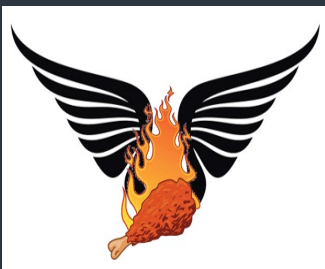


THEY EARNED THEIR WINGS

The following registered participants of the Brotherhood Initiative earned a 3.0 or better during the spring 2020 semester

- Mr. Anas Q. Alomari
- Miss. Tara Brooks
- Mr. Abraham Caban
- Mr. Mahmoud Elassy
- Mr. Joseph Gohar
- Mr. Randy J. Jara
- Mr. Justin F. Merville
- Mr. Moise Mokit
- Miss. Amber Paluck
- Mr. Rachney Sainval
- Mr. Mike A. Sanon
- Mr. Cade S. Snow
- Mr. Jonathan D. Smith
- Miss. Syeda Shwar Zaidi



Continued on page 6



What I learned about men after working for the Brotherhood Initiative

By Edith Anger

After working for the Brotherhood Initiative, I have noticed that there were more women who were able to finish college than men, because women were more interested in getting an education and degree rather than men. While being on campus, there were many outreach activities that were done in trying to promote and learn about what men went through while being in school. One of the outreach activities that were done in trying to help the men on campus, especially black men was the Black Student Achievement Program.

For this program I put out flyers all over campus and spread the word on my social media in the result of having a successful event. The Black Student Achievement Program was introduced by Rachney, and I was the assistant helping in achieving this program. This program was focused on the retention of black male students on campus,

and what we could have done in order to help them achieve their goals on campus. A good amount of people being mostly male attended this event.

Several of the male students had great ideas about helping us make this program successful throughout the rest of the semester. Some of the ideas that were present were having some available information for the students, so they could reach out to a professor that was teaching a subject they wanted help in, and other great ideas that could be helpful for the upcoming year. In conclusion, this event opened the door for many new black male students on campus that had a voice and was waiting for an event like Black Student Achievement Program to give us ideas in helping them out in having a successful academic school year.

This Issue

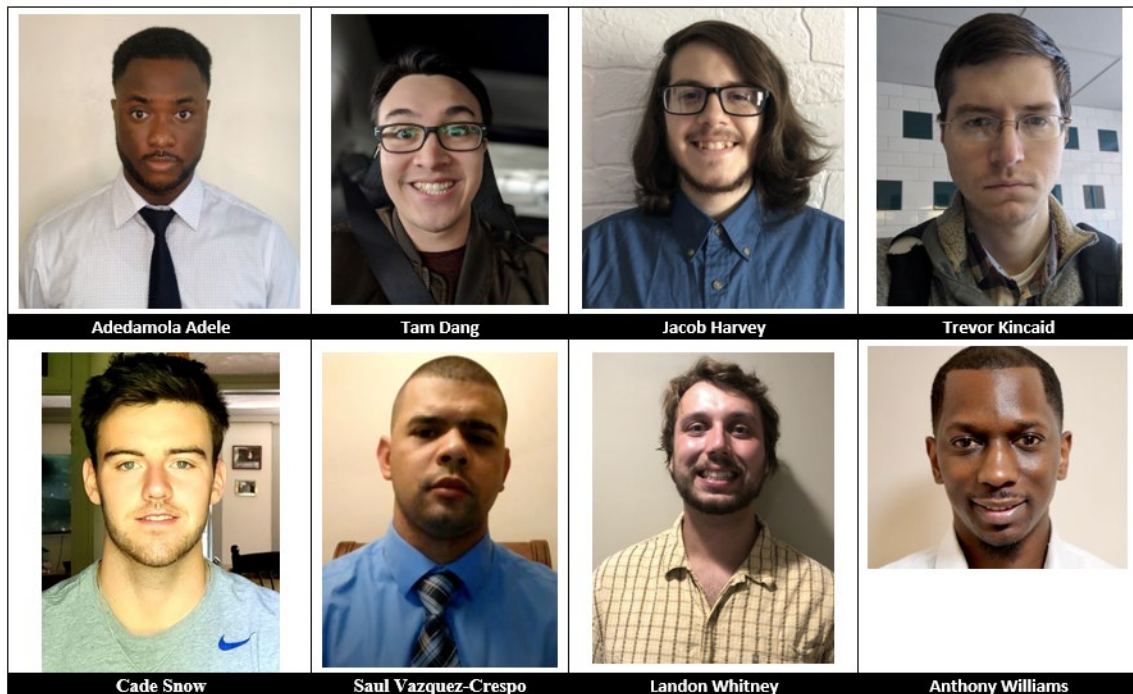
- What I Learned P.1
- Bassett Student Achievement Awards P.2
- Thriving P.3
- Breaking the Silence P.4
- How Man Enough Impacted Me P.5
- Where is He Now? P.6
- Mastering Manhood P.7
- Dear Brothers P.8
- What I Learned About Persistence P.10
- Spotlight P.13
- Real Talk P.14
- Males Having Hard Times P.13
- We Graduate Men P.14

EBENEZER D. BASSETT STUDENT ACHIEVEMENT AWARD AND SCHOLARSHIP



The Ebenezer D. Bassett Student Achievement Award was created by the Brotherhood Initiative Alumni Committee as a vehicle to celebrate the accomplishments and achievements of CCSU college men. It is our hope to showcase college men who are striving to make healthy and meaningful contributions to society. It is our intent to expand the definition of student success by highlighting the personal attributes that are involved in the health, retention, and graduation of male students. A series of achievement honors are awarded at the ceremony. These awards include the Ebenezer D. Bassett Student Achievement Award, the Legacy Medal, and the Dr. Jacqueline Harris "Rising Star" Award.

2020 Bassett Scholars



- Mr. Adedamola Adele • Mr. Tam Dang • Mr. Jacob Harvey • Mr. Trevor Kincaid
- Mr. Cade Snow • Mr. Saul Vasquez-Crespo • Mr. Landon Whitney • Mr. Anthony Williams



**AWARD CEREMONY WILL TAKE PLACE VIRTUALLY ON
THURSDAY, SEPTEMBER 17, 2020**



BROTHERHOOD @ CCSU



THRIVING

By Molly McCarthy, MS, LPC
Assistant Athletic Director

This past semester, on March 12, our student athletes, along with the entire campus community, abruptly departed their second home to return to their parents, families, home countries, friend's homes or even hotels. They left their support systems, their structure and a significant piece of their lives and identity for the first time in their lives. With that, they also ended their seasons of practice and competition that day.

We all have experienced disappointments during these past four months. As we acknowledge the significance of our losses and mourn them, we also remember that we are sharing in this human experience of loss. This understanding can ease our suffering and bring us closer together. Reflection on these past months can help us see how we have grown, what strengths we found in ourselves, what we have overcome and -hopefully - how we have thrived.

One such example of reflection on the past months comes from student athlete, Sean Oushana, someone who I work closely with in my role in the Athletics Department at Central. We stayed in touch virtually during the semester. Sean is the president of our Student Athlete Advisory Committee (SAAC) that serves as a voice for our student athletes and a connection between athletes and the campus and the community. He is a junior and member of the Division I Cross Country and Indoor and Outdoor Track teams.

Mid-March he learned that his outdoor season of practice and competition, which he had trained for the past year to compete in, had been canceled. His internship at Travelers was in question, and the end of year student athlete formal that he had been organizing was also canceled.

In addition to these disconcerting events and much more significant, Sean lost his grandmother to the coronavirus in April. Sean and his family were heartbroken over the loss of their grandmother who lived across town in Newington.

Months pass and now Sean earns a place on the Dean's List and the Northeast Conference Academic Honor Roll this semester. He began his internship in June with The Travelers Insurance Company and continues to train daily on the roads of Newington. He is looking forward to the future, returning to campus, competition and friends. I talked with Sean about his reflection on the past months and what helped him so get through and not only survive this time, but thrive.

Sean shared: "What helped me was watching my dad be the rock that comforted the whole family during my grandma's passing. Seeing that and trying to emulate that reliability and dependability helped me a lot at that time. As a whole, it also translated to the COVID lockdown situation. Being separated from all your friends and not being allowed to do a lot of the things you love, took its toll. It was hard to find the motivation to run, to get excited for the internship, etc. A lot of people around me were in a similar place. I think echoing my dad's characteristics helped me a lot to try to be the rock for my friends if they needed anything, like my dad was there for our family," Sean went on to share that his grandma's resilience, humor and resolve are characteristics he will actively embody and carry on with him to honor her and keep her spirit alive. Sean's family support system, a father who modeled behavior that he needed to see and his grandmother's spirit gave him the ability to press forward. He then made the decision to move forward and thrive.

Reflecting on your past months I bet you find you were stronger than you thought and that you take forward with your strengths, inspirations and lessons. Let us all continue to grow, be kind to one another and help one another along this journey of life.



Molly McCarthy has been a member of the Central Connecticut Athletics staff since Spring 2001. She currently serves as a faculty Wellness Retention Navigator in the Brotherhood Initiative at CCSU. She is also a member of the Council on the Health Issues of Men, which operates as the steering committee for the Initiative.

Breaking the Silence on Black Male Achievement.

The Brotherhood Initiative hosted a round table discussion titled, Black Achievement. The student led discussion was hosted by Rachney Sainval and Spencer Williams and was attended by students and individuals from the New Britain community. During the session, participants examined health and education disparities, and sought to find answers to several questions about black male student achievement. Why are the graduation rates of black male students so low? What's being done to improve black male student success? Participant concluded that financial issues, underutilization and lack of aware of support resources, lack of college preparation, self-discipline, peer support, and pride as explanations for black male student underachievement. Participants concluded that black male success can be improved by

- Sticking together
- Pulling each other up when your down
- Receiving support from peers and university administrators
- Networking
- Applying for scholarships
- Offering more programs earlier in the day to commuter students
- Study groups
- Build better relationships with advisors, professors, and one or two upper classmen who are willing to share their experiences (i.e., listen to what to do and what not to do)
- Seek advice about classes and professors (e.g., utilize rate my professor).

The Brotherhood Initiative plans to use the information gained from the round table discussion to organize future conversations about male student achievement and what the institution can do to improve black male student success. For more information about our black male student achievement efforts, please contact Rachney Sainval at rachney.sainval@my.ccsu.edu

BLACK ACHIEVEMENT

ABOUT

Why are the graduation rates of black male students so low?

What's being done to improve black male student success?

Let's break the silence on this important issue!

Join use for a student led conversation about the retention and graduation of CCSU Black Male students.

Help us figure what we can do to improve our brother's chances of finishing college.

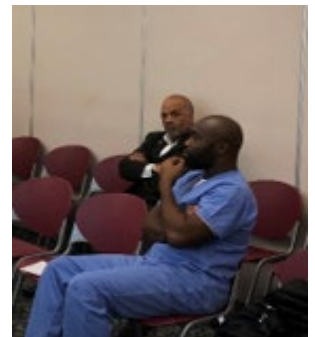
WHEN
February 5th, 2020
6:30 pm - 8 pm

WHERE
Student Center
Philbrick Room

REFRESHMENTS PROVIDED!

FOR MORE INFO CONTACT RACHNEY SAINVAL
RACHNEY.SAINVAL@MY.CCSU.EDU

HEALTHYfellow • BROTHERHOOD • POSITIVE
CCSU
The Unity Of Brotherhood



How Man Enough Impacted Me

By Alonso Velasquez, Class of 2019

My name is Alonso Velasquez, I am a member of CCSU's class of 2019, and will start my graduate studies in International Studies at UCONN's El Instituto this fall. Joining Man Enough Support Initiative (currently named the Brotherhood Initiative) was an integral part of my college experience and my journey of growth in general. I was born in Lima, Peru and moved to Connecticut at the age of five years old. I attended most of my primary and secondary education in the town of Glastonbury.

I spent my freshman year in American University in Washington D.C. and moved back to Connecticut due to my financial circumstances. Once at Central, I was determined to join an organization to better integrate myself into the campus community. As an introvert, I saw joining organizations as an ideal way to improve my socialization skills and gain more connections. Little did I know I would enter an organization like Man Enough.

Having taken therapy since middle school, I went to the Wellness Center at CCSU even before my first semester started to make sure I would get support. Once I was assigned to William Fothergill, I quickly learned about the Connections Group, which met on Mondays. While I had also done group sessions at American, we were restricted from seeing our fellow members outside of group for privacy reasons. At Central, however, we were encouraged to befriend our fellow group members and the comradery was impressive.

I learned about the organization Man Enough Support Initiative and about the passion of its founders. I became the Secretary of the organization during my junior and senior year at the institution. My position was heavy on writing, my tasks included emailing members to inform them of events and setting up speakers at the meetings. As an introvert, I tried to push myself to lead and be assured of myself. In order to strengthen bonds between the members, I tried to make sure the members of the initiative met outside of school.

Due to many limitations, including a lack of funding, our organization faced many challenges, and much didn't work out, but we still achieved a lot. Perhaps most of all, we succeeded in promoting the name of

Ebenezer D. Bassett, Central's first black graduate and the symbol of our organization. Man Enough used Bassett's name and image in many of our events, including our annual Bassett Awards, which I was proudly one of the honorees and nominators during my time at Central.

Most of all I am proud that the campus's Social Sciences building is now called the Ebenezer D. Bassett building, a symbol of the hard work of many, including us. I am also proud to have been one of the speakers at a Board of Regents public hearing about the renaming of Social Science Hall. I see the naming of the building as a sign of my legacy at CCSU.

While at CCSU, I majored in journalism and minored in political science. I was also an orientation leader for two consecutive years and consistently made the Dean's List. After graduation, I continued working for Identidad Latina, a Spanish speaking media outlet I have been working with the summer before my junior year. I have spoken and gotten to meet many great people who make up our community, each with their own individual story.

MAKING THE GRADE

- Are you tired of studying alone?
- Do you need an extra push to study?
- Do you need extra help preparing for class projects or exams?
- Do you need someone to hold you accountable and keep you on track?
- Do you need someone to connect you to other campus resources?

Join us every Friday for Making the Grade and our weekly Success Seminars. Let us help you get your work done, prepare for upcoming exams, quizzes, and/or class presentations, and help you make the grade.

SUCCESS SEMINARS
11:00 AM

January 31st
10 Habits of Highly Successful Students
Students Led Conversation

February 7th (11:30 a.m.)
Overcoming Barriers to College Success
Montez Johnson, Career Success Center

February 21st
Success Plans: Finding Your Purpose
William Fothergill, Counseling & Student Development

February 28th
Know Your Learning Style
Jesalick Offry, Counseling & Student Development



March 6th
You Are Not Alone: Overcoming Loneliness and Isolation
Ana Barreiro, Counseling & Student Development

FRIDAYS

10:00 AM to 2:00 PM

LOCATION: AFRICANA CENTER
(MARCUS WHITE HALL BASEMENT)
Refreshments provided

BROTHERS HELPING BROTHERS



SUCCESS SEMINARS

11:00 AM

January 31st

10 Habits of Highly Successful Students
Student Led Conversation

February 7th (11:30 a.m.)

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Montez Johnson, Career Success Center

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William Fothergill, Counseling & Student Development

February 28th

Know Your Learning Style
Jessica Ofray, Counseling & Student Development

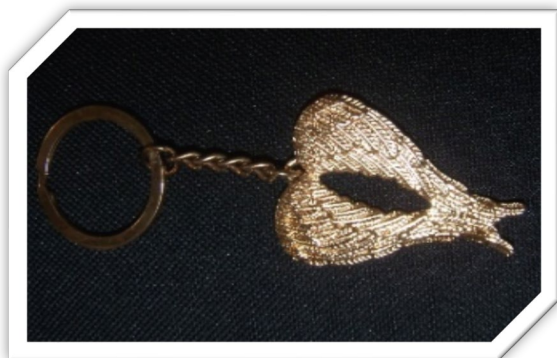
March 6th

You Are Not Alone: Overcoming Loneliness and Isolation
Ana Barreiro, Counseling & Student Development

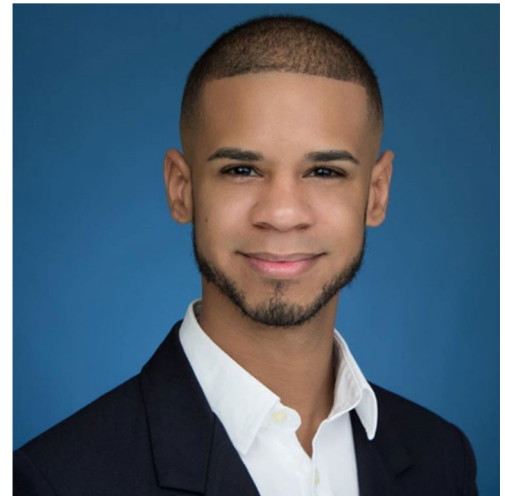
THEY EARNED THEIR WINGS!

Due to the partial campus closure, the BROTHERHOOD Initiative was unable to formally recognize the fourteen students who earned their wings during the spring semester. It is our hope to do something special for the “Wingsters” since we were unable to celebrate their academic success at our end of the semester “You Earned Your Wings Honor Roll Reception”.

You Earn Your Wings was created as a vehicle to promote male student academic achievement. During the reception, the Brotherhood Initiative recognizes students involved in the Brotherhood Initiative and Sisters of the Brotherhood who earned a 3.0 GPA or better for the spring 2020 semester. Wingsters will receive a *gold wing keychain* as a symbol of their success. It is our hope to improve the overall graduation rate of college men every time a brother earns his wings!



WHERE IS HE NOW?



PETER JOSHUA COSTA-SANTIAGO

Peter Joshua Costa served as an active participant of the Man Enough Support Initiative (currently the Brotherhood Initiative) before moving to Florida to complete his bachelor's degree in Organizational Behavioral Studies at Rollins College. While attending CCSU, Peter servicing as one of the Initiative's leaders. Peter helped recruit participants, maintained working relationship with various on campus organizations, made referrals to campus departments, and helped to organize the Initiative's annual Men's Health and Wellness Forum and a conference for Latino parents of first-generation college students.

Since leaving CCSU, Peter has held several positions in education and in the nonprofit sector. Positions include Program Manager at the YMCA of Central Florida, Community and Business Affairs, Campaign Manager, History Teacher in the Osceola Public School District, and currently he is an Executive Assistant for Alianza for Progress. Peter continues to serve as an ambassador of the Brotherhood Initiative, and he continues to be a wonderful example of the distinguished men who participated in the Brotherhood Initiative.

MASTERING MANHOOD

Shhh! CCSU Students Invited To A Private Leadership Training



In the article *the Negro Problem* (1903), W.E.B. Dubois coined the term the "Talented Tenth". *Dubois espoused a concept that encouraged the advancement of African Americans through education. He believed that a selected group of individuals could be developed as leader that would guide, promote wellbeing, and uplift the masses. Following Dubois's lead, the Brotherhood Initiative hosted a Shhh Session for CCSU college men and women. The Brotherhood and Sisters of the Brotherhood session was held on February 21, 2020 and was facilitated by Mr. William Fothergill. Eight students attended the private work session and luncheon that focused on helping them improve their competencies, develop success plans, and define their purpose. Participants engage in several open discussions, discovery and work sessions, and mutually shared their personal keys to success. The session ended with each student designing a personal affirmation brick. The brick symbolized each student's commitment to building a personal foundation of health and success.*

RECOMMENDED READINGS

- **Dying To Be Men: Psychosocial, Environmental, and Biobehavioral Directions in Promoting the Health of Men and Boys** by Will Courtenay
- ▮ **The Wonder of Boys: What Parents, Mentors and Educators Can Do to Shape Boys into Exceptional Men** By Michael Gurian
- ▮ **Abused: The Hidden Side of Domestic Violence** by Philip W. Cook

SOMETHING NEW IS COMING



The Brotherhood Initiative is excited to announce the launch of our newly designed website. The website will serve as an online resource and information portal for college men. We would like to thank Chad Tower (IT) for helping us update our website. Take a look...

<https://www.ccsu.edu/BROTHERHOOD>

If not now when?



The COVID pandemic has ushered in a state of global transition. Transition is simply undefined change and opportunity. Each of us has a choice. We can become overwhelmed, stressed out, and/or consumed with the uncertainty of change or we can fully embrace the opportunities and possibilities it births. The choice is up to you and me. Some have decided to wait for others to reassure them, while others have decided to seize the day and creatively casting light into the darkness of our times. I challenge you to seize the day and illuminate your heart, soul, and mind with hope. Why wait for certainty when you can create it. Why wait for things to get better. Better is not what you think, better is what you do. The choice is yours. **If not now when?**



Dear Brothers,

By Shwar Zaidi
Sisters of the Brotherhood

We all deal with emotions, and often it is not easy to live in a society where it is rarely allowed for men to show emotions in the healthiest way possible. You are looked upon as a group of people who should not have your emotions on your sleeves. You were conditioned not to cry or show you are in pain. People rarely encourage men to seek professional help or get comfort when you need to. You must be strong and forceful, or people will treat you like a joke.

Toxic masculinity is a very well-known behavior that men use to cope with how they deal with social pressure through cruel and poisonous behavior. I know it can be hard to have people look at you and expect you to tough it out. There are not many groups or centers to help men feel safe, and there are not many quotes on Google to give tips on how to show self-love for men. People are not cheering you on but rather they depend on you to snap out of your behaviors and care for other people more than you should care for yourselves.

What you go through is very challenging and sorrowful, you are probably too afraid to show your emotions to women. I can see why you want to shut down and become emotionally unavailable. You are so afraid to show that you care because you do not want to be judged harshly. Even though you feel these emotions and have developed a defense mechanism to protect yourself. I want you to know that not only are you HARMING yourself, but people around you.

What you are doing to yourself and how you are treating women can be more dangerous and harmful. Women are not sexual objects or should not be treated as punching bags for your frustrations. When you are bragging or sharing pictures of a girl you 'slept with,' you engage in hurting and bringing others down to make you feel better. When you tell women, you want sex and nothing more, but then completely shut down any offers or opportunities of a real relationship you are hurting yourself. When you do not communicate or tell us how you feel, you create confusion and more drama that can lead to everybody getting hurt. You end up alone at the end. The defense mechanism of trying to protect yourselves is causing damages and pain which result isolation and fear.

So, I understand when you are afraid to open to us because you do not want to deal with the hurt or the pain. But it is not fair to us as women to have to be depended on emotionally always to be available when you get bored or want our attention. We are humans like you, and we are tired too.

However, there are healthier ways of coping with pain by helping yourself improve and grow. You can lower the risk of hurting others through communication. Communication is an essential key to being honest. If you just want a sexual relationship, then you can tell us. You should openly confess how you feel or if you are afraid. Being vulnerable is terrifying, primarily if you are taught not to show vulnerability. But it can be more relieving, and at least you know with honesty you won even if your relationship ended up being horrible. Another way is to show some love and affection. It would be nice to tell a girl what goes through your mind. When you ignore us, do not tell us how you feel not allowing yourself the love and comfort you can get in return.

Remember, in the end; you hurt yourself the most through non communicating. We walk away and have enough. We will find someone else who can provide us with what we need. All you will do is allow you to keep feeling the pain and avoid a relationship that can help you grow and find love.

You can cry, and go to therapy, and you are pretty strong when you help yourself. You are a bigger man when you stand up for yourself, and women, when your friends playing around with women. Society loves to throw stones at us both whether you are a man and a woman. Be a stronger man means being present to fight your daily battles. Do it for yourself. You deserve to find true happiness.

The Dear Brother op-ed column allows college women the opportunity to express their thoughts and opinions directly to our male readers. It is our hope that the column will serve as a constructive vehicle to help college men respect and validate the voices of their college sisters. The column is available to women who are committed to the wellbeing of men. The views and opinions expressed in this article are those of the authors and do not necessarily reflect the official policy or position of the staff of the Brotherhood Newsletter.

What I Learned About Persistence After Meeting Magic Johnson

By Rachney Sainval



What I learned after meeting Magic Johnson at the 2020 Clemson University's Men of Color National Summit. As a college student at Michigan State, Magic didn't know that minorities could own business until he met two men that looked just like him. His dreams changed right then and there, he got excited about their journey and paths to success and that really changed his thinking and mindset. Magic then continued to tell the audience that it's up to us to change ourselves and mindsets and not to leave it up to our parents but to dream big and go after our dreams. As a student he struggled, he wasn't an "A" student, but he worked hard. He was good at math, which helped him as a businessman. He also realized the

importance of asking his teacher and peers for help with subjects that he wasn't good at. He didn't know how to study, but he improved when he sought help from his classmates.

Although basketball was a key part of his life, he was also a perfectionist who wanted to do everything the right way. He told us that being disciplined was going to help us make the right decisions. He also advised us to be careful about who we chose to hang around with and the importance of knowing right from wrong. Those decisions were the ones that saved his life. One of those decisions was deciding to go college. He explained that he grew up poor but had "rich dreams". He saw the importance of getting out of his neighborhood, meeting new people, and getting an education. After a successful career playing college basketball, Magic Johnson went on to play for the Los Angeles Lakers.

Magic recalled an incident during one NBA finals, against the Philadelphia 76ers, where his team became discouraged after his teammate Kareem Abdul-Jabbar had fouled out of the game. Magic took it upon himself to encourage his teammates by saying "Never fear Magic is here!" Magic took the time to get his attitude and mindset right. After being doubted by thousands, Magic ended up putting up 42 points, 15 rebounds, and 7 assists. He became the only NBA rookie in history to win the MVP during a Finals. After his NBA career ended, Magic had a plan to become a businessman. Many said he couldn't do it, so he did his research and made a deal to build his first Magic Johnson Theater in Los Angeles, California. His theaters later became the top ten grossing theater in the nation. At the end of his message, Magic expressed the importance of not letting anyone define who you are or who you can become. He was doubted both as an athlete and as businessman and he later proved his doubters wrong.





SPOTLIGHT

The Brotherhood Initiative shines its spotlight on Dr. Warren Perry. Dr. Perry is an internationally recognized Archeologist whose philosophy of cultural archeology forever changed the field. Over the course of his tenure, Dr. Perry has worked on many significant historical projects that connected descendants to their ancestors. In 1993, Dr. Perry was hired as the Associate Director and principal archeologist of New York City's African Burial Ground Project. His work preserved the history of African captives dating back to the early 1700s. Dr. Perry's life is a testament to his commitment to justice and equity. Getting into what Congressman John Lewis referred to as "good trouble" has played out throughout his life. He has provoked society to think critically about social issues impacting African Americans and other disenfranchised people in the global diaspora.

Dr. Perry has committed himself to be a transformative educator in and outside the classroom. Some attend the university to acquire knowledge, while others aspire to become wise through their application of knowledge. Dr. Perry seeks for his students to acquire the latter. To become doers and not hearers only. For years he was the Director of the Archaeology Laboratory of African and African Diaspora Studies (ALAADS) at Central Connecticut State University and for a brief time as the Co-director of the Center for Africana Studies.

Dr. Perry has served as a loyal confidant, mentor, and friend of the Brotherhood Initiative. Shortly after the establishment he became one of the Initiative's trusted mentors. He was not afraid to stand with the Initiative when many embraced stereotypical perceptions about men's initiatives on college campuses. Dr. Perry has been an encouragement to male and female students and has contributed in many ways to the success of our programs. At the conclusion of the spring 2020 semester, Dr. Perry retired and closed out a long chapter as a distinguished professor of higher education. We will greatly miss his laughter, candor, and his commitment to the brotherhood of humanity.

Word of the Month

H
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ON THE COVER

Byron Dickens participating in Brotherhood Initiative sponsored Ropes Challenge Course in Newington on November 11, 2019.



REAL TALK IN THE PUBLIC SQUARE STUDENT VIEWS ABOUT COVID-19

By Tara Brooks

Real Talk!

Welcome CCSU students! Come join us for weekly conversations that promotes understanding, common ground, and opportunities to discuss situations. Meet us on the 4th floor of Willard-DiLoreto!

Real Talk in the Public Square is a weekly forum that brings together college men & women for candid, constructive, and meaningful conversations about gender, equity, privilege and relationship issues.

Over the past few Wednesday’s our discussions have focused on the Coronavirus. This pandemic has affected everyone around the world. We began the conversation discussing the positive effect of the pandemic. We spoke about having more time to pursue some of our hobbies and learning new songs our instruments, look up recipes, and catch up on sleep because we don’t have to wake up

early every day to attend class. One student stated that he had begun to watch movies with meaningful lessons. We all agreed that it has given us more time to spend with our families. We also discussed the effects of the pandemic on the environment and how it has lessened the pollution in the air and the ground. The clean air has allowed us to finally see the clear pictures of the Himalayan Mountains. On the other hand, this pandemic has many downfalls like how school has become difficult, everything is online, not all classes have meetings, professors are piling up homework, and students having a lot of free time and not knowing how to be productive. We further discussed how we can’t go to parks, see our friends, grocery stores are very busy and do not have a lot of products in stock, businesses are closing, being stuck in the house, and the financial tole associated with everyone being unemployed.

We concluded with a discussion on our predictions about what our lives will be like after the virus. We believe that this will be an ongoing pandemic for a while. Social distancing will remain in effect for a year until we can go back to normal living. Recently parks have begun to reopen, and a few businesses are filing for bankruptcy. We predict that a lot more businesses will go out of business. We believe that more companies will become more technically proficient, since everything now is done remotely. The new world will definitely be an adjustment for everyone. We are hoping that there is a vaccination that will end this pandemic asap!



Males Having a Hard Time Seeking Help for Mental Health

By Edith Anger



Mental Health America reports 6 million men are affected by depression in the United States every single year. The National Institute on Alcohol Abuse and Alcoholism puts the annual number of men dying due to alcohol-related causes at 62,000, compared to 26,000 women. Men are also two to three times more likely

to misuse drugs than women. Depression and suicide are ranked as a leading cause of death among men, and yet they're still far less likely to seek mental health treatment than women. It is believed that "A lot of guys don't want to admit they have this problem. They still see depression as a sign of weakness." This shows why males act the way they do. They want to show the world how strong they are and how they are not fazed by any means necessary, because that is what is expected of them. So, a lot of them are scared to admit that they need help from others. Many researchers believe that men also have a harder time establishing social connections. "It really comes down to the way males are brought up. They way we're taught to be strong and quiet...But it's also a model that is dysfunctional in many ways." This states how it is somewhat hard to communicate and connect with men because they have poor social connections with others, which makes it hard for people to understand and help them. Men should not feel ashamed of asking for help because asking for help does not mean they are weak; it should mean that they are confident about asking people for help.

Topic Discussions: Participants came up with ideas about why men have a harder time seeking treatment for mental illness. It was stated that male populations have too much pride, so they end up being embarrassed because it makes them look weak when they ask for help. Secondly, they believe they are the main alphas in the group, so they must remain strong for women. Lastly, they see being depressed as being a huge sign of weakness.

LESSONS LEARNED

Real Talk participants identified the following ways we can teach male population how to ask for help:

1. Having a support system (e.g., having people that care and want the best for them).
2. Having a close male friend who they can relate to.
3. Having someone to talk to about some of the issues going on in their lives
4. Having somebody that they can trust no matter what happens.



Justin Merville (CCSU) Meets Carlos Davis

Mr. Davis is the Chief Empowerment Officer of Stand & Deliver, L.L.C. Justin had the opportunity to meet Mr. Davis at the annual Men of Color National Conference. Mr. Davis is a national speaker, trainer, author, and radio personality. Mr. Davis was also recognized as a recipient of the Black Enterprise Magazine's "Be Modern Man" 100 Honorees.

Upcoming Events

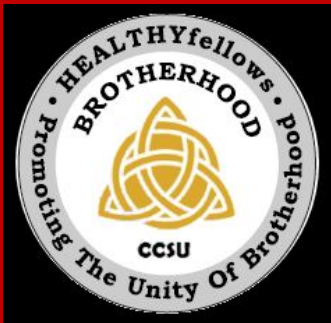
Connections Men's Resource Group
Mondays at 5:00 pm

Dad's Matter Too Conference
Thursday, September 17, 2020 &
Friday, September 18, 2020

**Bassett Freedom Trail Presentation and
Award Ceremony**
"The Ties that Bind"
Thursday, September 17, 2020

Ebenezer D. Bassett Day
Friday, October 16, 2020

Wednesday, April 17, 2019



HEALTHYfellows
Central Connecticut State University
Marcus White Hall, Room #207
860 - 832 - 1639
fothergillW@ccsu.edu



"We want to challenge unhealthy images of college men by showcasing men who exemplify acceptable standards of conduct and virtue."

WE GRADUATE MEN

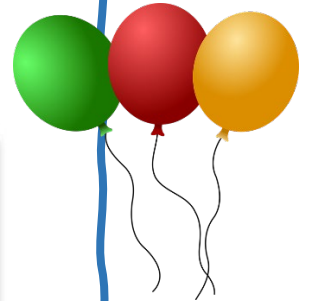
GRADUATES 2019 - 2020




Mr. JeanClaude St. Simon
December 2019



Mr. Randy Jara
May 2020



Graduation Wish



We wish for you a joy-filled transition from the shelter of school to the wide world of your accomplishment and success. We wish for you new stimulating friendships, while you cherish old friends, who provide continuity and comfort. We wish for you a smooth path on your journey to your chosen destination, and as much delight in your off-road adventures as there is in reaching your goal.

Congratulations, graduate!
May the world embrace you, excite you, and strengthen you in everything you do.

By Joanna Fuchs

The BROTHERHOOD Newsletter contains a broad range of news articles that focus on improving the lives of male students. If you would like to contribute an article, news item or event notice for our newsletter, please contact William Fothergill at manenoughccsu@gmail.com