How Culture and Race Can Impact Identifying and Treating Mental Health Conditions

Dr. Charmain Jackman
Dr. Gary E. Carrington
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@InnoPsych
"My mission in life is not merely to survive, but to **thrive**; and to do so with some passion, some compassion, some humor, and some style".

~ Maya Angelou ~
### Use of Mental Health Services among Adults (2008-2012)

<table>
<thead>
<tr>
<th>Ethnicity</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>11.3%</td>
<td>21.5%</td>
</tr>
<tr>
<td>Black</td>
<td>6.6%</td>
<td>10.3%</td>
</tr>
<tr>
<td>AI/AN*</td>
<td>16.3%</td>
<td>15.1%</td>
</tr>
<tr>
<td>Asian</td>
<td>4.4%</td>
<td>5.3%</td>
</tr>
<tr>
<td>Hispanic</td>
<td>5.5%</td>
<td>9.2%</td>
</tr>
</tbody>
</table>

*American Indian/Alaska Native

**ARE WE THRIVING?**

Only ~5% to 16% of people of color with a mental health diagnosis will seek therapy.
WHO IS PROVIDING THERAPY?

Psychologists Providing Clinical Services (APA, 2015)

95-98% POC DROP OUT THERAPY RATE WHEN THERE IS A CULTURAL MISMATCH BETWEEN THERAPIST & CLIENT
Bias in Mental Health

Research

Testing

Pipeline

Diagnosis

Multicultural Training
Recognizing that systems of oppression contribute to poor mental health functioning

- Recognizing that client exists within a community
- Engaging clients’ spiritual & healing practices into therapy
- Client as expert on their life and circumstances
- Removal of implicit/explicit hierarchy in therapy

Decolonizing Therapy

coined by Dr. Jennifer Mullan
The wear and tear on our internal systems that result in poorer health outcomes for Black people due to racism.

WEATHERING
coined by Arline T. Geronimus

HEALTH DISPARITIES
RACIAL TRAUMA
CHRONIC STRESS ON THE BODY

- **Hair loss**
- **Insomnia**
- **Poor communication**

**Mental health:** depression; anxiety; panic attacks; negative thinking; social withdrawal; headaches

- **Skin problems:** acne, eczema
- **Joint & muscle pain:** lethargic

**Heart:** ↑ blood pressure; ↑ HR; ↑ Choles; ↑ Heart attacks

**Stomach:** cramps; weight +/-; reflux; Gastrointestinal (GI) issues

**Pancreas:** diabetes

**Intestines:** Digestive issues; IBS, diarrhea; constipation

**Reproductive:** ↓ fertility; ↓ sex drive; ↑ menstrual pain; low birth weight babies

**Depleted immune system**

**Heart:** relationship difficulties; family dynamics

- Impaired work performance
- Absenteeism from work/school
- Burn-out
- Secondary trauma
RISK FACTORS FOR BLACK WOMEN

- Childhood trauma
- Complex stress from racism, sexism, money, work, systemic violence
- Undiagnosed/Untreated depression & anxiety
- Feeling unworthy or hopeless
EMOTIONAL INHERITANCE

How you learned to express your emotions during childhood
BARRIERS TO GETTING HELP

STIGMA
Finding a Therapists of color

KEEP IT IN THE FAMILY
Don’t Trust Therapists

Language barriers

DON’T TELL YUH BUSINESS

WEAKNESS

Mujeres Fuertes

Negative Cultural Messages

toxic masculinility
Discuss Physical Symptoms & Stressors

- How is your health?
- How does stress show up in your body?
- Tell me about your sleep?
- How is your appetite?
- Who are you closest to in your family?
- How are your family relationships?
- How are things at work?
WHAT WORKS...

- Therapy with diverse groups is relational!!
- Name and normalize feelings/experiences
- Use strategies that are already working
- Connect to community resources and supports
- Connect to nature and outdoors
- Bring joy to sessions
- Diversifying the field
THEORETICAL FRAMEWORKS

- Liberation Psychology
- Social Justice
- Feminist & Womanist
- Anti-racist
EDUCATIONAL PROGRAMMING

WWW.INNOPSYCH.COM/EVENTS
FINDING YOUR SWEET SPOT

DO WHAT BRINGS YOU JOY!

MINDFULNESS
- Breath
- Present-focused
- Self-Compassion
- Grounding Techniques

MINDSET
- Reflection
- Journaling
- Self-Talk
- Gratitude List

MIND-BODY CONNECTION
- Movement
- Create
- Community
- Passions

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When you close off your emotions, you create obstacles for mental wellness and block your chance to thrive.
LET'S HEAL TOGETHER!

Find more resources at:
WWW.INNOPSYCH.COM

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#HealPOC  #HealPOC
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Mental Health Facts

- 1 in 5 adults in US experience mental health conditions
- 1 in 25 adults in US live with a serious mental health condition
- One-half all chronic mental health conditions begins by age 14 (3/4 by age 24)
Prevalence of Mental Health Conditions by Race

- 28.3% American Natives
- 19.3% Whites
- 18.6% African Americans
- 16.3% Hispanics
- 13.9% Asians
Use of Mental Health Services

- Mental health services underutilized by BIPOC
- Gender
- Networks
- Church
Critical Issues face by BIPOC

- Access to Treatment
- Affordable Healthcare
- Poor quality of Care
- Providers of Color
- Culturally Insensitive Health care system/Providers
- Language Barriers
- Help Seeking Attitudes
- Racism, bias, homophobia, discrimination in treatment settings
Impact of Racial Trauma

- Race based trauma, stress, and cumulative effects of racism on individuals mental and physical health

- Negative effects

- Psych & Physical
Symptoms of Racial Trauma

- Mirror PTSD
- Re-experiencing of distressing events
- Higher arousal
- Chronic Stress
- Hypervigilance
- Avoidance
Social Determinants of Health

- Health Disparities
- Poverty
- SES
- Education Level
- Employment Rates
- Neighborhood Characteristics
- Support Networks
- Structural/Environmental Racism
Racial Impact of COVID-19

- Chronic risk factors
  - Diabetes
  - High blood pressure
  - Asthma
  - Obesity
  - Exposure (front line workers, overcrowding)

- 2.5 times higher contraction/3.5 times higher hospitalized

- Impact of chronic stress
Signs and Symptoms

Warning Signs (Anxiety)
- Uncontrollable worry
- Poor concentration
- Excessive nervousness
- Sleep difficulties
- Increased heart rate
- Upset stomach
- Muscle tension
- Avoidance

Warning Signs (Depression)
- Changes in sleep
- Changes in appetite
- Lack of concentration
- Loss of energy
- Lack of interest
- Low self-esteem
- Hopelessness
- Slowness in movement
- Physical aches/pains
Ways to Engage Men of Color

- Socialization of gender roles
- Therapeutic alliance
- Challenge stigmas
- Create Safe Space
Questions and Answers

Thank You
Mental Health America!!

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