



6/15/2020

Here at Elite Cognition we believe in Social Equity. Further, as a black business founder/ owner (Shareese) and white ally/ owner (Lynn), we want our community to understand that we are behind you. We see you. We support you. We acknowledge the unrest and unease you have faced for years. We pledge, as a business to make a conscious decision to notice, call out, and challenge institutional and cultural racism. We approach this work;

with a commitment to amplifying the voices of Black people,
to support white folks in identifying their white privilege,
to demonstrate ways to play active roles and take participatory stances for racial justice, to actively challenge and create change in racist policies/ views,
And to continue the hard work of breaking down the mental health stigma in the black community, so our brothers and sisters of color receive the treatment they need.

Elite Cognition begins this work at home, through the values and work of our mental health agency and staff. At Elite Cognition, we will continue our work with all staff to build stronger community allies for people of color, as well as those in the LGBTQ+ community. We will continue to participate in culturally responsive care practices, training, and candid discussions. We recognize that these communities historically have less access to resources, mental health care, and more. Statistically, Black Americans are 20% more likely, than white Americans to live with an untreated mental illness. LGBTQ+ are 39% more likely, than their heterosexual peers.

At Elite Cognition, we will continue to provide services to help the Black and LGBTQ+ communities in their mental health journey, including:

PTSD and Trauma processing from built up racist microaggressions/singular experiences
Stress management, due to profound brutality, harassment, stigma, repeated exposure to acts of aggression
Teach, model and support self-care strategies and build skills to decrease anxiety
Process life-changing events related to or triggered by the Covid-19 pandemic
Provide sliding-scale therapy sessions
Provide therapeutic support groups
Provide wellness education and healing events
Life coaching around major life changes and/or transitions
Grief counseling
Education and Skill building for transitioning from teen to adult world

*This is not an all-inclusive list. Reach out with your own goals, for specific work we can do with you.

Elite Cognition takes the phrase “do no harm” to heart. Should you ever experience a negative or uniformed, race-based or gender-based comment or practice, please call us out. Notify an owner immediately. We aim for our staff to be sensitive, respectful, and culturally informed. We acknowledge that everyone makes blunders in their life/work journey. However, corrective actions cannot be taken if we do not know they are needed. Help us to help you by making sure we are informed when hurtful or negative experiences happen. This is just ONE of the ways we can keep Black (LGBTQ+) equity at the forefront of our practice. Black Lives Do Indeed Matter.

Together with you,
Shareese Triplett, MA, LPC & Lynn Gilpin-Parks, MS, LPC, CRC