Ma’at Program

The Ma’at Program is a supportive, holistic, therapeutic community, in which we center and work with African American/Black Families in San Francisco.

Ma’at uses a whole-person approach to provide Afri-centric, culturally responsive, heartfelt, behavioral health wellness care. HCN engages San Francisco’s Black/African American communities to de-stigmatize conventional behavioral health services by embedding wellness supports within a spectrum of community services.

The program improves behavioral health outcomes for Black/African American children, youth, and families and addresses the historical legacy of intergenerational racism, inequity, and trauma for Black/African American communities with a culturally-responsive, wellness approach to care.

Maat is focused on seven cardinal virtues:

- Truth
- Justice
- Reciprocity
- Balance
- Harmony
- Compassion
- Order

Working through a trauma-informed lens:

- Understanding Trauma & Stress
- Compassion & Dependability
- Safety and Stability
- Collaboration & Empowerment
- Cultural Humility & Responsiveness
- Resilience & Recovery

What does “Ma’at” mean? Ma’at refers to the ancient Egyptian concepts of truth, balance, order, harmony, and justice.

Ma’at staff (front left to right): David Jones, Cirrena Troutt, Dr. April Silas, Andre Jackson, Dayln P. Smith, (back left to right) Amira Mensah, Hosanna Rubio, Autumn Beard, Lynette Sweet, Oman Hollingsworth, Stephanie Jones, Tiana Brawley, Mark Jefferson, and Dr. Ebony Coleman.

Learn more and contact us: www.hcnkids.org/ma-at-program