



February 2023

Black History Month 2023: Continuing the Fight for Transgenerational Liberation!

We are in the midst of Black History Month 2023 (as it is celebrated in the United States, Canada, and Germany)! We encourage you to utilize this time to creatively use lessons from history to inform, inspire, motivate, encourage, liberate, and uplift Black youth (and their families and communities).

We can use history lessons to facilitate movement from transgenerational trauma to transgenerational resilience in these groups. Let us be reminded of the words of the Reverend/Dr. Martin Luther King, Jr.: *“The arc of the moral universe is long, but it bends toward justice.”*

Despite recent setbacks on our journey toward the liberation of Black people, it is irrefutable that progress is being made (albeit slower than we want, and often in a zigzag pattern... sometimes moving forward and then edging backward). It is tempting to feel overwhelmed or defeated by the scope of the work ahead of us (especially when we are frequently reminded about how far we have yet to go). However, it is important that we resist this temptation and persevere despite whatever obstacles we encounter (and the inevitable setbacks that we experience along the way).

We must find ways to be encouraged. We must renew our faith that our efforts will not be in vain, continue to work collectively to achieve our common goals, and never give up or become complicit. It is imperative that all of us (in our own way) do our part

to excise racism from the school, home, and clinical environments.

We owe it to Black children (the current generation and those to come) to minimize racism and to equip them to effectively cope with the racism that they'll undoubtedly encounter throughout their lifetimes.

We owe it to our ancestors to right the wrongs committed throughout history due to racism.

Finally, we owe it to ourselves to counteract the ongoing adverse effects of racism on our current lives, including how we perceive ourselves, our ancestors, and Black children and their family members.

In short, we encourage you to use this Black History Month to commit (or recommit) yourself to continuing the fight for transgenerational liberation! In the words of Reverend Doctor Vernon Johns, "If you see a good fight, get in it...You should be ashamed to die until you've contributed to mankind."



Black History Month 2023 Free Webinar!

"Counteracting the Impact of the COVID-19 Pandemic on Black Youth: Educational, Juvenile Justice, & Mental Health Perspectives"

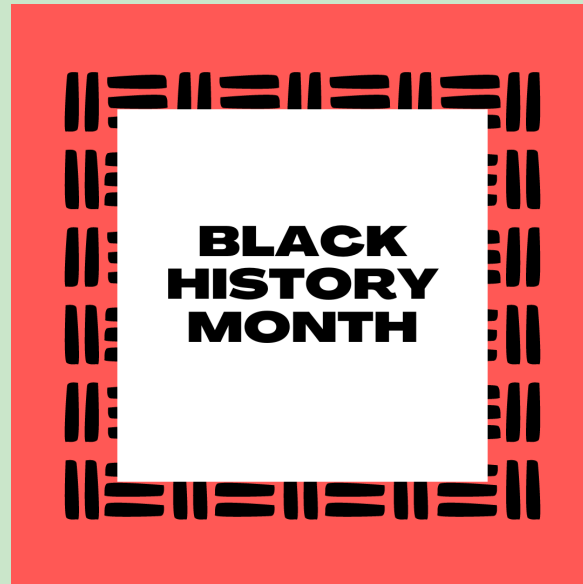
In honor of Black History Month 2023, the CRESTS-Achieve Program is hosting a FREE virtual training session that features a panel of dynamic scholars and professionals. Among the panelists for this session will be Mr. Adolphus Graves (Court Administrator, Cobb County Juvenile Court) and Dr. Teresa Hill, Superintendent of South Holland School District (OH) and author of "Combating the Achievement Gap."

TUESDAY, FEBRUARY 28th, 2023 at 12:00 pm CT

Register
Now

Black History Month Events with the National Museum of African American History & Culture (NMAAHC)

The National Museum of African American History & Culture is hosting a number of exciting events this month in honor of Black History Month (BHM). This year, the museum's BHM initiative is: "Black Resistance: A Journey to Equality."



[Learn More Here!](#)

The Association for the Study of African American Life and History has created a virtual Black History Month Festival, with the theme of Black Resistance.



[Access the Schedule of Events!](#)

Culture-Centered Strategies to Enhance Support for LGBTQ Black Youth

On Tuesday, March 21st, 2022 at 12:00 PM CT, panelists will discuss culture-centered, trauma-informed interventions that promote identity development & well-being in Black LGBTQ youth.



Research has shown the impact of discrimination and oppression on Black youth who identify as LGBTQ. However, clinicians, educators, and parents of Black LGBTQ youth tend to lack the tools necessary to foster a more accepting environment. Black LGBTQ youth hold, at minimum, two marginalized identities. Current studies of LGBTQ youth reveal that the intersection of being Black and LGBTQ can magnify discrimination and other harmful experiences. Additionally, research has shown the correlation between a lack of acceptance within families, schools, and communities and poor mental health among Black LGBTQ youth, including low self-esteem, depressive symptoms, substance use, and even suicidal ideation. This FREE webinar will feature a panel discussion that will summarize the experiences of Black LGBTQ youth, challenge notions of tolerance versus acceptance, and equip attendees with culture-centered, trauma-informed skills and interventions to best support Black LGBTQ youth in their identity development and overall well-being. **Join us for this lively and interactive panel discussion on how we can improve the lives of our Black LGBTQ youth!**

[Register Now!](#)

*"Oh but my joy of today
Is that we can all be proud to say
To be young, gifted and black
Is where it's at"* — Nina Simone in the song, "Young, Gifted, & Black"





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