



Mental Health Association of Greater Chicago Equity strategies for MHAGC

MHAGC works to achieve fairness in access to mental health education, services, support, and opportunities:

1. Culturally Competent Care
 - MHAGC recruits a diverse group of interns and volunteers that reflect the community's demographics.
 - Learning2Live includes training on cultural understanding as it relates to mental health to ensure respectful and effective care for all cultural backgrounds.
 - We offer sessions in Spanish, and we often provide interpreters to ensure Hispanic members of our communities are able to access our training.
2. Community Engagement and Outreach
 - We collaborate with community organizations, schools, and religious institutions to reach underserved populations.
 - We launch targeted campaigns to raise awareness about mental health services in diverse communities.
 - We use community feedback to ensure programs meet the needs of different populations.
3. Accessible Services
 - We provide educational sessions online and in the Bridge2help we offer appointments outside traditional hours.
4. Tailored Programs and Interventions
 - We provide programs that address the unique needs of specific groups, such as LGBTQ+ youth, immigrants, refugees, and others.
 - We provide programs are trauma-informed, recognizing and addressing the impact of trauma on mental health.
5. Data Collection and Evaluation
 - We collect and analyze data on the educational and service programs, outcomes, and satisfaction across different demographic groups to identify and address disparities.
 - We conduct regular equity audits to assess the effectiveness of our strategies and make necessary adjustments.
7. Education and Training
 - We offer educational workshops and resources to increase mental health literacy in underserved communities.
 - We provide training opportunities for educators on the latest research and best practices in equity and mental health care.
8. Inclusive Leadership
 - We ensure that your board of directors and leadership team are diverse and representative of the community you serve.
 - We establish committees focused on equity and inclusion to guide the organization's efforts and ensure accountability.
9. We have include peer sharing in our programs that leverage the experiences and insights of individuals who have navigated similar challenges.

MHAGC works to foster a more equitable mental health environment, ensuring that all individuals have the opportunity to achieve optimal mental health and well-being.