



TULANE UNIVERSITY
DEPARTMENT of PSYCHIATRY
& BEHAVIORAL SCIENCES

Psychiatry & EDI

EDI Newsletter | January 2023

ACCE Spotlight: National Poverty Awareness Month

The Psychiatry Department's Advocacy, Consumerism, and Community Engagement (ACCE) Action Group is highlighting National Poverty Awareness Month in January!



January is **National Poverty in America Awareness Month**, and this holiday aims to recognize the severe conditions of poverty that exist for many Americans. Despite our status as a developed nation, there are still thousands of people who are deprived of three meals a day, quality education, and even clean and healthy drinking water. In fact, many can't even afford warm clothes during winter. In the United States in 2020, there were 37.2 million people in poverty.

Some of the many causes include income inequality, inflation, unemployment, debt traps and poor education. The US Census Bureau determines the poverty threshold through a ratio of family income to federal poverty threshold. Poverty thresholds are updated annually for inflation by the Census Bureau using the Consumer Price Index for all urban consumers (CPI-U). Poverty thresholds include a set of money income thresholds that vary by family size and composition. Families or people with income below the appropriate threshold are classified as below poverty. For example, the weighted average poverty threshold for a family of four was \$26,172 in 2019, \$25,701 in 2018. (Poverty - Health, United States (cdc.gov)).

Poverty is seen as a social illness that gives rise to inequality, hatred, and discrimination. The negative long-term consequences of poverty, such as malnutrition, poor health, low academic performance, mental health issues, housing insecurity, violence exposure, higher incarceration rates, etc. are the motivational factors to strive to reduce the level of poverty across the globe. You can find more information about National Poverty in America Awareness Month [at this link](#).



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Three factors can increase poverty odds:

People of color

Societies made up of non-whites face a higher rate of hunger, poverty, and unemployment compared to white areas.

Savings

Nearly 70 percent of adults have less than \$1,000 in their savings accounts. In addition, an estimated 4.5 percent of U.S. households (approximately 5.9 million) were “unbanked” in 2021, meaning that no one in the household had a checking or savings account at a bank or credit union. Barriers include financial issues (e.g, not enough money to maintain an account), social barriers (e.g., lack of desire or need to establish an account), and institutional issues (e.g., high bank fees, poor credit history, inconvenient bank hours and location).

Youth

A 2015 analysis by the National Center on Family Homelessness found that approximately 2.5 million children experience homelessness in a year.

GET TO KNOW ALICE



ALICE (Asset Limited, Income Constrained, Employed) earns just above the federal poverty level but less than what it costs to make ends meet. ALICE usually works as a cashier, restaurant server, child care provider, or other member of the essential workforce and is often faced with impossible decisions over how to cover expenses (e.g., keep food on the table or pay utilities, pay rent or child care). ALICE sometimes works two or more jobs and still cannot pay all of their bills. Our clients are often ALICE, which impacts their ability to keep appointments, afford medication, and/or make meaningful progress in treatment.

Additional reading:

[ALICE in Louisiana](#)

[Impact of poverty on mental health](#)

[First person perspective on poverty in NOLA](#)

[Local legislation to support eliminating poverty](#)



LOCAL ORGANIZATIONS SPOTLIGHT

This month the ACCE would like to highlight two local organizations that help "opportunity youth" by providing culinary arts and life skills--[Cafe Hope](#) and [Cafe Reconcile](#). Check them out this month!





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ACCOUNTABILITY TIP!



In keeping with our Call to Action from the departmental retreat, we will begin sharing information that we hope will nurture and sustain our commitment to continuous learning and growth in our individual and collective equity journeys. We will continue to provide suggestions in all future newsletters.

Recognizing Privilege

- 1. Think about the identities you hold and whether they create advantages or disadvantages.**
- 2. In what ways have your privileges resulted in benefit and/or harm to others?**
- 3. What challenges may occur in the workplace as a result of your privileges?**
- 4. How can you use your privilege to improve workplace culture?**
- 5. Who do you trust to hold you accountable for recognizing and responding to systemic oppression in the workplace?**

EDI FACULTY & STAFF PROFESSIONAL DEVELOPMENT PROGRAM

The EDI-PDP is a new program of the Office of Equity, Diversity, and Inclusion (EDI) that launched in Fall of 2022. The program is delivered in partnership with the Human Resources Office of Institutional Equity (HR-OIE) and other EDI-related offices and programs across the university. Enrollment in the courses is open to all Tulane faculty and staff. Successful completion of the EDI-PDP requires completion of four core courses and two elective courses and there is no cost to enroll. Faculty and staff may take courses in pursuit of earning a professional development badge or may take individual courses based on needs and interests. Course offerings are announced each semester. Sessions are filled on a first come, first serve basis. For more information, [visit this link](#).

Consider joining one of the [Tulane Faculty & Staff Affinity Groups](#) as a space to connect and thrive together. All are welcome!



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JEDI CATS Office Hours

January 17, 2023; 5:00 p.m.

JEDI CATS hold open office hours for an hour. Feel free to join using [this link](#).



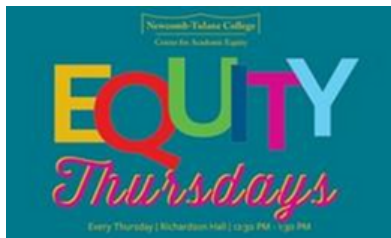
JEDI CATS Office Hours

January 31, 2023; 5:00 p.m.

JEDI CATS hold open office hours for an hour. Feel free to join using [this link](#).



Did you know that all past departmental EDI newsletters have been added online? You can check out previous issues, as well as see past Book and Film Club picks, by [clicking this link](#).



Equity Thursdays is a weekly conversation and lunch series hosted by the Center for Academic Equity (provided free of charge)! They offer workshops, presentations, and discussions led by members of the Tulane community and guests from the GNO. Join them as they connect to distinctive academic opportunities and provide a forum for reflection on the intersection of identity and the academic experience. They welcome students, faculty, and staff to come to Equity Thursdays and join the CAE community!

Equity Thursdays are held on the uptown campus in the Richardson Building, Room 115, every Thursday from 12:30 to 1:30 PM CST. January dates are the 19th and 26th.



We hope you'll join us for our club meetings, and for all our exciting events!

Angela

Angela W. Keyes, PhD
Equity, Diversity & Inclusion Officer
Associate Professor of Psychiatry
Department of Psychiatry and Behavioral Sciences
Tulane University School of Medicine



Film Club

Date and Time: February 6, 2023 at 7:00 p.m.

Link: [Please click here](#) to join our Zoom meeting.



In February, Film Club will discuss the film "42." "42" tells the story of two men -- the great Jackie Robinson (Chadwick Boseman) and the legendary Brooklyn Dodgers manager Branch Rickey (Harrison Ford) -- whose brave stand against prejudice forever changed the world by changing the game of baseball. In 1946, Rickey signed Robinson to the team, breaking Major League Baseball's infamous color line. Facing racism from every side, Robinson demonstrated tremendous courage by letting his talent on the field do the talking -- ultimately winning over fans and his teammates and paving the way for others to follow. The gifted athlete dealt with tremendous pressure and threats from racist fans and players, but persevered to become a legendary baseball player and a heroic figure in American history.

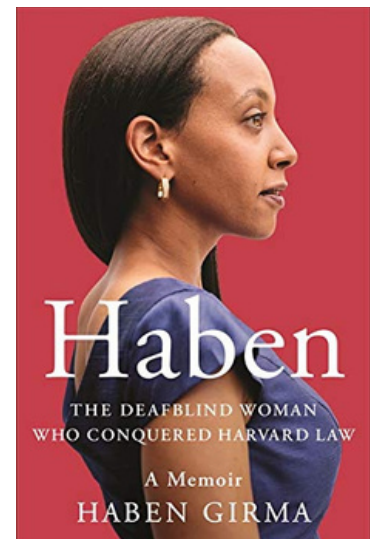
"42" is available for streaming through Amazon, Tubi, Google Play, Vudu, and Apple iTunes.

Book Club

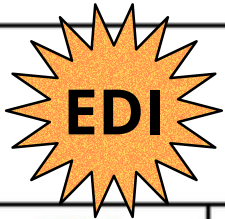
Date and Time: February 23, 2023 at 7:00 p.m.

Link: [Please click here](#) to join our Zoom meeting.

Book Club will be reading the incredible life story of Haben Girma, the first deafblind graduate of Harvard Law School, and her amazing journey from isolation to the world stage. Haben grew up spending summers with her family in the enchanting Eritrean city of Asmara. There, she discovered courage as she faced off against a bull she couldn't see and found in herself an abiding strength as she absorbed her parents' harrowing experiences during Eritrea's thirty-year war with Ethiopia. Their refugee story inspired her to embark on a quest for knowledge, traveling the world in search of the secret to belonging. She explored numerous fascinating places, including Mali, where she helped build a school under the scorching Saharan sun. Haben takes readers through a thrilling game of blind hide-and-seek in Louisiana, a treacherous climb up an iceberg in Alaska, and a magical moment with President Obama at The White House. Haben defines disability as an opportunity for innovation. She learned non-visual techniques for everything from dancing salsa to handling an electric saw. She developed a text-to-braille communication system that created an exciting new way to connect with people. Haben pioneered her way through obstacles, graduated from Harvard Law, and now uses her talents to advocate for people with disabilities. Warm, funny, thoughtful, and uplifting, this captivating memoir is a testament to one woman's determination to find the keys to connection.



Current and active members of ACCE include Kankshi Thakur, Kristen Pearson, Maegen Vincent, Sherry Heller, Amy Mikolajewski, and Hien Le Sanchez. Please email Kankshi Thakur (athakur@tulane.edu) if you are interested in joining!



2023 JANUARY

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 UNIVERSITY CLOSED	3	4	5	6	7
8	9	10	11	12	13	14
15	16 UNIVERSITY CLOSED	17 JEDI CATS Office hours 5:00 p.m.	18	19 Equity Thursday 12:30 p.m.	20	21
22	23	24	25	26 Equity Thursday 12:30 p.m.	27	28
29	30	31 JEDI CATS Office hours 5:00 p.m.				