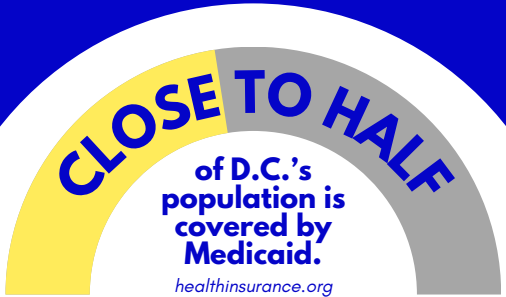




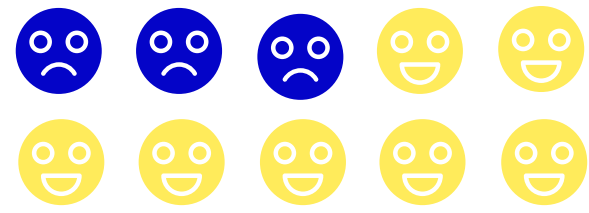
Trauma in the Black community calls for more than traditional medication.

Alternative therapy is needed.



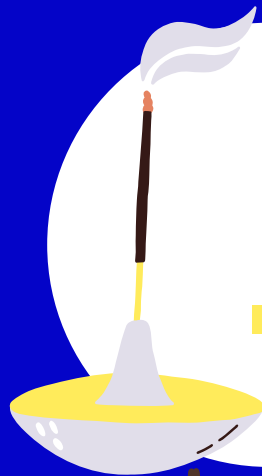
D.C. residents covered under Medicaid cannot access alternative therapies.

- People want to get better but have not had success in traditional mental healthcare and have no Medicaid covered access to non-traditional healing opportunities.
- Community is not offered opportunities to heal through having different mental health services beyond medicine and talk therapy, which is not attractive and not engaging to our community.
- If we don't like the options for healing available, we are left with no alternatives and therefore we don't heal. This shows up as violence, crime, and poverty in our community that can be improved through access to alternative/different healing practices.



In 2023, over 30% of adults in the District of Columbia reported symptoms of anxiety and/or depressive disorder.

KFF Analysis



Alternative therapies, like yoga, art therapy, and meditation, have been found to **alleviate pain, reduce stress, and diminish depression.**

Holly Tired, Michigan State University

NIH: How Might Yoga Help Depression? A Neurobiological Perspective



The Solution

Expand Medicaid's definition of "therapists" to include certified Social Emotional Learning, trauma-informed yoga instructors, sound bowl practitioners, mindfulness-based stress reduction, art, and music practitioners.



LaShawn Johns & Jemelle Harris

info@bzybpI.com
(202)705-6106
@QueenBzyBpI