

ANESTHESIOLOGY & PAIN MEDICINE EDI BRIEF JULY 2024

BIPOC MENTAL HEALTH AWARENESS MONTH Focus on youth mental health

Focus on Youth Mental Health Awareness

According to the [US Surgeon General report](#) in 2021, a quarter of US youth experienced depression symptoms and one-fifth experienced anxiety symptoms during the COVID-19 pandemic.

Youth from minoritized backgrounds experience higher levels of mental health symptoms. In addition, youth exposed to gun violence have higher levels of anxiety and depression (Borg, et al. 2021) and exposure to gun violence is higher among youth from minoritized backgrounds.

This relationship between mental health and gun violence is particularly relevant given that in 2024, gun violence was declared a public health crisis.

In 2008, the House of Representatives declared July as Bebe Moore Campbell National Minority Mental Health Awareness Month.

Bebe Moore Campbell was a highly respected New York Times best selling author, journalist, and educator who won the Outstanding Literature Award from the National Alliance on Mental Illness (NAMI) in 2003. Campbell was a strong advocate for children's mental health, and some of her most popular books were inspired by the murder of Emmett Till and the Rodney King beating which led to the 1992 Los Angeles Riots. She wrote for the New York Times Magazine, Essence Magazine, Ebony Magazine, Black Enterprise Magazine, the Los Angeles Times, the Washington Post, and she was a commentator on the National Public Radio (NPR).

This year's theme, *beyond the numbers*, encourages us to look past the stigma associated with mental health diagnoses and puts the focus on providing love and patient-centered care for youth that need it most.

Learn more:

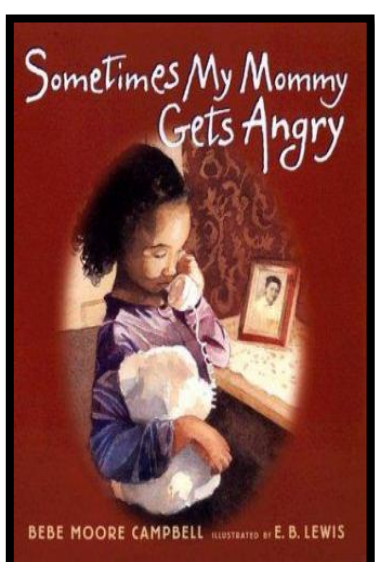
- The following local organizations address youth mental health in our area: [NAMI Seattle](#), [Friends of Youth](#), [Children's Advocacy Project](#), [Washington Gives](#), [Shades of Divinity](#), [Crisis Text Line](#)

Department Highlights

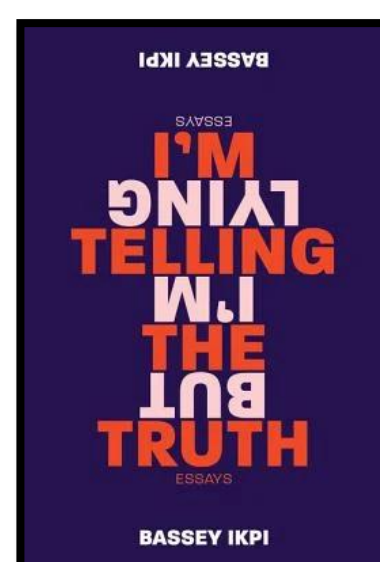
- Dr. Nathalia Jimenez's Grand Rounds on the APM EDI Assessment and Road Map will be held at the Health Sciences Education Building (Room 101) on Wednesday, July 31 from 6:30-7:30am.
- Dr. Preetma Kooner is still looking for volunteers to support the Microaggression training sessions on September 11. If interested, please email her directly at pkkooner@uw.edu.

Resources

Recommended Reading:



[Sometimes My Mommy Gets Angry](#),
Bebe Moore Campbell



[I'm Telling the Truth But I'm Lying](#), Bassey Ikpi

Visit [The Whole U](#) for events happening in the community and at UW:

- July 10 (1pm-4pm): [Brain Health Block Party](#) in the First Hill neighborhood
- Tuesdays (5:30pm-6:30pm): [NAMI Seattle BIPOC Support Group](#)