



# Jegna Institute

## *Developing Jegnas*

*By Brandon Jones M.A.  
Mental Health Practitioner*

# What is Jegna???

- ▶ “a very brave person who is a protector of a culture, the rights of his or her people and their land.”
- ▶ No More mentoring...We need Models!!!  
Consistent, honest, and self-respecting Models

# Understanding the Institutionalized Generation

## Elements

- ▶ Individuals born between the early 1980's the drug "Crack" Era until now.
- ▶ These generations has been enriched with services providers external to family members. Furthering an inferiority and dependent mentality.
- ▶ These individuals have developed tendencies that do not allow them to maintain self-sufficiency, accountability, and responsibly for one's self and family.

## Behaviors/thoughts/Concepts

- "I will have my social worker get me a job"
- "The teacher is supposed teach my child to read"
- "At least in jail I get 3 hots and a cot"
- "My P.O. is supposed to get me a job"

# What are we Seeing Now?

- ▶ The "New Jim Crow"-High numbers of Mass Incarceration (both males and increasingly females). Orange is the New Black anyone???
- ▶ Help Needed - High Levels of unemployment
- ▶ ADHDamn!!! - High number of black child being over diagnosed with ADHD and O.D.D.
- ▶ Throw-Away Children: High Levels of children in foster care, adoption, transitional housing etc.

# *9 Areas of People Activity*

- Economics
- Education
- Entertainment
- Labor
- Law
- Politics
- Religion
- Sex
- War
- Health

Originally from Mr. Neely Fuller Jr.

# *Universal Goal*

**Security:** Not just safety, but also having comfort.

**Significance:** Being Able to identify your own worth.

**Belonging:** A sense of connections with others in your relationships, family, social circles, friends, community, and society.



# My Solution...The E3 Program



**Engage. Encourage. Evolve.**

# *Goal of E3 Program*

Promote and establish a new paradigm of safe, healthy, and constructive masculinity amongst Black males. The efforts the *E3 program* will mobilize and organize by strengthening males in the Black community using mass media, fellowship, and workshops to build young leaders of today.



# What is Black Healthy Masculinity?

- ▶ A person with masculine energy where their thoughts, speech, action, emotional response, and perception are respectful, constructive, and consistent. Where there is no harm or mistreatment being done to them or anyone else

# How did this concept come about?

- ▶ Seeking a compensatory ideal of black males. What's seems to be missing or lacking???
- ▶ Black males are functioning on 4 main emotions
  1. Shame
  2. Fear
  3. Anger
  4. Hope (The Pursuit of Happiness)

# *Topic 1: Masculinity, Manhood, and Self identity*

- Focus on their personal histories and connect them with how they identify themselves.
- This is the beginning of the healing journey.
- That means addressing one's feelings, pain, and awareness of their construction as males.

# *Topic 2: Respect (Self and Others)*

- Participates will gain an understanding on respect for others and self-respect. Also, what respect means to them.
- The participants will gain an understanding of skills such as active listening, patience, and motivational interviewing to gain and maintain respect.
- Developing constructive and healthy communication skills is the foundation for the session.

# *Topics 3&4: Understanding Personal History and Trauma*

- The participants will gain an understanding on what trauma is and how it works.
- Trauma is defined as a deep emotional wound. Black males have experiences several forms of trauma, which has not always been dealt with correctly.
- Black males are vital in rebuilding our communities by building strong bonds with women and raising capable children. In order for this to be done, there needs to be a focus on Black male's emotional pain and trauma.

# *Topic 5: Forgiveness*

- **Forgiveness is an essential piece of healing**
- **Participants will increase their awareness and understanding of forgiveness.**
- **You can forgive the person without excusing the act. Forgiveness brings a kind of peace that helps you go on with life.**

**Define:** Is the process of creating and maintaining peace with yourself about something harmful that has happened to you.

# *Topic 6: Grief* *(Understanding Loss)*

**Participants will gain a concept and strategy to addressing loss.**

**It is essential to gain a healthy understanding on loss in the process of healing.**

**Black males loss time, opportunity, connections, space, and resources.**

# *Topic 7: Boundaries (Personal and Social)*

- Participates will develop a concept and strategy of personal and social boundaries.
- Boundaries instruct individuals of whom they are, where they are, why they are.
- Developing healthy boundaries will allow participates to define and constrict better outcomes in their reality.



## *Topic 8: Healthy Relationships (Developing and Maintaining)*

- Participants will develop skills and concepts to establish and maintain healthy relations now and in the future.
- Participants will become aware of their concepts, assumptions, and beliefs regarding all relationships and their connection to past experiences.
- Participants will acknowledge the effects of adverse family and community experiences to their ideals on relationships.
- Participants will gain an understanding of the importance of developing healthy views of others and themselves in establishing and maintaining healthy relationships.

# *Topic 9: Self-Discouraging Behaviors*

- **Participants will develop a concept and understanding on how some traditions, habits, practices, and rituals can cause more harm than good.**
- **Self-discouraging behaviors are behaviors that at one point had a constructive result; however, overtime has become problematic.**
- **The choices (conscious and/or unconscious) we make can have constructive and unconstructive outcomes. Some behaviors that are unconstructive are often the hardest things to change.**

# *Topic 10 & 11: Stress Management and Emotional Wellness*

- Participants will increase their awareness of internal and external causes of stress.
- Black males face disparities in all areas of people activity. Stress is a natural and frequent aspect of life. However, unmanaged stress can result in despair conditions.
- Participants will gain an understanding of how oppression increases daily stress, which do increase perceived and real threats to Black males.

# *Topic 12: Modeling Resilient Behavior (Codification)*

- **At this stage of the sessions, participants will develop several concepts to produce constructive thoughts, speech, actions, emotional responses, and perceptions.**
- **The participants will have several tools at their disposal to implement in their daily lives to produce construct results in being males in society.**
- **The participants will share what concepts they personally plan to put into practice to promote and establish a new paradigm of non-violent, safe, healthy, and constructive masculinity amongst them.**

# Q & A

Brandon Jones M.A.

Mental Health Practitioner

African American Family Services: 612-238-2345

Jegna Institute: 651-587-7892 or email –  
[jegnainstitute@gmail.com](mailto:jegnainstitute@gmail.com)