

## Communication from the ACBH Office of Ethnic Services

DATE: February 5, 2024  
TO: ACBH Staff and Community Partners  
FROM: Stephanie Montgomery, Health Equity Director  
*Stephanie Montgomery*  
SUBJECT: **BLACK HISTORY MONTH OBSERVANCE**



As we pause to recognize Black History Month, we are again reminded of the challenges and triumphs of the African American community as well as the painful reminders that there is still work to do. We take this opportunity to not simply celebrate the contributions and achievements throughout the globe, but also acknowledge the ongoing struggle for equality and justice. We stand with the African American community even and in real time we are witnessing continued attempts at erasure of the African American experience and history.

This month especially, we are reminded of the words penned just 30 years post-Emancipation Proclamation and now commonly known as the [Negro National Anthem](#). In it, James Weldon Johnson reflects on the immense hardship, as well as the strength, resilience, growth, and prosperity within the African American/Black community. The national theme for this year's observance is [African Americans and The Arts](#).

We would also like to take time this month to celebrate joy in African American culture. [Black Joy Is](#) is an opportunity to share what Black Joy looks like for each of us. Please submit stories [here](#). We look forward to sharing stories throughout the month of February.

We are pleased with the progress we have made this year on several fronts including:

- Establishing an African American Wellness Hub as a central resource for mental health and wellness services and activities.
- Raising awareness of mental health and wellbeing in the African American/Black community and reducing the stigma that too often surrounds seeking out mental health support.
- Strengthening our Peer and Family member support networks to provide community care and support from the lived experience perspective.

We hope everyone can participate in the upcoming events and trainings that will take place this month.



## Local Black History Month Observances

### **ACBH, Division of Health Equity Training**

[Environmental Impacts on African Americans Mental Health](#)  
[Turning Your Dreams into Achievable Goals](#)

### **Mental Health Association of Alameda County**

[Interwoven: When Doctors Listen to African American Hearts and Minds](#)

### **Alameda County Library Services**

[Black History Month Celebrations](#)

### **East Bay Regional Parks**

[Celebrating Black History Walk](#)

### **Black History Month at Children's Fairyland**

[Calendar of Celebrations](#)

### **Oakland Library**

[Black History Month Inspired Library Cards](#)

### **East Bay Regional Parks**

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

### **Oakland**

[Black Joy Parade](#)

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

[Chabot Space and Science Center Afro-Futurism](#)

### **Livermore**

[Livermore Library: Ancestor Portraits](#)

[Civic Center Library: House of Samba Kids](#)

### **Trainings**

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

