



# WELCOME TO OUR JUNETEENTH CELEBRATION!

June 2020

9:00am - 12:00pm

# INTRODUCTIONS

Megan Matthews, Chair

9:00-9:10

# WHAT IS JUNETEENTH?

Charleen Anderson

9:10-9:20



# SKIT: STORY OF LIL THEO

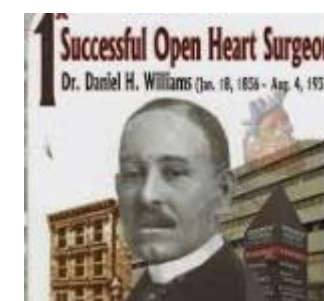
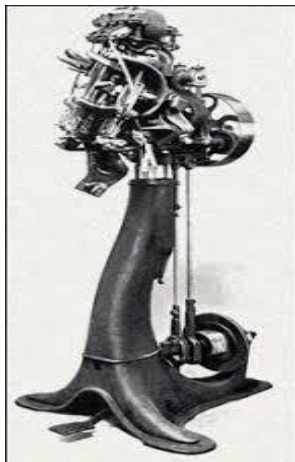
Dionne Dycus, Altavia Jones, Joseph Mitchell, Tommy Simpson

9:20-9:30



# INVENTIONS BY AFRICAN AMERICANS

What if there were no black people in the world?





# INTERVIEW WITH GOVERNOR INSLEE

Megan Matthews

9:30 - 10:10

# KEYNOTE: WE BE FREE

Dr. Karen A Johnson

10:10-10:40







*The only thing that will end the pain of racism is the end of white supremacy and the dismantling systems of oppression. But in the midst of this trauma, your wellbeing and mental health matter.*

**MENTAL HEALTH**  
*in the*  
**AFRICAN AMERICAN COMMUNITY**



# HEALTH AND WELLNESS

Charleen Anderson  
and Edwina Martin-Arnold  
10:40-10:45

# HEALTH AND WELLNESS

## ◎ TIPS

- Recognize it is traumatic & it's okay
- Intentionally seek community
- Make a wellness plan
- Separate what is in your control from what is not
- Decolonize healing
- EAP - 877.313.4455 or [www.eap.wa.gov](http://www.eap.wa.gov)

# COVID-19 RESOURCES

- Facts and resources about COVID-19 in Washington State:
  - Washington State: [coronavirus.wa.gov](https://www.wa.gov/coronavirus)
  - Department of Health: [www.doh.wa.gov/Emergencies/Coronavirus](https://www.doh.wa.gov/Emergencies/Coronavirus)
  - Governor Inslee's Website: [www.governor.wa.gov/tags/covid-19-coronavirus](https://www.governor.wa.gov/tags/covid-19-coronavirus)
- Assistance and information in Washington State about paid leave and for jobs, unemployment, businesses:
  - Employment Security Department: [esd.wa.gov](https://esd.wa.gov)
- Mental and emotional health and wellbeing for WA employees and their families:
  - Employee Assistance Program: [des.wa.gov/services/hr-finance/washington-state-employee-assistance-program-eap](https://des.wa.gov/services/hr-finance/washington-state-employee-assistance-program-eap) (or google Washington State Employee Assistance Program)
- National information about COVID-19:
  - US Center for Disease Control and Prevention (CDC): [www.cdc.gov/coronavirus/2019-ncov/index.html](https://www.cdc.gov/coronavirus/2019-ncov/index.html)
- Jobs:
  - [Careers.wa.gov](https://careers.wa.gov)
  - [WorksourceWA.com](https://www.worksourcewa.com)
  - Employment Security Department is hiring for numerous positions

# BREAKOUT ROOMS

All

10:45 - 11:20

# CLOSING

Megan Matthews

11:20-11:25

# **SUBCOMMITTEE MEETINGS**

Breakout Rooms

11:25-12:00