



## WE ARE CONDUCTING A COMMUNITY NEEDS ASSESSMENT!

Research participants needed immediately in Cobb, Dekalb, Fulton and Gwinnett! Completed survey participants will be reimbursed with a \$15 gift card.

# RESEARCH PARTICIPANTS NEEDED!



#### **WHO WE NEED:**

Age: 17+; Ethnic/racial minorities currently residing in Fulton, **Dekalb, Gwinnett, and Cobb county** 

### **WHAT WE STUDY:**

**Project NaviGAte at Georgia State** University aims to conduct a research study providing navigational services for HIV, substance use, and trauma





#### **HOW TO PARTICIPATE:**



Participants will receive a \$ 15 gift card for completing a 45 minute survey. Questions? Contact us at theempowerlab@gmail.com!

#### **CONTACT US!**

If you are a community organization that serves ethnic minorities who are at risk for or experiencing trauma, HIV, or substance misuse, we need you to share our Community Needs Assessment form with your clients in these counties. Each client who completes the survey will be reimbursed with a \$15 gift card.

If you are able to help share our flyer and place our survey posters, please email us!

Email Us



FIND OUT HOW YOU CAN SUPPORT COMMUNITY PARTNERSHIPS AND WORK WITH THE EMPOWER LAB

Project NaviGAte targets two pervasive public health concerns: HIV and substance misuse among at-risk and underserved communities, specifically trauma-exposed racial/ethnic minorities in 4 of the 48 federally-designated "hotspots" hardest hit by the HIV epidemic: Cobb, Dekalb, Fulton, and Gwinnett counties in GA.

This SAMHSA funded grant allows for connecting community organizations and disseminating research to improve prevention and treatment of trauma, HIV, and substance misuse with a focus on increasing service awareness, access, and utilization for ethnic minority communities in Georgia, and is overseen by Dr. Isha Metzger, Director, The EMPOWER Lab.

Start Engaging

RESEARCH SPOTLIGHT

**RESEARCH SPOTLIGHT** Impact of disaster exposure severity: Cascading effects across parental distress, adolescent PTSD symptoms, as well as parent-child conflict and communication Kaitlin E. Bountress, Amanda K. Gilmore Isha W. Metzger, Steven H. Aggen, Rachel Kmett Danielson, Vernell Williamson, Vladimir Vladmirov, Kenneth Ruggiero, Anan **EMPOWER** 

In this research spotlight, Drs. Kaitlin E. Bountress, Amanda K. Gilmore, Isha W. Metzger, Steven H. Aggen, Rachel L. Tomko, Carla Kmett Danielson, Vernell Williamson, Vladimir Vladimirov, Kenneth Ruggiero, and Ananda B. Amstadter study the effects of disasters on parental distress PTSD symptoms in adolescents and communication conflicts

Exposure to natural disasters can lead to PTSD in children and their caregivers. Providing families with support and supplies in the months following natural disasters may help lessen the mental health

struggles and PTSD development.

Learn More

RESOURCE SPOTLIGHT



Great News! Our <u>C.A.R.E Package for Racial Healing is FREE online</u> and it will soon be available in print!!!

It's the C.A.R.E. Package you know and love PLUS over 50 (yes, FIFTY) additional handouts and resources for you to use! The C.A.R.E. Package helps Black teens explore racial identity, racial socialization, relaxation, emotion regulation, cognitive coping, and behavioral strategies for overcoming experiences with racial stressors.

Find these links and more on our periodically updated resource page.

• Black Mental Health Alliance Develops, promotes and sponsors culturally-relevant educational forums, trainings and

• Black Mental Wellness

referral services that support the health and well-being of Black people and vulnerable communities.

Provides access to evidence-based information and resources about mental health and behavioral health topics from a Black perspective.

Additional Resources



FAST-T CAREGIVER RACIAL SOCIALIZATION HANDOUT

This handout includes three parts to assist parents and caregivers in helping children feel better about themselves after experiencing or witnessing racism.

Download



LEARNING ABOUT YOU

A worksheet designed for clients

engaged in discussions around racial identity and experiences with discrimination.

(CLIENT HANDOUT)

Download



LEARNING ABOUT YOU (THERAPIST GUIDE)

Guide designed for clinicians to engage in discussions around racial identity and experiences with discrimination.

Download



RACIAL TRAUMA GUIDE

Instructional online resource with detailed sections on coping with racial trauma, steps for action, tools and guides for parents to have conversations with children and teens.

Download



Listen Now



Have you listened to the Black & EMPOWERed Podcast? Wait, no, have you SEEN the Black & EMPOWERed Podcast? Available now on **Spotify**, Apple Podcast and now **YouTube**! Latest episodes:

- Redefining the Strong Black Woman: with Dr. Jasmine Abrams and Dr. Natalie Watson-• Dr. Isha Metzger on the Psych Mic Podcast • The Psychologists Podcast with Dr. Isha Metzger

# START FRESH THIS SPRING

This spring season, consider investing in a community organization that supports local youth! For great ideas on where to donate this spring and summer in the metro Atlanta area, visit this link.

We at The EMPOWER Lab would like to spotlight Silence the Shame, Inc. Silence the Shame, Inc. is a mental health nonprofit organization in Atlanta. Their mission is to normalize conversations and peel back the shame and stigma around mental health discussions. Learn more about this community provider here:

VISIT SILENCE THE SHAME



Changed your mind? You can unsubscribe at any time.



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