

Minority Mental Health and Allyship

Building an Inclusive Community

Adapted by Alissa Brown, Psy.D. from materials created by Minding Your Mind

Ending stigma and cultivating an inclusive community means understanding and hearing from marginalized groups. This module is designed to raise awareness and validate the experiences of students of color and LGBTQ+ students, while underscoring the importance of and steps to promote allyship. This module focuses on the concepts of systemic injustice, intersectionality, identity, stereotypes, microaggressions, sources of support, and encourages us to consider our role in creating supportive spaces for everyone.

- Cabrini is partnering with the Minding Your Mind program throughout 2021. Check out all of the online mental health resources here: https://online.mindingyourmind.org/bundles/for-students?th_ug=31bc446c
- Undergraduate students at Cabrini also have access to free, confidential counseling services at CAPS – Counseling and Psychological Services. For more information, visit our website at: www.cabrini.edu/counseling, or call 610-902-8596, or email us at jennifer.gorman@cabrini.edu

Check out this video conversation:

Minority Mental Health Panel - <https://vimeo.com/453321096/782d5dc876>

To clarify, around the 39-minute mark, Brooke misspoke when talking about being bisexual, and inadvertently said she's "bi-racial, and first realized it in the 9th grade." She was talking about realizing she was bisexual.

WHAT IS AN ALLY?



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WHAT DOES IT LOOK LIKE?

An ally is someone who supports fair and equal treatment, listens and respects marginalized voices/experiences, creates opportunities and spaces for those voices to be heard, advocates on behalf of others, and challenges fear and discrimination in all its forms. We may be allies for equal rights and treatment, gender equality, and BIPOC & LGBTQ+ social movements.

We are allies when we stand up for people and social groups other than those we identify with.

Be Self-aware

- Be aware of your implicit biases.
- Figure out how you participate in systems of oppression.
- Figure out in what ways you benefit from systems of oppression.

Research

- Learn as much as possible about the challenges and injustices marginalized groups face.

★ Don't expect marginalized people to educate you, do your own research.

Listen

- Understand that you will never fully know the experience of folks who have different identities than you, so listen! When we listen without judgement, we create safe spaces for marginalized people and validate their experiences.

Be an Upstander

- When you see something wrong, act to stop it.
- Speak up when offensive comments or jokes are made.
- Stand up, and use your privilege, when someone else is being mistreated.

Advocate

- Begin to notice rules and expectations that are unfair or harmful for certain people, and then speak up and take steps towards more fair and supportive rules and expectations.

Expect Mistakes

- You can expect that at some point you will say or do the wrong thing. Try your best not to be defensive, and admit that you're working on it and trying to be better.



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WHAT ARE SOURCES OF SUPPORT?

Sources of support are those that help us through difficult situations. Regardless of how strong we are, we all need sources of support. These are the people, places, and things that help us not only survive, but thrive.

WHAT DO THEY LOOK LIKE?

Emotional Support

Emotional supports help us manage our emotions. It might be someone who listens to our feelings and empathizes with us. It could also be a song we listen to that make us feel less alone.

Informational Support

Informational support provides us with insight on how we ought to solve difficult problems. It might come in the form of someone's advice, from literature, or from another resource.

Social Support

Social supports help us by making us feel a sense of connection, love, and security. We may find social support in our communities, on our teams, or by our friends and loved ones.

Some examples of supports include:



Family
Friends
Community
School
Pets



Self-care
Coping Skills
Therapy
Religion/Spirituality
Nature



Sports
Exercise
Hobbies
Art/ Music/ Books
Creative Expression



We often need to build our sources of support. Reach out to friends and family when you need them. Try a new hobby, or try getting more involved with teams and extracurriculars.