



# @NYWUSA News

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## Shana Washington Speaks Life into the Nation's Youth

Shriya Raja

Mental health can affect people in many ways. Talking to Shana Washington, the CEO of Shana Speaks Life, gave me an entirely different perspective on how our nation's youth are affected by these mental health issues especially in racial minorities. Shana is passionate about helping young women discover themselves, because as a teenager Shana had trouble processing her mental health. By talking with Shana, I discovered the importance of sharing your experiences. Mental health issues can seem daunting to recover from when you're alone, but when you have the ability to talk to someone that understands, it may seem less so. Shana Washington is a role model for women around the world. She has experienced the struggles of dealing with mental health issues and has risen above them to help others who feel as though they have no one to talk to. She is a role model, a mentor, and a friend to anyone who needs one. [\(Article shortened due to length. Click here for the full article!\)](#)



National Youth Week  
2022: Conference Days  
1 and 2!



Check out how the conference went [here!](#)

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## Destigmatizing Mental Health

Nicole Clarin

There is no doubt that stigma has existed around mental health and illness for a very long time. A stigma is a negative attitude of disgrace towards a person or group, such as when people see those who seek therapy as ‘weak’. This stigma especially persists among racial minorities. Here are some ways in which you can help destigmatize mental health:

- **Open:** discuss mental health with family and friends
- **Treatment:** don't be afraid to seek it
- **Educate:** yourself and others
- **Keep:** others in check
- **Do not:** buy into stigma

By destigmatizing mental health, more people of color will be more comfortable with the idea of asking for help.

## Family Support for Mental Health

Saanvi Maskara

Many individuals fail to speak up about their mental health because they find their problems insignificant in the process of comparing themselves to others or they remain in fear of how others will respond to them. In this regard, mental health is often taken for granted. People often feel uncomfortable talking about their issues without a platform where they know they can relate with others. (Visit [www.omicommunity.com](http://www.omicommunity.com) for a similar platform.) Thus, families and communities play a significant role regarding mental health. Having a supportive family response and community can do wonders to an individual struggling with their mental health. It often seems easier to struggle alone and constantly put up an act of being okay with a smile



pasted on your face. However, it can become tiring and make things worse than they already are. Thus, it's important to tell the supportive and trustworthy people in your life if you aren't okay so you can get the help you deserve.



### PRESIDENT'S NOTE

I love to see life change. Last month we celebrated National Youth Week. Of the feedback we received, one of them was "thank you so much for the opportunity to come, I loved it and learned so much from the past 2 days and was inspired :)". This month we celebrate National Minority Mental Health month and have made some great progress towards helping and healing with the CASE program. CASE is our 10 week program to reduce violence against yourself and others and teach conflict triggers, anger management, and how to love.



# Activity Page: Minorities Word Search

Fareeha Mohammad

G T G N O I T A L I M I S S A L A R U T L U C X  
E S K M H I S P A N I C O H A K J R X L R E W F  
W J I A M Y W O S W J L Y F N R A C E E A Y N A  
C E O Q W V A N A C T H R A F X J P D M S C A M  
E T L A N G U A G E F O T Y U K E N E S U Q C I  
G H N X V A Y L L Z A I K C S R A R R L O M I L  
V N A Z G G O Y X M V R K V S L I U T Q M D R Y  
C I I R P E C A E E Y A N O S C Y U Y R N X E O  
Z C S S G P J R A F U U N I A K R K C A L B M R  
G I A L T O I M S L L A C N M E Q F V B K C A G  
G T P U T C E P X R L I I C R L T R S W U S N A  
N Y N H A R H Q Y S F N V C B E A M E R I C A N  
I Z E N I B K S P I D X K C A Y L S F U W X C I  
P R B C P K R A C I D L J B C R O I O D Y W I Z  
Y I A B Z A C A A U I A C X W T I K G U M V R A  
T N N K H E P N V L C Y A T M X Y B G I P Q F T  
O P R E L U N S I Z D O C W U D X J B C O I A I  
E A Q K I Y G P T N A R G I M M I F T E C N E O  
R N U E S L E A A N I P D D P G B Y T L A V H N  
E H F Y R L A K P Z U J X F N S M P P R O N I S  
T A D E W H I T E G N A C C U L T U R A T I O N  
S M C P T Q P V T L Y Z E T H O C E N T R I C F  
H N A I S A C U A C I E H O F E C I D U J E R P  
J A N M W N O I T A T N E I R O L A U X E S G S

alien  
pacific islander  
sex  
ethocentric  
culture  
race  
black  
religion

immigrant  
native american  
age  
acculturation  
family organizations  
asian  
african american  
personal space

american  
american indian  
stereotyping  
cultural assimilation  
other  
white  
afro american

caribbean  
sexual orientation  
prejudice  
ethnicity  
hispanic  
caucasian  
language