



Culture Connections

September 2020 News & Updates

We first want to acknowledge the ongoing concerns regarding COVID-19 and affirm that we are hopeful and solution focused in supporting our community of providers and clients. We have made temporary changes in our services to reflect the needs and the directives from the CDC and state, and we encourage you to stay connected via our webinars, newsletters, web-site and via email/phone for updates and support.

Our mission is to improve mental health services and outcomes in northern NJ by enhancing the cultural competence of mental health professionals...

And we're excited to share with you some news about our program and team, as well as some resources and upcoming services!

Check out the news below and online for more updates. Have a great day, full of healthy connections!
#WhereHopeMeetsPossibility

Visit our Website

Call to Action

Advocate for Racial Equality and Justice

Position on Systemic Racism:

- NJ Cultural Competence Training Centers' response to George Floyd's murder and the continued advocacy for the dismantling of systemic racism and injustices: [Response to Floyd murder and systemic racism](#)
- Response to Racial Injustice: [A message from Family Connections' CEO Jacques Hryshko](#)

Increase Knowledge and Access During COVID: [Resources and Information for Our Community](#)

Shape Your Community's Future

Fill out the Census : [United States Census 2020](#)

Register to Vote : [The New Jersey Division of Elections](#)

Upcoming Training

SAVE THE DATES FOR FALL TRAINING

December 15, 16, 2020

Is Allyship Enough? The Interconnected System of Oppression and Privilege and the Role of Allies in Social Justice

Presented by: Tawanda Hubbard, MSW, DSW, LCSW

Registration opens in November 2020.

Stay tuned [here](#) for information, updates and registration.

Service Spotlight

Amidst COVID Budget Cuts, School Based Programs



and Students Lead the Advocacy Charge To Keep Services

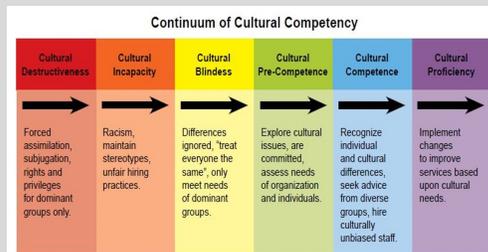
In a time where multiple pandemics are impacting under served communities, especially communities of color, social isolation is the norm, and data showing rises numbers in suicide rates, advocates are standing in the gap for students who have had their mental health and well-being school support threatened by statewide budget cuts.

Organization leaders, program staff, students, and politicians from around the state have gone to battle via virtual and in-person rallies, letters to legislators, petition signing, and more. Click and read to see inspiring stories and find out how you can be a part of the movement:

- **Essex County Youth: We're at Risk if NJ Cuts Mental Health Funds**
- **Thousands pushing to spare life-saving school counseling program from Murphy's budget Ax**
- **Virtual Rally to Support School Based Services for Students**
- **Gov. Murphy Looks to Restore NJ School Health Program Amid COVID**
- **#SaveSchoolBased**
- **#SaveNJSBYS**

Learn more about how cultural competency shapes the [Family Connections team and services](#).

Striving for Cultural Proficiency in 2020!



Awareness

Suicide Prevention Month

Here are some resources to increase your cultural competency with colleagues and communities you serve, and to motivate you to continue to be aware of the possible needs of clients.

Suicide Affects Communities of Color and LGBTQ

From **NAMI**: According to the CDC, in 2017, suicide was:

- the second leading cause of death for **American Indian/Alaska Natives** between the ages of 10-34.1
- the second leading cause of death for **African Americans**, ages 15-24.1
- the leading cause of death for **Asian Americans**, ages 15-24.1
- the second leading cause of death for **Hispanic people in the U.S.**, ages 15-34.
- **American Indian/Alaska Native adults** die by suicide at a rate 20% higher than non-Hispanic white adults.
- **Lesbian, gay and bisexual youth** are four times more likely to attempt suicide than straight youth.
- **Transgender people** are 12 times more likely to attempt suicide than the general population.
- 10% of **young adults** say they experienced suicidal thoughts in the past year. Suicides among children and young people aged 10 to 24 rose 57% from 2007 to 2018, [according to a new report from the U.S. Centers for Disease Control and Prevention](#).

Articles/Research:

- **'We're losing our kids': Black youth suicide rate rising far faster than for whites; coronavirus, police violence deepen trauma**
- **The Pandemic is Taking a Toll on Americans: A New CDC Study Shows Who We Need to Worry About Most**

- **Ring the Alarm: The Crisis of Black Youth Suicide in America**
- **CDC: Youth Risk Behavior Surveillance System**
- **SAMSHA:Suicide Clusters Among American Indian/Alaska Native Communities**

Suicide Prevention on Social Media:

- **Facebook Suicide Prevention:**
www.facebook.com/help/594991777257121/ [search term “suicide” or “suicide prevention”].
- **Instagram:** <https://help.instagram.com> [search term, “suicide,” self-injury,” or “suicide prevention”]
- **Snapchat’s Support:**
<https://support.snapchat.com> [search term, “suicide” or “suicide prevention”] .
- **Twitter’s Best Practices in Dealing With Self-Harm and Suicide:**
<https://support.twitter.com> [search term “suicide,” “self-harm,” or “suicide prevention”].
- **YouTube’s Safety Center:**
<https://support.google.com/youtube> [search term “suicide and self injury”].

Hotlines and Resources:

- **The New Jersey Hopeline:** 855-654-6735;
- **The 2ndFLOOR Youth Helpline** (talk or text) 888-222-2228
- **The Crisis Text Line** (text Home to 741741)
- **National Suicide Prevention Lifeline:** 1-800-273-8255
- **The Trevor Project** 866-488-7386 (24/7), Text START to 678678 |
- **The Veterans Crisis Line** 800-273-8255 and press 1 (24/7), Text 838255 (24/7) Vets4Warriors
- **SAMHSA’s National Helpline** (Substance Abuse) 800-662-HELP (4357) (24/7)
- **NAMI: Suicide Prevention: Saving Lives Now and Beyond**
- **ACA: Suicide Prevention Crisis Center**

Have resources to inform organizations and colleagues about these various cultures and their health data? Share [here](#) for our growing resource library.