



# UPLIFT

The Official Newsletter of CRESTSprogram, LLC  
Volume 6, No. 1 - Winter 2024/2025



**Winter 2024/2025 is here**, and for many of us - this is a time filled with preparation, reflection, and goal setting as we close out 2024 and get geared up for 2025. This time of year often involves mixed emotions – excitement and anticipation, stress and anxiety, and for some – disappointment, sadness, and grief regarding losses (personal, professional, political, etc.). We want to remind you that a key existential task in life is to maintain an accurate perception of reality (i.e., the obstacles we face, the resources that we have acquired or lost, and our progress and setbacks) while simultaneously remaining hopeful, engaged, and determined regarding our ongoing work to achieve positive changes in ourselves, others, and the world around us.

**CRESTSprogram encourages you** to actively engage in activities that ground, educate, affirm, support, and rejuvenate you so that you will be best equipped to fully address any uncomfortable feelings that you have regarding ANY truths that you are facing regarding yourself, your family, your community, your country, or the

world. It is imperative that you enable yourself to be firmly grounded in reality while being relentless in your efforts to promote positive change within you and the world around you.

**We want to remind you** that CRESTSprogram is dedicated to sharing realities about what Black youth (and other youth of color) and their families and communities experience. We must face these truths squarely “in the eye” in order to more effectively promote academic excellence and emotional well-being in our youth. CRESTSprogram is fully devoted to supporting, affirming, and equipping YOU, especially related to your work with (and on behalf of) youth of color. The current issue of *UPLIFT* contains information about CRESTSprogram’s resources (i.e., online training courses, customized training programs, blogs, concept papers, podcasts, etc.), recent and upcoming events, and announcements that we hope will should prove to be helpful to you during this Winter 2024/2025 season and beyond! Together, we can close out 2024 right; and become more grounded, prepared, emotionally healthy, and fired up as we move into (and brace for) the start of 2025!

*Happy Holidays from CRESTSprogram!*

**We are glad to have you as a member of the CRESTSprogram family of supporters!**

**Let’s continue working together in order to make the best of 2025!**

## Upcoming Events



### January 21: The Power of Partnerships

One of CRESTSprogram's most impactful accomplishments of 2024 has been the establishment of our ongoing partnership with Global Health Action (GHA). We have partnered with GHA to provide mental health-related training to their Kenyan partners who have been providing services to communities traumatized by a recent natural disaster (extreme flooding). Provided services have included a combination of didactic and coaching sessions, plus the development of a toolkit for service providers. To date, the CRESTSprogram/GHA partnership has been overwhelmingly successful. It has resulted in numerous positive changes within the GHA Kenyan partners and the organization (GHA) on multiple levels: organizational (climate, mental health policies, service delivery, etc.) and personal levels (individual and interpersonal).

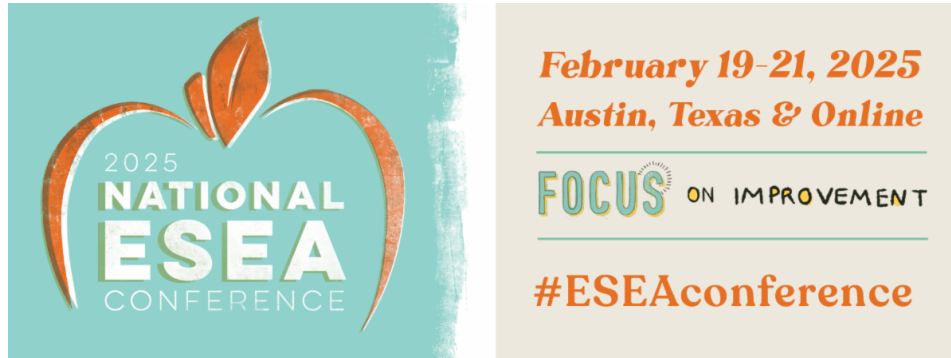
Detailed information about this powerful partnership (purpose, activities, processes, outcomes, and lessons learned), will be provided in an upcoming co-hosted webinar that will highlight the CRESTSprogram/GHA partnership. Panelists for this webinar will include representatives from CRESTSprogram, LLC (Dr. Cirecie West-Olatunji, Dr. Constance West, & Dr. Ebony White) and from Global Health Action (Ms. Wendy Jolley-Kabi, Dr. Charsey Cherry, & Mr. Bwalya Mubanga). Additional professionals from GHA (i.e., Dr. N'faly Keita and Ms. Michelle Argueta) who have made considerable contributions to this partnership will also be in attendance (along with Dr. Kimberlee Bow, of CRESTSprogram).

Don't miss this opportunity to network with like-minded individuals and gain valuable insights. Take your partnerships to the next level!

**Date & Time: Tuesday, January 21, 2025 · 12pm CST**

[Register Here for this FREE Webinar!](#)

**CRESTSprogram is ON THE MOVE...**  
**to Texas for ESEA 2025!**



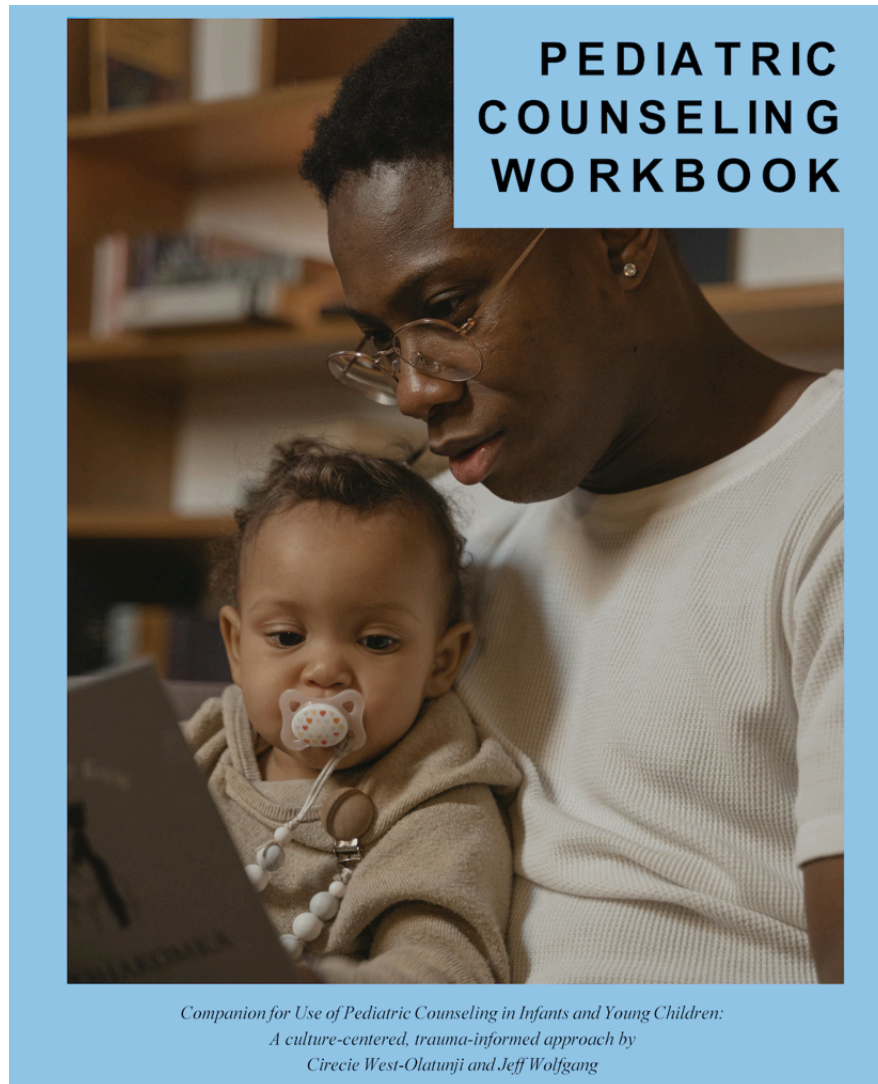
The CRESTSprogram team will be attending the 2025 National ESEA conference in February 2025. Our team will be heading to Austin to attend this annual conference for our 4<sup>th</sup> time! *What's new* about our 2025 conference participation? **Dr. Cirecie West-Olatunji (CRESTSprogram CEO) will give an *invited lecture*, "From Trauma to Resilience: Deepening Our Understanding of Social-Emotional Well-Being" on 02/21/2025 at 10:30 a.m.** Immediately after her lecture (from noon to 12:30 p.m.), Dr. West-Olatunji will host a "Meet the Author" session. **If you are planning to attend this year's conference, we encourage you to bring your copy of the CRESTSprogram *Pediatric Counseling Workbook* (now available on Amazon – see article below section) to this session, and have Dr. West-Olatunji to sign it for you.**

Consistent with previous years, members of the CRESTSprogram team will be accompanying Dr. West-Olatunji to this conference. In 2025, CRESTSprogram will bring its largest group of staff members to the ESEA annual conference. More specifically, the following CRESTSprogram team members will attend the conference (alongside Dr. West-Olatunji): Dr. Constance West, Dr. Ebony White, Dr. Kimberlee Bow, and Ms. Jonae Bond. At the conference, CRESTSprogram will have a booth in the exhibit hall (Booth #, where we will meet conference attendees, host giveaways and contests, and answer questions. **Additionally, we will have several resources on hand, including copies of our CRESTSprogram concept papers, newsletters, resource lists, etc.** The 2025 ESEA annual conference will be here soon! Whether you are a new or returning ESEA conference attendee, we hope to connect with you while we are in Austin in February 2025!

## ***RECENT EVENTS AND RELEASES***

### **Pediatric Counseling Workbook: NOW AVAILABLE!!**





We are thrilled to announce that the electronic version of the Pediatric Counseling Workbook is available for purchase on Amazon.com. As a companion to the 10 Interventions for Young Children YouTube playlist ([https://www.youtube.com/playlist?list=PLS\\_UrTuJN9mtdPMtC3gtXCvu7Edlv8j61](https://www.youtube.com/playlist?list=PLS_UrTuJN9mtdPMtC3gtXCvu7Edlv8j61)), the workbook provides a more comprehensive explanation of the interventions. The print version of this book is scheduled for distribution in February 2025.

And be on the lookout for the comprehensive book *Use of Pediatric Counseling With Infants & Young Children: A Culture-centered Trauma-informed Approach*. We anticipate this publication to be released toward the end of 2025.

*Order the Pediatric Counseling Workbook from Amazon.com*

## CRESTS-Liberate Training With Grassroots Organizers



Thanks to a generous grant from the National Council of Black Studies (NCBS), we could offer scholarships to grassroots organizers. Twelve scholarship recipients were chosen, three of whom traveled great distances to be there (Atlanta, GA, St. Louis, MO, and Greenville, NC). Held in New Orleans, LA, this 2-day event provided emancipatory research training and covered many topics to aid participants in moving away from bias in research activity. Six of the participants had attended this year's Emancipatory Research Symposium. We had a wonderful time engaging in emancipatory thought and look forward to seeing the transformative research to come!



## OUR SERVICES

**CRESTSprogram 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.

**[Enroll Now](#) to Decolonize Your Approach to Research!**

## 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 \(Parts I, II, & III\)](#)
- [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 \(Parts I & II\)](#)
- [Dispelling the Myth of the Sassy Black Girl: Promoting Healthy Identity Development Among Black Girl](#)

## 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**

There's a NEW Doctor in the CRESTSprogram House!

Congratulations, Dr. Kimberlee Bow!



As many of you know, Kimberlee Bow has been serving as CRESTSprogram's Graduate Assistant since May 2023. However, what you may not know is that Kimberlee recently successfully completed her oral defense of her doctoral dissertation entitled, "Sport and Performance Enhanced by Dance/Movement Therapy and the Emotional Freedom Technique", on 10/02/2024. Accordingly, she will receive her doctorate in psychology from the University of Arizona Global Campus in December 2024! Thus, she will officially close out 2024 as DOCTOR Kimberlee Bow!

CRESTSprogram is exceedingly proud of Dr. Bow, and appreciative of the many ways in which she is excited about what 2025 will bring for Dr. Bow as she transitions from being a doctoral student to applies her expertise, impeccable work ethic, inquisitive mind, humility, and passion for social justice to her work with and on behalf of CRESTSprogram. We are excited for Dr. Bow as she moves forward to being a full-time, doctoral level mental health practitioner-scholar! Join CRESTSprogram in congratulating Dr. Bow on her amazing accomplishment!

# ENJOY THE CRESTSPROGRAM BLOG



## Now is the time to enjoy CRESTSprogram:

The CRESTSprogram team has spent the past several months writing some instructive and valuable blog posts that you can access at any time. There are posts that you can enjoy whether you are a student, teacher, caregivers, or counselor. Below are some examples of what you will find on our blog, but we encourage to explore the [entire blog](#)!

[Supporting a Healthy Racial/Cultural Identity Among Black Youth by Dr. Ebony White](#)

[Embracing Africentric Parenting: Nurturing Strong, Resilient Children by Dr. Cirecie West-Olatunji](#)

[What's Culture Got to Do With It? Taking a Student Perspective by Dr. Kimberlee Bow](#)

## 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!**

## Social Media Giveaway: CRESTSprogram Holiday Gift Basket!



CRESTSprogram recently hosted a giveaway of its annual holiday gift basket! Everyone who was a follower of CRESTSprogram on Facebook and/or Instagram as of 12/07/2024 at noon (Eastern Time) was automatically entered in the giveaway. We used a random number generator to identify the winner. Congratulations to the lucky winner!

We thank all of our social media followers for their support! If you aren't yet a follower, we hope that you will go ahead and subscribe to CRESTSprogram's pages on the various social media platforms!

## Coming Soon!

## Emancipatory Research (ER) Dictionary



As we continue to offer our emancipatory research training, CRESTS-Liberate, to new groups, there has been a call for a dictionary that would assist trainees to acquire new words that reflect a decolonized approach. So, in response, we are developing the CRESTSprogram "Dictionary of Emancipatory Research". We hope to have the book complete and ready for distribution by Summer 2025 (just prior to the annual Emancipatory Research Symposium). We are taking a very creative and artistic approach to developing this dictionary. It will reflect our thoughts, feelings, and attitudes; engaging more than our minds, but also our senses. Be on the lookout for updates on this ongoing project!

## Save the Date For Our Upcoming Trainings

**Save the Date** Winter/Spring 2025

<b>JANUARY 21</b>	THE POWER OF PARTNERSHIPS
<b>FEBRUARY 11</b>	THE HISTORY OF BLACK LOVE
<b>MARCH 18</b>	LOSS, GRIEF, & INCARCERATION
<b>APRIL 22</b>	BEING UNAPOLOGETICALLY BLACK
<b>MAY 20</b>	BLACK INFANT & MATERNAL HEALTH
<b>JUNE 17</b>	DISPELLING THE MYTHS ABOUT BLACK FATHERS

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