

Alameda County Behavioral Health Department Black History Month (February 2025)



Introduction

The Alameda County Behavioral Health Department (ACBHD) is proud to recognize and celebrate **Black History Month** throughout February 2025. This annual observance provides an important opportunity to honor African Americans' contributions, achievements, and experiences throughout U.S. history. As we commemorate this month, we reflect on the profound impact of Black culture and heritage on our society and reaffirm our commitment to promoting equity and inclusivity in behavioral health services.

Importance of Black History Month

Black History Month serves several crucial purposes

1. It highlights the often-overlooked contributions of African Americans to our nation's history, culture, and progress
2. The month promotes understanding and appreciation of the Black experience in America
3. It provides an opportunity to discuss ongoing racial equity and social justice challenges
4. The observance encourages reflection on how we can create a more inclusive and equitable society, including in behavioral health.

Historical Context

- Black History Month originated in 1926 as "Negro History Week," created by historian Carter G. Woodson.
- It was expanded to a month-long observance in 1976 and has been recognized by every U.S. president since then.
- Each year, a specific theme is chosen for Black History Month. *This year ACBHD will host a Black History Month event on the role of Soul Food*
- The month of February was chosen to coincide with the birthdays of Abraham Lincoln and Frederick Douglass, two figures significant in African American history.

ACBHD's Commitment

The Alameda County Behavioral Health Department is committed to honoring Black History Month and promoting racial equity in our services and practices:

1. Providing culturally competent care that addresses the specific mental health needs and experiences of the Black community.
2. Offering training and educational resources to our staff to enhance awareness of Black history and contemporary issues affecting the Black community.
3. Collaborating with Black-led community organizations to improve access to behavioral health services.
4. Addressing racial disparities in mental health treatment and outcomes.
5. Promoting diversity and inclusion within our workforce and leadership.

Action Steps

1. Participate in local Black History Month events and encourage staff attendance.
2. Share educational resources about Black history and its relevance to behavioral health with staff and clients.
3. Review and strengthen our policies and practices to ensure they promote racial equity.
4. Highlight the contributions of Black professionals in behavioral health.

In honor of Black History Month, Alameda County Behavioral Health will host a conference to discuss the history of Soul Food, and its connection to Mental Health. This event will be held at the Alameda County Public Health building, Creekside facility at 1100 San Leandro Blvd, San Leandro, CA in the Redwood Conference Room on February 26, 2025. Event will take place from 11:00 AM to 4:00 PM.

As we observe Black History Month, let us reaffirm our commitment to creating a more equitable and inclusive behavioral health system. By recognizing and celebrating Black history and culture, we enhance our ability to serve all members of our diverse community with empathy, understanding, and respect.

Relevant Links

Historical References

- [National Museum of African American History and Culture Celebrates Black History Month 2025](#)
- [The History of Black History Month - National Center for Civil and Human Rights](#)
- [Black History: Facts, People & Month | HISTORY](#)
- [African Americans' Contributions to Our Nation | AmericansAll](#)

Books

- [What to Read Next: Black History Month 2025 - B&N Reads](#)
- [25 Best Black History Month Books To Read - Parade](#)
- [Pre-order High Functioning - Dr. Judith Joseph MD MBA](#)
- [2025 Black Author New Releases \(23 books\)](#)

Movies/Documentaries

- [PBS Unveils 2025 Black History Month Lineup](#)
- [7 Powerful Documentary Films To Watch During Black History Month](#)
- [55+ Best Black History Month Movies To Watch](#)

Articles

- [Celebrating Black Labor: The 2025 Black History Month Theme from ASALH Highlights African Americans' Impact in the Workforce - Black History Month 2025](#)
- [Oakland events: Lunar New Year x Black History Month celebration](#)
- [Black History Month 2025: The Role Of African Americans In History](#)

Local Events

- [Black History Month 2025: Live Events in the Bay Area, CA](#)
- [BLACK HISTORY MONTH Events sponsored by Umpqua Bank | Bay Area Registry](#)
- [Black History Month | Alameda-Contra Costa Transit District](#)
- [Black History Month: BFI Storytime & Craft | Alameda Free Library](#)

Resources

- [African American Mental Health Resources in Alameda County](#)
- [Main | Bay Area Black Owned Businesses \(Directory\)](#)
- [Off the Grid's Ultimate List of Black-Owned Food Businesses Around the Bay Area | Off the Grid](#)