

# @nywusa News

[stateyourcase.us](http://stateyourcase.us) | [nywusa.com](http://nywusa.com) | Editors: Cecil Bundick & Karen Volker

## Mission Statement:

"The purpose of OMI is to instill resiliency skills through education and developing life skills to "at-risk" youth in hopes that they will become productive members of society.

To provide opportunities that will focus on the entire mind, body, soul and spirit."

## Board of Directors:

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## How Dolls Helped Overturn a U.S. Supreme Court Case

*Fareeba Mohammad*

Mamie Phipps was born on April 18, 1917 into what she considered a "very privileged childhood". Her father was a physician, so her mother was able to take care of Phipps and her siblings at home, unlike many other African-American families. Growing up as a student of an all-black school, Phipps knew that she wanted to grow up to help other children. She attended Howard University when she met her husband, Kenneth Clark and both were the first ever the graduate with PhD's in psychology.



The Clarks conducted several research projects together, but their most famous experiment was the Doll Test. In the study, they gave black children 4 dolls: two of which had white skin and two of which were painted brown due to the lack of brown dolls in production. They asked the children which doll they preferred and many selected the white doll and assigned it positive traits.

Fourteen years later when an African-American girl, Linda Brown, was denied admission to a white school, then-lawyer Thurgood Marshall was asked to represent her case, *Brown vs Board of Education*. The case eventually reached the US Supreme Court, and Marshall was interested in using the Clarks' work as evidence of the psychological damage inflicted by segregated schools. They argued that segregation held life-long consequences. The Supreme Court unanimously agreed and repealed a previous court case, *Plessy vs Ferguson*, which had deemed all facilities to be "separate but equal"

The Clarks dedicated the rest of their lives to improving mental health among black children. After realizing the lack of mental health services available to black children, they opened a clinic in Harlem in 1946, known as the Northside Center for Child Development.



## Note From President:



As we look this month to celebrate love it is not always a positive experience for all. Here at OMI we are on a mission to reduce

violence and help stop unnecessary deaths. According to the CDC every day about 360 teens are treated in emergency departments for assault injuries. A lot of the injuries people experience are by people they know. We are here to measure where young people are with conflict, anger and self esteem. You can check that on here at [stateypurcase.us](http://stateypurcase.us). We also have resources to help improve conflict resolution and anger management to reduce violence. Take a moment to send a kind word to someone this month. Let's remember: spread kindness, not violence!

## Newsletter Team:

- Cecil Bundick
- Fareeha Mohammad
- Gabby Chong
- Joseph Kobeck
- Karen Volker
- Takoda Wells

# State Your Case Survey Update

*Takoda Wells*

The State Your Case Survey is a simple and fast assessment for youth nationwide to self-identify challenge areas for themselves and provide helpful hints and insights to improve in their biggest areas of concern. Empowering youth to create change and solve societal problems such as youth homicide and suicide. OMI has launched the CASE app. CASE represents Conflict, Anger and Self- Esteem. These topics are outlined in different segments of the survey.



Using the data collected, we can better inform and inspire change within youth. A simple rating system is designed to assess students and offer insight on their well-being. Schools, community groups, and churches can use this practical tool to educate youth about good coping mechanisms and how to prevent violent behavior. This survey is one of the many steps OMI is taking to slow and prevent youth homicide and suicide. We are also working on a facilitator guide. If you are interested in bringing this to your school or community group, email us at [info@nywusa.com](mailto:info@nywusa.com) with 'State Your Case' in the subject.



## Gabby's Glow

*Gabby Chong*

Having strong relationships with your family, friends, and/or significant other are important for your personal well-being. Since February is known as the month of love, I thought I'd share how communication can build healthy relationships.



Communication is one of the most important aspects of a healthy relationship. Talking to someone regularly, whether in person or over the phone, is the best way to stay connected. Ask them how they are doing, what they did during the day, or even have a conversation about a random topic that interests you both. Just having someone to talk to can be really good for your mental health.

Balanced relationships require equal effort and understanding of each other. When they are talking be attentive and show that you care. Ask them questions, and show that you support them and want what is best for them.

This Valentine's Day, be sure to remind your loved ones how much you care about them, and make it a habit to do so more frequently, especially while we are all facing the challenges of COVID-19.

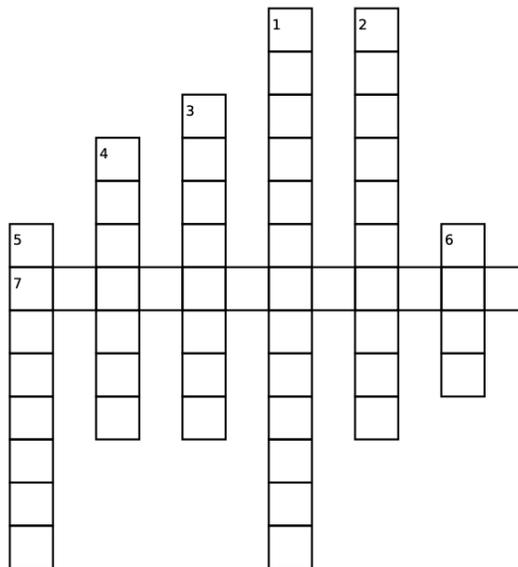
# Activity of the Month: Crossword Puzzle

*Joseph Kobeck*

Take a photo with family or loved ones with the completed crossword puzzle and post a picture on Instagram or twitter and be sure to tag us @NYWUSA!



## Crossword Puzzle



**Down:**

1. the imparting or exchanging of information
2. recognition that a person of their feeling or opinions are valid or worthwhile
3. having composure and staying calm
4. a feeling of deep admiration for someone
5. remaining loyal and steadfast
6. an intense feeling of deep affection

**Across:**

7. recognizing their little acts of kindness and never taking them for granted

