



***UPLIFT* Volume 5, No. 1 Spring 2024** **CRESTSprogram, LLC**



Spring 2024 is Your Season for Embodying and Promoting Resilience in Your Work With Black Youth (and other Youth of Color)!

SPRING 2024 is officially here! Once again, we have entered the time of year that represents rebirth, rejuvenation, and **RESILIENCE** (one of our favorite terms here at CRESTSprogram, LLC)! We all experience winter seasons (both literally and metaphorically) in our lives. It is important to remember that no matter how cold, harsh, and/or dreary that any particular winter season of your life may feel; you must have faith that your spring season is coming! Don't give up! Your personal, professional, physical, emotional, and/or spiritual breakthrough is coming (as sure as the winter season is always followed by spring)!

As educators, parents, mental health clinicians, and/or juvenile justice professionals working with Black youth (and other youth of color), it is imperative that we have faith that our work on behalf of these youth will be

successful. The success of our efforts will sometimes be immediately evident. However, there will be times when our efforts will not result in short-term success. When this happens, it is imperative that we maintain faith that success is still possible. In these instances, it is imperative that we embody resilience that we aim to promote in the youth that we serve. We must work collaboratively with like-minded individuals in order to identify and implement more effective approaches that will yield short-term and long-term success. The CRESTSprogram team is committed to providing you with the training and support that you need in order to be more successful in your efforts to promote academic excellence and emotional well-being in Black youth (and other youth of color). We are confident that our training courses and other resources will prepare you to achieve a breakthrough (both professionally and personally) this spring season!

The current issue of UPLIFT includes articles and information on the following topics: International Women’s Day, new courses in the CRESTSprogram “Videos on Demand” library, recent additions to the CRESTSprogram team, brand new CRESTSprogram resources and merchandise, recent and upcoming events, and other related topics. By providing you with the information and resources contained in this Spring issue of UPLIFT, **we hope it will inspire, equip, and empower you embody and promote resilience in your work with and on behalf of the Black youth (and other youth of color) in your lives.**



OUR SERVICES

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

- **INDIVIDUAL LEVEL LEARNING: VIDEOS ON DEMAND**
- **ORGANIZATION 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

Have *Immediate Training Needs?* **CRESTSprogram to Your Rescue!**



Do you have funds that need to be expended prior to the end of the current funding cycle? Are you in the process of generating your training budget for the upcoming funding period, and looking for training options? **YOU CAN RELAX** because CRESTSprogram is here and poised to meet with you ASAP to do the impossible - design and implement a training program for you and your school district, organization, company, school, clinical or research team. If you can pull your team together, we will provide the training!

Click [HERE](#) to have us to design a training program to match your needs, budget, and time constraints.

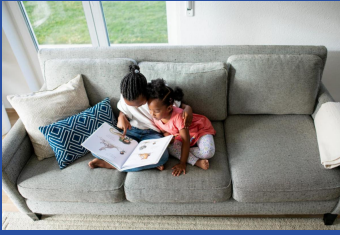
Dive into the CRESTSprogram Communiversality!

CRESTS-Liberate Credential Course



CRESTS-Liberate is an emancipatory research credentialing program designed to inform anyone engaged in research about culturally marginalized communities on how to address the inherent Eurocentrism and bias in conventional research methodologies.

Build Your Knowledge and Skills Courses



Click on a topic or topics to learn more.

- [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](#)
- [Decolonizing Mental Health Training to Effectively Work with Black Youth](#)
- [Culture-Centered Mondays](#)
- [African-centered Counseling Theories](#)
- [Resiliency in the Midst of Uncertainty](#)
- [Black Mothers: Intergenerational Trauma, Mental Health, & Resilience \(Parts I & II\)](#)
- [Promoting Academic Success in Black Children: Pre-K to H.S. Graduation](#)
- [Locs, Weaves, and Everything in Between: Black Women/Girls & Emotional Wellness](#)
- [Your Grief Ain't Like Mine: Addressing the Unique Needs of Black Children](#)
- [Dispelling the Myth of the Sassy Black Girl: Promoting Healthy Identity Development Among Black Girl](#)

Visit our Website

Pre-Order CRESTS-Achieve Credential Courses



Whether you are mental health professional, parent, or educator you can be among the first to immerse yourself in 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).

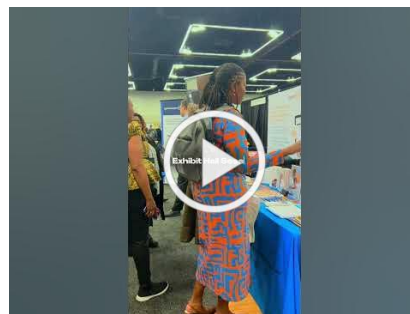
[CRESTS-Achieve: For Individual Mental Health Professionals](#)

[CRESTS-Achieve: For Individual Educators/Parents](#)

RECENT EVENTS

2024 National ESEA Conference: RECAP!

In February, the CRESTSprogram team attended the 2024 National ESEA conference in Portland, Oregon. This was our third consecutive year attending this education-focused conference. At this year's national ESEA conference, **Dr. West-Olatunji (CRESTSprogram, CEO) gave an *invited lecture*, "Hidden in Plain Sight: Giving Voice to the Experiences of Minoritized Children"**. This lecture was very well received (based on the post-webinar survey results and the unsolicited feedback from attendees). If you registered to attend the conference, you will be able to access the video recording of Dr. West-Olatunji's lecture through 05/10/2024. In addition, conference registrants will be able to access two additional videos that Dr. West-Olatunji developed related to her role as a conference presenter: a "Take 5" relaxation video and a video describing CRESTSprogram's new "Pediatric Counseling Workbook" (available for purchase via the CRESTSprogram website).



Two CRESTSprogram team members, Dr. Constance West and Ms. Jonae Bond, accompanied Dr. West-Olatunji to the 2024 National ESEA conference. The CRESTSprogram had an exhibit booth at the conference, where team members shared information and resources with conference attendees. In addition, Dr. West-Olatunji hosted a "Meet the Author" session and held one-on-one

meetings with attendees to discuss possible partnerships. During this year's national ESEA conference, Dr. West-Olatunji and her team were honored to become better acquainted with NAESPA (National Association of ESEA State Program Administrators) officers. In addition, CRESTSprogram team members were thrilled to interact with conference attendees who regularly attend our live training events, have completed our online training courses, and/or whom we'd met at previous ESEA conferences.

The CRESTSprogram team is planning to head to Austin, Texas in 2025 to participate in its fourth ESEA national conference! **We hope to see there!**

Recap of our February Webinar: Historical Resilience in the Black Community: Back to our Roots



For Black History Month, CRESTSprogram focused on the innate resilience of African Americans in the webinar “Historical Resilience in the Black Community: Back to Our Roots.” Dr. West-Olatunji, Dr. West, and Dr. White led an engaging presentation woven with the ideas of traumatic stress, transgenerational and historical trauma, Afrocentric values, resistance, community, and resilience. Our audience asked poignant questions that created an atmosphere of learning and allowed for deep exploration and critical thinking.

To leave you with some food for thought. Below are the 3 Fundamental Questions for Black People:

- Who am I?
- Am I Really Who I Am?
- Am I All I Ought to Be?

Take time to reflect on these questions. How can they lead you to deeper exploration and deepen your work with minoritized youth?

If you missed this engaging training, please access our Thinkific learning platform to enroll.

UPCOMING EVENTS

CRESTSPROGRAM'S WINTER 2023/2024 TRAINING SCHEDULE

Addressing Racial Trauma in Young Children: 5 Early Childhood Intervention



**Join Dr. West-Olatunji in New Orleans
for an In-person Training!**

**ADDRESSING RACIAL
TRAUMA IN YOUNG
CHILDREN: 5 EARLY
CHILDHOOD INTERVENTIONS**

This training will focus on interventions for racial trauma as experienced by young children. Dr. Cirecie West-Olatunji will discuss race-based stress as an adverse childhood experience (ACE) and how to identify the symptoms among young children. More importantly, Dr. West-Olatunji will offer solutions and interventions that adults can implement to arm children against threats to their self-esteem, self-actualization, and self-identity to promote healthy emotional and psychological well-being and lifelong success.



 **17TH MAY 2024**

 **09.00 - 1.00 PM**

 **NEW ORLEANS, LA**

[Register Now!](#)

CRESTSPROGRAM, LLC
www.crestsprogram.com

**In partnership with Be Strong Families and the
XULA Center for Traumatic Stress Research**

2nd Annual Emancipatory Research Symposium



Save the Date

**2nd Annual Emancipatory
Research Symposium**
Friday, July 12th, 2024
8:00 am (CST) - 4:00 pm (CST)

Reception
Thursday, July 11th, 2024
5:30 pm (CST)

at Xavier University of Louisiana, New Orleans, LA

For more information or to register, please contact cejhs@xula.edu
504-520-6748



**The Center for Equity, Justice,
& the Human Spirit**
XAVIER UNIVERSITY of LOUISIANA

Your Grief Ain't Like Mine-Part 2: Black Children's Grief and Loss Issues



Date: Tuesday, April 16, 2024

Join us for an insightful online event focusing on the unique experiences of Black children dealing with grief and loss. Our panel of experts will discuss the historical challenges and the structural issues that impact the growth and development of Black youth and other children of color. Strategies for supporting Black youth through difficult times will be covered to help parents, educators, and mental health professionals enhance their service delivery. Don't miss this important conversation!

[Register Now, Space is Limited!](#)

Save the Date

Winter/Spring 2024

JANUARY 9

ACADEMIC SUCCESS IN BLACK CHILDREN: PRE-K TO H.S. GRADUATION

FEBRUARY 20

HISTORICAL RESILIENCE IN THE BLACK COMMUNITY: BACK TO OUR ROOTS

APRIL 16

GRIEF & LOSS IN BLACK CHILDREN

MAY 21

BLACK MOTHERS: THE BENEFITS & COSTS OF SUPERWOMAN-HOOD

JUNE 18

BLACK MEN, BOYS, & FATHERS

Introduction to Dr. Ebony White



We are excited and pleased to introduce you to our newest staff member, Dr. Ebony White, LPC, NCC, ACS, a Research Fellow. Dr. White brings her extensive knowledge, passion, dedication, energy, counseling, training, and teaching experience to the team. She is an award-winning licensed professional counselor, a nationally certified counselor, and an approved clinical supervisor, who in addition to her role as the Executive Director of the Center for Mastering and Refining Children's Unique Skills is an Assistant Clinical Professor at Drexel University and Interim Director of the Stephen and Sandra Sheller 11th Street Family Health Services. Dr. White's research interests focus on advocacy and social justice within the African American community, specifically investigating the impact of individual and systemic trauma on the development and function of individuals and families within the African diaspora. We are excited to welcome Dr. White to the CRESTS program team!

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!



Visit our Website

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