



InterCommunity Supports Black Communities

Addressing Racial Inequity

The protests and social unrest ignited by the death of George Floyd have shined a spotlight on the systemic racism that affects people of color in all aspects of life. According to the Pew Research Center's 2019 report "Race in America," about half of Black Americans have said that being Black has hurt their ability to get ahead, and 84% of Black Americans compared with 54% of white Americans say that racial discrimination is the major reason.



Health disparities between whites and people of color have also become glaringly obvious. Blacks are more likely to have higher rates of chronic medical conditions such as diabetes and kidney disease, but have less access to care, preventive screenings, and mental health services. Blacks have higher rates of death from cancer and heart disease, and higher rates of maternal mortality than any other racial and ethnic group in America.

These health disparities, along with barriers and unequal access to food, transportation, housing and employment, have compounded the effects of the pandemic on communities of color. People of color disproportionately live and work in higher-risk environments and in fact, federal data shows that Blacks and Latinos are three times more likely to contract COVID-19 than white residents, and nearly twice as likely to die from it.

Our health care, economic, education, and criminal justice systems are clearly in dire need of reform. There is much work to do. At InterCommunity Health Care, we've formed a volunteer Racial/Ethnic Equality Committee to assess our culture, raise awareness of implicit bias, and identify and eliminate discrimination and the effects of inequity internally and externally. We're committed to address these issues and devote the resources, time, and focused work to build a culture that embraces racial equity. Committee members include Lady, Maybelle, Lauren, Rufino, Nordia, Alaina, Adriana, Tyler, Michelle, Latoia, Yvette, Arlene, Mary Beth, Sandra, Nancy, Chad, Vivian, Maylie, Ariel, Dyana, Richard, Kelvin and Kim.

We are training volunteers to be Equity Champions, and employees can expect to receive the assessment soon. We will keep employees informed of the work of the committee over the course of the year as we move forward on this journey of change.



Join Us for a Coronavirus Testing Event in Newington!

Testing is quick and easy!

We'll have a testing team, snacks and giveaways!
Stop by and find out if you or a member of your family have coronavirus.

Tuesday, Sept. 29, 10:00 am - 2:00 pm
Constitution Square, Newington

- Walk up testing under a tent
- No appointment needed
- Test is a self-administered nasal swab
- Bring identification and insurance card

- InterCommunity will call you with the results of your test
- Insurance and uninsured accepted

Please note: in the event of rain, this testing event will be cancelled.

Help us stop the spread of coronavirus.
Get tested on September 29, at Consitution Square... look for our tent!

Please wear a face mask, scarf or bandanna and observe social distancing of 6 feet while waiting to be tested.

Need a bandanna?

We have a limited number of bandannas for those who need them... **FREE**, while supplies last!



 **InterCommunity Health Care**
Health Care for the Whole Person

www.intercommunityct.org
860-569-5900

Nosotros hablamos español.  **#WeWontStopCaring**   

Spotlight on Our Staff: Skip Callahan at InterCommunity's Intensive and Intermediate Residential Programs

Skip Callahan is the lead clinician at InterCommunity Health Care's Intensive Residential and Intermediate programs in Hartford. He joined InterCommunity seven years ago after earning his master's degree from Central Connecticut State University. After a 25-year career in the insurance industry, Mr. Callahan decided he wanted to work in human services and give back to the community. He has been in recovery for fourteen years.

As the lead clinician, Mr. Callahan works with clients who have substance use disorders and co-occurring mental health issues. The Intensive Residential program is 28 days, with many people coming directly from detox. The Intermediate program is a 90 day residential

program.

Besides providing individual, group and family counseling, he and his team develop aftercare plans for residents and connect them with other services as needed, such as medical follow-up, housing and employment. "We offer very structured, recovery-oriented services." He notes that throughout the pandemic, InterCommunity's doors were open. "We've accepted people the entire time, even when other programs in the city were closed. Overall we've tried to be responsive and available, while at the same time keeping people safe by requiring that staff and clients wear masks and social-distance. People understand that it's a public health crisis."



"Addiction recovery services are needed more than ever," Mr. Callahan adds. In fact, research shows that the mental health and substance use issues have spiked on a national level, likely due to lack of social connections, economic uncertainties, and other disruptions caused by the coronavirus pandemic.

Spotlight on Our Board of Directors



Annan Yakubu serves as the treasurer of InterCommunity's Board of Directors. A Senior Internal Auditor at DLA, LLC, Mr. Yakubu has over 8 years of internal and external auditing experience working in the manufacturing, banking, retail and not-for-profit industries. Mr Yakubu holds a M.S. in Accounting and Taxation from the University of Hartford, and a bachelor's degree in Commerce from the University of Cape Coast in Cape Coast, Ghana. He is a Certified Public Accountant (CPA).



Bill Young, Vice Chair of InterCommunity's Board of Directors, is a consultant, a Licensed Professional Counselor, and national board certified counselor. He serves on a number of Connecticut and national nonprofit boards of directors. Bill identifies as a person in recovery. He and his wife, Martha Page, live in Hartford.



