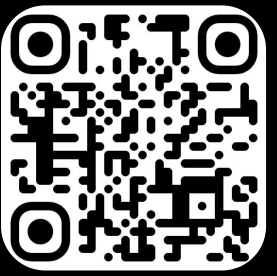




Cultivated Core



Cultivated Core

Mental Health & Substance Use Curriculum

Wednesday, September 4, 2024

Who Are We?



Cultivated Core

Cultivated Core is a mental health and substance use resource, created to strengthen everyday mental wellness.



Our founder, Princess Alston, is a licensed mental health therapist, certified alcohol and drug counselor, and former Division 1 women's basketball athlete. She combines her 15-year athletic and clinical journey to provide mental health services to athletes and under-resourced communities.



Course Schedule & Objectives

Time (min.)	Topic
9:40	Introduction
9:43	Course Schedule
9:45	Cultural Responsiveness
9:55	Engagement
10:05	Treatment
10:15	BIPOC and LGBTQIA+ individuals involved in the justice system
10:35	Integrated Care
10:40	Closer



Learn culturally responsive actions



Understand inequities faced by BIPOC and LGBTQIA+ individuals involved in the justice system



Learn engagement, treatment approaches, and integrated care for BIPOC and LGBTQIA+ individuals involved in the justice system

Cultural Responsiveness



[...not just about understanding differences; it's about honoring the unique narratives that shape each person's experience, and using that awareness to foster true connection and transformative change.]

Engagement

1

Humility



2

Safe Space



3

Mindfulness



Treatment

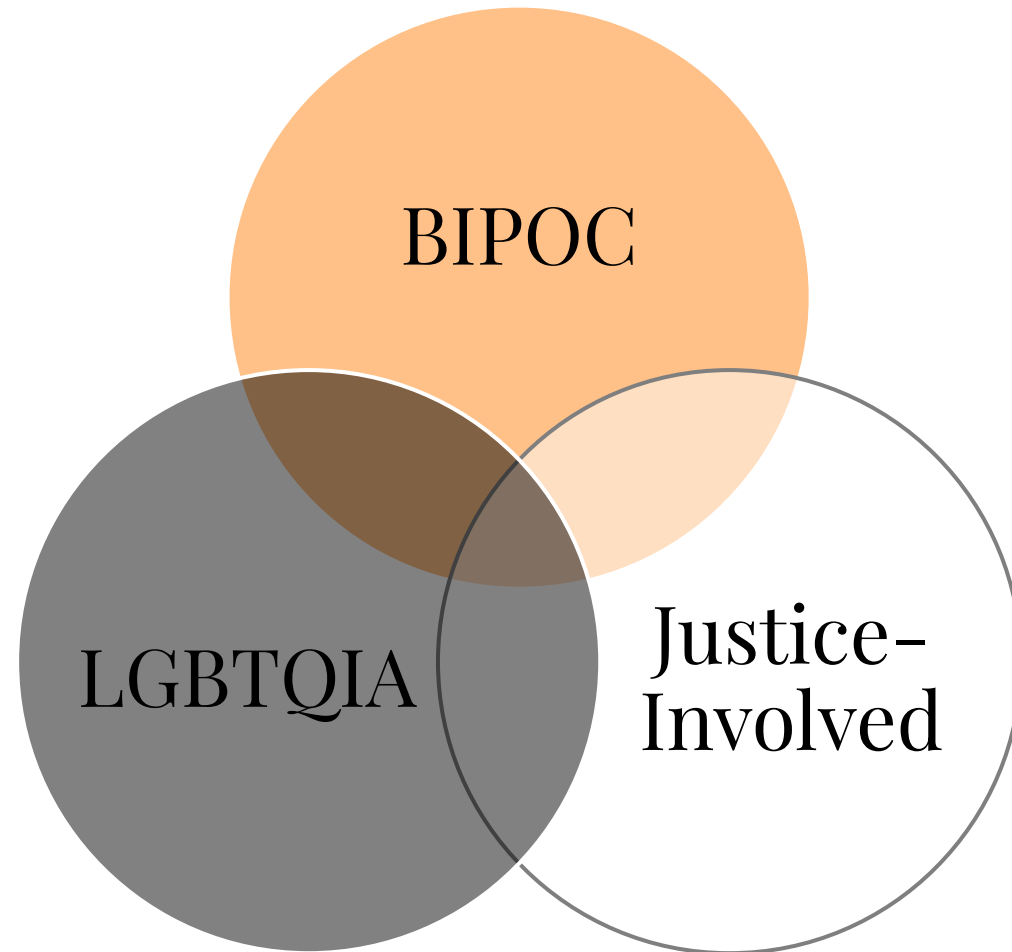


**[...must go beyond the surface,
addressing not only the addiction but
also the deep-rooted systemic inequities
and cultural traumas that fuel it.]**



Substance Use in Marginalized Communities

[intertwined with systemic inequalities, historical trauma, and socio-economic challenges]



Substance Use in Marginalized Communities

**Justice-
Involved**

3 Key Areas of Focus

- restricted access
- criminalization of substance use
- diversion programs



Substance Use in Marginalized Communities



BIPOC

3 Key Areas of Focus

- stigma within and outside community
- systemic racism
- dismantle barriers



Substance Use in Marginalized Communities

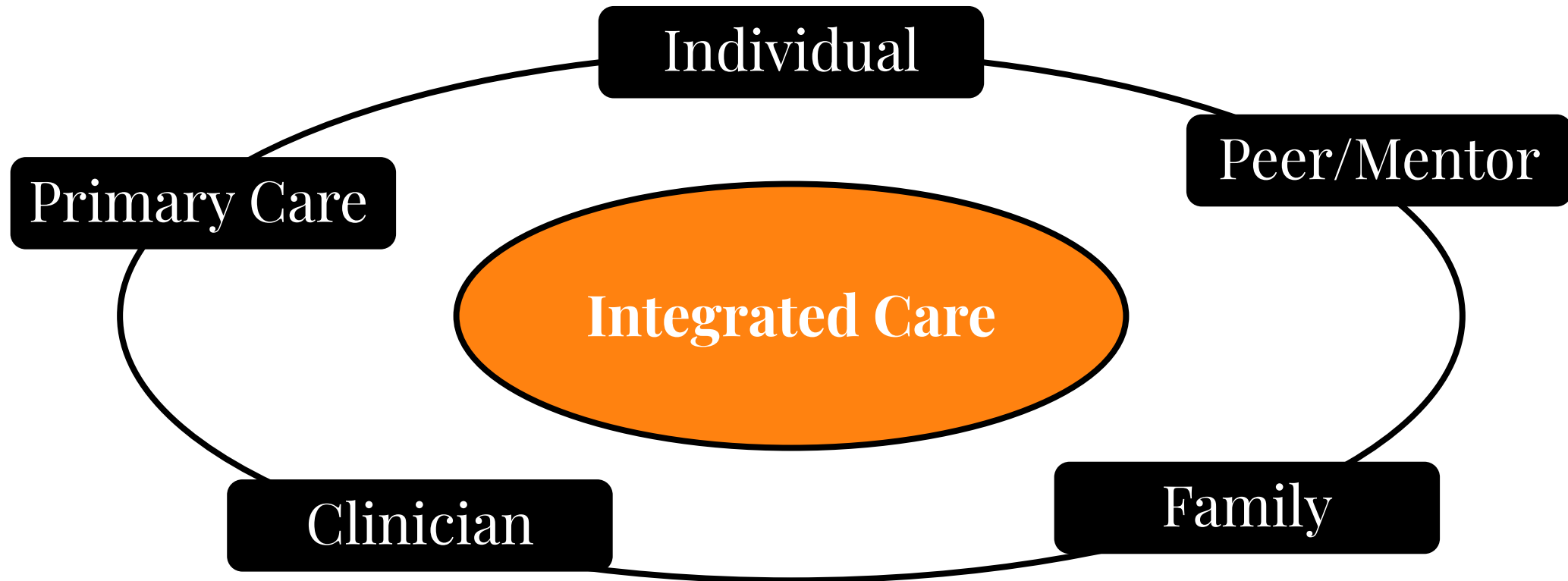


LGBTQIA+

3 Key Areas of Focus

- social exclusion
- rejection from communities
- inclusive services

Collaborative / Integrated Care Model





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Thank you!



How did we do?

Please scan this QR code to leave feedback on today's session and join our community!

www.cultivatedcore.com | [@cultivatedcore](https://twitter.com/cultivatedcore)