

Health Disparities Advisory Meeting | MINUTES

June 12, 2025, | 1:00 P.M. – 2:00 P.M. | Location: Microsoft Teams

Meeting called by:	Division of Health Disparities Elimination	Approximately: 42 ppl.
Type of meeting:	Weekly Health Disparities Advisory Meeting –	
Facilitator:	LaShan Dixon, Director Office of Faith-Based and Community Engagement	

Motivational Quote: (LaShan Dixon) On today Thursday, June 12, 2025, this week’s inspirational quote is “Don’t give up trying to do what you really want to do. Where there is love and inspiration, I don’t think you can go wrong.” – Ella Fitzgerald

(LaShan Dixon)

- **Men’s Health Month** - June is Men’s Health Month, it’s all about encouraging all men, (including the men out there) to take care of their bodies by eating right, exercising the mind and body, and working to prevent disease. The official symbol for the month is a blue ribbon and the purpose of Men’s Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of diseases including cancer, heart disease, and depression. National Men’s Health Week was established in 1994 as a special campaign to help educate men, boys and their families about the importance of positive health attitudes and health practices.

Men’s mental health is also an important factor of overall health and quality of life at every age. Although men are more likely to suffer “deaths of despair” including alcoholism, overdose and suicide, they are far less likely than women to seek out mental health services. Undiagnosed and untreated mood disorders in young men are associated with impaired learning, risk-taking behaviors, use of substances and violence. Adult men with chronic diseases like diabetes and cardiovascular disease have worse outcomes when they suffer from depression, and depression is associated with decreased longevity in older men. Make mental health a priority and take steps to manage stress and stay connected to family and friends. This is the perfect time to improve men’s health by them listening to their body when symptoms occur and keeping up with health screenings. For more men’s health and wellness tips, visit the [Be Well](#) blog.

- **PTSD Awareness Month** There are currently about 12 million people in the United States with PTSD. Even though PTSD treatments work, most people who have PTSD don’t get the help they need. Help us, at the National Center for PTSD spread the word that PTSD treatment works. Everyone with PTSD, whether they are Veterans or civilian survivors of sexual assault, serious accidents, natural disasters, or other traumatic events needs to know that effective treatments can reduce symptoms and lead to a better quality of life.

What is PTSD? It’s “posttraumatic stress disorder” which is a mental health problem. PTSD can only develop after you go through or see a life-threatening event. It’s normal to have stress reactions to these types of events, and most

people start to feel better after a few weeks. If symptoms last longer than a month and are causing problems in someone's life, it could be PTSD. The National Center for PTSD does not provide direct clinical care or individual referrals, but what they do provide is information to help you find local mental health services and information on trauma and PTSD because effective treatments for PTSD are available. Please click the links below.

- [Get Help In A Crisis](#)
- [Find A Provider](#)
- [Help for Veterans](#)

Here's also a link to the PTSD Self Screening, it's scheduled for you to take on June 27, there are 5 questions which will help you know if you have PTSD symptoms. https://www.ptsd.va.gov/understand/awareness/screening_day.asp

Register for the 30 minutes virtual walk for the month of June the link is noted below, this will help raise some form of PTSD Awareness. https://www.ptsd.va.gov/understand/awareness/virtual_walk.asp

TOPICS OF DISCUSSION

Focus: Supporting Disaster Client Recovery with Red Cross

Presenters: Kelsey Rubens, Regional Client-Care Manager & Christian MacDonald, Volunteer Services, American Red Cross of TN

Summary: The mission of the American Red Cross is to prevent and alleviate suffering in the face of emergencies by mobilizing the power of volunteers and the generosity of donors. The American Red Cross is considered a humanitarian organization and over 90% of Red Cross work is done by volunteers, plus 100% of every dollar received for a mission goes to serving that mission. American Red Cross fundamental principles consist of unity, voluntary service and independence and their core values are committed, collaborative and creative just to name a few.

Red Cross has many different divisions, whether it's training services, blood services and disaster services which is the type of response, Red Cross send volunteers out to help families that have been impacted by an earthquake, wildfires, tornadoes, floods, hurricanes, mass casualty incidents and home fires. Home fires is the largest response and, Red Cross seek to connect with every family within two hours after experiencing a home fire. Lately, we've been in a chronic stage of disasters, so we send nurses and shelter workers across the state as well as across the country. The Disaster Health Services provide hands on to care for the unmet needs or issues the disaster may have caused a client such as assessment, medication and/or equipment replacement.

The biggest thing about American Red Cross is that their building a bridge out in the community to empower people and help build their own recovery plan, through disaster health, mental health and casework services. Red Cross impact in TN Region during April 2024 – 2025 was the following:

- Household received Casework Services – 3414
- Individuals received Disaster Health Services – 1,247
- Individuals received Disaster Mental Health Services – 277
- Individual received Financial Services approximately - \$3M

If you like to become a Red Cross volunteer, please go to their website at www.redcross.org/volunteer. If you like to know more information about the American Red Cross please contact Christian McDonald or Kelsey Rubens by via email at: christian.mcdonald@redcross.org and kelsey.rubens@redcross.org.

Member Comments: Announcements and Upcoming Events

- TN Voices still has a grant to give free therapy for pregnant moms! Email me if you'd like the flyer.
Elizabeth.smith@tnvoices.org
- TDH Health Disparities Advisory Group is in search for Monthly Health Observance Mini-Series Speaker, if you would like to become a mini-series speaker, please email us TDH.OFBCE@tn.gov.

Speaker Details:

- We are looking for a speaker for the first Thursday of each month from 1 pm CST- 2 pm CST for a 15-minute presentation.
- The speaker should share key facts and information about the health observance for that month.
- They can highlight any events or initiatives related to that health observance.
- Presentations are informal, and slides may be used but are not required.

Resources mentioned during call:

Upcoming Webinar Topics, Dates & Meeting Link:

- **June 19th:** Financing Your Project
- **Microsoft Teams**

Join the meeting now

Meeting ID: 295 944 874 252 / Passcode: nN32LU7w

Dial in by phone

+1 629-209-4396, 82246934# / [Find a local number](#)

Phone conference ID: 822 469 34#

Join on a video conferencing device

Tenant key: stateoftn@m.webex.com / Video ID: 115 180 065 7

- If you need more information, please visit our website at www.healthdisparitiestn.com

Chat Box – links / website / events:

➤ **OFBCE Offers Easy Online Access to Key Forms**

The Office of Faith-Based and Community Engagement (OFBCE) is pleased to announce that three important forms are now available online, making it easier than ever for community members and organizations to connect with OFBCE and the Health Disparities Advisory Group.

The following forms can be accessed on our Contact page, [here](#).

- **Community Outreach Worker [Request Form](#):** Request support from OFBCE community outreach workers for health initiatives, including workshops, educational materials, health fairs, and more.
- **Top Ten Newsletter [Submission Form](#):** Submit health-related events, training opportunities, and funding announcements for inclusion in the weekly Top Ten newsletter.
- **Health Disparities Advisory Group Presentation [Submission Form](#):** Share your expertise on health disparities with a coalition of leaders by presenting at a weekly meeting.

We encourage community members and organizations to utilize these online forms to connect with us and collaborate on improving the health and well-being of all Tennesseans. These forms streamline the process and make it more convenient for everyone to engage with our important initiatives.

Next Meeting June 26, 2025, from 1pm-2pm via Microsoft Teams.

Microsoft Teams Meeting details are as follows:

Join on your computer or mobile app.

[Click here to join the meeting](#)

Or call in (audio only)

[+1 629-209-4396, 641975577#](#) United States, Nashville
Phone Conference ID: 641 975 577#