



***UPLIFT* Volume 3, No. 3 | Fall 2022** **CRESTSprogram**



Keeping “Our Eyes on the Prize” This November & December!

There are fewer than two months remaining in 2022, yet there are so many important events left in this year. In the United States, the 2022 Midterm elections are underway. The outcomes of this election will have far-reaching and long-lasting effects on the lives of U.S. citizens in general. However, these outcomes will be especially impactful for women and communities of color (including, African American and other socially marginalized children). We recognize that this is a complex topic. Some people may feel disillusioned with the political process and may be considering to opt out on the



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voting process. However, for those of you who are eligible, we at CRESTS program strongly encourage you to vote in this election to preserve democratic ideals and practices; as well as, to protect (and restore) voting rights for people of color (and other socially marginalized groups), a women's right to choose, and protections against gun violence. As we move into the November/December/January holiday season, let's prepare to celebrate (whichever holidays that we observe) knowing that we have done our part to secure democracy and to thwart efforts to diminish the basic rights of racial/ethnic minorities and women. When we have worked diligently (and have obtained the fruits of our labor), we can celebrate the holidays knowing that we have "kept our eyes on the prize" (the liberation for all people). In this manner, we provide a solid foundation for our children to thrive.

Upcoming Events



Preventing Suicide and Homicide Among Black Men and Boys

Tuesday, November 15th
12:00-1:30pm CST

[Register Now!](#)



Infusing Black History & Culture into Your Holiday Celebrations (Part II)

Tuesday, December 13th
12:00-1:30pm CST

[Register Now!](#)

Catch Up With CRESTS! Past Events

**Putting the R(ace) into ACES:
Race-Based Trauma in Black Children**



Why Black People Need to Re-invent Thanksgiving Day



While it is wonderful to have time off (if you are afforded that) and gather with friends and loved ones, Thanksgiving is a complicated holiday, to say the least. There is a growing campaign to not celebrate Thanksgiving. We thought it would be worthy to discuss how celebrating Thanksgiving is relevant to raising, teaching, and mentoring Black children. First, as part of the celebration, it is important to share with children the history of Thanksgiving to contextualize the holiday. The history of Thanksgiving is rife with racist acts and political ideology. For instance, on the very day that Pres. Lincoln declared Thanksgiving a national holiday, he sent troops to march against the Sioux nation in Minnesota. Moreover, Thanksgiving is a holiday that does not reflect the mass murders of many, many indigenous people in the U.S. Instead of colluding with mainstream education and media, we should think critically about this holiday. This we do in solidarity with indigenous people in the U.S. and everywhere. Decolonizing this holiday is an imperative. Use this time to educate Black children about their

national history and identify with other oppressed people. We can gather, we can share bread together, but let us do so in seriousness of thought and consciousness.

**Welcoming our New Social Media Intern:
Ming-Kamora Tate**



Ming-Kimora Tate is an ambitious college student with exceptional interpersonal and community involvement. Ming-Kimora graduated Summa Cum Laude from Dickinson High School where she received numerous academic and community service accolades. As of now, Ming-Kimora is a Louisiana Board of Trustees and Rousseve Scholar at Xavier University of Louisiana in New Orleans majoring in psychology with minors in history and African American Diaspora Studies. Additionally, she currently operates as a Supplemental Instructor for Research Methods.

We are excited to have Ming join the CRESTSprogram team!

Expand your knowledge with CRESTSprogram trainings!

CRESTS-ACHIEVE

The overarching goal of this credentialing program is to train educators, mental health clinicians, and parents/guardians to apply relevant research and strategies to transform the school and home environments in consideration of culture-centered, trauma-informed care.

[Learn More!](#)

AFRICAN-CENTERED COUNSELING

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.

[Access Now!](#)

CULTURE-CENTERED MONDAYS

Culture-centered Mondays is a 4-part series highlighting the need for culture-centered trauma-informed care when working with Black children. Each lecture provides cultural context for mitigating the effects of structural racism.

[Enroll Now!](#)

Launching CRESTS-Liberate

We are very proud to launch our newest credentialing program, CRESTS-Liberate. This online, asynchronous training consists of 8 lectures and associated assessments related to Emancipatory Research™ and evaluation methods. Instruction is provided by Dr. Cirecie West-Olatunji and the training features decolonizing perspectives on research design, data collection, analysis, and dissemination. Essential in

this work is an emphasis on community cultural values and an understanding of who owns the research. This is essential for anyone working in communities of color and for research professionals who engage in community engaged scholarship.



Enroll Now!



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