



F.U.B.U Newberg Program & Initiatives

FOR US BY US

F.U.B.U

NEWBERG

Centering Black youth in Newberg through sawubona mentoring, and holistic wellness



Bryce Coefield, PhD

FUBU Newberg
Co-Director



Amber Nelson, PsyD

FUBU Newberg
Co-Director



Mission

FUBU Newberg

FUBU (For Us By Us) Newberg exists to support Black youth in Newberg through the creation of spaces and programs that connect the Black community, center Black identity, and affirm Black experiences.



Vision

FUBU Newberg

FUBU works ardently towards a beloved community where Blackness is centered and youth are affirmed in their whole humanity. This is a community where we seek to foster the experience of physical, mental, emotional and spiritual well-being.



About the Directors



Bryce Coefield, PhD

Bryce Coefield is an activist-scholar who applies intersectional lenses in his analysis of, and engagement with, interlocking systems of oppression. He received his B.A. in Africana Studies with an emphasis in Sociology and History from Pitzer College and holds a M.A. in College Counseling and Student Development and a Ph.D in Higher Education from Azusa Pacific University where he is a Ph.D. Bryce is the Co-founder of Brave Space consulting, and currently serves as the Equity, Diversity, and Inclusion Steward at the Oregon Department of Education.

Amber Nelson, PsyD

Amber Nelson is a clinical psychologist who uses an activist-clinician approach to her work as a professor and in the community. She works with systems to create culturally responsive environments, while addressing racial and intergenerational trauma, and systems of oppression. She received her doctorate from George Fox University and completed her predoctoral training at Boston Children's Hospital with Harvard Medical School, and her postdoctoral training at Kennedy Krieger Institute with Johns Hopkins School of Medicine. She is currently faculty in the PsyD program at George Fox and serves as the departments Director of Diversity, Equity and Inclusion.



FUBU Values

Values and Guiding Principles

- **FUBU**: We know what's best for us, and community wisdom, alongside lived experiences will guide our direction
- **Ubuntu**: Connecting with Black community in authentic ways
- **Connecting**: Connecting and Reconnecting with Black identity
- **Wellness**: Promotion of holistic health and wellness
- **Mutuality**: Mutuality and the acknowledgement that everyone has something to offer community
- **Blackness**: Centering Blackness at the intersection with our other identities
- **Joy**: Living out Black joy in the pursuit of wellness
- **Sankofa**: The belief that it is necessary and good to go back and retrieve what was lost or stolen. (ex. Learning about historical/contemporary contributions of Black folks, how to care for self, care for other Black folks)
- **Liberation**: Actively work towards liberated ways of being that honor and compensate the labor of Black folks



Program Initiatives

FUBU is a responsive program centering the needs of the Black community in Newberg, Oregon. As such, the initiatives outlined is a dynamic list that will ebb and flow based on the current needs of the community.

Needs and Data Assessment

Family Cookout

Monthly Connections

Mentorship Program

Sankofa Trips

Wellness Resourcing

HBCU Tours

FUBU Retreats

Student Requested Activities



Initiatives Details



"You can't be it, if you can't see it."

- *Eric Knox*

In the following pages, we detail some of our initial program initiatives. All are subject to change, but we hope to express our value in each initiative, the purpose of providing such activities, and some examples of how our goals may be accomplished within each initiative.

HBCU Tours

About the HBCU Tours

- Designed for Sophomores and Juniors in High School
- National trip over spring break to visit 3-5 Historically Black Colleges & Universities
- Purpose: Expose youth to HBCU education, representation in education, and remind them that being Black is not a monolith, and there is room for them at HBCU's

The logo consists of the letters 'HBCU' in a bold, white, blocky font with a slight shadow effect, set against a solid black rectangular background.

HISTORICALLY BLACK COLLEGES & UNIVERSITIES

Sankofa Trips

SANKOFA

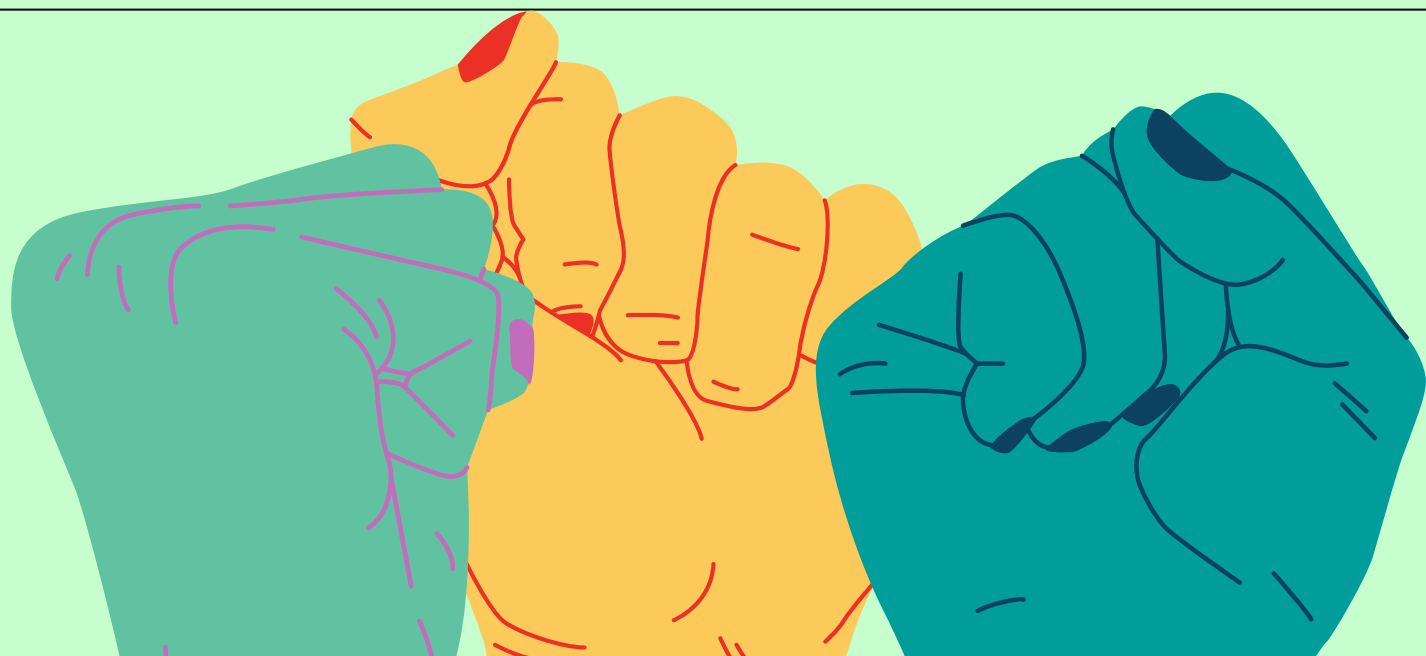
About Sankofa Trips

- Sankofa is a word from the Akan people of Ghana, West Africa, which is part of an expression meaning "it is not taboo to go back and fetch what you forgot." This means we must go back to our roots in order to move forward.
- On the Sankofa trip, youth will learn that whatever we have been stripped of, lost, or forgotten can be reclaimed, revived, and preserved for the future. This would visiting historically significant sites locally, nationally, and eventually globally.

Tiered Mentoring

About the Tiered Mentoring

- Purpose is to formally connect younger youth with older youth across the spectrum for mentoring. This includes elementary students mentored by middle schoolers, middle schoolers mentored by high schoolers, and high schoolers mentored by college aged youth.
- Youth mentors will be supported via mentorship training and mentor-mentee outings
- Directors also act as mentors for all youth through individual meetings, monthly gatherings, and bi-weekly coffee meetings
- Youth will also have opportunity to meet Black professionals in a wide variety of fields



Monthly Gatherings



About the Monthly Gatherings

- Monthly gatherings are primarily youth directed/requested activities that center Black Joy! These include activities like:
- Escape Rooms
- Langer's
- Movies (Specifically Black led)
- Roller Skating
- Oaks Park
- Saturday Market
- Sporting Events (Blazers, Timbers, Thorns, Winter Hawks, etc)
- Theater
- Museum outings

Family Gatherings

About the Family Gatherings

- We have at least 2 family gatherings a year. These gatherings are geared toward youth, family, and friends of all ages. This is our opportunity to connect as a community. Currently, we hold a Holiday Dinner in the Winter, and an end of the year Family Cookout.
- In the future we hope to hold more family events that include family outings, and events that support families such as seminars, and other supportive resources for caregivers



Student Scholarship Fund

About the Student Scholarship Fund

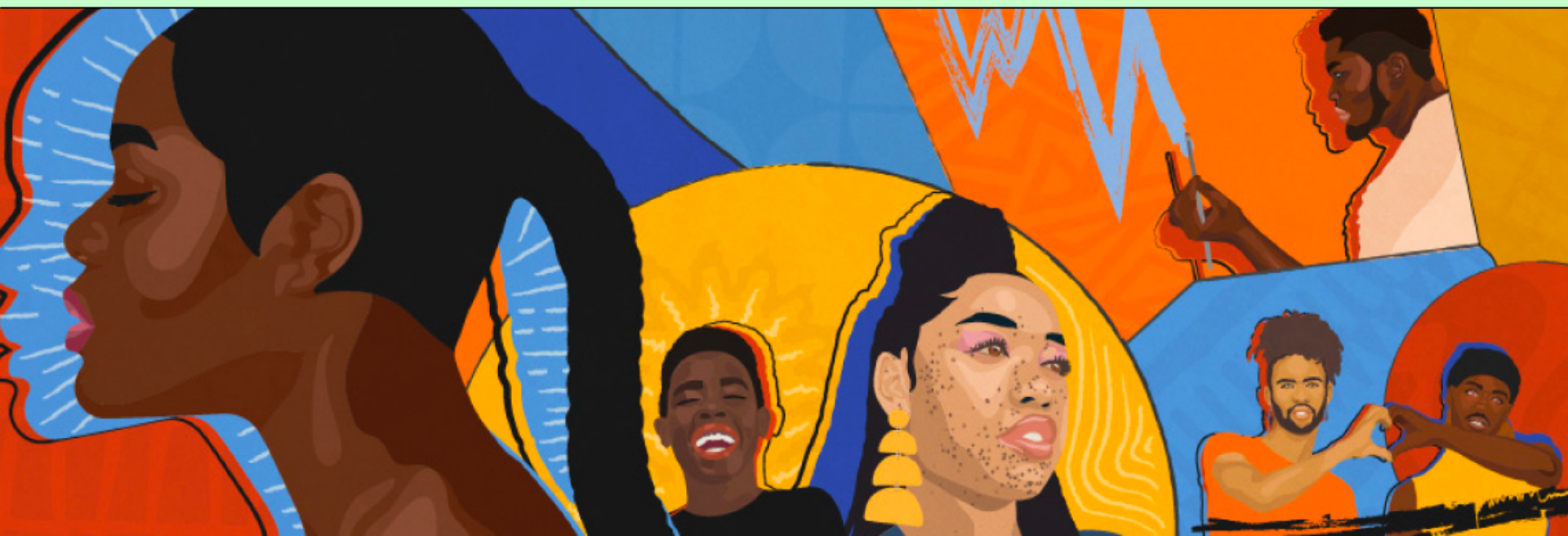
- The student scholarship fund is set aside to support student needs as identified by caregivers, community, or individual youth. This fund is shared liberally with those who need it and may include support for:
 - Sports fees
 - Equipment
 - School supplies
 - School fees
 - Field trip fees
 - Healthcare costs
 - College Applications



Wellness Initiative

About the Wellness Initiatives

- Our wellness initiative includes the resourcing of culturally specific mental health services for youth that may need it.
- Provision of support for caregivers
- Resourcing opportunities for hair care, and hair care education
- Seminars on various physical and mental health wellness topics
- Engagement in wellness activities that increase access to those historically not used by the Black community (i.e. hiking and outdoor activities, yoga, etc.)



YEAR ONE GOALS

Establish Communication

Develop a communication plan (e.g. social media, listervs, etc.)

Needs Assessment

Needs assessment for wellness and connecting with families

Monthly Connections

Connect with larger Black community beyond Newberg; Book club

Foundations of Mentorship Program

Establish trust with potential student-mentees; relationship and needs for student-mentors; create/facilitate training and support for mentor system

Data Assessment

Data assessment: compositional, student success, etc.

Family Cookout

Family cookouts with Black families in Newberg



Sankofa Trip

Local, national, global sankofa trips with mentees

Mental Health

Provide access to consistent mental health treatment and resources

HBCU Tour

Spring break trip for juniors to tour HBCUs in preparation of college decisions

Tiered Mentorship Programs

Initiate program and connect mentors with mentees; continue building relationships, needs assessments, and training and support for mentor system

Physical Health

Provide access/facilitated resourcing for physical health

Stretch Goals & Activities

FUBU retreat
Sports games
Mentee Designed Activities





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