

CTAAFSC Elevator Speech DRAFT

The Central Texas African American Family Support Conference increases access to mental and physical health services, reduces stigma, and eliminates health care disparities in our community. Through interactive workshops and poster sessions, participants gain knowledge and skills to improve their health and that of others. At the 20th anniversary conference, we had over 750 professionals, community members, consumers, and family members attend. Here are some known facts:

- African Americans may experience more severe forms of mental health conditions because of unmet needs or other barriers. Just 1 in 4 African Americans seek mental health care but are 20% more likely than the general population to live with a serious mental illness.
- Data also shows that COVID-19 impacts African Americans disproportionately across the country because African Americans are more likely to be engaged in low-income jobs and more likely to not have health insurance. Trauma, as has become evident in recent police brutality cases and institutional racism all affect our mental health. However, African Americans are most like not to seek and receive health care for it. And if they do, they are more likely to be overwhelmingly misdiagnosed. CTAAFSC recognizes all of this and aims to provide much-needed information and resources to the community.
- When people have a strong foundation of physical and mental health, they can reach their potential and contribute to a vibrant community. The Central Texas African American Support Conference brings together professionals and community members to discuss mental health in a safe, supportive environment and gives people the tools they need to build health and wellbeing.
- The 21st Central Texas African American Family Support Conference will be held virtually from February 3-5, 2021. To learn more or register online, please visit ctaaafsc.org.
- Help us promote the health and well-being of our community by supporting the Central Texas African American Support Conference. Sponsorship and volunteer opportunities are available on our website. Please contact info@ctaaafsc.org for more information.