



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



It's the Season to "Spring" into Social Action!

We have made it through another winter season (literally and figuratively), and are firmly in the midst of Spring 2023! As such, we are in a season that is representative of physical, emotional, and spiritual renewal. **The CRESTSprogram team encourages you to harness the power of this season to renew your commitment to promoting academic excellence and emotional well-being in Black youth.**

The current issue of UPLIFT includes articles and information on the following topics: CRESTSprogram (i.e., our "videos on demand" and other services/products), upcoming training events, and child abuse prevention (especially, as it relates to Black children and other minoritized youth). By providing you with the information and resources contained in this issue of UPLIFT, **we hope it will inspire, equip, and empower you to "spring into action" to more effectively advocate on behalf of the Black youth (and other youth of color) in your lives.**

OVERVIEW OF CRESTS-Achieve



CRESTS–Achieve (as 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: VIDEOS ON DEMAND**
 - **DISTRICT/SCHOOL/GRADE/COURSE LEVEL: Training, consultation, assessments, technical assistance, and coaching**
 - **MERCHANDISE** and products
 - Quarterly **NEWSLETTER**
 - Free **RESOURCES** (concept papers, videos, podcasts, and factsheets)
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Upcoming Events



Putting the R(ace) into ACES - Part II: Focusing on Early Childhood

Tuesday, April 25, 2023
12:00-1:30pm CST

[Register Now!](#)



"Quiet as it's Kept": Black Mothers, Transgenerational Trauma, & Resilience

Tuesday, May 23, 2023
12:00-1:30pm CST

[Register Now!](#)



Face-to-Face Training in New Orleans!!!

Countering Race-Based Stress for Young Children (in partnership with Be Strong Families)

Thursday, May 25, 2023
9:00 a.m. to 12:00 p.m. CST

[Register Now!](#)

Lifting Up Black Children



This month provides an opportunity for all of us to give greater attention to health disparities (**National Minority Health Month**) and child abuse (**National Child Abuse Prevention Month**). Both concerns affect Black children and other youth of color in disproportionate ways. Race-based stress impacts Black children in the womb due to the

distress that Black mothers experience during (and before) their pregnancies. Race-based stress has been correlated to premature labor and low-birth weight. Additionally, many mothers from low-income families living in disenfranchised communities receive low-quality healthcare. *Let's be real; racism is abuse.*

Child abuse is preventable, whether it is physical abuse, sexual abuse, or even psychological abuse. Yet, it takes action to protect children from harm. Black children experience a multitude of abuse throughout their lifetimes. Research has shown that Black children receive harsher punishments than their White counterparts in school settings and are twice as likely to experience corporal punishment, behavior referrals, and placement in the juvenile justice system. Black children in impoverished communities often live in food deserts where nutritional food is scarce. And, to add insult to injury, recent research on Black children in affluent families attending high-resourced schools experience racial bullying, marginalization, and lack of belonging. This is abuse. We have often heard that it takes a village to raise a child. *Where is that village now? What can you do to reduce child abuse within your area of influence?*

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: AFRICAN- 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!](#)

Your Donations are Welcome!



Do you want to financially support our mission and activities to promote academic excellence and emotional well-being in Black children and adolescents?

Donate Now!



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