

Workshops & Seminars to Support Mental Health & Emotional Well-Being

The
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Fund

The Steve Fund is the nation's essential strategic and implementation partner for higher education and non-profit organizations, seeking to build knowledge, cultural understanding and tools to equitably support the mental health and emotional well-being of students and young professionals of color and those who support young people of color.



The Steve Fund offers workshops for young people of color and seminars for those who support young people of color. Our virtual learning opportunities are 60 to 90 minutes in length and are developed and facilitated by racially diverse and multicultural mental health experts to promote the mental health and emotional well-being of students of color.

Interactive learning opportunities for young people of color

Student workshops are designed to equip students of color with the knowledge and skills to maintain a positive mental health and well-being throughout their life transitions and their academic pursuits. Each workshop is available virtually.



THEMES INCLUDE

- Impact of racism and discrimination on mental health and well-being
- Coping with stress, anxiety, depression, grief and loss
- Racial healing and resilience
- Stigma around mental health and accessing resources
- Microaggressions, imposter phenomenon and belonging
- Racial trauma as an academic and social stressor
- Campus and organizational climate



I learned about the intention of radical healing and how it impacts my life as a woman of color.

Student Participant

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Workshops

for young people of color



Taking Care of Y(our)selves: Emotional Well-Being in the Transition to College

This workshop will prepare first year college students with the knowledge of key issues that may take place during the college transition, including how systemic racism impacts their mental health and emotional well-being. Students will learn a holistic approach to understanding their health and well-being. Students will be able to identify their stressors and explore individual, campus, and community resources and strategies to manage their stress as well as to practice help-seeking behaviors.

Workshops

for young people of color

Racial Healing: Creating Space for Wellness Throughout College

Transitions to college are often accompanied by race-related stress, which can impact a student's ability to succeed. In particular, students of color can face experiences such as imposter phenomenon, microaggression, an invalidating campus climate, and mental health stigma. Being aware and becoming equipped to handle these concerns can help not only survive, but thrive. This workshop will provide students of color with information on the types of issues they might face, how to cope to maintain their physical and emotional well-being, answer questions about monitoring their health, and provide best practices for seeking assistance and available resources.

Young Professionals of Color: Managing Stress and Anxiety During the Job Search and Transition into the Workplace

The continued public health and financial crisis has disproportionately impacted first-generation, low socioeconomic, and young professionals of color who are preparing to enter the workforce. This workshop will engage young professionals of color to explore strategies to promote their emotional well-being and leverage past experiences to manage stress and anxiety throughout the job search and as they prepare for future transitions.

Radical Healing: Surviving to Thriving

There are emotional wounds that we experience for being a part of an oppressed racial ethnic group. Some of these wounds include the ways in which our parents and their parents were harmed and traumatized by racist policies and practices, such as being denied the right to vote, being forced to attend assimilation schools, or being denied citizenship. These also include deep wounds that our ancestors experienced including broken treaties, stolen lands, enslavement, colonization, exploitation, internment camps, and the attempted erasure of these histories from public memory. Radical healing focuses on resisting oppression while also envisioning liberation.

Letting Go of the Imposter

This session engages participants in exploring why imposter phenomenon exists, and how it impacts their academics, personal experiences, and mental health. Participants will further learn about the different archetypes of imposter phenomenon and identify practical actions that can address how these archetypes manifest overtly and implicitly in their daily lives. Finally, participants will gain a deeper understanding and appreciation of who they are and identify the truths about their unique strengths, intelligences, and accomplishments.

Workshops

for young people of color

College Readiness: Our Wellness Our Peace

This workshop will equip high school students of color with skills to cope with, process, respond to, and heal from racial trauma caused in their educational settings and everyday lives. Students will situate their experiences and emotions during the time of the COVID-19 pandemic and social movements. Students will then explore the importance of maintaining their emotional well-being as they prepare and persist in college and beyond.

Activism is Wellness

Young people of color will explore the many ways they can embrace their agency and power to challenge social injustices, especially during the time of the pandemic. As a collective, students will identify their passion, strengths, and talent and connect them to different forms of activism and advocacy efforts as a process to understand and heal from racial injustices.

Understanding Our Undocumented/DACAmented Experience and Adopting Coping Strategies that Can Foster Resilience

Undocumented and DACAmented students who attend this workshop will examine the immigration context as it relates to their rights and barriers to educational and career opportunities. In this context, participants will identify and discuss psychological stressors and mental health concerns commonly experienced by undocumented immigrants. Participants will learn how to cope with stress and uncertainty by engaging in trauma-informed exercises and exploring the benefits of critical consciousness and self-compassion.

Women of Color GROW: Getting Real on Emotional Well-Being

The continued public health and financial crisis has disproportionately impacted first-generation, low socioeconomic, and young professionals of color who are preparing to enter the workforce. This workshop will engage young professionals of color to explore strategies to promote their emotional well-being and leverage past experiences to manage stress and anxiety throughout the job search and as they prepare for future transitions.

Workshops

for young women of color

Today, young women of color are at a greater risk for depression, anxiety, PTSD, and suicide, and face inequitable access to care and treatment. These workshops center the mental health and wellness of young women of color by providing culturally-responsive resources and elevating their inner light through stories and community conversations.

Serving Me First: Self-Care for AAPI Young Women

Sin verguenza: Sanando One Day at a Time-Recognizing our Womynhood and Mental Health While Honoring our Latinx Communities and Familias

Weaving Wellness: Connecting Mental Health Resources, Community, and Self to Address the Mental Health Struggles of Native and Indigenous Young Women

SHINE Your Light My Love: Spotlighting the Mental Health of Middle Eastern, Southwest Asian and North African Young Women

ASHA: South Asian Young Women Giving Voice to our Mental Health and Well-Being

For more information, please contact us.

Interactive learning opportunities for those who support young people of color

Seminars for leaders, faculty and staff are designed to strengthen skills and capabilities in supporting the mental health and emotional well-being of students of color throughout their life transitions and their academic pursuits. Each seminar is available virtually.

THEMES INCLUDE

- Building capacity as leaders to address the mental health of students of color
- Supporting racial healing and resilience
- Ensuring multi-cultural design of mental health services
- Strengthening capabilities of racial trauma-informed advisors, coaches, and mentors
- Prioritizing mental and emotional well-being of students of color in policies, practices and programming
- Referring students to resources and services to reduce stigma and encourage them to seek support



I am going to work more at creating opportunities for students of color to discuss issues related to their experiences in a supportive classroom environment. This does not mean I will require them to do so, but I think making more care to clarify that the opportunity is there will go a long way.

Faculty Participant

Seminars

for those who support young people of color



Racial Trauma-Informed Advisors, Coaches, and Mentors

This seminar will equip advisors, coaches and mentors who work with students of color with the tools and knowledge to recognize and support students as they experience mental health concerns. In this seminar participants will explore how racial trauma and racial battle fatigue impact the mental health and emotional well-being of students of color and how to adopt trauma-informed strategies to support and empower students of color.

Prioritizing the Mental Health and Emotional Well-Being of Students of Color in Policies, Practices, and Programming

Organizations and programs have been created to address the racial inequalities in the educational system and support students of color in the transition from high school to college and to ensure college success. This session will equip professional staff at these organizations and programs with the knowledge, resources, and strategies to identify and promote the mental health and emotional well-being of students of color across the organization's policies, practices, and programming.

Seminars

for those who support young people of color

Promoting the Mental Health of Students of Color: Considerations and Strategies for the Classroom and Beyond

Promoting an academic environment that is supportive of students' mental health can alleviate the stress and reframe how we define student success. There are academic and classroom stressors that are particularly salient among students of color who may experience daily microaggressions, harassment, and racial discrimination. Participants will gain a deeper understanding of the unique experiences of undergraduate and graduate students of color in the classroom, taking into account disciplinary cultures and the broader campus climate. This session will also offer practical guidance for how instructors can promote well-being in campus learning environments and support the mental health of students of color.

Building Capacity as Leaders to Address the Mental Health of Students of Color

Students of color returning to campus in the midst of the COVID pandemic and racial upheaval challenges staff and faculty to revisit their commitment to create a supportive campus environment. Building institutional capacity, that is, restructuring organizations, to integrate mental health concerns is essential to meet the needs of students and the campus community. Participants will gain an understanding of the Equity in Mental Health Framework, an inclusive framework that can be used to assess, intervene, and evaluate efforts towards creating more equitable institutions. They will be able to describe elements of Trauma Informed Leadership, and Principles of Sustainable Leadership to develop practices and the action steps needed in their organization.

How to be an Anti-Racist Educator and Support the Well-Being and Academic Success of Students of Color in Grades 6-12

Teachers and staff will use an anti-racist lens to critically examine their middle and high school's racialized climate, practices, and policies. By centering the voices and experiences of students, participants will explore the impact of racial trauma on the mental health and academic outcomes of students of color. In efforts to grow as anti-racist educators, participants will access tools and resources in order to meaningfully support the mental health and academic success of students of color.

Black Women Wellness

available as workshops and seminars

Uplifting Black Young Women: Wellness and Collective Care

Survival Vs. Thrival: Reimagining Thriving Societies and Communities for Black Young Women

Celebrating Black Young Women as Bosses and Creatives: A Community Conversation on Entrepreneurship and Wellness

Taking Up Space and Expansion: Black Young Women Career Advancement and Excellence

Amplifying Mental Health Awareness for Black Young Women: Suicide Prevention Engagement and Wellness Practices

Dismantling Imposter Phenomenon: A Community Conversation on Supporting and Uplifting the Confidence and Self-Esteem of Black Young Women

Reclaiming and Liberating Our Bodies: Supporting Healthy Body Image and Self-Esteem for Black Young Women

For more information, please contact us.

About the Steve Fund



The Steve Fund offers programs and services for high schools, higher education institutions, nonprofit and for profit organizations to promote and address the mental health and emotional well-being of young people of color.

The Steve Fund has an unparalleled bench of racially diverse and multicultural mental health experts and history of successfully partnering with corporations, academic institutions and nonprofit organizations to support the mental health, emotional well-being, and success of young people of color.



48

National conferences reaching over 2,000 participants




200

High schools, higher education institutions, and nonprofit organizations served



42

Higher Education Institutions participating in Equity in Mental Health on Campus



9,000+

Conversations through the Steve Fund's Crisis Text Line



CONTACT THE STEVE FUND

Don't see a topic that interests you? Let us know, and we can explore opportunities! Email us at program@stevefund.org.