



University of California Student Association
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Resolution To Address the Psychological Well-being of African-descended UC Students and Institutionalize the UC Pan-Afrikan Mental Health Awareness Week

May 25th, 2024: Afrikan Liberation Day and Mental Health Awareness Month

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WHEREAS, Mainstream psychology was developed using research on the mind and behavior of people of European descent. Consequently, Eurocentric notions of being are embedded in the theories and practices of psychology; and,

WHEREAS, the theories studied and practiced by most American psychologists are based on Western philosophy and the European worldview, making American psychological interventions inadequate in treating individuals from different worldviews, historical experiences, cultures, and societies; and,

WHEREAS, the traditional African worldview should be utilized as a conceptual framework to understand the mind and behavior of all African peoples, especially African-descended students at predominantly white institutions with hostile racial climates such as the University of California; and,

WHEREAS, the counseling and psychological services delivered by the University of California system fails to take into account the particular mental health experiences of Continental and Diasporic African UC students; and,¹

WHEREAS, although Black individuals seeking psychological services typically prefer therapists, counselors, and psychologists with similar racial and cultural backgrounds to their own, the University of California employs a disproportionate amount of non-Black mental health practitioners; and,²

WHEREAS, the UC's first Pan-Afrikan Mental Health Awareness Week was hosted in April 2023 by the UCLA Afrikan Student Union in collaboration with other Black student organizations such as Umoja, the Caribbean Student Association, the East African Student Association, the Faces of Afrikan Muslims, and the Afro-Latinx Connection; and,

¹ <https://ucop.edu/uc-health/departments/uc-student-health-and-counseling-shcs-and-counseli>

² <https://psycnet.apa.org/record/2021-70414-001>



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WHEREAS, the 2023-2024 Racial Justice Now! And ACQUIRE Vice Chairs, along with their campaign coordinators, hosted the first UC Pan-Afrikan Mental Health Awareness Week at UC Riverside, UC Davis, UC San Diego, UC Los Angeles, UC Santa Barbara, and UC Merced to address the psychological well-being of African-descended UC students; and,

THEREFORE BE IT RESOLVED, that the University of California Student Association shows support for decolonial approaches to the mental healthcare of UC students of diverse histories and cultures; and,

THEREFORE BE IT RESOLVED, that the University of California Student Association institutionalizes the UC Pan-Afrikan Mental Health Awareness Week and coordinates the program annually with the support of the Black Student Success Appointed Officer and the Academic Reparations Task Force, along with the ACQUIRE Vice Chair and their campaign coordinators;

THEREFORE BE IT FURTHER RESOLVED, that the University of California Student Association will continue to advocate for the diversification of UC counseling and psychological services through the intentional hiring of African-descended mental healthcare practitioners, increased funding for psychological practices rooted in Pan-Africanist ideologies, offering of upper-division Pan-African Black Psychology courses, as well as the development of research programs and internships to remove systemic barriers for Black UC students interested in the psychology field.