


**Communication from the ACBH Office of Health Equity -**

**DATE:** February 3, 2023

**TO:** ACBH Staff and Team Members

**FROM:** Karyn L. Tribble, PsyD, LCSW, ACBH Director 

**SUBJECT:** **BLACK HISTORY MONTH – YESTERDAY, TODAY, AND TOMORROW**



As we begin Black History Month, many voices have already acknowledged that we do so from a place of optimism, hope, and pride. For this, we may all be thankful. Our Health Equity Division also recognizes that even with this perspective, one must authentically also hold an awareness that there is still much to do. A simple glance at stereotypical or negative portrayals of members of the African American community in the media; the real-time legislation being proposed in parts of the United States that would either downplay, ignore, or outright erase aspects of African American History; or the persistence of institutional oppression and its impact on wellness overall paint a clear, albeit nuanced picture.

We are painfully mindful of the recent acts of violence and injustice locally and throughout our country that continue to impact the Black community. Historical records illustrate that African Americans have faced numerous challenges throughout history and highlight the fact that it is vital that we take time to both celebrate their contributions and achievements throughout the globe, but also acknowledge the ongoing struggle for equality and justice.

As we stand in solidarity with the African American community, although a sobering note, we urge all to continue to recognize the toll that these impacts have had on Black individuals and the community at large. As a Division and a Department, we urge all to stand up against efforts to vilify or diminish the importance of Black History this month and all the month's hereafter. We believe in the value of honoring the rich history and cultural heritage of African Americans and we stand in support of the continued observance of Black History Month while simultaneously dismantling the ways in which our own systems may have played a role in causing pain in the Black community.

We invite you and all to continue to work together, educate ourselves and others, and act towards creating a better path forward. It is possible to hold learning from the mistakes and the triumphs of the past, at the same time. While there has been immense hardship, we also encourage you in your own way to reflect on the strength, resilience, growth, and prosperity within the African American/Black community.

We hope that everyone can participate in the upcoming events and trainings that will take place this month! Please feel free to explore these resources, events, and trainings for your information and growth.

**Happy Black History Month, Yesterday, Today, and Tomorrow.**

*(Please see the following page for additional resources and Black History Month events!)*



## **Local & Greater Bay Area Black History Month Observances 2023 –**

### **↓ACBH, Division of Health Equity:**

[Black Don't Crack? Dispelling the Myth, Uplifting Excellence, Mental Health and Wellness in the African American Community](#)

### **↓Alameda County Library Services:**

[Black History 365: Black Resistance](#)

### **↓San Mateo County:**

[African American Community Initiative | Behavioral Health & Recovery Services Blog \(smcbhrsblog.org\)](#)

### **↓East Bay:**

[East Bay Regional Parks Black History Month Observances](#)

### **↓Oakland:**

[Lunar New Year x Black History Month: Celebration of Black & Asian Solidarity.](#)

### **↓Hayward:**

[Event series: Black History Month - Little Bookworms Storytime](#)

[Her Honor: An Afternoon with Judge LaDoris Hazzard Cordell](#)

### **↓Trainings:**

[Community Based Learning Trainings - Mental Health Services Act - Alameda County Behavioral Health Care Services \(acmhsa.org\)](#)