

# BLACK HISTORY MONTH

During Black History Month, we aim to honor the contributions and sacrifices of Black/African Americans who helped shape the nation. Every American President since 1976 has officially designated February as Black History Month. Please [click here](#) to watch a 4-minute video on Black History Month from Michael Hines, a Stanford University historian.

## 1 2024's Theme is "African Americans and the Arts"

In areas such as performing arts, fashion, music, literature, and culinary, the cultural influence of Black/African Americans has been substantial. For centuries, Black/African Americans have used the arts to preserve history and provoke empowerment. (ASALH, 2024). Please [click here](#) for a brief history of these contributions.



“Artistic and cultural movements such as the New Negro, Black Arts, Black Renaissance, hip-hop, and Afrofuturism, have been led by people of African descent and set the standard for popular trends around the world (ASALH, 2024).”

## 2 What Black History Month Means to Me

When I think of Black History Month, I recall the many stories my elders told me since I was a child. They spoke about their tough upbringings, how they navigated injustices, how they celebrated triumphs, what they wished for future generations, and how incredibly important it is to have a sound support system through it all.

I remember my family's first visit to the Smithsonian's National Museum of African American History and Culture in Washington, D.C. We started the museum tour underground in 14th-century Africa and Europe. I was overwhelmed by the countless number of donated artifacts and familiar names as I walked through the complex story of 'Slavery and Freedom'. I learn something new each time I visit that beautiful building of past, present, and future hope.



## 3 Mental Health Care in the Black/African American Community

Seeking mental health care in the Black/African American community is often perceived as a sign of weakness. "Reluctance to seek both physical and mental health care can often be attributed to a general distrust of the medical establishment" (White, 2019).

How can I **best support** those who are impacted by mental illness? According to Ruth White, Clinical Associate at USC, "If we can **raise awareness** surrounding mental health from a **young age**, we can **break stigmas** and shape this generation to **approach mental health in a new, positive way**" (White, 2019).



Only one in three Black/African Americans who struggle with mental health issues will ever receive appropriate treatment (White, 2019).

### References

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### About the Author

Elizabeth (Wright) Brown, MSHRM joined CHE in 2018 and currently serves as our Human Resources Director. She obtained her Bachelor's degree in Industrial-Organizational Psychology and earned her Master's degree in Human Resource Management. As a member of CHE's DEIB Committee, Elizabeth enjoys helping employees embrace diversity, equity, and inclusion and learning more about their backgrounds and experiences.