UBUNTU PROGRAM FOR EMOTIONAL WELLNESS

WORKSHOP LEADER GUIDE

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INTRODUCTION

You Can Do This!

Take Action for Health developed the *Ubuntu Program for Emotional Wellness* as a ready-to-go program for African American community groups. It is broken into 4 Ubuntu Workshops that can be held separately or together. This easy-to-use leader guide will help you start a conversation about stress and how it affects our daily lives. It doesn't matter what your educational background is: **You can do this!** By simply following the instructions, you can lead an Ubuntu Workshop.

Leading an Ubuntu Workshop does not require a lot of preparation. We provide easy-to-follow instructions, materials, and group activities for each topic. You never have to stress over what to teach next. As in anything, the more you facilitate Ubuntu Workshops, the easier it will become. Be open to facilitating lots of workshops, and soon, you will be placing your own "spin" on topics, making your own unique presentation ever more relevant for your community group.

DISCLAIMER: Be aware that talking about stress and trauma may lead to strong feelings within the individual participants. Be prepared with the names of local mental health providers and community resources to give participants who are in distress. Do inform participants that the materials and information provided are for educational purposes. If participants have any questions or concerns, they should consult with their health care provider. Encourage participants to check their health plan for contracted providers.

What is Ubuntu?

Stress—or as we commonly refer to it, "the blues"—is common to our everyday lives. In these workshops, we share our experiences through an African form of storytelling called **Ubuntu**. Through Ubuntu we learn from each other and improve both our individual and community well-being.

What is Ubuntu? **Ubuntu** means "*I am what I am because of you.*" These stories and shared experiences offer explanations for the events in our lives that can cause stress, including traumatic events like family conflicts, violence, and racism, as well as everyday stresses. This storytelling framework is used to teach community morality, and provide people of African descent with a sense of individual and collective identity. Humor is an important component of Ubuntu stories, which are entertaining as well as instructive.

Mental Health 1st Aid

You may be interested in understanding more about handling mental health issues. **Mental Health 1st Aid** can help you assist someone experiencing mental health concerns. Consider visiting the **Mental Health 1st Aid** website to learn:

- How to spot the risk factors and warning signs of mental health or addiction issues
- How to help someone in need
- Where to refer people for additional help

WORKSHOP OVERVIEW

About the Ubuntu Workshops

There are 4 distinct Ubuntu Workshops that can be held separately or together:

- Module 1: Stress & Community
- Module 2: Stress & The Body
- Module 3: Stress & The Mind
- Module 4: Stress & Spirituality

The main goals of the workshops are:

1. **To help participants understand how stress affects one's community, body, mind, and spirit.** Stress is the underlying cause of many illnesses and social problems. As people become aware of how stress can negatively affect them and the options dealing with it, they can begin to lead healthier and happier lives. These workshops focus specific attention to the unique stressors faced by African American communities.
2. **To raise awareness that African Americans are not alone in their experience with stress.** Personal health and community health are connected. These workshops connect participants by encouraging participants to share their experiences and to learn together how to better deal with stress.

Target Audience

The 4 Ubuntu Workshops, which are designed with the African American community in mind, are for anyone who may currently be experiencing stress and who wants to learn healthier ways of dealing with it. It's also for those who simply want more information about stress.

Class Size

Because the workshops require audience participation, we recommend keeping the class size between 5-7 participants so that everyone who wishes has a chance to share.

Materials, Leader Notes, and Equipment

Each of the 4 Ubuntu Workshops has a PowerPoint presentation. So, you will need a computer and projector to share the presentation with your audience, as well as the connecting cables, etc. All equipment should be placed in the meeting room and checked, at least one hour prior to the start of the workshop. Each PowerPoint presentation includes helpful talking points in the Notes section. We recommend you print the notes ahead of time so you have them handy during your presentation. You'll find them at the end of this document. We also suggest that you have a sign-in sheet so you can keep

track of who has participated in your workshop. Don't forget to pass this around both at the start of class and at the end of the class to catch any participants that may have arrived late or left early.

Handouts

We recommend you print and hand out copies of the Resources List (located at the end of this leader guide) in case participants need additional assistance or information. You may also want to provide participants with writing materials so that they can take notes. And, you may want to have a whiteboard or flip charts and markers so that you can write down your participants' answers, thoughts, and ideas received during the discussions.

Workshop Schedule

Each of the 4 Ubuntu Workshops take about an hour to complete, including discussion time:

- Module 1: Stress & Community
- Module 2: Stress & The Body
- Module 3: Stress & The Mind
- Module 4: Stress & Spirituality

It's up to you to decide how many workshops you wish to offer at a time. If you choose to offer one at time, be sure that your participants are aware of the upcoming dates and times for subsequent workshops. If you choose to offer more than one in a single sitting, be sure to schedule breaks!

Classroom Setup

Because this is a participatory workshop, we recommend that you arrange chairs in a semi-circle facing the projector screen.

Seating

Projector Screen
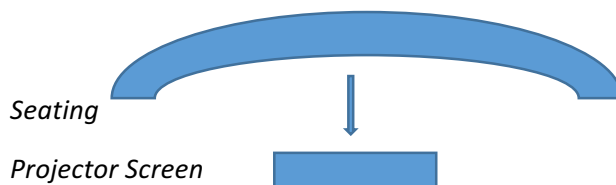
Evaluations

At the end of the workshop, be sure to leave a few minutes for participants to fill out an evaluation to give feedback. They'll help you understand what you're already doing well and what you may need to improve on. You may also wish to save evaluations so you can track improvements.

WORKSHOP EVALUATION

1. **Which workshop(s) did you attend (check all that apply):**

   ❑ Module 1: Stress & Community
   ❑ Module 2: Stress & The Body
   ❑ Module 3: Stress & The Mind
   ❑ Module 4: Stress & Spirituality

2. **Who was your workshop leader?** _____

3. **How would you rate the workshop(s)?**

   ❑ Excellent
   ❑ Very good
   ❑ Good
   ❑ Fair
   ❑ Poor

4. **Please indicate your level of agreement with the following statements:**

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
The workshop(s) objectives were clear					
The workshop(s) presentation was clear					
The discussions were helpful					
The workshop(s) increased my interest in the subject					
The workshop(s) met my expectations					

5. **Would you recommend an Ubuntu Workshop(s) to others?**

   ❑ Definitely
   ❑ Probably
   ❑ Not sure
   ❑ Probably not
   ❑ Definitely not

6. **Do you have any comments or suggestions that might help improve the Ubuntu Workshop(s) in the future?** _____
_____
_____

RESOURCES LIST

- **American Psychiatric Association:** (703) 907-7300 / www.psychiatry.org. Information on different psychiatric disorders, and how to find a local Psychiatrist.
- **Capstone Institute Center for Research on the Education of Students Placed at Risk:** www.capstoneinstitute.org. Professional development services to support education, including classroom support, technical assistance, tutorial services, psychosocial support, classroom management techniques, and more.
- **Center for Disease Control:** (800) 232-4636 / www.cdc.gov. Information on newly emerging diseases, strategies for healthy living, and preparing for an emergency.
- **Depression and Bipolar Support Alliance (DBSA):** (800) 826-3632 / www.dbsalliance.org. General information on depression and bipolar diagnoses, and assistance finding professional mental health services and support groups.
- **International Foundation for Research and Education on Depression:** www.ifred.org. Information on grief and depression, suicide hotline assistance, mental health support, peer group support, and local volunteerism events and opportunities.
- **Lee Thompson Young Foundation:** www.leethompsonyoungfoundation.org. Mental health and wellness education for children, teachers, parents and community leaders, and assistance finding local mental health resources.
- **Mental Health America:** (800) 969-6642 / www.mentalhealthamerica.net/african-american-mental-health. National and local advocacy to raise awareness about mental health issues and services—particularly for people of color. Also offers help for locating local mental health screenings and professional services.
- **Mental Health First Aid:** www.mentalhealthfirstaid.org/cs/about/. Provides training to both professionals and non-professionals in how to help someone experiencing a mental health or substance use-related crisis.
- **National Black Nurses Association:** www.nbna.org. Provides representation and a forum for African American nurses and nursing interested in working collaboratively to ensure people of color get access to the high-quality health care.
- **National Institute of Mental Health:** (866) 615-6464 / www.nimh.nih.gov. Information and research on different mental health diagnoses.
- **Office of Minority Health:** (800) 444-6472 / https://minorityhealth.hhs.gov/. General information on mental health issues and resources for people of color.
- **Office of Behavioral and Social Sciences Research:** (301) 402-1146 / obssr.od.nih.gov/. Training, webinars, and seminars on a variety of topics within the field of social sciences.
- **Suicide Hotline:** (800) 273-TALK (8255) / www.suicidepreventionlifeline.org. Free and confidential emotional support for people in a suicidal crisis or emotional distress—24 hours a day.
- **The Association of Black Psychologists:** (301) 449-3082 / www.abpsi.org/find-psychologists. Assistance finding a local African-American Psychologists.
- **The Association of Black Social Workers:** (202) 678-4570 / https://nabsw.site-ym.com/. Information on social issues related to African Americans, as well as a professional community for African American Social Workers and Social Work students.
- **U.S. Department of Justice Victim Assistance:** (202) 514.2000 / www.justice.gov/actioncenter/find-help-and-information-crime-victims. Resources for victims of violent crimes, including resources for locating local victim/witness assistance programs.

POWERPOINT PRESENTATIONS WITH LEADER NOTES

Thanks for Being Part of Ubuntu!

This program is only possible because of people like YOU.
We thank you for the time and effort you have invested in becoming an Ubuntu leader.
Thank you for being part of the Ubuntu experience!