



BHH Designated Provider Agency Work Group

April 23, 2021

1:00pm – 3:00pm

Virtual Meeting

Attendees: See page 3 for a list of participants

Notes

1. Racial Trauma

- a. Presenters discussed the historical background of race relations in the US and the connection it has to racial trauma and internalized racism within the black community.
- b. Presenters defined racial trauma – trauma that stems from an event or multiple events that a BIPOC (black, indigenous, or person of color) individual experience because of their race or color of their skin that is/was emotionally or physically threatening. These event can caused long lasting effects on the person. These events can include, but are not limited to, humiliation based on race, shaming events, workplace discrimination, an accumulation of different macroaggressions, and/or witnessing harm to other people in the BIPOC community.
- c. The symptoms of racial trauma can include intrusive memories, thoughts, dreams or flashbacks; avoidance of certain stimuli; desensitization (involving involuntary thought blocking); exaggerated beliefs about self in the world; mood instability; and hyper vigilance.
- d. Racial trauma can also stem from a BIPOC individual’s understanding and knowledge of history and how things have played out for people who are in their community. Racial trauma is considered a complex trauma.
- e. There are several culturally competent interventions specifically to tackle race-related stress and trauma. Some examples are:
 - Trauma-informed Yoga by Dr. Sheen Young
 - African-American Multi-Generational Trauma and Implementation Model by Dr. Joy Degruy
 - Generational Trauma Multicultural Feminist Therapy
 - Sound Healing and African Cultural Dancing
 - Cognitive Reprocessing
 - EMDR works very well for internalized racism and internalized trauma
- f. Presenters also provided ways in which white behavioral health works may become comfortable with discussing race and racism with clients who are members of the BIPOC community.
 - Read white fragility by Robin D’Angelo
 - Identify where you are on the racial identity model by Janet Helms
 - Hold space to recognize your feelings
 - Gather a support system that can help you live anti-racism
 - Commit to ongoing learning
 - Utilize curiosity to dismantle racist stereotypes and biases



- g. If attendees want more guidance or have questions related to racial trauma, they may contact Janelle Posey-Green at magnoliawellness83@gmail.com or Kelvin Young at kyoung06457@gmail.com.

2. 2021 Consumer Satisfaction Survey

- a. The 2021 BHH Consumer satisfaction survey is now available. Providers will have until the end of the September to collect the required sample size for their agency
- b. Providers have the option of administering a paper survey or sending out an electronic survey via SurveyMonkey®.
- c. Karin Haberlin walked through how to access the surveys
- d. Karin Haberlin walked through the format of the electronic survey.
- e. Providers can send all questions related to the 2021 consumer satisfaction survey to Denise Perez at dperez@abhct.com.



Participants

Name	Organization	Total Duration (Minutes)
1. Denise Perez	ABH	106
2. Jeannie Wigglesworth	Beacon	96
3. Wiley Rutledge	BHcare	96
4. Leticia Carillo	BHcare	89
5. Valerie Mallard	Bridges	82
6. Patricia Bennett	Bridges	73
7. Trish Kramer	Bridges	97
8. Anjay Cardona	CMHA	50
9. Chris Porcher	CMHA	50
10. Maria Oliva	CMHC	13
11. Molly Malone CMHC (Molly)	CMHC	77
12. Velvet Yusko	CMHC	96
13. Karolina Dudzik	CMHC	94
14. Nadine Lewis	CMHC	74
15. Mary Germano	CRMHC	94
16. Lauren Staiger	DMHAS	100
17. Karin Haberlin	DMHAS	97
18. Colleen Mastroianni	InterCommunity	96
19. Janelle Posey-Green, LCSW	Presenter	79
20. Kelvin Young	Presenter	78
21. Kimberly Whipple	Rushford	83
22. Elizabeth DeConto	Rushford	77
23. Marcia Beebe	Sound	96
24. Marissa Hodges	Sound	63
25. Katie Fogg	Sound	94
26. Alix O'Neil	Sound	86
27. Nichole Burns	Sound	33
28. Amanda Dondero	United Services	73
29. Kimberly Solomakos	United Services	88
30. Holly Fish	United Services	65
31. Alexandra LaBarca	WCMHN	93
32. 18608470909	Unknown	11
33. Susan Swonson-Liso	Unknown	78
34. Natasha Plaza	Unknown	77
35. 18603817154	Unknown	40