

STAFF-DRIVEN TOOLKIT

BUILDING BLOCK #1

These resources were requested by staff and provided by staff. The categories are here to help the content be more manageable based on each person's needs. Many of the resources could be included in multiple sections. The purpose of these resources is to create a better understanding on the impacts of racism, how to talk with co-workers, clients and community members about these impacts and how to be anti-racist. Additionally, some of these links promote self-care.

Personal development

- [Talking about race](#) – National Museum of African American History and Culture
- [New era of public safety](#) – The Leadership Conference on Civil and Human Rights
- [Let's get to the root of racial injustice](#) – TEDxRainier
- [White flight and civil rights in Johnson County, Kansas](#) – American Association for State and Local History
- [This list of books, films and podcasts about racism is a start, not a panacea](#) – National Public Radio

Professional development

- [Stop hesitating: a resource for psychotherapists and counselors](#) – ACPE, U.S. Department of Education recognized organization for CPEs
- [Black and African American communities and mental health](#) – Mental Health America
- [Addressing the mental health needs of racial and ethnic minority youth: a guide for practitioners](#) – American Psychological Association
- [Supporting the mental health of Black Americans](#) – Horizon Health News, Blue Cross Blue Shield
- [How do White female therapists address racism?](#) – PSYCHED Magazine
- [Eight lessons for talking about race, racism and racial justice](#) – The Opportunity Agenda

Self-Care

- [The emotional impact of watching White people wake up to racism in real-time](#) - Metro
- [Good Black News](#) – A collection of positive stories
- [The history of injustice: coping with racial trauma](#) – The Health Nexus
- [Self-care ideas for stress: caring for yourself during challenging times](#) – Atlanta Innovative Counseling Center

Client-Care

- Resources for parents: uplifting youth through healthy communication about race – American Psychological Association <https://www.apa.org/res/parent-resources/> This hyperlink doesn't work on some devices. If you copy & paste this into your browser, it should work.
- [Black mental health resources](#) – The Mental Health Coalition
- [Protesting George Floyd's death safely](#) – USA Today
- [Tool kits & resources](#) – Black Emotional and Mental Health Collective