



The Derner Hempstead Child Clinic Community Based Mental Health Services

June 2020 Newsletter

“Our lives begin to end the day we become silent about things that matter.”

“There comes a time when one must take a position that is neither safe, nor politic, nor popular, but he must take it because conscience tells him it is right.”

“Darkness cannot drive out darkness; only light can do that.

Hate cannot drive out hate; only love can do that.”

“We must accept finite disappointment, but never lose infinite hope.”

Dr. Martin Luther King, Jr.

“I Can’t Breathe...”

Remembering the Human Race

These heartbreaking words have been used too many times in the recent months and days. Globally, we have been faced with COVID-19 and many people were in need of ventilators, which were scarce. We can recall the reports of desperate pleas for help from those who were begging for oxygen to save their lives. Recently, two African American men could not breathe and died as a result of excessive force used to restrain them during an arrest. The nation and the world can share in the grief of losing a loved one at the hands of those who we expect to protect us.

It is important not to generalize and understand that the majority of police officers serve and protect us by risking their own lives on a daily basis, especially during this pandemic which is another risk in itself. We would be remiss if we did not acknowledge that the day that we accept that law enforcement has the power to be judge and jury and take someone’s life, our democracy would be in jeopardy. Moreover, our democracy should not see political lines, Democratic or Republican.

Health care disparities due to socioeconomic status have been a problem for decades but have been magnified now due to COVID-19. Similarly, while racism has been a pervasive problem in America, social media has put a spotlight on these problems. While the video recordings enabled insight regarding the recent deaths of Garner and Floyd, it evoked anxiety and frustration because, in the past, nothing changed, which has broken the trust among many minorities. Similar to how we are

expected to feel relieved to see a doctor when we are sick, all civilians deserve to feel relieved when seeing the police when they are in need, which has been hampered for some people due, in part, to the aforementioned incidents. These issues of COVID-19 and racial injustice seem overwhelming and beyond the scope of our control, which can evoke feelings of helplessness and anxiety.

While some are impacted more than others, many of us are affected by the culmination of these recent events. In an effort to feel more empowered, it is beneficial to focus on aspects of the situation that are within our control. As a community and individually, we all have the ability to express our emotions and effect change in our own way. For those who earnestly want to be a part of this movement, here are some suggestions:

- Join the numerous peaceful protesters, who are ethnically diverse, showing support throughout America and around the world, by protesting peacefully... because your presence matters; Follow the Center for Disease Control guidelines regarding wearing masks and social distancing
- Vote on a local level for your Mayor and County Executives who help make decisions for law enforcement training and reforms in your community. If you plan to vote by mail, request your absentee ballot early <https://www.elections.ny.gov/VotingAbsentee.html>
- Allow your children to use poetry or art to express their emotions. Make signs with your children and post them in front of your house to show support
- Making music videos for social media may be another medium that tweens and teens can use to respectfully express their feelings
- Communication. Respectfully sharing your thoughts and feelings on social media or among friends is beneficial since communication about these uncomfortable topics is a vehicle for change.

Coming outside of our comfort zone to discuss these matters among diverse friends will contribute to breaking the barriers that separate people who are different than us. Listening and understanding each other will bring us all a step closer to unity, as we make efforts to *remember that we are all a part of the human race*.

Nicole Daisy, PhD
Clinical Psychologist

Below are articles that you may find helpful:

American Psychological Association:

Unmute your Feelings <https://www.apa.org/news/events/my-brothers-keeper>

Child Mind Institute:

A Clinical Perspective to Talking to Kids About Racism by Drs Hameed and Howard

<https://childmind.org/article/a-clinical-perspective-on-talking-to-kids-about-racism/>

11 Children's Books To Teach Your Kids About Racism And Discrimination

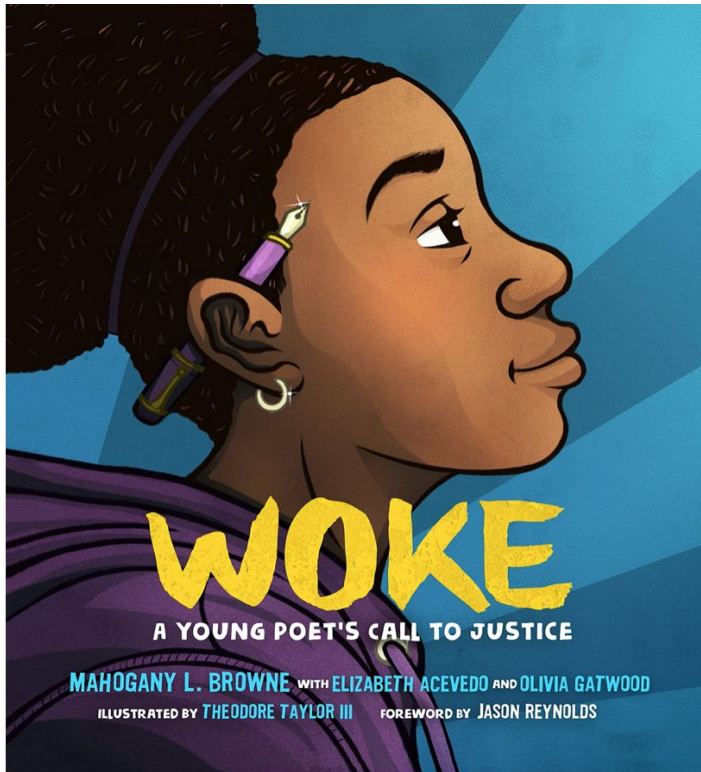
THESE BOOKS BREAK DOWN THE SOCIAL AND CIVIL ISSUES AFFECTING THE BLACK COMMUNITY IN A WAY THAT UPLIFTS.



<https://www.essence.com/entertainment/childrens-books-racism> -

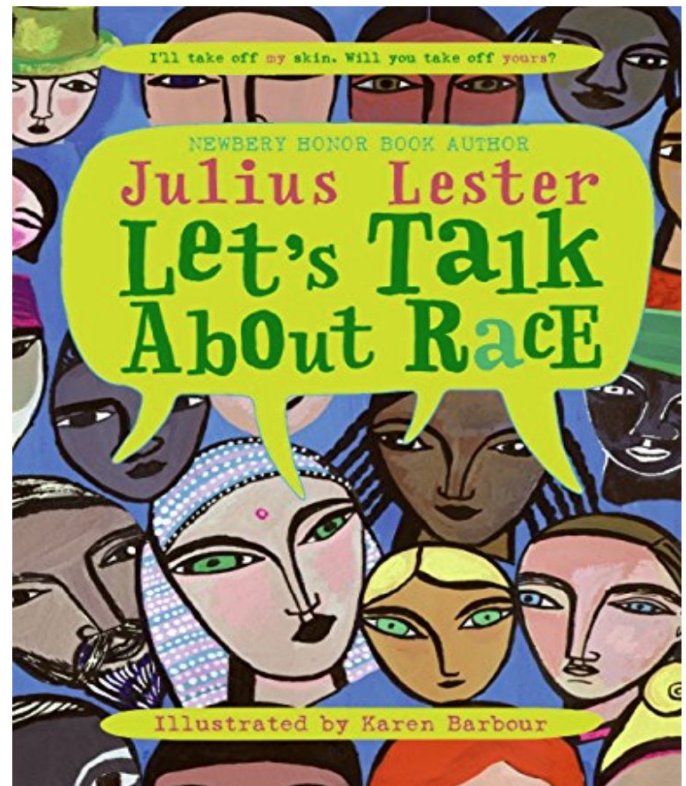
Woke: A Young Poet's Call to

Justice If your child prefers poetry and spoken word, pick up this read by Mahogany L. Browne as she inspires kids to become activists.



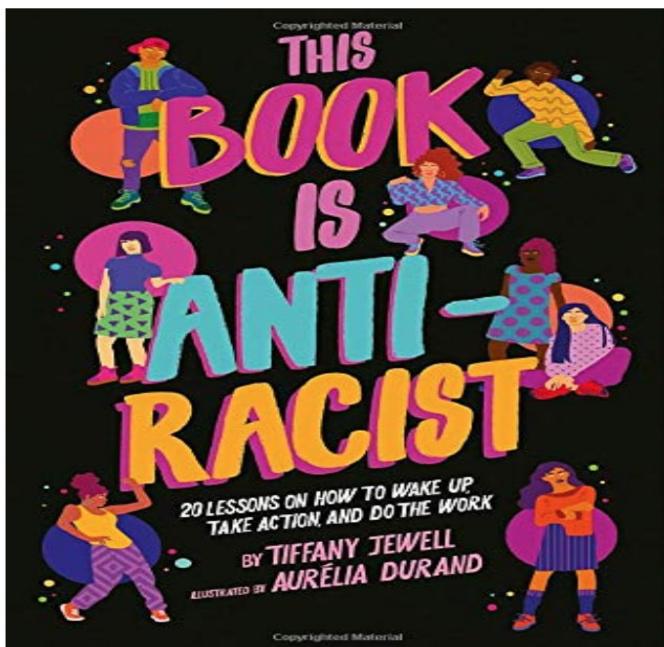
Let's Talk About Race

This children's book by Julius Lester makes the point that each child, no matter their race, is unique and special.

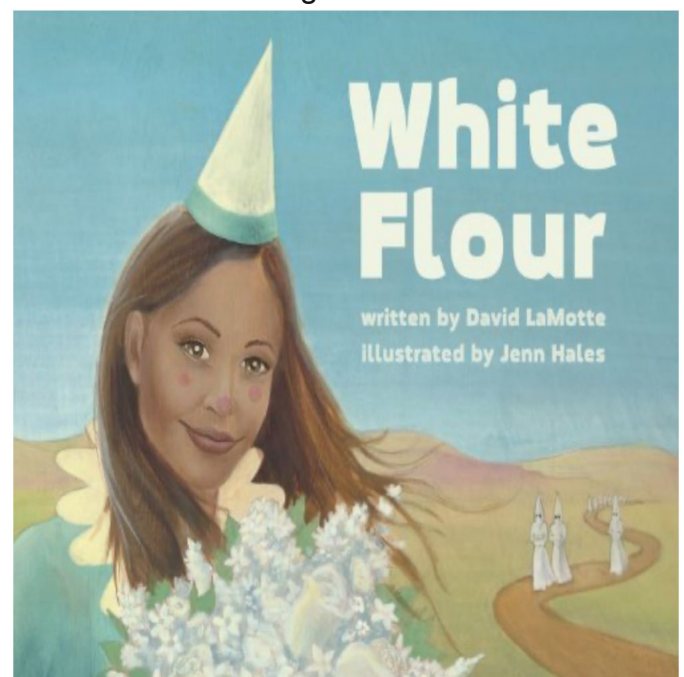


The Book Is Anti-Racist

Author Tiffany Jewell talks to young adults in *This Book Is Anti-Racist: 20 Lessons on How to Wake Up, Take Action, and Do The Work*. While the book explains the origins of racism, it also gives 20 activities to empower teens and young adults to undo racial oppression.

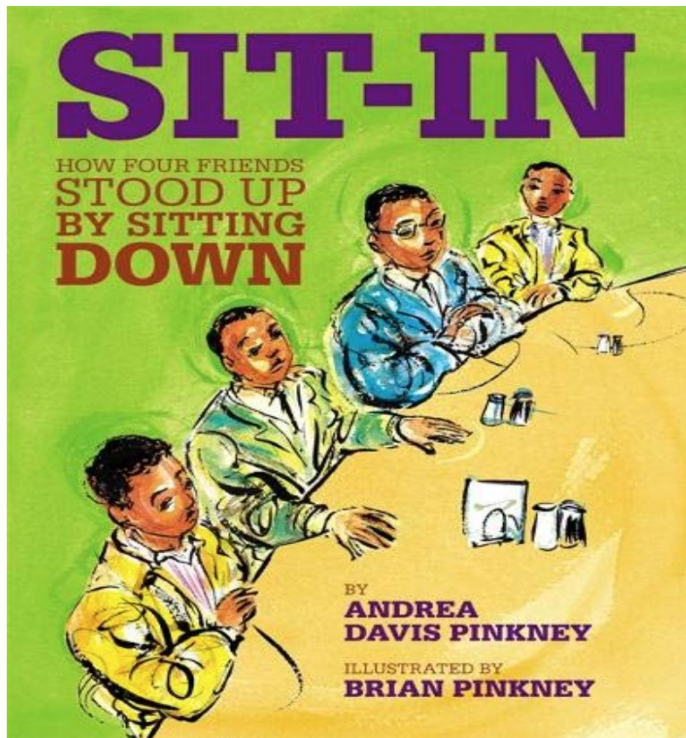


White Flour Author David LaMotte uses clowns to illustrate to children how to non-violently respond to racism. This children's book centers on a racist rally in Knoxville, Tennessee where the Coup Clutz Clowns (sound familiar?) are terrorizing the citizens.

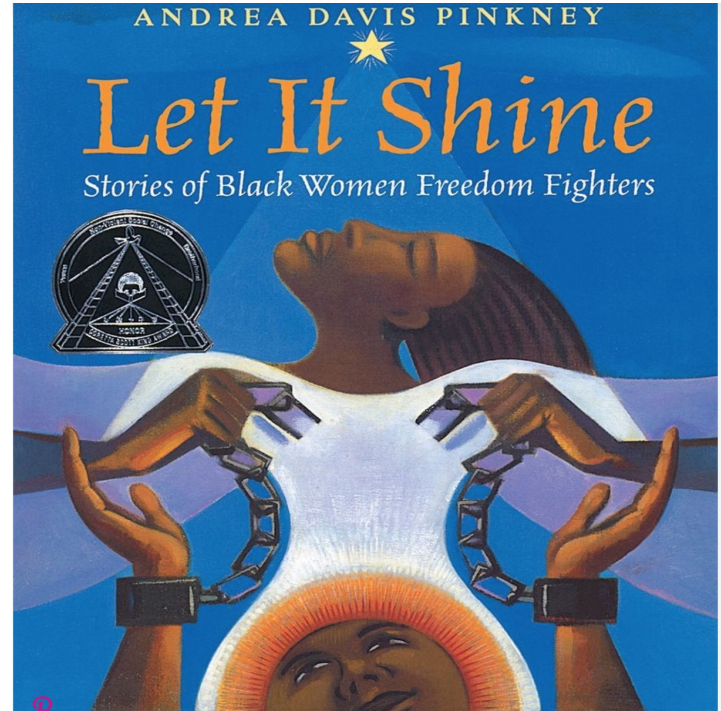


Sit-In: How Four Friends Stood Up by Sitting Down

This book celebrates and teaches about the infamous moment four college students staged a peaceful protest at a Woolworth's lunch counter.

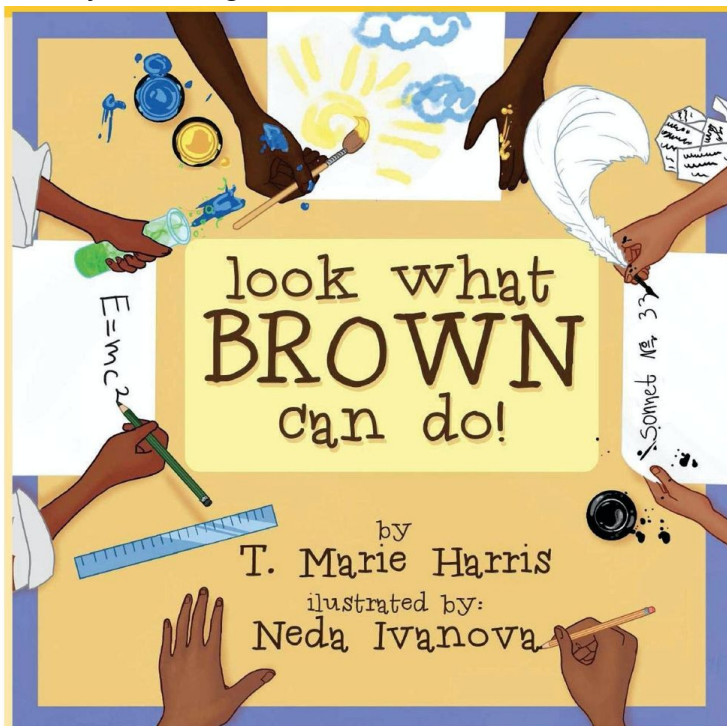


Let It Shine Don't ever let anyone say that Black women weren't on the front lines of the freedom movement. Andrea Davis Pinkney details the women that every Black child should know and reverence in this award-winning children's book.

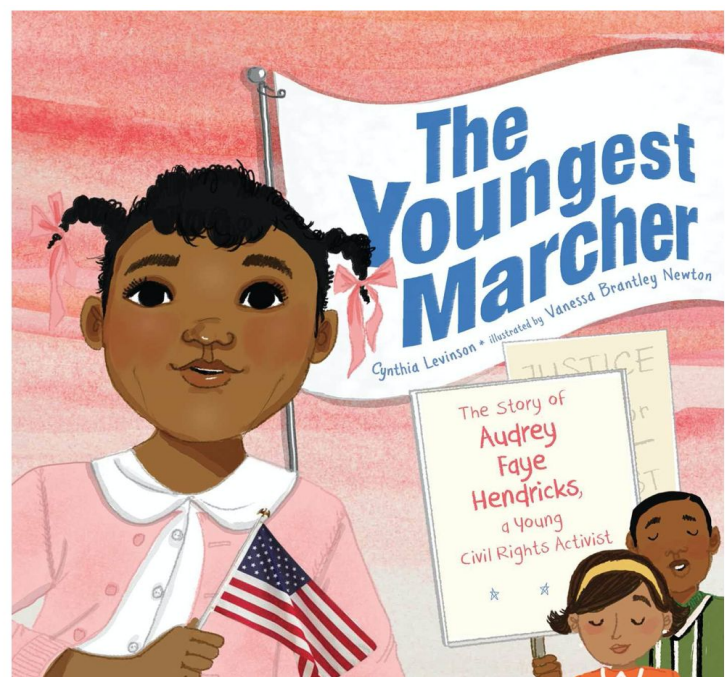


Look What Brown Can Do!

Want to inspire your kids to do just about anything that they can imagine? Read them this book

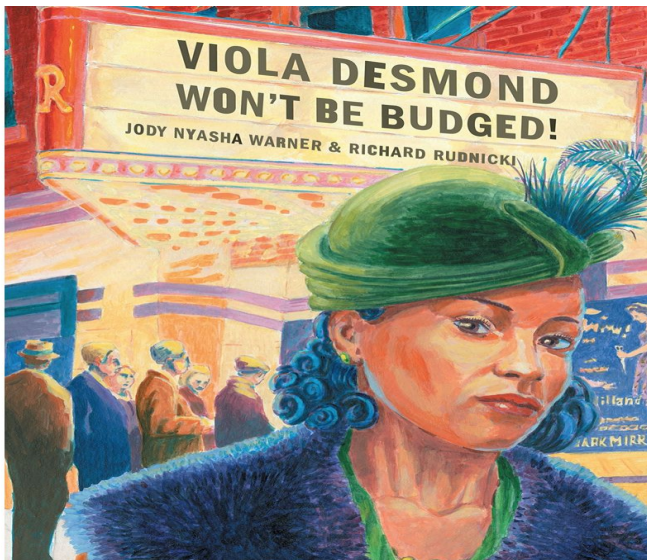


The Youngest Marcher We don't hear enough about Audrey Faye Hendricks, the then 9-year old marcher who was arrested in 1963 during a civil rights protest in Birmingham, Alabama.

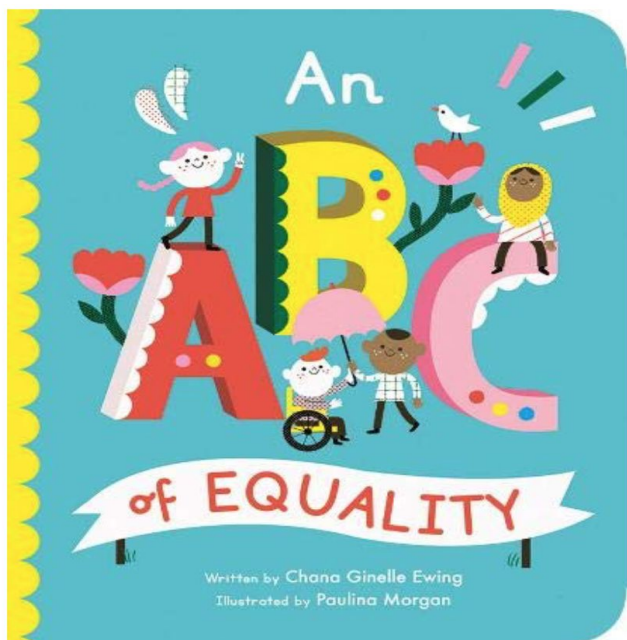


Viola Desmond Won't Be

Budged! Sadly, racism isn't just affecting Black Americans, but Black people around the globe. Teach your children about Viola Desmond, a Canadian woman who refused to sit in a movie theatre balcony.

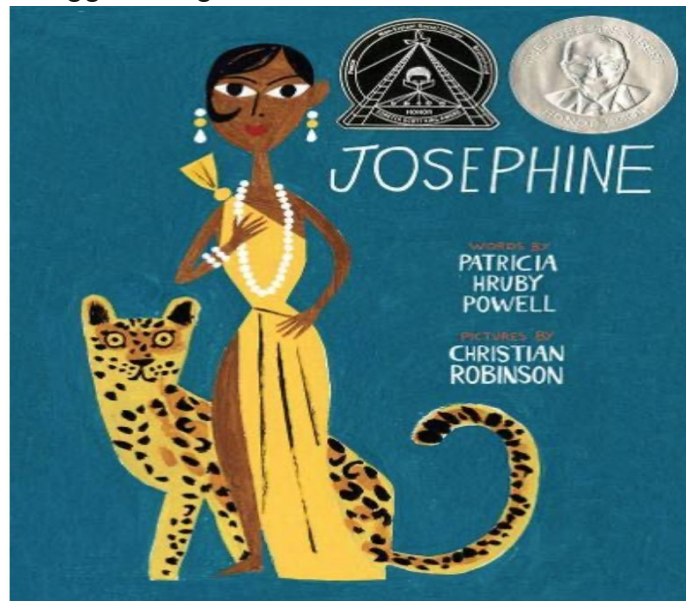


An ABC of Equality This book not only teaches children the A,B,C,s but also the intersections of social justice issues—from race to sexual orientation. from privilege to xenophobia.



Josephine: The Dazzling Life of Josephine Baker

Teach children who may have a flair for the arts that their dreams are possible despite racism. This book details the awe-worthy life of Josephine Baker and how she took herself from the St. Louis "slums" to the biggest stages in Paris.



Antiracist Baby introduces the youngest readers and the grown-ups in their lives to the concept and power of antiracism. Providing the language necessary to begin critical conversations at the earliest age

