

RIAIMH Community Conversation Series
Special Session
June 15, 2020



Statement from the Alliance for the Advancement of Infant Mental Health



As part of the global infant/early childhood mental health community, we are committed to deepening conversation and promoting reflection and action to address ongoing bias, structural racism, and racial violence that impacts the health and wellbeing of all our babies and their families.

We believe in the power of relationships to raise a collective voice against racism. We stand in solidarity with communities of color across the nation and the world and commit ourselves to mitigating the chronic trauma that racism has had on generations of children of color, their families, and the infant/early childhood workforce.

We hold in mind parents and caregivers of color who are tasked with protecting and creating a safe space for their babies while also managing their own emotions, as we also hold in mind the infant/early childhood mental health workforce of color who strive to hold and comfort families while managing their own emotions.

We believe that change and healing starts with each one of us. We must intentionally examine the ways we contribute to the continuation or dismantling of racial trauma and structural oppression.

We must respond with purpose and action. Our babies can't wait.



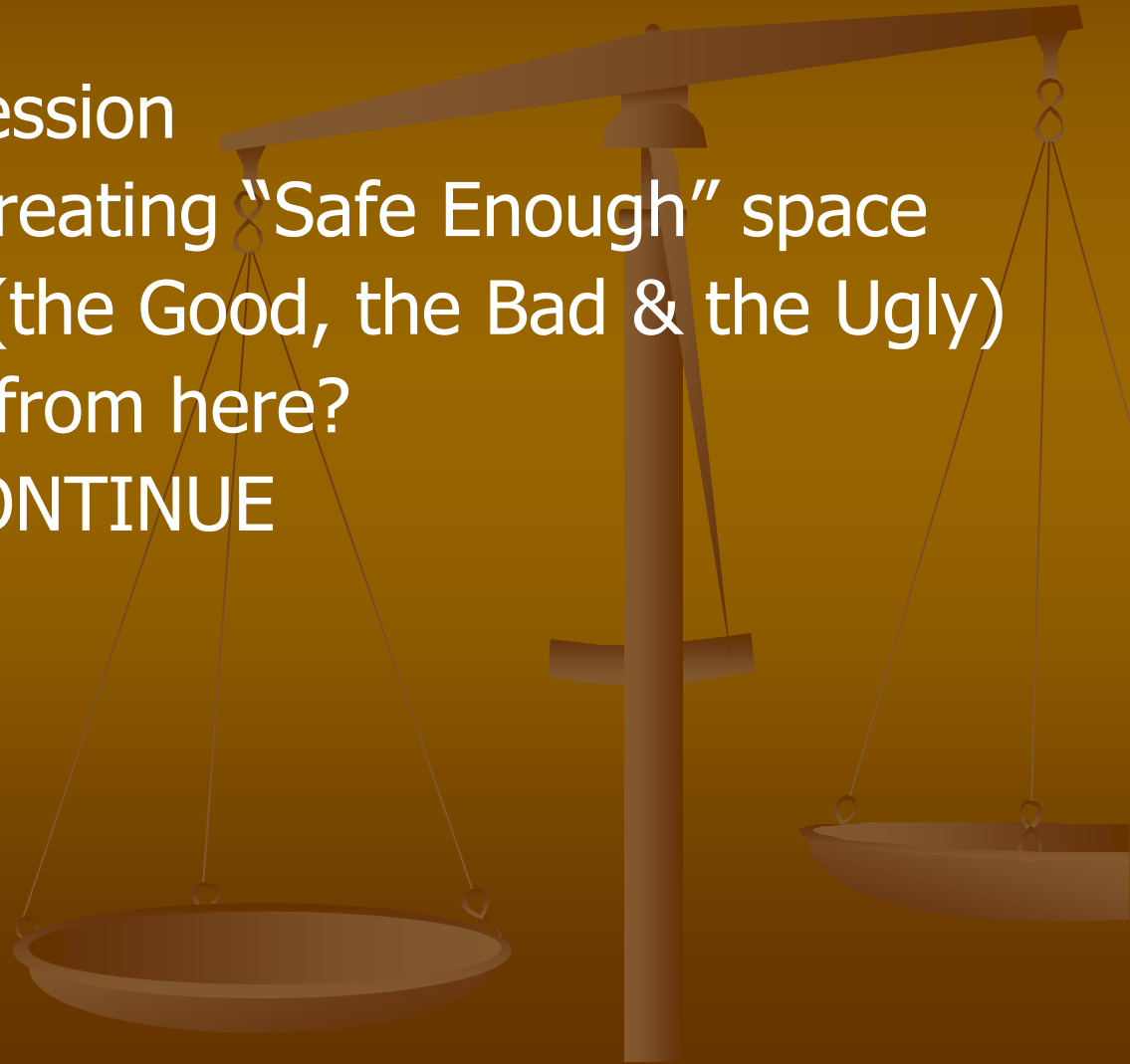
WELCOME TO
***Feeling, Thinking & Doing:
Our Current State Regarding
Race in Our Lives***

***The Incredible, Enigmatic &
Always Challenging
Rob Jones
(He, Him, His)***

***Chief Empowerment Officer
T. Lee Associates***

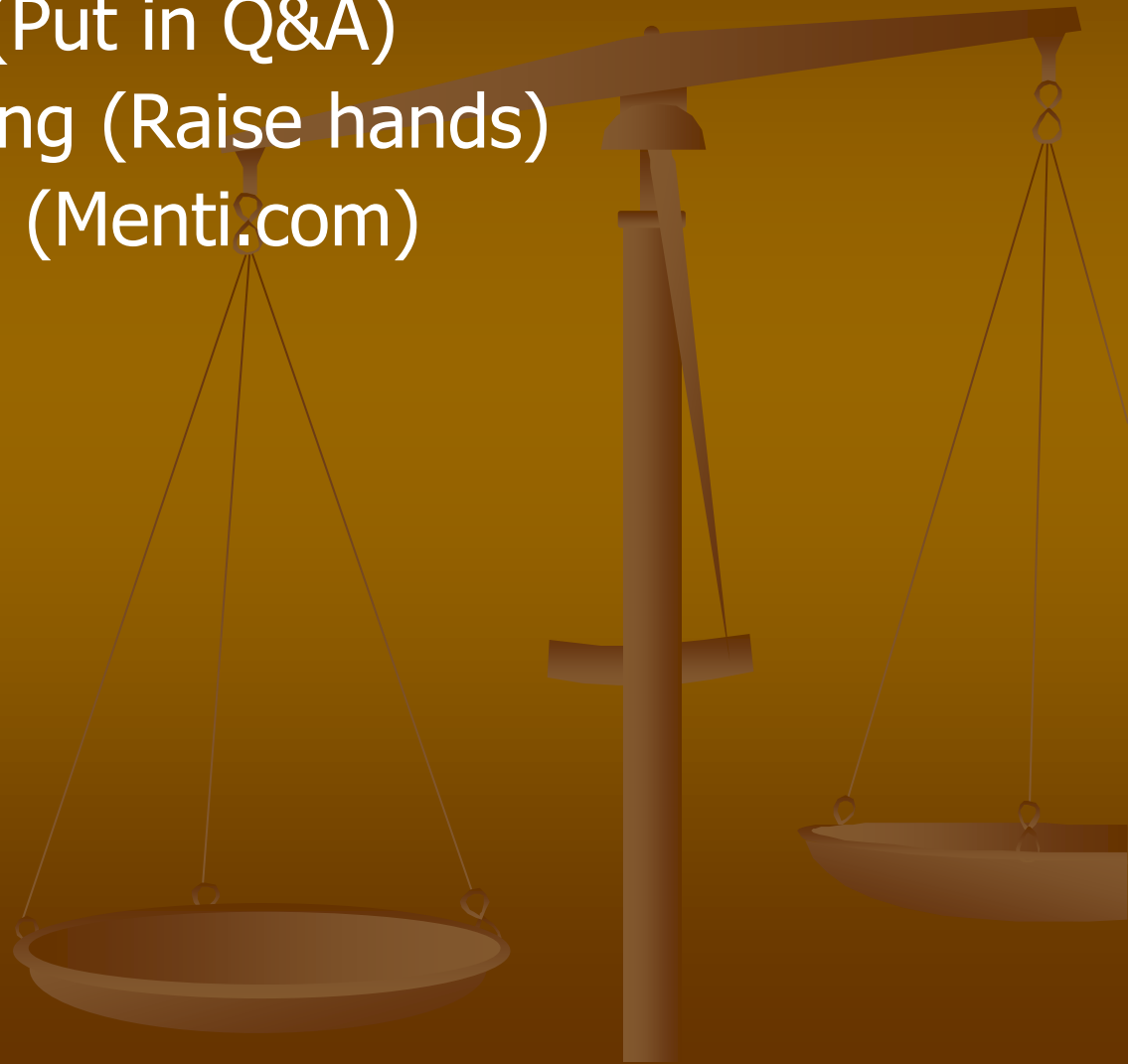
TODAY'S AGENDA

- ❑ Welcome
- ❑ Navigating this session
- ❑ Goals, Agenda, Creating “Safe Enough” space
- ❑ Race in your life (the Good, the Bad & the Ugly)
- ❑ Where do we go from here?
- ❑ **START, STOP, CONTINUE**
- ❑ Closing



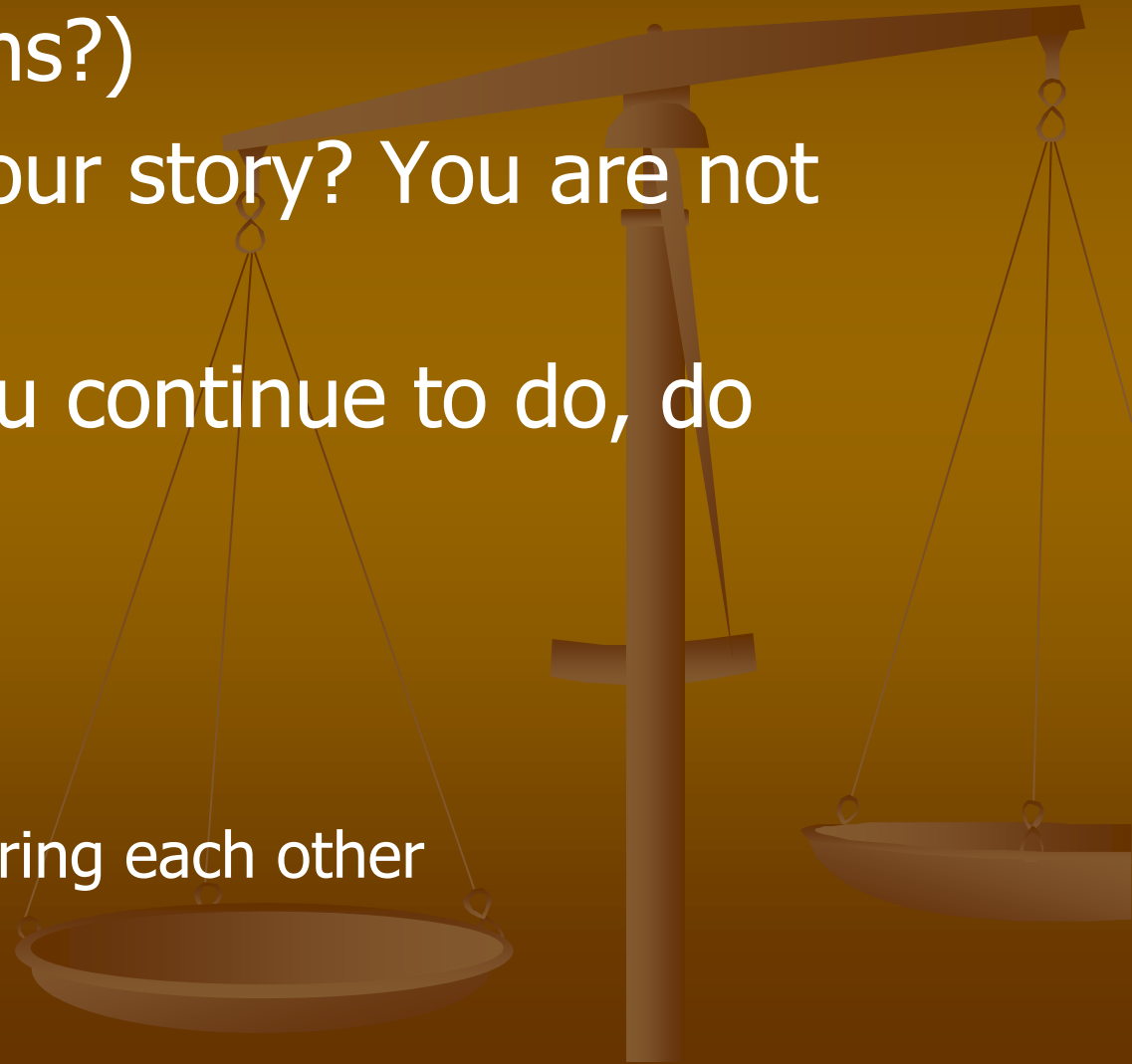
Navigating this session

- ❑ Your Questions (Put in Q&A)
- ❑ Answering/Sharing (Raise hands)
- ❑ Polling Everyone (Menti.com)



Goals/Learning Objectives

- Self-reflection (what have you learned about race/race relations?)
- Share (what is your story? You are not alone)
- Act (what will you continue to do, do differently?)
 - Share your story
 - Share your triumphs
 - Inspiring and Empowering each other



Creating a “Safe Enough” Space for Dialogue

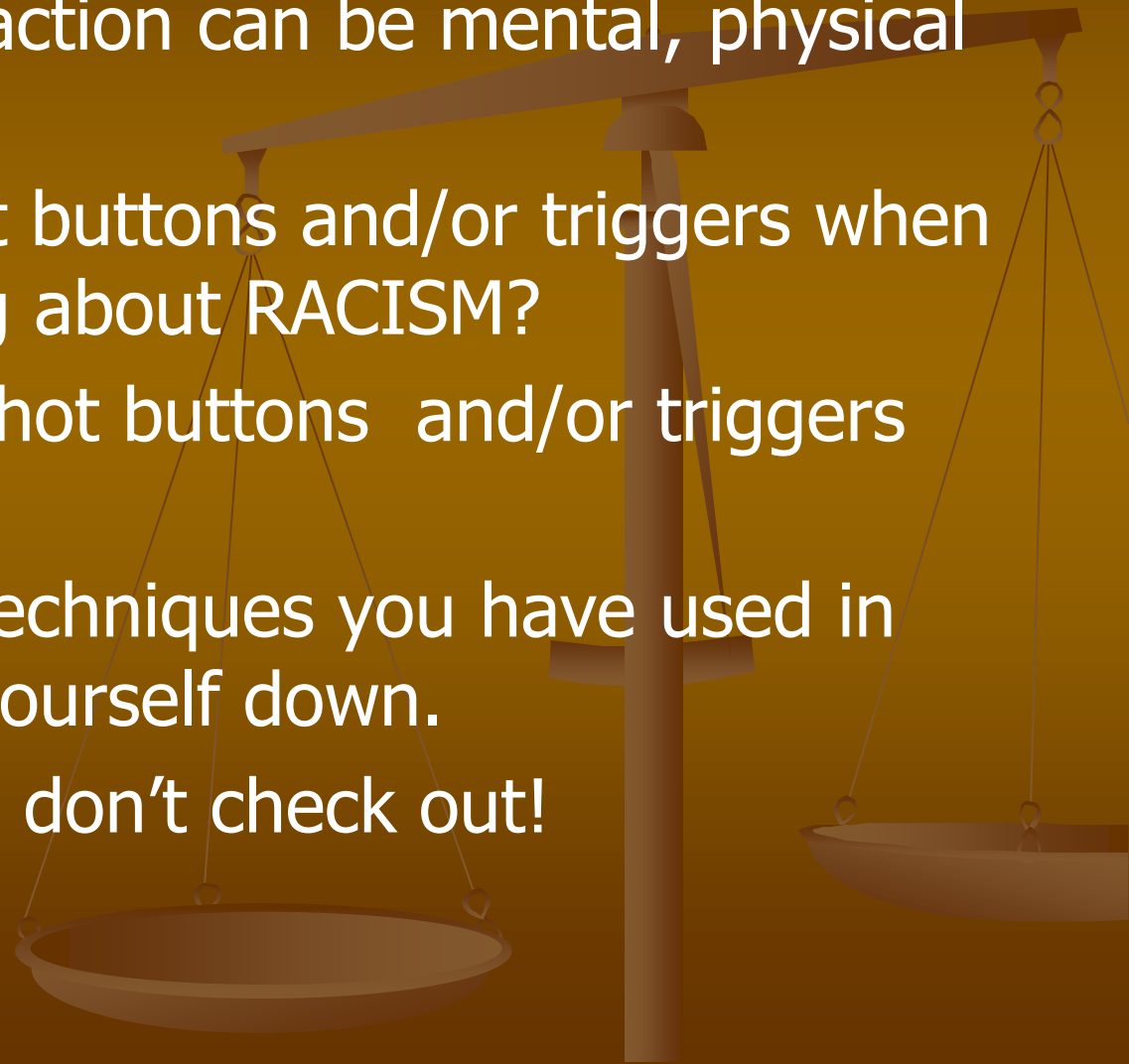
Be Open & Honest
Suspend Judgement
Vegas Rule

Listen; content, meaning, feelings
Challenge by Choice
And/Both Approach
Practice Whatever You Discover!



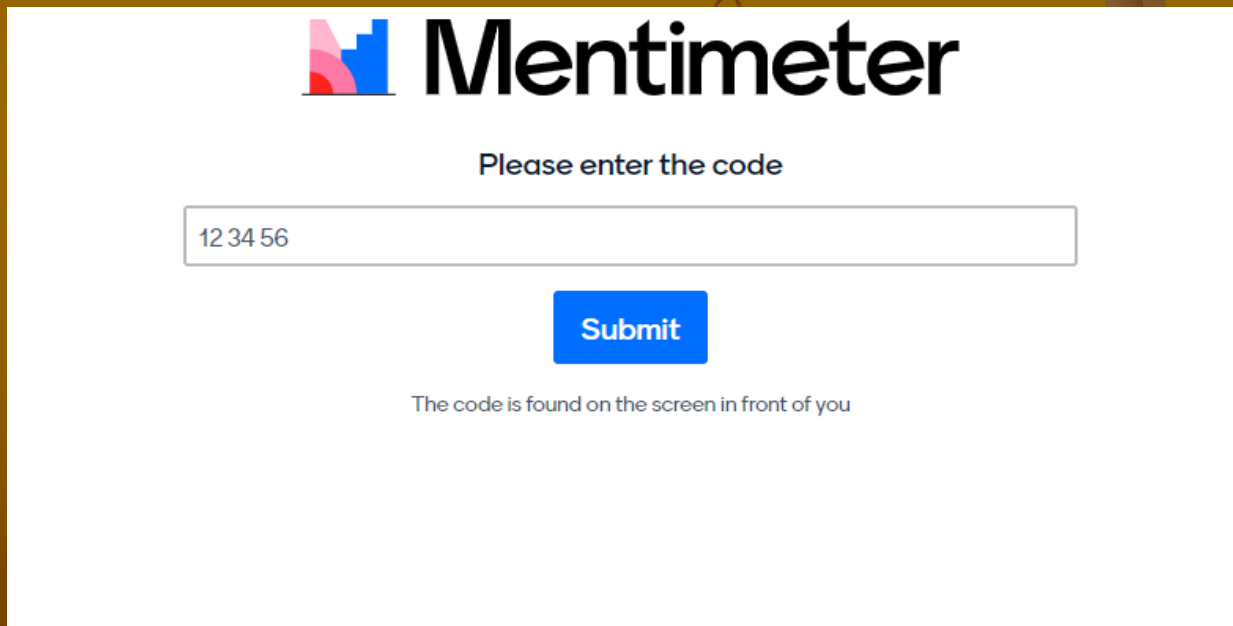
Hot Buttons & Triggers!!

- A word, phrase and or an action that produces a reaction. That reaction can be mental, physical and or emotional.
- What are your hot buttons and/or triggers when it comes to talking about RACISM?
- Be aware of your hot buttons and/or triggers and your reaction.
- Try to use some techniques you have used in the past to calm yourself down.
- Stay engaged and don't check out!
- SELF-CARE!



MENTIMETER

- ***Take out your cellphone.***
- ***Open Mentimeter AP or log onto Menti.com***

A screenshot of the Mentimeter login interface. At the top left is the Mentimeter logo, which consists of a stylized bar chart with three bars in red, blue, and green. To the right of the logo is the word "Mentimeter" in a bold, black, sans-serif font. Below the logo and name is the text "Please enter the code" in a smaller, black font. Underneath this text is a white rectangular input field with a thin grey border, containing the code "12 34 56". Below the input field is a blue rectangular button with the word "Submit" in white text. At the bottom of the screen, there is a line of text: "The code is found on the screen in front of you". The entire screenshot is set against a white background, which is itself centered on a larger brown background featuring a faint, large-scale image of a balance scale.

On the next screen you will see the CODE and the Question.

RACE IN YOUR LIFE.....

■ ***FEELING***

■ ***THINKING***

■ ***DOING***



Questions



START....

STOP....

CONTINUE....



RESOURCES

[Don't Call Me A Racist by Ella Mazel](#)

[White Fragility by Robin DiAngelo](#)

[Dismantling Racism by Joseph R Barndt](#)

Additional RIAIMH Resources: [HERE](#)



MENTIMETER

***Refresh your Menti.com
Time for a Question.***



Please enter the code

Submit

The code is found on the screen in front of you

Question and Code on next screen.

THANK YOU!!!!

감사합니다 Natick

Grazie Danke Ευχαριστίες Dalu
Thank You Köszönöm
Tack
Спасибо Dank Gracias
谢谢 Merci Seé
ありがとう

Obrigado