BEAM is a national training, movement building and grant making organization dedicated to the healing, wellness and liberation of Black and marginalized communities.

Mission Statement

Remove the barriers that Black people experience getting access to or staying connected with emotional health care and healing. We do this through healing justice based organizing, education, training, grant making and advocacy.
How BEAM Works

Training In The Community

We train educators, activists, barbers, counselors, politicians, students, families and communities on Healing Justice Informed mental health peer support skills. We do this to create a network of community members who can provide peer support and cultivate wellness in their communities.

Grant Making & Community Organizing

We resource Black communities across the country with the specific tools and funds needed to conduct healing justice work.

Organizational Wellness & Coaching

We work to transform organizations, institutions and policies through training, organizing and coaching. Our goal is to help these organizations and institutions center Healing Justice in their operational frameworks, create less distress within Black communities, and actively cultivate healing.
About the Presenters:

Yolo Akili Robinson, RYT (he, him, his)
Founder, BEAM
(Black Emotional and Mental health collective)

Years as an Organizer/Facilitator and Project Manager: 12

Focus Areas: Healing Justice, Yoga, Feminist informed work with Black men and boys, Training & Organizational development, Social Justice Informed Mental Health Literacy, HIV/AIDS
Everyone has immanent value

We address behaviors, ideas, and choices.

Everyone has learned "isms" and privilege

Feelings are valid even if ideas informing them are inaccurate
# Small Steps for Cultivating Wellness in the Workplace during COVID-19

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How Systems Build Prisons & Further Traumatize Black Communities

Public Schools
Gateway to prisons through misdiagnosis and racial bias, including harsh treatment of Black children often codified with diagnosis

01

Criminal- Legal System
Feeds the Prison industrial complex through over policing Black and Brown communities, providing free labor to private institutions. Incarcerates people for mental illness

02

Mental Health Industrial Complex
Focuses on diagnosis and pathology, with feeds the criminal legal system, inaccessible care, pharma companies exploit costs.

03
Black Virtual Wellness Directory

Find a Virtual Black therapist, doula, yoga teacher, mediator and much more. Start here.

Select Your State

Search
Take time to pause, name feelings, and make time for conversation

We may feel too busy, anxious, tired, or frustrated to have difficult conversations. We may also be afraid of conflict. However, pausing to name our feelings and making time can help us get our needs met and show we care. Sometimes the hardest part is starting.

Affirm and validate each other’s feelings. Ask open ended questions for understanding

Affirming and validating other’s feelings can help create safety and empathy. You can validate someone’s feelings without agreeing with their narrative. Asking open ended questions helps continue the conversation. Try mirroring and repeating back what was said.

Listen with intentions of working together instead of defensiveness or control

Remember people are not the problem, but rather their thoughts, beliefs, and actions. When you get defensive, check-in with yourself. Someone saying you need to change your behavior isn’t saying you are a “bad” person. Disagreement doesn’t mean someone is attacking you.

Keep it 100 and maintain respect for each person in conversation

Every person has immanent value and deserves to be treated with respect. The more respect that is given, the more authentic the conversations and the better the opportunity for everyone to come to understand and support each other.

Created by @leroymitchell5454 and @yoloakili
LAPIS Peer Support Model

Listen & Assess for Distress or Harm
Listen actively. Assess if there is any danger to themselves or to you. If needed, contact a warm-line, local mental health informed responders, trusted community members, or mobile crisis units for support.

Affirm Their Experience
Affirm that their feelings are valid without minimizing or refuting them. Reminder: You can affirm feelings without agreeing with narratives or stories.

Partner to Navigate Care & Seek Services
Partner with them to explore resources, services and options to the extent to which they can. Be mindful of your own privilege and identities and their impact on how you behave and are received.

Initiate Self & Community Care Plans.
Until mental health help is secured, create plans for care and accountability. Who will check in, bring food, medications, and other care? Identify safe support networks. Be sure to create a care plan for yourself as you care for others.

Seek Out Help as Needed
Seek out local support such as trusted community members for insight on how you can help yourself or your friend. Resources, hotlines, and warm-lines can be found at: www.beam.community/talktosomeone