

Dear Community,

This week we return to the TIS principle of **Cultural Humility & Equity**. In addition to wellness resources, this longer edition of our newsletter includes links to data and webinars about equity issues related to COVID-19. By recognizing how the pandemic **disproportionately affects** members of our communities, we can work towards more equitable pandemic response and recovery efforts.

In solidarity,  
The TIS Team at the San Francisco  
Department of Public Health

Understanding  
Stress &  
Trauma

Safety &  
Stability

Cultural  
Humility &  
Equity

Compassion &  
Dependability

Collaboration &  
Empowerment

Resilience &  
Recovery

## Resources from SFPDH Trauma-Informed Systems (TIS)

5-13-20

Cultural  
Humility &  
Equity

*We come from diverse social and cultural groups that may experience and react to trauma differently. When we are open to understanding these differences and respond to them sensitively, we make each other feel understood and equity is enhanced.*

## Wellness Resources

[Self-Care Tips for Asian Americans Dealing with Racism Amid Coronavirus](#) Six self-care tips for people facing coronavirus-related racism.

[Shining a Light on API Mental Health in the Time of COVID-19](#) In honor of May as both Asian Pacific American Heritage Month and Mental Health Awareness Month, this webinar on May 15<sup>th</sup> from 12-1:30pm will discuss the mental health impact of the pandemic on API communities.

[Countering COVID-19 Stigma and Racism: Tips For Parents and Caregivers](#) From the National Association of School Psychologists, this article offers tips to promote children's sense of safety.

[The LGBTQ Community and COVID-19](#) The Human Rights Campaign has curated this website with resources specific to the LGBTQ community.

[Surviving and Resisting Hate](#) The Immigration, Critical Race and Cultural Equity Lab (IC RACE) provides downloadable toolkits in English and Spanish that offer strategies for coping with the experience of racism.

## Mindfulness Practices

[How Mindfulness Can Defeat Racial Bias](#) In this article by Rhonda V. Magee, she advocates that mindfulness can help challenge racial biases and describes some of her *Color Insight* mindfulness practices to do so.

[Taking Action without Taking Sides](#) Sebene Selassie leads a brief talk and meditation to explore anger associated with COVID-19 as part of the [Ten Percent Happier Live](#) daily sanity break.

[Mobile Wellness for Health Care Professionals](#) Dr. Ni-Cheng Liang of UCSD offers free brief video and audio mindfulness meditations appropriate for both health care professionals and lay people.

[Liberate Meditation](#) is an app providing access to over 240 meditations and talks designed for the collective liberation of the Black, Indigenous and People of Color (BIPOC) community. Fees apply.

## COVID-19 Equity Resources & Data

[San Francisco COVID-19 Data](#) The City of San Francisco updates this data tracker daily; it includes data disaggregated by race/ethnicity and zip code.

[Principles for a Common-Sense Street-Smart Recovery](#) This paper from Policy Link outlines [five principles](#) to build an inclusive economy and equitable nation that works for all in light of COVID-19.

[A Hub for Equity and Justice in the U.S. Coronavirus Response](#) A website offering resources to support a fair and just response to the pandemic. Curated by the Center for Urban and Racial Equity and in solidarity with social justice and health equity movements.

[Coronavirus Equity Considerations](#) The NAACP released this paper and [resource list](#) to guide officials in remediating some of the coronavirus issues disproportionately affecting communities of color.

[Straight Talk: A conversation about racism, health inequities and COVID-19](#): A webinar sponsored by UC Berkeley's School of Public Health and Othering and Belonging Institute which examines the reasons COVID-19 has been worse in black communities.

## [The Lives and Livelihoods of Many in the LGBTQ Community are at Risk Amidst COVID-19](#)

[Crisis](#) This policy brief identifies the unique challenges facing our LGBTQ community, as LGBTQ Americans are more likely than the general population to live in poverty and lack access to health care, paid medical leave, and basic necessities.

## For Laughs and Love

[Thank U Frontline](#) In this thoughtful re-write of an Alanis Morissette song, Chris Mann thanks all the heroes helping us to get through the pandemic.

[Disney Characters in Quarantine](#) Wondering what your favorite Disney characters might be up to in quarantine? Check out this hilarious video to find out!

[Longest Time](#) The Phoenix Chamber Choir from Vancouver, BC performs an acapella coronavirus version of this Billy Joel classic.

## Additional Resources

- DPH's TIS team offers guided [Mindful Moments](#) on Mondays, Wednesdays and Fridays at 11:45am. Join us using this [zoom](#) link; you can also check out our [YouTube](#) channel for recordings of previous Mindful Moments.
- During these stressful times it can be helpful to reflect on the [TIS Principles and Competencies](#) as a framework for how we treat ourselves and each other.
- [Heal San Francisco](#): A growing collaborative of organizations including DPH, HSS, UCSF, Our Children Our Families (OCOF), Kaiser, and Trauma Transformed has formed Heal SF, an effort to align resources addressing mental health needs of our workforce and the larger San Francisco community. This [resources page](#) includes useful links.
- [Healing Mass Trauma](#): Our friends at Trauma Transformed created this webpage of trauma-informed COVID-19 resources.
- For more information about Trauma Informed Systems at DPH, contact [TIS@sfdph.org](mailto:TIS@sfdph.org) and check out our website at [www.sfdph.org/TIS](http://www.sfdph.org/TIS)

