



**Intersecting Identities & Youth Wellbeing
June Resiliency Roundtable
6.22.23
Shared Resources**

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Please note, this list of resources is not exhaustive but rather a compilation of materials shared by panelists and collected from community members for the June 2023 Resiliency Roundtable.

JUNE RESILIENCY ROUNDTABLE SESSION MATERIALS

[Overview](#)

[Recording](#)

[Main Session Slide Deck](#)

PRE-SESSION LEARNING MATERIALS

We invite you to explore the materials below to help contextualize our conversation.

Articles & Webpages:

- [Intersectionality and Youth Mental Health Fact Sheet](#)
- [LGBTQIA+ affirmation and safety: 'Belonging, like air, is a fundamental human need'](#)
- The Trevor Project's [Stories of Pride 2023: The Power of Us](#)
- BIPOC Mental Health Outreach Toolkit 2023 - [Culture, Community & Connection](#)

CDC Report on Teens (Feb 2023):

- CDC Reports [Girls & LGBTQ+ youth facing increased mental distress](#)
 - Read [what teens think](#) about these findings and the full [Youth Risk Behavior Survey](#)
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RESOURCES SHARED BY SPEAKERS

Jewish Equity, Diversity, and Inclusion (JEDI)

- [Jewish Equity, Diversity, and Inclusion \(JEDI\) Website](#)
- *Description:* If Jewish communities are to grow and flourish into the future, we must ensure that People of all backgrounds see themselves in all of our communal and organizational leadership today.
- *Resources:*
 - [Seven Standards for Jewish Communal Belonging](#)
 - [JEDI Belonging Checklist for Programs and Events](#)
 - [JEDI Torah Source Sheet](#)
 - [JEDI Key Terms](#)
 - [JEDI Challenges and Opportunities for Jewish Communal Life](#)
 - [JEDI Leadership Competencies](#)
 - [JOC Communal Fieldmap](#)
 - [JEDI High Holiday Reader](#)

- **Get in touch: Isaiah Joseph Rothstein** (he/him) Rabbinic Scholar and Public Affairs Advisor Isaiah.Rothstein@JewishFederations.org
 - Isaiah Joseph Rothstein serves as Rabbinic Scholar and Public Affairs Advisor at Jewish Federations of North America, and is a founder of JFNA’s Initiative for Jewish Equity, Diversity, and Inclusion, the Jewish Youth Climate Movement, and Kamochah, a community for Black Orthodox Jews. Prior to JFNA, Isaiah was rabbi-in-residence at Hazon, Isabella Freedman, and Be’chol Lashon, and served as rabbi for youth at Carmel Academy, Young Israel of Stamford, NCSY, and Camp Yavneh. Isaiah studied at Kushner Yeshiva High School, Lev HaTorah, Machon Lev, Binghamton University and received rabbinic ordination and a MSW from Yeshiva University. Raised in a multi-racial Chabad family from Monsey, NY, he sees himself as a human bridge, connecting disparate parts of the Jewish community and America. Isaiah is a part of Rabbis Without Borders, Schusterman’s ROI + Senior Fellowship Cohort VII, and was listed in Jewish Week’s “36 Under 36.” When not working to keep the world safe for the Jewish people and democracy, Isaiah is writing a musical about Queen Esther.
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Jews of Color Mishpacha Project

- **Jews of Color (JOC) Mishpacha Project Website**
- **Description:** The JOC Mishpacha Project wants to be a hub of learning, convening, and growth for JOC individuals, communities, and Jewish institutions. We offer workshops, advocacy, outreach, and gathering spaces for Jewish People of Color and their families/allies/accomplices.
- **Resources:** **Dr. Harriette’s slide deck**
- **Get in touch: Kohenet Dr Harriette Wimms** (she/her), Founder & Executive Director
 - Contact Kohenet Dr. Harriette Wimms: drharriette@gmail.com
 - General Inquiries: jocmishpacha@gmail.com
 - Kohenet Dr. Harriette E. Wimms is a Maryland licensed clinical psychologist who specializes in providing compassion-infused mental health care to POC, neurodiverse, and LGBTQ+ children, adolescents, adults, and families. K'Harriette is a prayer leader in both the Kohenet community and at Hinenu: The Baltimore Justice Shtiebl. Dr. Wimms is the inaugural Jews of Color Engagement Fellow at The Associated, Baltimore Jewish Federation (the first type of position within any Jewish Federation System). A current Schusterman Fellow, Dr. Wimms is a Selah cohort 17 fellow, a contract trainer for Keshet, and is the founder and executive director of the Jews of Color Mishpacha Project (JOCMishpacha.org).

JQ International

- [JQ International Website](#)
 - Description: Established in 2004, JQ is the premiere LGBTQ+ Jewish organization in Los Angeles. JQ celebrates the lives of LGBTQ+ Jews and their allies by transforming Jewish communities and ensuring inclusion through community building, educational programs, and support and wellness services, promoting the healthy integration of LGBTQ+ and Jewish identities. JQ envisions a world where all LGBTQ+ Jews feel a strong sense of self, pride, and community – a place where LGBTQ+ Jews and their allies are supported by communities that embrace their needs and celebrate their unique gifts.
 - Resources:
 - [JQ Support Groups](#)
 - [JQ Trainings and Workshops](#)
 - The JQ Helpline: M-Th 9am-5pm F 9am-3pm PT
 - 855.574.4577 and helpline@jqinternational.org
 - [The JQ Helpline Community Resource Manual](#)
 - Get in touch: **Emily Abraham, LCSW** (she/her) Director of Support & Wellness eabraham@jqinternational.org
 - Dini Peterson, LMSW is the Chief Program Officer of Family and Community Services. In her 10+ years at JFS, Dini has focused her career in the areas of case management and poverty alleviation in the Detroit Jewish community. She currently oversees JFS safety net and mental health services. She has also enhanced JFS' outreach initiatives to local Orthodox Jewish communities. Dini received the Meyerhoff Early Career Professional Fellowship and currently serves on local boards addressing food insecurity and other basic needs throughout Oakland County. Dini lives in Oak Park with her husband and three young children.
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Moving Traditions

- [Moving Traditions Website](#)
- Description: Moving Traditions emboldens Jewish youth to thrive through the pursuit of personal wellbeing (shleimut), caring relationships (hesed), and a Jewish and feminist vision of equity and justice (tzedek). Combining positive psychology with Jewish values, we partner with Jewish institutions across North America to engage Jewish teens, families, and communities.
- Resources:
 - [Kumi: An Anti-Oppression Teen Leadership Experience](#)
 - *Applications are still open on a rolling basis for Cohort 2 that starts in late August!*
- Get in touch: **Beckee Birger** (she/her), Fellowship Director bbirger@movingtraditions.org

- Beckee Birger is the Fellowship Director (she/her/hers) for Kumi: An Anti-Oppression Teen Leadership Experience. Beckee’s passion for social justice has led her through a variety of jobs, such as special education attorney, AmeriCorp program manager, and career advisor at an education non-profit. She believes engaging people of all ages, but especially youth, in political education and community organizing is critical to our future, and she’s proud to celebrate her Judaism through a deep commitment to social change. In her free time, she’s a co-founder of JCUA’s Kol Or Jews of Color Caucus, a co-facilitator of Tzedek Lab’s Political Educators kabal, and she’s an avid board game player.
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Keshet

- **Keshet Website**
- **Description:** Keshet envisions a world in which all LGBTQ Jews and our families can live with full equality, justice, and dignity. By strengthening Jewish communities and equipping Jewish organizations with the skills and knowledge they need to make all LGBTQ Jews feel welcome, we work to ensure the full equality of all LGBTQ Jews and our families in Jewish life. We also create spaces in which all queer Jewish youth feel seen and valued and advance LGBTQ rights nationwide.
- **Resources:**
 - [Keshet Youth Landing Page](#)
 - [2022 Keshet Youth Zine](#)
 - [Seven Values - Seven Voices](#) – Hear from our Keshet LGBTQ youth!
- **Get in touch: Jaimie Krass** (she/her), Director of Youth Programs
jaimie.krass@keshetonline.org
 - As Keshet's Director of Youth Programs, Jaimie brings a decade of creative curriculum design experience, an innovative spirit, crisis management skills, and boundless energy to this holy work of building a more just, affirming, and celebratory world for LGBTQ+ Jewish youth. Prior to joining Keshet, Jaimie served as a Hillel campus professional for seven years (two at Muhlenberg College Hillel in PA, and five at Columbia/Barnard Hillel in NYC), creating and leading immersive experiences, reimagining Jewish tradition, and empowering students to seize ownership of their journeys and become leaders in their communities. She received her B.A. in political science and Jewish studies from the University of Florida, and her M.A. in experiential education and nonprofit professional leadership from the Jewish Theological Seminary of America. immersive experiences, reimagining Jewish tradition, and empowering students to seize ownership of their journeys and become leaders in their communities. She received her B.A. in political science and Jewish studies from the University of Florida, and her M.A. in experiential education and nonprofit professional

leadership from the Jewish Theological Seminary of America. Throughout her career—and extending back to her teenage years—she has advocated for LGBTQ+ justice and inclusion, facilitating trainings at a variety of conferences, JCCs, and synagogues, and creating safe spaces for LGBTQ+ Russian-speaking Jewish teens in Brooklyn, NY. Outside of Keshet, she is a dedicated crisis counselor with The Trevor Project, a proud Pardes Institute of Jewish Studies alumna and member of the Schusterman ROI community, and lives in Manhattan with her wife and their dog, MishMish.

At The Well

- [At The Well Website](#)
 - **Description:** At The Well works to inspire women to empower themselves, live whole lives, and lift each other up. We envision a world where all women are connected to their bodies, spiritual practices, and community. We're rooted in ancient Jewish wisdom and rituals in a way that welcomes you, whether or not you identify as Jewish. We have a deep love for Rosh Chodesh, the start of each new Hebrew month, and use this to ground the rest of our work.
 - **Resources:**
 - Our community is for all who identify as women or nonbinary, inclusive of all races, classes, abilities, life stages, religious affiliations, sexual orientations, and gender expressions. If you're nonbinary, we have [a special welcome letter for you](#).
 - [At The Well Slides](#)
 - **Get in touch:** **Sarah Waxman** (she/her), Founder & CEO sarah@atthewellproject.com
 - Sarah is the passionate Founder of At The Well. She has been a student of sociology and holistic medicine, a national champion athlete, an instructor of yoga and mindfulness, and an actively engaged member of the Jewish community. All these experiences gave her a deep understanding of the power that comes from being in a supportive community, feeling connected to your spirituality, and having a real understanding of your cycle. At The Well was created out of love; it is a place to be witnessed, and to witness others, to share, to learn, and a place to connect Jewish heritage to everyday life.
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ADDITIONAL JEWISH RESOURCES

- **Aly Halpert**
 - *Rabbi Isaiah sang the song 'Loosen' by Aly Halpert at the close of our June Resiliency Roundtable.*

- Description: Music for building community and visioning different worlds. *Loosen* is a collection of original music about healing, both individual and collective, and imagining the world as it could be.
- **Eshel**
 - Description: Eshel’s mission is to create a future for Orthodox lesbian, gay, bisexual, and transgender individuals, and their families. Through its innovative and culturally sensitive programming, Eshel works with each individual, family, and community in creating a place for their LGBTQ members. Eshel envisions a world where Orthodox LGBTQ individuals can live out their lives in the Orthodox communities of their choice.
 - Get in touch: To speak to someone, call our **warmline** and we will get back to you as soon as we are able: 1-724-374-3501, (1-724-ESHEL01). For a more immediate response, send a confidential email to: info@eshelonline.org
- **JQY**
 - Description: JQY (Jewish Queer Youth) supports and empowers LGBTQ Jewish youth with a special focus on teens and young adults from Orthodox, Chassidic, and Sephardi/Mizrahi communities. JQY fights to ensure the emotional and physical health and safety of this population. Our goal is for all these individuals to know: *You are a valued member of the Jewish community and you are not alone.*
 - Get in touch: To speak with one of our licensed mental health professionals, call our **Warmline** at 551-JQY-HOPE (551-579-4673). Whether you are looking for support yourself, a parent, ally, educator, or supporter, we would love to connect with you! [Please fill out this form.](#)
- **LGBTQ+ Inclusivity Training for Camp Staff**
 - Description: [BeWell](#) and [JQ International](#) collaborated to create a free resource: *LGBTQ+ Inclusivity Training for Camp Staff*. [Request this resource here.](#)
 - Get in touch: **Beth Lipschutz**, MSW, BeWell Wellness Coordinator beth.lipschutz@jewishfederations.org
- **Nonbinary Hebrew Project**
 - Description: We are building a bigger tent for nonbinary Jews through a third-gender grammar systematics for Hebrew, guided by our Torah and Talmud that teach us to rejoice that which cannot be neatly categorized.
- **Sojourn**
 - Description: The Southern Jewish Resource Network for Gender & Sexual Diversity (SOJOURN) is the American South's resource for Jewish & LGBTQ+ programming, education, support, and advocacy. Our mission is to empower communities to advance and celebrate gender and sexual diversity across the South.
 - Get in touch: info@sojourngsd.org

SECULAR WELLBEING RESOURCES – GENDER & SEXUAL ORIENTATION

- **Exposing Gender Stereotypes**: This is the first of three lessons that address gender stereotypes. The objective of this lesson is to encourage students to develop their own critical intelligence with regard to culturally inherited stereotypes, and to the images presented in the media - film and television, rock music, newspapers and magazines.
 - **Dove Self-Esteem Project**: At Dove, we believe no young person should be held back from reaching their full potential. However, low body confidence and anxieties over appearance keep young people from being their best selves, affecting their health, friendships, and even performance at school.
 - **Free Being Me**: expertly designed to support young people to recognise and challenge these global beauty pressures
 - **Proud To Be Me**: A body positivity tool for LGBTQ+ youth
 - **My Hair, My CROWN**: A tool to help build hair confidence
 - **Gender Spectrum**: Gender Spectrum works to create gender sensitive and inclusive environments for all children and teens. Offerings: resources, online consulting, and groups for pre-teens, teens, parents, caregivers, and other family members.
 - **GSA Network**: GSA Network is a next-generation LGBTQ racial and gender justice organization that empowers and trains queer, trans and allied youth leaders to advocate, organize, and mobilize an intersectional movement for safer schools and healthier communities.
 - **Human Rights Campaign – LGBTQ+ Youth**: Challenges faced by LGBTQ+ youth are changing, but what they always need is support from each other and the adults in their lives.
 - **The Mask You Live In - The Representation Project**: *The Mask You Live In* documentary follows boys and young men as they struggle to stay true to themselves while negotiating America's narrow definition of masculinity.
 - **The Trevor Project**: You deserve a welcoming, loving world. And so do the people you care about. Here you can reach out to a counselor if you're struggling, find answers and information, and get the tools you need to help someone else.
 - **Transgender Law Center**: Transgender Law Center changes law, policy, and attitudes so that all people can live safely, authentically, and free from discrimination regardless of their gender identity or expression.
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SECULAR MENTAL HEALTH RESOURCES – RACE & GENDER / SEXUALITY

- **BIPOC and LGBTQ+ Mental Health Infographic** (Mental Health America)
- **How Are You Really? Black & Transgender Collection**: We've partnered with Okra Project to share and amplify authentic & empowering stories of the Black Transgender community and their mental health experiences. The stories highlight these folks' resilience and how beautiful it is to be a Black Transgender person.

- **Inclusive Therapists**: A safer, simpler way to find care. Seeking counseling or therapy can be a vulnerable process. To that, add the challenges that people with marginalized identities face such as: neglect, prejudice, silencing, micro-aggressions, and language or financial barriers. Finding quality care can become an overwhelming task. Connecting with a therapist should not feel like a gamble. People with marginalized identities deserve equitable access to radically affirming, culturally responsive mental health care. We aim to make this process simpler and safer.
 - **The Loveland Foundation**: Loveland Foundation is committed to showing up for communities of color in unique and powerful ways, with a particular focus on Black women and girls. Our resources and initiatives are collaborative and they prioritize opportunity, access, validation, and healing. We are becoming the ones we've been waiting for.
 - **Therapy for Black Girls**: So often the stigma surrounding mental health issues and therapy prevents Black women from taking the step of seeing a therapist. This space was developed to present mental health topics in a way that feels more accessible and relevant. Therapy for Black Girls [Podcast](#), Therapy for Black Girls [Sister Circle](#), and [Blog](#).
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SECULAR MENTAL HEALTH RESOURCES – RACE

- **BIPOC Mental Health Resources** for Black, Indigenous, And People of Color (Mental Health America).
- **Asian Mental Health Collective**: Advancing Asian Mental Health is an interview series that features individuals and organizations who are striving to make a difference among Asian communities around the world. From organizations to artists, these are people who are trying to pave the way for the acceptance and normalization of Asian mental health issues.
- **Black Emotional and Mental Health Collective (BEAM)**: Imagine a world where there are no barriers to Black healing. Together, we can heal through education, training, and advocacy.
- **Black Mental Health Alliance**: To develop, promote and sponsor trusted culturally-relevant educational forums, trainings and referral services that support the health and well-being of Black people and their communities.
- **Boris Lawrence Henson Foundation**: Our mission is to create new ways of healing in Black communities, clearing pathways that allow People of Color to see what their lives look like on the other side of suffering. We help you choose your joy over everything.
- **Latinx Therapy**: Therapists, Speakers, Podcast, Courses & Workshops, and Wellness Resources.

FURTHER READING

- NYTimes Essay: [Ancient Judaism Recognized a Range of Genders. It's Time We Did, Too.](#) (March 2023)
- Associated Press: [Black kids face racism before they even start school. It's driving a major mental health crisis](#) (May 2023)
- Vox: [National campaign against trans rights, explained](#) (April 2023)
- ADL: [Anti-Transgender Legislation: Frequently Asked Questions](#) (April 2021)
- ACLU: [Tracking anti-LGBTQ bills by state](#)