The ADAMHS Board publishes a monthly Recovery in Action newsletter. Please click the links below to view 2023 newsletter editions.

- November 2023
- October 2023
- September 2023
- August 2023
- June/July 2023
- May 2023
- April 2023
- March 2023
- January/February 2023





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## **Black History Month**

To celebrate Black History Month this February, the ADAMHS Board is highlighting Black pioneers in the mental health field that have played a crucial role in breaking down barriers and challenging systemic inequalities within the realm of mental healthcare.

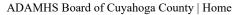
These trailblazers have not only significantly contributed to the advancement of clinical practices, but have also advocated for greater inclusivity, cultural competence and equity in mental health services. Individuals such as Dr. Mamie Phipps Clark, who conducted groundbreaking research on the psychological effects of segregation, and Solomon Carter Fuller, M.D., one of the first known Black psychiatrists and researchers of Alzheimer's disease, have paved the way for a more comprehensive understanding of mental well-being. Their contributions continue to inspire and shape the future of mental health care, emphasizing the importance of awareness and representation in fostering positive mental health outcomes.

Click <u>here</u> to learn about these 21 pioneers.





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