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Webinar Series

# We Are Not Alone: Race & Social Justice

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Clubhouse Europe  
Changing the World of Mental Health



Clubhouse International  
Creating Community: Changing the World of Mental Health

**FOUNTAIN  
HOUSE**  
Inspiring Communities  
for Mental Health

# Who We Are



Chiquita Williams

- Member of the education unit
- Racial justice educator and consultant since 1994
- Leads African-American cultural programming at FH



Tristan Chirico

- Staff member of education unit
- Coordinator of FH racial healing initiative
- Staff member working with the advocacy group

# Racism Defined

Racism is a full spectrum experience and way of life, predicated on the idea that the peoples and histories of Western Europe are inherently superior to others (Williams 2018). Thus, White folks are the naturally positioned to exert dominance over all peoples of the world.

The term “White” first appears in American colonial law in 1680 to distinguish between those who are entitled to civil and human rights versus those who aren’t (Menakem 2017). White supremacy is embedded in the U.S. Constitution, our laws, Supreme Court decisions, institutional policies, education systems, wars, values, customs, holidays, religious/spiritual rites, media/artistic narratives, interpersonal behavior and much more.

None of us can escape its impact. It is deeply consequential. Public health research has demonstrated that racism leads people of color to early death (Rosman 2020; Sanchez & Williams 2020).



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**We Are Not Alone:  
Growing Stronger Together**

# How Do We Address Racism at the Clubhouse Level?

Wrote a letter to Ashwin and Joel requesting concrete action on their recent solidarity statements:

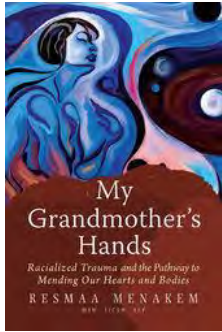
- Add a non-discrimination statement to the clubhouse standards;
- Align clubhouse and social practice with the UN Declaration on Human Rights and the Convention to Eliminate Racial Discrimination;
- Ensure clubhouse boards and senior management reflect the diversity of its membership;
- Implement racial justice education for all clubhouse staff and members;
- Form non-discrimination committees that will address incidents of harm as they arise;
- Measure current outcomes in housing, hospitalization, employment and education to uncover and address racial disparities.

# FH Healing Justice Initiative



- It is very important for each of us to take personal responsibility to help end racism in clubhouse communities. We must commit to our own self-education rather than ask people of color to do that work for us. We've all been impacted by racial trauma. If we don't engage in individual personal healing, we risk inflicting psychological and emotional harm on BIPOC folx when we come together in groups.
- To that end, we are relying on the work of Resmaa Menakem to support our journey. Menakem is an acclaimed therapist and the best-selling author of *My Grandmother's Hands: Racialized Trauma & The Pathway to Mending Our Hearts and Our Bodies*.

# FH Healing Justice Initiative (con't)



- Complete Menakem's free 5-session e-course at the Cultural Somatics Institute;
- Read and complete all exercises in *My Grandmother's Hands* and maintain a journal of personal reflections;
- Come together in dialogue using the restorative circle method, an indigenous form of communication designed to heal communities suffering from the impact of personal or historic harm.



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# Helpful Resources

Kimberle Crenshaw Ted Talk on Race, Police Violence & Intersectionality

<https://youtu.be/akOe5-UsQ2o>

Harvard School of Public Health Anti-Racism Website

<https://www.hsph.harvard.edu/news/racism-is-a-public-health-crisis/>

Ibram X. Kendi Racism Talk (YouTube video)

<https://youtu.be/nBFYQu1ZYD0>

NAMI Minority Mental Health Awareness Month Website

<https://nami.org/Get-Involved/Awareness-Events/Minority-Mental-Health-Awareness-Month>

NPR Special Series “America Reckons with Racial Injustice”

<https://www.npr.org/series/868567696/america-reckons-with-racial-injustice>

Stamped From the Beginning: The Definitive History of Racist Ideas in America (2017 book)

<https://www.amazon.com/Stamped-Beginning-Definitive-History-National/dp/1568585985>

The Case for Reparations by Ta-Nehisi Coates (2014 article in The Atlantic)

<https://www.theatlantic.com/magazine/archive/2014/06/the-case-for-reparations/361631/>

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