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(Grandparents Raising And Nurturing Dependents with Disabilities)

A program of:



NEWS

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Minority Mental Health Month

According to the American Psychiatric Association, most racial/ethnic minority groups overall have similar—or in some cases, fewer—mental disorders than white people. However, the consequences of mental illness in minorities may be long lasting. Research shows reported rates of depression are lower in Black (24.6%) and Latino (19.6%) populations than in white populations (34.7%), but depression among Black and Latino people is likely to be more persistent. And American Indians/Alaskan Natives report higher rates of posttraumatic stress disorder than any other ethnic/racial group.

An important caveat noted by the American Psychiatric Association, a “lack of cultural understanding by healthcare providers may contribute to underdiagnosis and/or misdiagnosis of mental illness in people from racially/ethnically diverse populations. Factors that contribute to these kinds of misdiagnoses include language differences between patient and provider, stigma of mental illness among minority groups and cultural presentation of symptoms.”

So while the prevalence of mental health disorders may not differ drastically for minorities, some of that may be due to underdiagnosis. Additionally, People from racial/ethnic minority groups are less likely to receive mental healthcare.

When it comes to the mental health and well-

being of our patients, staff and communities, we as leaders must resist engaging in “magical thinking” and “time heals all” idealism. It’s our responsibility to recognize the societal and system barriers faced by minorities and work to cultivate equity for the people whose lives we touch through our healthcare organizations. We must be brave and resist upholding the status quo purely to avoid “upsetting the apple cart” and making some people uncomfortable.

If we recognize that mental health is health and we strive to foster safe, healthy, inclusive and equitable environments, we have to be open to change. The timing may never be perfect, and the resources may always be constrained, so it’s up to leaders to prioritize positive changes. It is truly amazing of how creative, innovative and courageous a single leader and a small group of champions can be when they choose to be. It’s your choice. What do you choose?

For more information check out: <https://bit.ly/MMHPG723> From *Minority Mental Health* by William F. Martin, PsyD, American College of Healthcare Executives.



Family Day at the High Museum of Art 2023



Congratulations Class of 2023 Graduates



Peer to Peer Leadership

Are you interested in helping your peers along their journey as a Kinship family? Do you have resources you would like to share? Are you great at planning and helping others? If you answered yes to any of these questions, please consider joining our Peer Leadership Committee. For more information contact Thindiwia Meredith (470) 310-3452

Client of the Month- The Bellingers

Each month we select a Project GRANDD caregiver to highlight so we can get to know each other.

Nannette 71, and Bernard 73, are currently raising 4 grandchildren. This family has been a part of Project GRANDD for 17 years. The Bellingers are the clients of the month because they are a pleasure to work with and have committed over 23 years to raising their grandchildren. Their strength, particularly from their faith, is an example not only for their grandchildren but for all who know them. They enjoy outside activities such as throwing balls and gardening. They also enjoy preparing meals as a family, especially for birthdays. The advice they have for fellow caregivers is whenever adversity strikes (as we all know it will) and we are at a cross-post and just not sure which way to go, Nannette, finds ultimate peace and solace when she internalizes the Word from Proverbs 3:5-6.



Favorite quote: Luke 2:40: "And the child grew, and waxed strong in spirit, filled with wisdom, and the grace of God was upon him."

SUPPORT GROUPS

<p>AM Virtual Adult Support 10AM-12PM</p>	<p>7/5- In Our Own Voice Guest: National Alliance on Mental Illness</p>	<p>Google Meet: https://bit.ly/ISDDAdult Phone: 414-600-9528 PIN: 888 104 633#</p>
<p>DeKalb AM Adult Support 10:30 AM- 12:30PM</p>	<p>7/11- Support and Sharing RSVP: https://bit.ly/DeKalbAM or 470-310-3458</p>	<p>DeKalb County Library System: Covington Highway Branch RSVP: https://bit.ly/DeKalbAM Or 470-310-3458</p>
<p>Fulton PM Family Support 6PM-8PM</p> <p>PM Virtual Adult Support 6PM-8PM (Virtual & In Person)</p>	<p>7/18- Ending the Silence Guest: National Alliance on Mental Illness RSVP: https://bit.ly/FultonPM or 470-310-3458 <i>A light dinner will be served 6:00pm – 6:30 pm</i></p>	<p>Fulton Public Library System- Metropolitan Branch RSVP: 470-310-3458 or https://bit.ly/FultonPM</p> <p>Google Meet: https://bit.ly/ISDDAdult Phone: 414-600-9528 PIN: 888 104 633#</p>
<p>Fulton AM Adult Support 10:30 AM-12:30PM (4th Tuesday)</p>	<p>7/25- Support and Sharing RSVP: https://bit.ly/FultonAM or 470-310-3458</p>	<p>Fulton Public Library System- Mechanicsville Branch RSVP: https://bit.ly/FultonAM or 470-310-3458</p>



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