

# INSTITUTE FOR PREVENTIVE HEALTHCARE & ADVOCACY



Kathey Avery, RN, BSN

**Avery Health - Education and Consulting** brings extensive experience and knowledge to help individuals and groups achieve positive health outcomes and implement equity.

**Kathey Avery**, founder and owner of Avery Health - Education and Consulting, has more than 35 years of experience in healthcare and community activism. She is dedicated to raising awareness about, and helping in the prevention of, chronic diseases and preventable cancers through patient and public education and personal accountability.

Contact Kathey Avery today at 828-768-2369 to schedule a talk or workshop. For more details, please visit [www.AveryHEC.com](http://www.AveryHEC.com)

## The Institute for Preventive Healthcare & Advocacy



The mission of the **Institute for Preventive Healthcare & Advocacy** is to promote optimum health for all residents of Buncombe County and surrounding areas by addressing the social determinants of health and the inequities in access to affordable and preventive healthcare.

[www.ifpha.org](http://www.ifpha.org)

The IFPHA is grateful for the support of our sponsors.



## July is National Minority Mental Health Awareness Month

BY KATHEY AVERY RN, BSN, CN

*With so many changes happening, remember to be safe and take time for self-care.*



What is mental health? Mental health is when individuals adjust to life in such a way that they feel comfortable with themselves, and at the same time able to live so that their behavior does not conflict with society. We strive to become mature adults with feelings of self-worth, accomplishment, and the ability to be gainfully employed with sufficient reward for employment that satisfies the economic needs required for our lives.

### When should mental healthcare begin?

I still believe that mental health and healthcare in general should be addressed throughout a person's life, from "birth to death." I feel that when a baby is born the family and pediatrician should begin mental health assessments that will continue through the infant's life. I have never understood why, with the information available to all, we lose the ability to keep our physical and mental health together until some mental health situation occurs. Black, Indigenous People of Color (BIPOC) have to overcome much to become mentally/brain healthy.

We need to advocate for healthcare providers to incorporate the "whole body" when treating individuals from birth to death, with knowledge of the unique experiences marginalized groups experience for the best quality of life and health in this country and our communities.

### Racial Trauma

IFPHA has talked about racial trauma over the years, but now it is even more important for our mental health to include it in our conversations and education. How are our communities feeling with the assault on DEI (Diversity, Equity, and Inclusion)?

Racial trauma, or race-based traumatic stress (RBTS), refers to the mental and emotional injury caused by encounters with racial bias, ethnic discrimination, racism, and hate crimes. Any individual who has experienced an emotionally painful, sudden, and uncontrollable racist encounter is at risk of suffering from a race-based traumatic stress injury. In the US, BIPOC are most vulnerable due to living under a system of white supremacy.

Experiences of race-based discrimination can have detrimental psychological impacts on individuals and their wider communities. RBTS is a mental injury and is not considered a disorder. It can occur as the result of living within a racist system or experiencing events of racism.

Several years ago at MAHEC, Dr. Ann Bullock talked about the high cortisol levels of minorities, especially looking at Native American and African American populations. Mothers, even at birth, had high cortisol levels due to constant stress brought on by dealing with the issue of being a minority in this country. Unfortunately for high-stress cultures, the body's stress

response is activated so often the body doesn't always have time to return to normal, resulting in a state of chronic stress.

African Americans and other marginalized groups' internalized racism causes chronic stress due to the group believing the misinformation. After a lifetime of racism and exclusion we begin to have a limited view of our own potential. It is even more important that we reach out for support from friends, or seek professional help if needed, to get us through these stressful times.

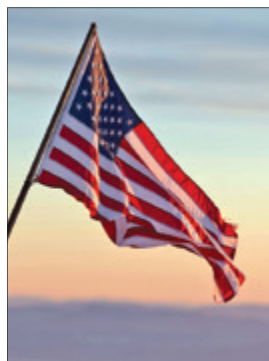
Sources: Taber's Cyclopedia Medical Dictionary; MHA Mental Health America.

## Independence Day Celebrations

*This month, many people celebrated the Fourth of July, or Independence Day.*

In 1776, on July 4, America adopted the Declaration of Independence. Drafted primarily by Thomas Jefferson, this document was officially adopted by the Continental Congress in Philadelphia, Pennsylvania. It marked the Thirteen Colonies' formal separation from Great Britain and the birth of the United States of America.

As African Americans, we remember and celebrate events differently. For our people, Juneteenth is when we celebrate independence. Juneteenth is the oldest nationally recognized celebration marking the end of slavery in the United States for African Americans. In June 1865, Major General Gordon Granger arrived in Galveston, Texas to announce the end of the Civil war and the emancipation of enslaved African Americans. This took place two years after President Abraham



Lincoln issued the emancipation Proclamation on January 1, 1863.

Following the end of the Civil War, Congress submitted to the states three amendments as part of its Reconstruction program to guarantee equal civil and legal rights to Black citizens. The 14th amendment was passed by Congress on June 13, 1866, and ratified July 9, 1868. The 14th Amendment extended liberties and rights granted by the Bill of Rights to formerly enslaved people.

A major provision of the 14th Amendment was to grant citizenship to "all persons born or naturalized in the United States," thereby granting citizenship to formerly enslaved people.

Now, African Americans have to watch as actions are taken to repeal the 14th Amendment which gave us state authorized dignity, humanity, and the appearance of full citizenship.

Source: Archives.gov

## Free Mammograms

As part of IFPHA's partnership with Novant Health, we are working with retired Oncologist Dr. Michael Messino to offer free mammograms. Novant will file your insurance if you have it. Please register for this event! Your participation ensures that we can continue to bring these much-needed events to our communities.

Free mammograms will be offered Monday, August 18 from 11 a.m. until 3 p.m. at Friendship Community Center, 142 Shiloh Road in Asheville.

**An Appointment is Required!** Register by calling (336) 397-6805 to schedule your mobile mammogram. You may also email [mobiledepartment@novanthealth.org](mailto:mobiledepartment@novanthealth.org), fax (336) 397-6220, or call the IFPHA team at (828) 768-2369 for assistance.

*Note: The minimum age for a screening mammogram on the mobile unit is 35 years of age. We invite younger women to come and talk to our team for valuable information and assessment.*

## Lunch & Learn



Join Kathey Avery on the third and fourth

Wednesdays of the month from 12-1 p.m. at the Linwood Crump Shiloh Community Center, 121 Shiloh Road in Asheville. The community nurse will address "Hot Topics" and provide education and knowledge to help keep you healthy. All are welcome!