

# The Counseling Center Monthly Happenings

JULY 2022



## HEARTFELT FAREWELL

This month we want to send well wishes and farewells to our former CEO, James Kerlin. Mr. Kerlin has been with TCC for almost 35 years. We thank him for his many years of service and wish him well in his retirement!

We are excited to welcome Kim Richards as the new CEO of The Counseling Center.

## JULY IS NATIONAL MINORITY MENTAL HEALTH MONTH!



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

Help us in shedding light on the multitude of mental health experiences within communities of minorities and others that face disproportionate inequities due to systemic barriers and historical adversity. See page 3 for more info.

### Quote of the Month:

*"What Mental Health needs is more sunlight, more candor, more unashamed conversation."*  
- Glenn Close



**New!**

**STAY UP TO DATE WITH US ON  
OUR NEW FACEBOOK PAGE!**



**@TCCALAMOGORDO**

## Free Tutoring!

We offer free tutoring services for ages 10-17!

Contact Wendy at [wvera@tcc-nm.org](mailto:wvera@tcc-nm.org) for more information.

## Mental Health Counseling



We are actively accepting new clients for mental health, substance use, and tele-med services! Call us today at (575) 488-2500.

## CBPIR BLURB OF THE MONTH...

### WHAT IS CBPIR?

Community Based Prevention, Intervention, and Reunification Services!

Services provided in the home to help with parenting skills, how to set boundaries, and create positive communication in families. We also help teach the families how to utilize local resources that may be needed for a healthy home environment or during times of crisis.

Contact Cecelia at [cbernal@tcc-nm.org](mailto:cbernal@tcc-nm.org) for referral or more information!

## The Counseling Center Groups

- MINDFULNESS TOOLBOX
- RECOVERY GROUP
- LGBTQIA\* ADULT GROUP
- LGBTQIA\* YOUTH GROUP
- RETIRED GRIEF GROUP



CALL US TODAY TO SAVE YOUR SEAT IN THESE WEEKLY GROUPS!

## HELP US WELCOME OUR NEW EMPLOYEE!



*Robyn Verdugo*  
FAMILY OUTREACH  
CASE MANAGER

This  
Community's  
Choice for  
Trusted  
Comprehensive  
Care!



## Overdose Prevention

FREE Narcan Training & Distribution  
FREE DeTerra Deactivation Bags  
FREE Overdose Prevention Info.  
Contact Autumn: [ahobson@tcc-nm.org](mailto:ahobson@tcc-nm.org)



@OteroPDOPS



# National Minority Mental Health Month

According to the Substance Abuse and Mental Health Services Administration (SAMHSA) and the CDC, feelings of anxiety or other symptoms of stress caused by a pandemic or other crisis may be stronger in some racial and ethnic minority groups.

Outside of the pressures of coping with a global pandemic with the potential associated with grief through death, loss of community, isolation, unemployment, or other lack of support, health practitioners are less able to give accurate diagnosis or adequate treatment for clients who are members of minority populations.

In general, racial and sexual minority groups report higher levels of anxiety, depression, suicidal ideations or completed suicides, post-traumatic stress disorder, and other mental health concerns. Cultural and societal oppression may lead to feeling unsafe or other feelings including shame, isolation, anxiety, and depression, which negatively impact an individual's overall well-being and deplete an individual's coping mechanisms in times of stress or crisis.

Even though treatment exists and healing is possible, there are several barriers to accessing mental health care. These barriers include:

- Lack of access to culturally competent, stigma-free mental health diagnosis and treatment
- Underutilizing mental health services and early termination of treatment
- Financial cost or lack of insurance
- Social stigma shaming people who live with mental illness
- Office hours and locations of treatment

For LGBTQIA\* clients, there are additional concerns about experiencing homophobia or transphobia in the counseling relationship of a fear of being "outed" to family or insurance companies through the course of treatment.

For clients living with disability(ies), they may fear that the therapist will not understand or work with their disability, thereby discrediting an important element of their reality living in an ablest society.

For racial/ethnic minorities, there may be additional cultural barriers and cultural stigma impacting a person's help-seeking behavior. These may include conceptualizing about the cause and cures of mental illness. For example:

- Some Asian cultures see no distinction between the physical and the mental. The "psyche and soma" are one in the same.
- Asian, Hispanic, and African American cultures may believe that mental illness can be treated through willpower and self-control rather than through an external helper like a counselor or therapist.

Mental illness is even more stigmatized in racial minority communities. For example:

- Asian Americans may be concerned about the "loss of face", or a social image necessary for group cohesion, if a person acknowledges a need for help outside of the family or group.
- Mistrust of the mental health system because of injustices the field of psychology has done to racial minorities in the past, such as misdiagnosis, assessments based on Caucasian norms, and unethical research methods.
- Therapy's traditional focus on the individual's thoughts and feelings goes against collectivist cultures' focus on the group and family functioning. It may be harder to connect with an outsider (therapist) about family or group dysfunction.
- Language barriers.

The structure of the mental health service field lacks an adequate number of culturally appropriate/sensitive services or bilingual or bicultural service providers, but most training programs now require specific courses in multicultural counseling to improve the field.

If you are a member of a minority community, you deserve to receive treatment that works with - not against - your identity and your cultural values, norms, and expectations!

For more information, please visit <https://minorityhealth.hhs.gov/minority-mental-health/>

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LET US KNOW!**

**EMAIL US AT:  
OUTREACH@TCC-NM.ORG!**