we rise. Despite the rising numbers of Black girls in the school-to-prison pipeline and suicide rates among Black schoolgirls, still we rise.

Let us stay ever faithful to our God and our people. Let us hold one another's hand to prevent the links in our human chain from breaking. May we stay forever connected in Sisterhood and prayer. Ashé, Ashé, Ashé!

Article written by Cirecie West-Olatunji, Ph.D.

New Concept Paper!
Black Students Existing is an Act of Defiance



Dr. Jimmy Caldwell, Jr, presents a discussion on the linkage between racial microaggressions and the development of Racial Battle Fatigue. This paper focuses on the collective impact of these transgressions on the academic achievement of K-12 Black students. In addition, Dr. Caldwell challenges acceptable strategies for addressing racial microaggressions. Download this free paper today.

Access the Concept Paper & Interview Here!

Meet our new Graduate Student, Jacqueline Marshall



Jacqueline Deniese Marshall M.A., RMHCI is a third-year doctoral student in the Marital, Couple, and Family Counseling /Therapy program at Barry University Miami Florida. She is a member of Chi Sigma Iota (CSI) honor society and a member of the American Counseling Association ACA since 2012. Her passion includes working with social justice initiatives, multicultural awareness, competencies, and education as it relates to working with individuals in marginalized communities. She is the Vice

President of the Anuanzeh Association of the United Women of the Capital District, an organization that provides support for children and families in a variety of communities in Albany New York, and surrounding communities.

She is thrilled to be working with the CRESTS Program and is excited about learning and growing with the program in this continued journey of education, support, reimagining, and implementing core principles of the CRESTS Program.

Catch up on Past Events



5 Africentric Parenting Skills That Correlate to High Academic Achievement in Black Children

(A virtual training event hosted by CRESTS-Achieve: www.crestsprogram.com)



5 Africentric Parenting Skills That Correlate to High Academic Achievement

In this session, panelists discussed 5 Africentric skills that parents can use to promote academic excellence in Black children. Panelists engaged participants in creative and practical ideas in creating space for Black children to learn, grow and excel.

Watch the this Webinar




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Interview With
93 yr old parent,
Mary McDowell
,on Parenting
Black Children




Watch the Interview with elder, "Ms. Mary"



Watch the Video

Moving from



Dispelling the Myth of the

Transgenerational Trauma to Transgenerational Resilience

In honor of Black History Month 2022, the CRESTS-Achieve Program hosted a virtual training session that featured a panel of dynamic scholars, including: Dr. Melanie Acosta, Dr. Samuel Burbanks and Dr. J.R. Caldwell. Panelists discussed how models of transgenerational resilience can be used to foster academic excellence in Black children.

Sassy Black Girl: Promoting Health Identity Development Among Black Girls

Dr. Ebony White joined the CRESTS-Achieve team to discuss how stereotypes of Black girls prevent educators, parents, and clinicians from addressing these children's needs

Watch the Video

CRESTSprogram at the ESEA Conference



In February, the CRESTSprogram team traveled to New Orleans, Louisiana, for the 2022 National Elementary and Secondary Education Act (ESEA) Conference! The National ESEA Conference intentionally aims to coordinate federal education programs under the Elementary and Secondary Education Act (ESEA) and other federal programs. The CRESTS team connected with various stakeholders in education (e.g., school administrators, district leaders, teachers, and staff) at our booth in the Exhibit Hall. Those who stopped by learned about the CRESTSprogram offerings, including the credentialing program, free webinars, concept papers, and our quarterly newsletter, *UPLIFT*.



We are also proud to report that the CRESTSprogram community has grown due to

attending this conference. We welcome our new partners from ESEA into the CRESTSprogram community!

Article written by Ashlei Petion, M.A., LAPC, NCC

Celebrating Black History!



CELEBRATE
**BLACK
HISTORY
MONTH
2022**

[View the February BHM Communique](#)

Want to Learn More? Check Out Our Online Courses



**African-Centered
Counseling
Theories**



**Culture-Centered
Mondays**

Take time now to re-educate yourself about the most effective ways to work with



CRESTS-Achieve

Begin your journey toward acquiring culture-centered skills when working with Black children. Enroll in this 17-unit credentialing program that allows you to challenge your

This is a 3-part series primarily designed for mental health professionals introducing African-centered counseling theories and interventions, including theories advanced by Drs. Wade Nobles, Kobi Kambon, and Frederick Phillips.

Black children. This four-part training introduces concepts, such as educational hegemony and traumatic stress to highlight the unique challenges that Black children face in their schooling experiences. This is an excellent introduction to culture-centered, trauma-informed care for Black youth.

attitudes and beliefs about Black children's capacity to excel in their educational pursuits and in life. Learn about how structural racism impacts Black youth's physical, emotional, and psychological development. Advance your professional skills to re-conceptualize Black schoolchildren's behaviors to foster academic excellence and self-actualization.

Register Now!

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