



allegheny  
children's initiative  
*Hope starts here*

**Education & Dialogue  
subcommittee**

January 2023

Monthly Learning  
Topic

## MENTAL HEALTH & POVERTY

### **Mental health & Poverty: Unlocking the potential | Crick Lund | TEDxCapeTown (16 min 25 sec)**

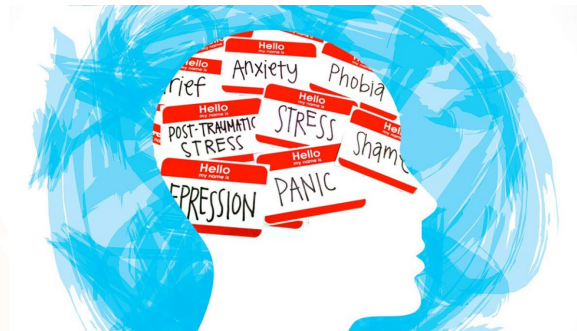
January is Poverty Awareness Month which gives us the perfect opportunity to reflect on how socioeconomic status effects mental health outcomes. This Ted Talk by Crick Lund addresses the impact mental health has on poverty, and vice versa, based on his research in lower and middle-income countries. Crick Lund is the Professor and Director of the Alan J. Flisher Centre for Public Mental Health, Department of Psychiatry and Mental Health, University of Cape Town.

<https://www.youtube.com/watch?v=NNOmRvh82Fc>

### **How does 'toxic stress' of poverty hurt the developing brain? | PBS News Hour (9 min 36 sec)**

This video follows the story of a family from Honduras working to stabilize their lives in New York. It highlights the impact of mental health and economic supports working in tandem to create a better outcome for this family. This serves as a great reminder of the impact of our work and the importance of meeting the holistic needs of the families we serve.

<https://www.youtube.com/watch?v=KdTiPGVZNes>



Equity is  
Imperative

AlleghenyChildrens.org    