

BC3

The Black Community, The Black Church, and Black Coping - COVID-19: How a Pandemic Destroyed and Strengthened Blackness at the Same Time

Program Description

The Black Church has been a source of strength and refuge for the Black community for hundreds of years. From slavery to modern day systemic racism, for many Blacks, the Black Church is symbolic of hope and belonging; religion and spirituality; and praise and worship. Unfortunately, the onset of Covid-19 ceased the in-person fellowship of churches, causing a decrease in social supports and increase in social isolation. In addition, Blacks were also disproportionately impacted by higher Covid-19 related deaths, than other populations. Even more concerning, was the continued increase in opioid related deaths, amongst Blacks at disproportionate rates. The aforementioned were exacerbated by racial unrest due to the countless murders of Blacks and other persons of color, resulting in repeated racial trauma. Racial unrest led to public outrage in the forms of protests and resistance, advocating for change. Black communities used their collective voices to bring attention and awareness to all things perpetuating systemic racism. From grassroots to highly publicized efforts, Blacks and their allies used countless platforms to show the world the constant unjust and inhumane treatment. Therefore, arising more unified and dedicated to dismantling all things in support of systemic racism.

Program Objectives

Upon completion of this workshop, participants should be able to:

1. Outline three ways in which the compounded impact of a global pandemic, opioid epidemic, and racial unrest negatively impacted the Black community.
2. Describe three ways a global pandemic positively impacted the Black Church and Black Community.
3. Explain three ways in which advocacy, allyship, and action can take place going forward.

Target Audience

This workshop is intended for anyone who identifies as an activist for the Black community or an agent of change for the uplifting and propelling of Blacks.

Contact Hours

3.0 contact hours

Program Agenda

9 AM to 9:45 AM

Introductions & Why Am I Here?

9:45 AM to 10:45 AM

Compounded Effects of a Pandemic, Epidemic, and Racial Unrest

10:45 PM to 11:00 AM	Break
11:00 AM to 11:45 AM	The Silver Lining: Positive Impacts
11:45 AM to 12:15 PM	Action Plan: How Will I Be of Value to the Black Community

Faculty

Jamie Ingram, LCSW, LCAS has eighteen years of social work experience working in a variety of settings. Ingram became a member of the UNC Health Care team in September 2011 as an Inpatient Social Worker for the Clinical Care Management department. In 2019, she joined the UNC Alcohol and Substance Abuse Program. As a Clinical Addictions Specialist, Ingram provides individual and group therapy. Ingram believes in providing therapy by engaging clients utilizing a strengths-based perspective while applying a plethora of modalities. Ingram is recognized as one of the distinguished Diversity Leaders within UNC Health Care system through the Center for Leadership Excellence. Ingram is an Interdisciplinary Minority Fellow Alumna through the American Psychological Association, funded by the Substance Abuse Mental Health Services Administration, which emphasizes the importance of scholarly training and support to address health disparities amongst racial minorities from multiple disciplines with an emphasis on mental health or/and substance use disorders. Ingram recently obtained her Doctor of Social Work (DSW) from Tulane University’s School of Social Work.