



# THERAPEUTIC PLAY FOUNDATION

2021-2022 BAH USCC Capacity

Building Projects

Impact Summary

Therapeutic Play Foundation is a nonprofit organization intended to assist a healthier world by supporting children and their family's using art, empowerment, education, and play.



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# Mission

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To provide distressed school-aged children and their support systems with access to non-traditional, culturally inclusive arts and play based therapeutic services through education, outreach and advocacy.

*Vision* – To heal the emotional wellbeing of our global community through play.

# EMPOWERING CONVERSATIONS

- Background
  - In partnership with the Black Mental Health Task Force and Department of Mental Health, Therapeutic Play Foundation set out to:
    - Increase Access to Mental Health
    - Destigmatize Issues facing the Black/African American Community in Los Angeles County
    - Empower Los Angeles County to educate Stakeholders and take action to reduce disparities
  - 1 time each month Therapeutic Play Foundation held a conversation series event

# Empowering Black Families Conversation Series

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- Mental Health Services and education to develop awareness and destigmatize mental health in the communities most affected.
- Workshops – A series of six Wellness Conversations that focus on important topics, primarily in the Black community, such as
  - Destigmatizing Mental Health in the Black community
  - Transitional Age Youth
  - Supporting New and Expecting Black Parents
  - LGBTQ+ in the Black Community
  - Black and Unhoused
  - Cannabis in the Black Community  
**MOST POPULAR/ATTENDED**
  - Community Awards Gala

# REACH AND RESULTS

- Participants were diverse in background including at least 50% Black/African American were participants at each event
  - Gave a voice and platform to discuss issues facing their community (e.g., housing, marijuana, parenting, etc.)
  - Participants attended across job sectors (law enforcement, healthcare, social workers, business, and students)
  - Events were held virtually with the pandemic but also helped to increase reach

# Community Healing Circle, Sound Bath & Conversations

**Therapeutic Play Foundation hosted various events for their Empowering Wellness Conversation Series!**

- **Community Connection**
- **Discussion on important topics affecting this community**
- **Those who joined came to listen & learn from this community & its leaders**
- **Show your support & become the best ally you can be!**
- **Goal: To decrease the stigma about mental health issues and increase awareness of healthy coping strategies, connect community members to supportive resources and services needed to improve opportunities for healing.**



# RESULTS

- Pre and Post surveys were conducted for each event and a Gala held at the end of the Conversation Series asked participants to provide their testimonials.
  - 160 Participants took the pre and post surveys
- Participants reported on surveys:
  - Events were well-organized
  - Felt more Empowered and confident after the events to help tackle issues facing the Black Community
  - Participants felt they learned a lot, as reported in their testimonials





# Empowering Black Families Community Awards Gala

EMPOWERING BLACK FAMILIES

# COMMUNITY AWARDS GALA

LET'S COME TOGETHER TO CELEBRATE  
US AND HONOR THOSE WORKING  
HARD TO EMPOWER BLACK WELLNESS

RSVP: [bit.ly/communitygala](https://bit.ly/communitygala)

February 26th, 2022  
5:00pm- 9:00pm

Pasadena City College,  
Crevling Lounge  
1570 E Colorado Blvd.  
Pasadena, CA 91106

Need to be  
connected to  
mental health  
services?

Call 800-854-7771  
(ext. 1) for mental health referrals  
and crisis services.



LOS ANGELES COUNTY  
DEPARTMENT OF  
MENTAL HEALTH  
hope. recovery. wellbeing.



**BLACK**  
MENTAL HEALTH  
TASK FORCE



# MINDING OUR VILLAGE ELDERS

- Background
  - Designed to develop Community Service Leaders who can hold workshops and teach tools for Elderly Individuals in Los Angeles County
    - Teach tools to reduce isolation, feelings of loneliness, and disconnect in the Black Elderly Community
    - CSLs held workshops on mental health, nutrition, self-care, etc.
    - A total of 15 workshops were held with at least 3 participants at each workshop
      - Total of more than 100 participants attended at least 1 workshop

# Minding Our Village Elders

- Black Seniors & Mental Wellness
- Social Isolation & the Importance of Community
- Strategies for Stress Management
- Culture & Identity
- Playful Outreach & Engagement



# RESULTS

- Pre and Post for CSLs:
  - CSLs were asked to take a survey before and after their training
    - On average they felt more prepared and more confident to educate and provide tools to elderly in their community after the training
- Pre and Post for Participants:
  - 87 participants took both pre and post survey
  - At least 50% of all participants were Black Elderly Individuals
  - Feelings of worry, awareness of community resources, and their community positively impacting their psychological well-being were:
    - significant positive changes from pre to post: Meaning, worry reduced, awareness increased, and feelings about their community changed

# Projects & Programs

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- Oxnard Union High School District Mental Health Awareness Trainings
- Briggs Unified School District Mental Health Awareness Trainings
- Wellness Workshops with Blue Shield of CA
- ***Black Mental Health Task Force***
  - Empowering Black Families Wellness Conversation Series
  - Minding Our Village Elders
  - SGV AAIMM Black Maternal Mental Health Support Group
  - Juneteenth
  - Black Maternal Health Center for Excellence
  - Goldman Sachs
- Mommy Matters
- Empowering Wellness Program
- Direct Counseling Services

# Our Services

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- Mental Health Counseling
- Maternal Mental Health Support
- Wellness Retreats
- Community Advocacy Support
- Restorative Yoga for Trauma
- Parenting Education
- Sound baths/healing
- Wellness Educational Curriculums
- Healing Art



# Black Mental Health Task Force Updates

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## **NEW HIRES:**

- one Executive Director
- one Family Nurse Practitioner
- two Case Managers
- two Clinical Therapists

## **PARTNERSHIPS:**

- Charles Drew University Mental Health Psychiatric Nurse Practitioner Placement Site
- Pacific Oaks MSW/BSW Placement Site
- TSE Placement Site

## **SUSTAINABILITY PLAN:**

- school district outreach and mental health awareness trainings
- direct counseling services funded by insurance billing - now able to bill Medi-cal as of May 2022
- wellness workshops
- program evaluation services
- mental health workforce developments



# Wellness Workshop Partnership with BlueShield, CA.

Therapeutic Play Foundation in partnership with Blue Shields bringing health awareness programs to the communities.

- Cooking for Wellness
- Budgeting for wellness
- Restorative yoga for wellness

[bit.ly/cooking4wellness](https://bit.ly/cooking4wellness)

Therapeutic Play Foundation presents...  
cooking for wellness.

November 30th, 5:30 pm  
with Jason Befts, LMFT



Blue Shield of California Promise Health Plan is an independent licensee of the Blue Shield Association.



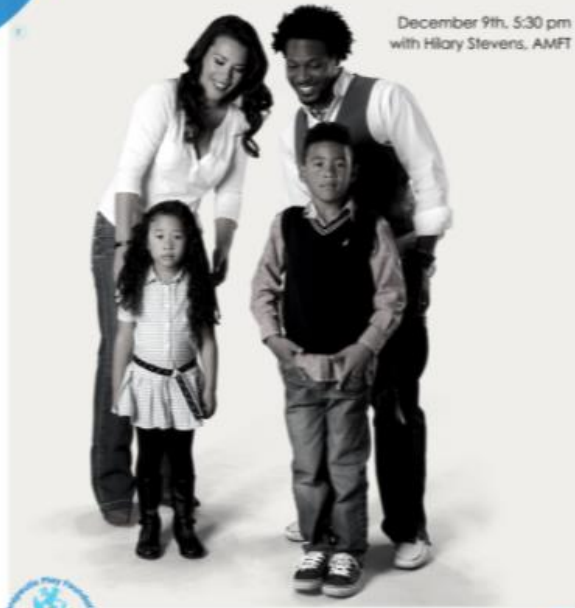
To help you stay healthy as you stay at home, Therapeutic Play Foundation, LA Care Health Plan, and Blue Shield of California invite you to join us on zoom for a positive and uplifting day.



[bit.ly/budgeting4wellness](https://bit.ly/budgeting4wellness)

Therapeutic Play Foundation presents...  
budgeting for wellness.

December 9th, 5:30 pm  
with Hilary Stevens, AMFT



Blue Shield of California Promise Health Plan is an independent licensee of the Blue Shield Association.



To help you stay healthy as you stay at home, Therapeutic Play Foundation, LA Care Health Plan, and Blue Shield of California invite you to join us on zoom for a positive and uplifting day.



[bit.ly/yoga\\_4wellness](https://bit.ly/yoga_4wellness)

Therapeutic Play Foundation presents...  
restorative yoga for wellness.

January 6th, 5:30 pm  
with Shannon McInTeer



Blue Shield of California Promise Health Plan is an independent licensee of the Blue Shield Association.



To help you stay healthy as you stay at home, Therapeutic Play Foundation, LA Care Health Plan, and Blue Shield of California invite you to join us on zoom for a positive and uplifting day.



# Mommy Matters

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Our mission is to increase outreach efforts to destigmatize mental health issues, increase positive birthing experiences and birth outcomes, all which lead to healthier families in communities of color.<sup>30</sup>



# Mommy Matters Program

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## How we serve you:

- Birthing Education with Doula
- Early Childhood Education with Doula
- Wellness Routine Building with Occupational Therapist
- Therapy Services with Mental Health Therapist
- Holistic Treatments
- Yoga Classes



# Mommy Matters Goals:

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- **Address healthcare deficiencies for women of color who are pregnant**
- **Address mental health issues for women of color both prior to and after giving birth**
- **Destigmatize mental health issues for women of color who are pregnant**
- **Address other issues that can affect a family's mental health, such as food insecurity, family violence, substance abuse, and housing insecurity**
- **Address lack of resources for parenting advice in the community**
- **Address mental health and poverty related issues that affect women of color and their families**

# Community Build Program

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Collaborate with the Therapeutic Play Foundation in making big moves to make big change in the healing of communities!

## **We NEED partners and collaborators..**

Looking for...

- Licensed Clinical Social Workers/Marriage and Family Therapists
- Occupational Therapists
- Sound Healing
- Yoga
- Play/Art/Music Therapists
- Juneteenth (Awareness Building Campaign)

# San Gabriel Valley African American Infant & Maternal Mortality

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## Community Action Team- (AAIMM)

The SGV AAIMM Community Action Team is open to all families & community members who wish to Join the MOVEMENT to elevate the health and wellness of African American/ Black moms and babies in the San Gabriel Valley community.



# Juneteenth Overview

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# Black Mental Health: Changing the Narrative Docu-Series

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## **You Tube Series**

- Documented the Capacity Building Projects Outreach
- Documented Ghana Visit



# GHANA TRIP

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Ghana trip included:

-a tour of the Slave River/Castle with healing ceremonies filmed for the docu-series

-tour of maternity hospitals and interviews with healers about what works in Africa

*learn. grow. lead*



# Internship Opportunities

Different approaches and information on how to engage as a therapist, social worker

Event planning, organizing, community outreach, qualitative and quantitative research, program development

Mentorship, Access to professionals in the field, Weekly Check-ins, Clinical Supervision

Skills acquired: Communication, Organizational, Active listening, leadership, team work, problem solving skills, work ethics, adaptability skills, responsibility, & more!

Social Work Competencies and NASW Code of Ethics are present in everyday experiences.

# References:

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- National Association of Social Workers (NASW). (2021b). NASW - National Association of Social Workers. <https://www.socialworkers.org/About/Ethics/Code-of-Ethics/Code-of-Ethics-English>
- Poulin, J., Matis, S., & Witt, H. (2018). *The social work field placement: A competency-based approach*. Springer Publishing Company. <https://ebookcentral.proquest.com/lib/tcesl/detail.action?docID=5524427>
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