Our Mission

As a community steward, we are dedicated to authentically serving all members of our community, and accomplish this through creating positive change in the lives of a diverse group of individuals through a ministry of service. We celebrate the uniqueness of each individual within an intentionally diverse and welcoming environment. To this end, each of us embrace and leverage the diversity of all team members, volunteers, board members, stakeholders, and clients.

Volunteers of America®

MID-STATES

Friday, December 18, 2020

Quality Mental Health For All People

During this time of year, some people struggle with depression, hopelessness, and find it difficult to face each day. Volunteers of America Mid-States has worked hard to make sure our employees have options when they desire help to face whatever difficult season that has manifested. This year by far, proved to be one of the most difficult seasons that many of us have faced and it has challenged us in ways like never before.

People of Color face very difficult obstacles because of cultural differences that exists. In Black, Brown, and LGBT communities, seeking professional help is frowned on because of the low number of therapist who can relate on a personal level with the suffering of the client.

Additionally, the resources that we have primarily offered have been through our Employee Assistance Program. However, I would like to make you aware of some other resources that can help you develop a great self-care routine as we move through the holiday season and continue to manage through this pandemic. Employee Assistance Program: https://waynecorp.com/request-an-appointment

Voices for Equity Branding Contest

You could win a $200 gift card if your design is chosen for the VOA Voices for Equity brand. We would like for the "V" in Voices to incorporate a Megaphone. Submit your design to Rita Finnie at ritaf@voamid.org.

Deadline is January 12, 2021

Native American Indian and Alaska Native Heritage, American Psychological Association: External link page with articles related to psychology among Native Americans, information on policy, and educational tools.

Inclusive Therapists: External link database for people to connect with therapists focused on the needs of marginalized populations including people of color, the LGBTQ community and people with disabilities.

Therapy for Black Girls: External link website associated with a podcast by same name that offers a therapist locator, group chats and blog articles to encourage the wellness of Black women and girls.

Brother, You're on My Mind Toolkit, Omega Psi Phi Fraternity and the National Institute on Minority Health and Health Disparities: External link website with educational material, checklists and tips on partnerships, outreach and event planning aimed at African American men.

Asians Do Therapy: External link website working to reduce stigma about and improve access to therapy with guidance on finding a therapist.

Latinx, ADAA: External link guidance on choosing a provider and accompanying ADAA articles on why members of the Latino community don't go to therapy and what their mental health needs as well as information on ADAA's Spanish-language, anonymous, online peer support group for anxiety and depression. External link https://adaa.org/adaa-grupo-de-apoyo-en-linea

Latinx Therapy Podcast: External link episodes about self-help techniques, how to support others and cultural competency among providers.

FOR MORE INFORMATION/SUGGESTION, CONTACT A REPRESENTATIVE TODAY:

ritaf@voamid.org | (901)249-1083 | www.voa.org