



July 22, 2022

July is Minority Mental Health Awareness Month

Today I call your attention to a lesser known observation: National Minority Health Awareness Month. That designation was created to shed light on the unique struggles racial and ethnic minority communities face regarding mental illness.



Why do we set aside a special month for minority mental health awareness? The answer is that in a race-conscious society, concerns and traumas faced by marginalized and disenfranchised people are unique and need to be recognized as such.

Some communities have a long-held stigma in discussing mental health, and admitting a mental health challenge is seen as weakness, especially for men of color. For Latinos, talking about mental health is difficult because it's generally not discussed in the home. Some say that if you bring it up, you're told that it'll pass and it's not that serious.

Racial, sexual, ethnic and age-related minority groups consistently show higher levels of anxiety, depression, suicidal tendencies and other mental health disorders.

Our society's deep-rooted prejudice towards minority groups is a major cause of feelings of trauma from rejection, estrangement, and harassment. Prejudice based on immigration status, economic conditions, and educational achievement disparities is a source of trauma for people of color and ethnic minorities nationwide.

It has been demonstrated that minorities have less access to treatment, poorer quality of care, lower rates of health insurance, language barriers and a lack of health professionals able to deliver culturally and linguistically appropriate health services.

Even the children suffer:

- In 2019, suicide was the second leading cause of death for African Americans ages 15 to 24.
- Black females, grades 9-12, were 60 percent more likely to attempt suicide in 2019, as compared to non-Hispanic white females of the same age.

Minority Mental Health Awareness Month asks us all to be aware of the mental status of our families, friends, coworkers and associates.

- Take notice if someone is feeling very sad or withdrawn for more than 2 weeks, cries often, or feels exceptionally fatigued and unmotivated.
- Do you know someone who experiences sudden overwhelming fear, sometimes with a racing heart or fast breathing for no apparent reason?
- Have you noticed a drastic change in behavior or personality? Severe mood swings? Inability to concentrate? Changes in eating or sleeping habits?

If you recognize those symptoms in someone, please take action. It probably will be uncomfortable, but it's necessary. Try reaching out to that person's support system – spouse, a close friend or company Human Resources representative.

Help identify and offer treatment options that meet their health insurance status. Reach out to the Delaware 211 helpline for recommended resources or contact Delaware's Mental Health Association.

But whatever you do, do something to help. Don't let stigma or fear rule the day. Often people who need help the most are least able to find it.

On this National Minority Health Awareness month, remember that mental health issues can happen to anyone, and let's live united and help someone in need.

Sincerely,

Michelle

Michelle A. Taylor, Ed.D.
President and CEO
United Way of Delaware

[As seen in Cape Gazette](#) July 20, 2022

Family Promise to Discuss Homelessness July 27



Family Promise of Southern Delaware will host a community meeting at 7 p.m., Wednesday, July 27, at Lewes Public Library to discuss homelessness issues in Sussex County. Doors open at 6:30 p.m.

The guest speaker will be Dan Cruce, United Way of Delaware chief operating officer. He will discuss the findings of a recently completed UWDE study titled Asset Limited, Income Constrained, Employed (ALICE).

The study addresses issues regarding households that earn more than the Federal Poverty Level, but less than the basic cost of living for the county they live in, known as the Alice Threshold. People meeting the Alice Threshold, frequently referred to as the working poor, are often forced to make difficult decisions in order to make ends meet, such as forgoing medications to pay the rent, or accepting subpar childcare in order to put food on the table.

Find the complete report at unitedforalice.org/county-profiles/delaware.

Momentum Builds for Annual Giving Campaigns

It's getting to be that time when workplaces are kicking off their annual giving campaigns. Below are examples of two kickoff events.



Burriss Logistics kicks off Annual Giving Campaign



United Way of Delaware Partner Burriss Logistics is a Milford-based family business with a long history of serving their communities and customers for decades. These "deep-rooted values" fuel the Burriss brand.

While COVID has interrupted both the lives of individuals and businesses, some of our neighbors continue to struggle to live thriving lives. Recently the Milford team resumed their annual United Way Campaign and kicked off at their Milford location.

More than half of the employees made a personal investment to improve the lives of others. Burriss Logistics continues to match the employee gifts. Together, they will "Make Great Things Happen."

We extend our appreciation to all the employees and their leadership on this great success.

State of Delaware Employees Charitable Campaign Underway

The State of Delaware partners with United Way of Delaware to administer the State Employees' Charitable Campaign annually from September 1 thru October 21. Under the guidance of the SECC Steering committee, and chaired by Claire DeMattis, Secretary of the Delaware Department of Human Resources over 100 volunteers coordinate the efforts each year. The volunteers coordinate activities to raise thousands of dollars through the SECC benefiting many local non-profit charitable organizations.

SECC charities fight disease, make life more meaningful for young and old, help the impoverished, and train people to become self-sustaining. On, July 12, 2022 the SECC held a training event to propel their efforts as they have set a goal of \$340,000.



You're Invited to the Freedom Schools Harambee Celebration

Join students, teachers, educators and parents of youth attending Freedom Schools statewide in a Harambee celebration that includes singing, dancing, speakers.

WHEN: Wednesday July 27th 9 a.m. to 11 a.m.
followed by campus tours and student lunch

WHERE: Delaware State University, Dover
Education and Humanities Building Theater

GUEST SPEAKERS:

Bernice Edwards, Executive Director, First State Community Action Agency
Dr. Sandi Shagans-Morris, Freedom School Program Director
Francis Livingston, Freedom School Program Director
Rick Deadwyler, Chair, UWDE Board of Directors
Raina Allen, Executive Director, Delaware Racial Justice Collaborative

Delaware 211 Helps People in Need Every Day

Delaware 211 provides confidential help for people in need in both English and Spanish. The following account from a 211 specialist demonstrates how hard it can be for non-English speakers to find answers to their needs.



"A new mother who only speaks Spanish called looking for assistance. The hospital referred her to Delaware 211 and Help Me Grow. She was in need of baby clothes and diapers and also expressed that she was having a hard time getting anyone at WIC on the phone. She wanted to let them know that the baby had been born and needed to be added to her case. She was also looking for childcare.

I referred her to New Day Pregnancy Care Center for baby items and for a list of child care centers. I gave her the email and the special Covid number for contacting WIC.

When I called to follow up, the mother stated that she was able to speak with someone at WIC to get her information updated. However, when she called New Day, she was informed that no one there spoke Spanish. I explained that a 211 teammate who speaks Spanish would reach out to her.

My teammate called the mother and together they called New Day and got the Mom registered for ongoing support services, and also to receive an emergency bundle of baby items."

To help Delaware 211 continue and expand their important work throughout the entire state, please consider [making a donation](#) today.

Delaware Racial Justice Collaborative Happenings



Delaware Equal Rights Amendment Celebration

In January 2021, the passage of the Equal Rights Amendment (ERA) added protections against discrimination based on race, color, and national origin to the equal rights clause of the Delaware Constitution. Championed by the Delaware Legislative Black Caucus and the bill's sponsor, Sen. Darius Brown, the amendment addresses systemic racism head-on.

On Wednesday, June 29, the Delaware Legislative Black Caucus, state officials, and community members gathered on Legislative Mall to celebrate the amendment's passage and recognize the leadership of Rep. Sherry Dorsey Walker, Sen. Darius Brown, and the Delaware Legislative Black Caucus in the fight for racial equity.

Sponsored by Barclays, the event featured performances from local dance groups, remarks from Governor John Carney, and a celebration of the Delaware leaders who paved the way in the pursuit of racial justice and equity in Delaware.

The event was a collaboration between the Delaware Racial Justice Collaborative and Sen. Darius Brown and was attended by Ray Dempsey, Group Chief Diversity Officer at Barclays and a contingent of over 20 Barclays team members.

The sponsorship and support of Barclays and leadership of Sen. Darius Brown made the event a true celebration of Delaware's diversity and vibrance.

[Click on the photo below to see a video recap of the event.](#)



ENGAGE EVERY STUDENT

U.S. Dept. of Education Launches Engage Every Student Initiative

Last week, as afterschool programs and champions alike celebrated National Summer Learning Week, the U.S. Department of Education launched a bold initiative aimed to allow more students access to high quality programs year-round that support their academic and mental health needs.

Engage Every Student, an initiative launched by U.S. Secretary of Education Miguel Cardona on July 14th, 2022, is a new call to action, aimed to ensure that every student who wants a spot in a high-quality out-of-school time program has one. The initiative, a partnership between the U.S. Department of Education and Afterschool Alliance, AASA, the School Superintendents Association, National League of Cities, National Summer Learning Association, and the National Comprehensive Center, works to provide schools and communities the connections and assistance they need to expand access to afterschool and summer learning programs.

During a launch event held on Thursday, July 14th, afterschool providers, policy makers, and students came together to discuss the impact and necessity of high-quality afterschool programs. Olivia James, a 15-year-old intern with the National Summer Learning Association spoke about how high-quality programs impact academic, social, and emotional well-being. "Summer learning programs create safe spaces for kids to come as they are," she said.

U.S. Secretary of Education Miguel Cardona spoke passionately about the need for this initiative, stating that high quality OST programs allow students to explore passions, expand their academic horizons, provide mental health and wellness services, and help build a community. He said, "I always say I'm confident in our country's future when I see our youth. Without question, quality out of school time programs have always been important – let me tell you now, they are essential."

Secretary Cardona ended with a powerful quote, stating "We need to have the same level of urgency we had to reopen schools to make things better for our students. The system we had in 2020 didn't work for all kids. Let's make sure this new system works."

To learn more about the Engage Every Student Initiative, visit <https://engageeverystudent.org/>

COMMUNITY ANNOUNCEMENTS

Technical and Business Help for Sussex County Entrepreneurs

The Pete du Pont Freedom Foundation is currently accepting applications for the next Equitable Entrepreneurial Ecosystem (E3) cohort in Sussex County. Entrepreneurs who are based in Sussex County and are eager to receive technical assistance and business coaching are encouraged to submit their application to join our innovative and collaborative process.

Through E3, entrepreneurs will work with industry experts to assess their business and develop a customized action plan to grow their business and achieve their entrepreneurial goals.

We are accepting applications from entrepreneurs within any stage of their journey (conceptual/start-up, emerging, or accelerated). If you know of anyone who may be interested in applying, please share this information with them. The deadline to apply is Monday, August 1 at 11:59 PM.

Visit petedupontfreedomfoundation.org to learn more or access the application.



Film Screening and Discussion

You are invited to a virtual screening of "Suppressed and Sabotaged: The Fight to Vote," followed by a discussion of the film and how we can protect the vote in Delaware!



Tuesday, August 16, 7 to 8:30 pm

The event is co-sponsored by Common Cause Delaware and the Southern Delaware Alliance for Racial Justice.

Register: <https://www.mobilize.us/commoncause/event/475100/>

About *Suppressed and Sabotaged: The Fight To Vote* (2022) by Robert Greenwald (Director of *Outfoxed*, *Walmart: The High Cost of Low Price*, and *Making A Killing: Guns, Greed, and the NRA*) is a powerful documentary about the growing threat of voter suppression and election sabotage to our 2022 midern elections.

In 2021, 19 states passed 34 new voter laws following the Big Lie of the 2020 election. The film focuses on this recent wave of voter suppression and subversion laws being enacted in states, and how the 2018 Georgia gubernatorial race between Stacey Abrams and Brian Kemp provides a blueprint for today's voter suppression laws across the country.

Suppressed and Sabotaged: The Fight To Vote now includes perspectives from voters in Arizona, Florida, Texas, and Georgia that highlight how these new laws will affect their constitutional right to vote. Suppression tactics covered in the film include registration hurdles, polling place closures, voter purges, missing absentee ballots, extreme wait times at polling locations, exact match disqualifications, new vote by mail limitations, changes to ballot collection and drop off, and more.

Voter suppression laws disproportionately affect American Students, Senior Citizens, Black, Indigenous, Latinx, and People of Color from casting their ballots. *Suppressed and Sabotaged* is a call to action against the calculated, unconstitutional, and racist attacks intended to suppress the right to vote in America.

Trailer: <https://www.youtube.com/watch?v=RhrbEh-osl>

Be Aware!

HEAT EXHAUSTION	OR	HEAT STROKE
Faint or dizzy		Throbbing headache
Excessive sweating		No sweating
Cool, pale, clammy skin		Body temperature above 103° Red, hot, dry skin
Nausea or vomiting		Nausea or vomiting
Rapid, weak pulse		Rapid, strong pulse
Muscle cramps		May lose consciousness

- Get to a cooler, air conditioned place
- Drink water if fully conscious
- Take a cool shower or use cold compresses

CALL 9-1-1

- Take immediate action to cool the person until help arrives

JFS DELAWARE
The Golden State

CAMP COPE-A-LOT
Anxiety Program for Youth & Teens

JFS Delaware's Anxiety Program will continue to support the mental health needs of our youth and teens. This program is designed to help youth and teens understand their anxiety, learn coping strategies, and build resilience. The program is offered in both English and Spanish.

Program Details:

- Age Range: 12-17 years old
- Duration: 8 weeks
- Location: JFS Delaware
- Cost: Free

Registration Today!
Call 302.441.1111 or visit www.jfsdelaware.org

JFS DELAWARE
The Golden State

CAMP COPE-A-LOT
Programa de Ansiedad para Jóvenes

El Programa de Ansiedad para Jóvenes continuará apoyando las necesidades de salud mental de nuestra juventud y adolescentes. Este programa está diseñado para ayudar a la juventud y a los adolescentes a comprender su ansiedad, aprender estrategias de afrontamiento y construir resiliencia. El programa se ofrece tanto en inglés como en español.

Detalles del Programa:

- Rango de Edad: 12-17 años
- Duración: 8 semanas
- Ubicación: JFS Delaware
- Costo: Gratis

¡Regístrate Hoy!
Llámanos al 302.441.1111 o visita www.jfsdelaware.org

It's Easy to Support United Way of Delaware

Your donation to United Way helps us work to make Delaware a great state to live, work and play for all our neighbors.



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