

APA Celebrates Bebe Moore Campbell National Minority Mental Health Awareness Month

In July, APA's Division of Diversity and Health Equity (DDHE) hosted its second annual APA MOORE Equity in Mental Health 5K. The run, walk, and roll brought together communities from across the country and globally to raise awareness and combat mental health inequities facing young people of color. In addition, over \$100,000 was raised to support the DDHE and the APA Foundation's MOORE Equity in Mental Health Community Grants Program. Five grant recipients received \$10,000 to support mental health equity for young people of color, including the Drake University Counseling Center in Iowa, the University of Florida Health

Community Clinic, Project Nia in North Carolina, Crear Con Salud in Puerto Rico, and the University of Colorado.

In the photo below right are APA Deputy Medical Director and DDHE Chief Regina James, M.D., and APA President Rebecca Brendel, M.D., J.D. Pictured below left are runners participating in the APA MOORE Equity in Mental Health 5K at Anacostia Park in Washington, D.C.

This year, DDHE expanded the activities under the APA MOORE Equity in Mental Health Initiative, hosting three roundtable conversations that gave attendees the opportunity to gain a deeper under-

standing of mental health issues, as well as the APA MOORE Equity in Mental Health Community Fair in partnership with Howard University Hospital. The event provided community members with an abundance of general mental health information, resources, and connected individuals with local mental health services and organizations dedicated to improving mental health equity.

In the bottom photo, Cynthia Rodwell (left) and Cynthia Wheeler, M.A. (right), with Howard's Office of the Dean of the Andrew Rankin Memorial Chapel are leading the mindfulness meditation session during the community fair.

