This past week, we have been inundated with sad and terrifying images of racial injustices and the angry and desperate responses to such injustice. I share the thoughts of the National Alliance on Mental Illness:

“The effect of racism and racial trauma on mental health is real and cannot be ignored. The disparity in access to mental health care in communities of color cannot be ignored. The inequality and lack of cultural competency in mental health treatment cannot be ignored.

Our nation’s African American community is going through an extremely painful experience, pain that has been inflicted upon this community repeatedly throughout history and is magnified by mass media and repeated deaths. We stand with all the families, friends and communities who have lost loved ones senselessly due to racism. And, with more than 100,000 lives lost to the coronavirus pandemic - disproportionately from minority communities - these recent deaths add gasoline to the fire of injustice.

“While there is much we need to do to address racism in our country, we must not forget the importance of mental health as we do so. Racism is a public health crisis.”

We work very hard at Child & Family Center to create a safe and inclusive culture. I encourage each of you to help us take an active stand against prejudices in whatever forms they may take so that Child & Family Center can truly be a safe, healing and inclusive place for all.

Be kind to yourselves and each other as we weather a multitude of storms. Sometimes things have to be stirred up in order to settle back down into a better place.

Joan Aschoff, PsyD
President / CEO