



***UPLIFT* Volume 4, No. 2 Summer 2023** **CRESTSprogram**



Summer 2023: Don't Forget to Infuse Culture-Centered Activities Into Your Summer Plans

The month of June is full of reasons to celebrate! Summer officially starts on June 21st, but many of us have already begun celebrating summer (i.e., summer break from school/college, summer vacations, etc.!) In addition to marking the beginning of summer, the month of June hosts Father's Day, the Juneteenth holiday, and LGBTQI Pride Month. One thing that these 3 events have in common is the quest for self-determination (i.e., Kujichagulia -in Kiswahili, a Kwanzaa principle). It continues to be imperative that Black fathers, African-Americans, and Black members of the LGBTQIA2S+ community **DEFINE THEMSELVES** as a form of resistance to how society portrays and/or sees them. Black fathers are often “unsung” heroes in the lives of their children (and in Black communities). The stories and images of the minority of Black fathers shirking their parental duties often overshadow the reality that the overwhelming majority of Black fathers devote time, energy, and finances to raising their children (whether within or outside of the home). Juneteenth (now in its 2nd year of being recognized as a federal holiday in the United States) has been commemorated internationally for decades, and is symbolic of the need for people of African descent (within and outside of the United States) to continue the struggle for liberation (of mind, body, and spirit). Pride Month is a time for LGBTQIA2S+ individuals of color to continue their efforts to achieve liberation related to their gender, sexual, and racial/ethnic/cultural identities.

In this issue of UPLIFT, you will find an article on the 2024 Juneteenth holiday, lists of June events related to upcoming/ongoing holidays, an article on the recent additions to CRESTSprogram's "Videos on Demand" library, and information about recent/upcoming CRESTS-Achieve training events. As we enjoy June and the summer season, let's dedicate (or rededicate) ourselves to the quest for self-determination. In addition, let's remember to infuse culture-centered activities into our summer activities and celebrations! This summer is a great time to let CRESTSprogram provide you with the additional training and resources that you need in order to more effectively implement culture-centered, trauma-informed activities during this summer and in the upcoming fall!

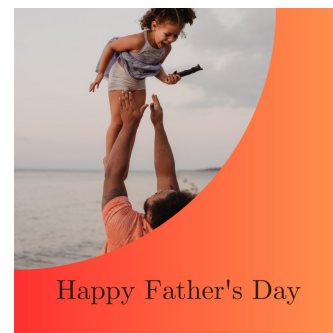
Celebrate Juneteenth!

Did you say 2 1/2 years later? Yes, that is why we celebrate Juneteenth! It took 2 1/2 years to receive the news about the abolition of slavery in 1865. It was on June 19 that the Union soldiers arrived in Galveston, Texas, to announce that the war had ended, and now enslaved Africans were free. Today, we celebrate Juneteenth with a range of activities. Back in the day, they were rodeos, barbecues, and sports events, like fishing and baseball, but there was always a focus on education and self-improvement. Please make no mistake, our spirituality was always at the core of our Juneteenth celebrations. We prayed together, thankful for our families, the opportunity to advance ourselves and celebrate our culture. So, let's not look at this as just another day off, another day to binge-watch movies on Netflix. Instead, join like-minded individuals to celebrate our Independence Day, a national holiday. What will you do this year to commemorate our freedom? It is nation time!



The American Counseling Association interviewed Dr. West-Olatunji about Juneteenth. Check it out!

CELEBRATE and HONOR!



Juneteenth
Community Day
June 17, 2023
Hosted By:
National Museum of
African American
History and Culture

Join the National
museum of African
American History
and Culture in
celebrating
Juneteenth. There
are variety of
activities to engage
in ranging from
culinary arts,
lectures, and family
friendly events.

[Learn More!](#)

Juneteenth
Celebration
June 15 - June 18,
2023
Hosted By: African
American Museum in
Philadelphia

A weekend of events
including a block
party and cultural
experiences await
those who attend.

[Learn More!](#)

Black LGBTQ+
Prides
The Month of June
Hosted By:
Center for Black
Equity

Looking for a Black
Pride Celebration!
The Center for Black
Equity has done the
work for you. They
have a list of events
around the country
as well as some
international events!

[Learn More!](#)

**CRESTSprogram
Learning
Opportunity!
Culture-Centered
Strategies to
Enhance Support
for LGBTQ Black
Youth**

If you missed the
previous event about
supporting LGBTQ
Black Youth, make
sure watch it on
YouTube.

[Watch Now!](#)

Black Dads Matter:
Father's Day Gospel
Jazz Brunch
June 19, 2023
Hosted By:
Chattanooga
Festival of Black Arts
and Ideas

A family friendly
event with music,
food, fun, joy, and
community! Enjoy
time celebrating and
honoring the father
in your life.

[Learn More!](#)

**CRESTSprogram
Learning
Opportunity!
Harnessing the
Power of Black
Fatherhood to
Promote
Excellence in
Children**

An enlivening
opportunity to
engage in learning
about the power of
Black fatherhood.
Not to be missed!

[Watch Now!](#)



Be Sure to Catch Up on Other Past CREST Events on our Thinkfic Page!

We cover various topics relevant to professionals, students, caregivers, and anyone dedicated to supporting black youth.

[Register Now!](#)

OVERVIEW OF CRESTS-Achieve



CRESTS-Achieve (a subsidiary of CRESTSprogram, LLC) is a culture-centered, trauma-informed care professional development program. CRESTS-Achieve is designed to better equip educators, parents, and mental health professionals to promote academic excellence and emotional well-being in Black youth (and other children of color).

Our most unique feature is that CRESTS-Achieve *places culture at the center of trauma-informed care*. It is specifically designed to decrease intergenerational trauma and enhance resilience, including healing from race-based trauma and other types of trauma unique to Black youth (and other children of color).



OUR SERVICES

CRESTS-Achieve provides services at a variety of levels, including:

- **INDIVIDUAL LEVEL LEARNING: VIDEOS ON DEMAND**
 - **DISTRICT/SCHOOL/GRADE/COURSE LEVEL: Training, consultation, assessments, technical assistance, and coaching to help build skills and support system-level change**
 - **MERCHANDISE** and products to encourage, inspire, and remind you of your devotion to supporting black youth
 - **Quarterly NEWSLETTER: Stay up to date with CREST happenings**
 - **Free RESOURCES** (concept papers, videos, podcasts, and factsheets) to keep you inspired and learning
-

Meet our new Staff Members!

If you've been noticing, CRESTS program is growing. Thanks to you, we added two new members to our team. Our new graduate research intern is Kimberlee Bow, a University of Arizona Global Campus doctoral student. Kimberlee is a licensed professional counselor (LPC) who specializes in mindfulness and is a registered dance movement therapist.



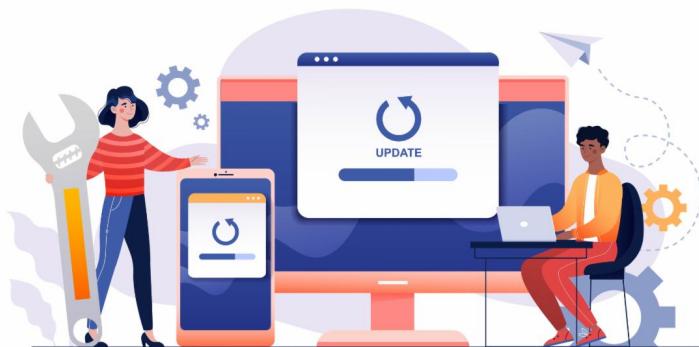
Kimberlee Bow

Joining us as the social media intern is Madison Brydie. Madison is a rising senior at Xavier University of LA, majoring in mass communications. Already, Madison is distinguishing herself as a dedicated and creative student by engaging in numerous communications projects. Please welcome the newest members of our team!



Madison Brydie

6 New Courses Added to Our "Videos on Demand" Library!



At its core, CRESTSprogram offers a variety of training programs for educators, researchers, parents/caregivers, and mental health clinicians. These training programs include our "Videos on Demand" library, customized training programs for groups/organizations, and our series of free webinars (generally offered on a monthly basis). Until recently, our "Videos on Demand" library included our two credentialing programs (*CRESTS-Liberate*, an Emancipatory Research training program; and *CRESTS-Achieve*, a culture-centered, trauma-informed training program aimed at promoting academic excellence and emotional well-being in Black youth) and three courses (stand-alone webinars and/or 3- or 4-part webinar series). **We are pleased to announce that we have recently added 6 new courses to our "Video on Demand" library!** These new courses include: "Putting the (R)ace in ACES" (Parts I & II), "Addressing the Mental Health Needs of Black Mothers: Even the Strong Get Weary," "5 Africentric Parenting Skills That Correlate to High Academic Achievement," "Unseen & Unheard: Rising Suicide Rates Among Black Children," and "Decolonizing Mental Health Training to Effectively Work with Black Youth." To gain access these culture-centered, trauma-informed trainings, please visit: <https://crestsprograms.thinkific.com/>

The time is now!

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!](#)

DECOLONIZE YOUR PRACTICE WITH CULTURE-CENTERED COUNSELING

This is a 3-part series primarily designed for mental health professionals working with Black clients. We introduce 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!](#)

We Welcome Your Support!



We welcome your financial support to encourage the growth of our mission and activities to promote academic excellence and emotional well-being in Black children and adolescents.

[Donate Now!](#)

Save the Date Fall 2023

SEPTEMBER
19TH

AFRO-LATINX YOUTH

OCTOBER
17TH

GRIEF-RELATED ISSUES

NOVEMBER
14TH

BLACK GIRLS/WOMEN
& NATURAL HAIR

DECEMBER
12TH

INFUSING CULTURE INTO HOLIDAY
CELEBRATIONS (PART III)



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