

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

Dr. Charmain Jackman  
Dr. Gary E. Carrington

**MHA**  
Mental Health America  
**B4Stage4**



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

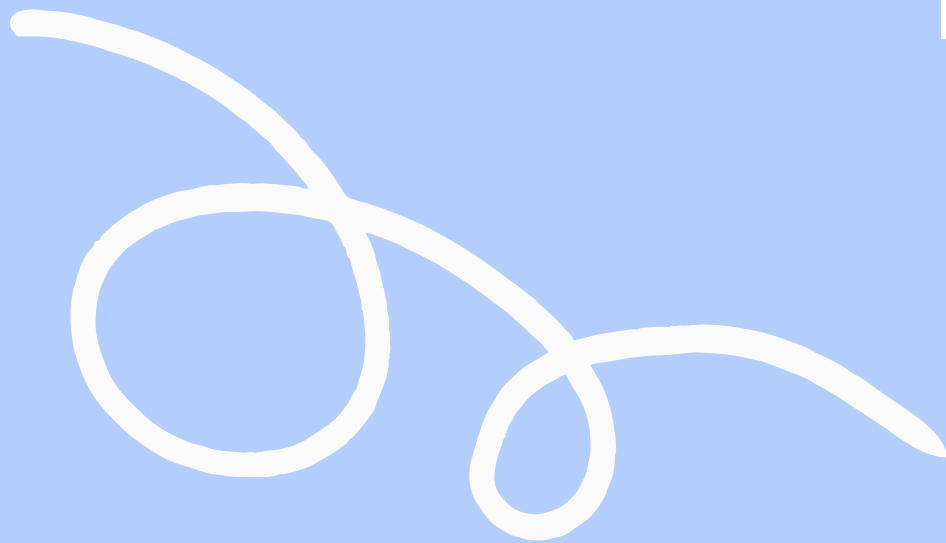
Dr. Charmain Jackman  
Founder + CEO, InnoPsych, Inc.



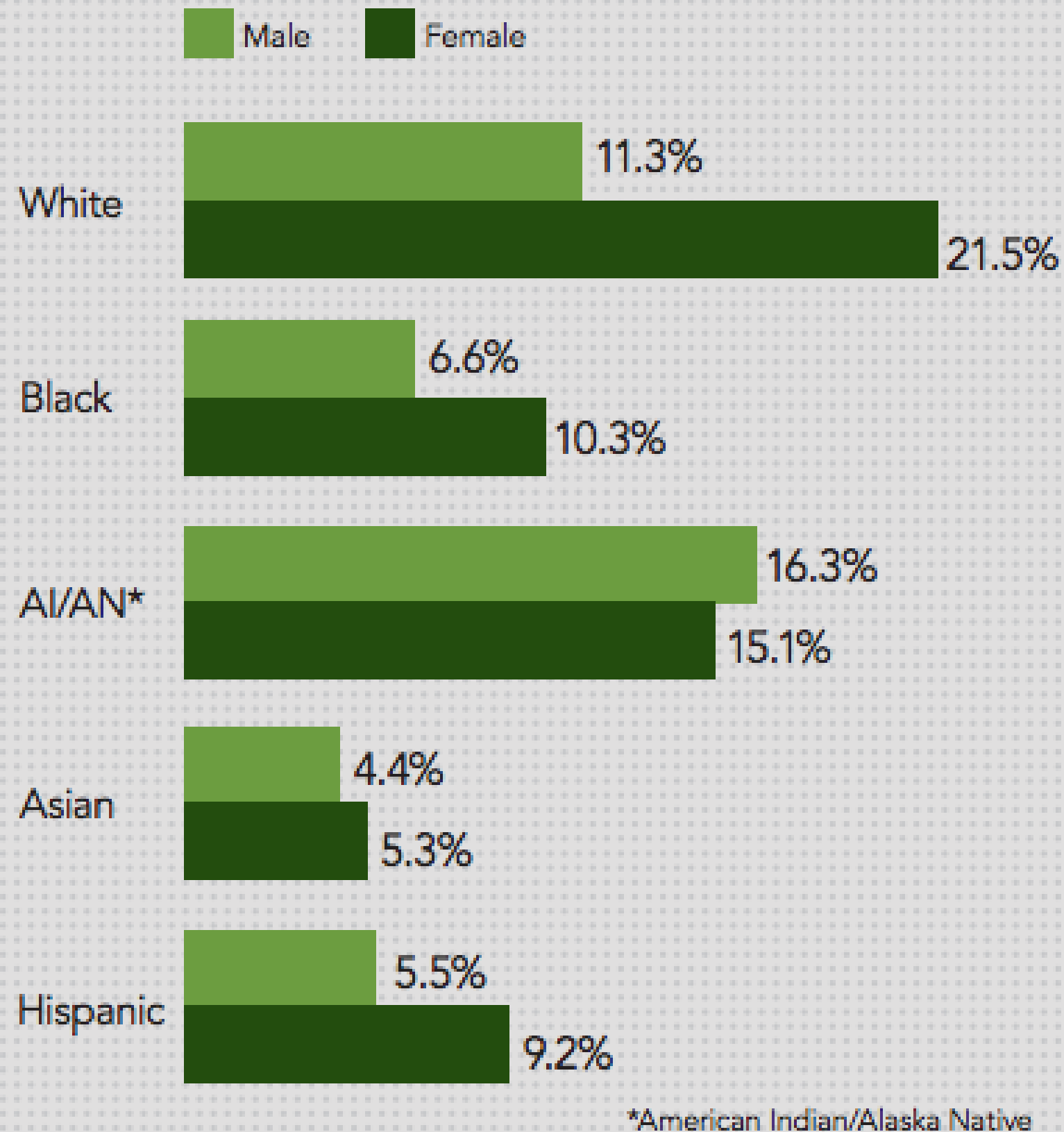


"My mission in life is not merely to survive, but to **thrive**; and to do so with some passion, some compassion, some humor, and some style".

~ Maya Angelou ~



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



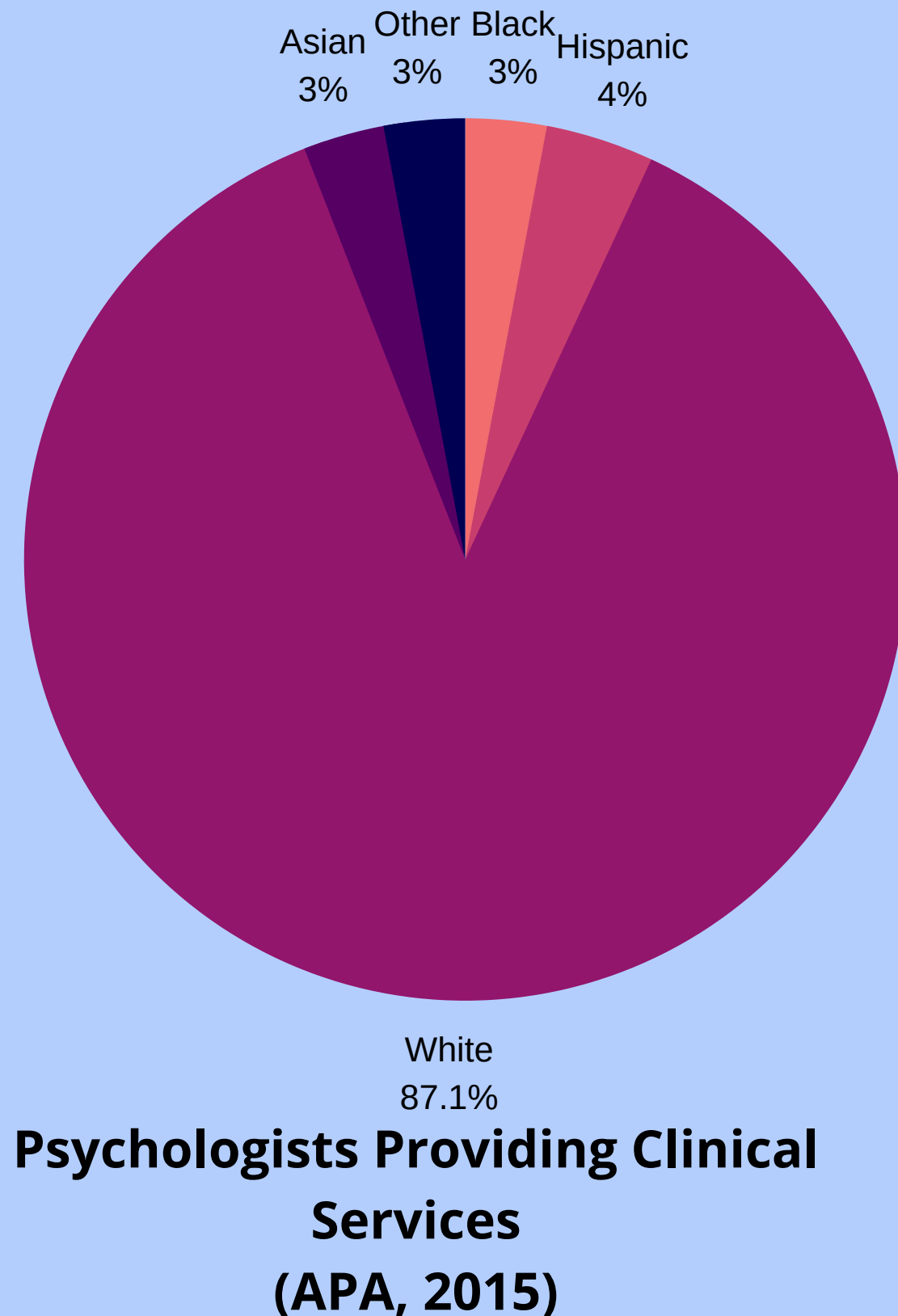
## ARE WE THRIVING?



only ~5% to 16% of people of color with a mental health diagnosis will seek therapy



# WHO IS PROVIDING THERAPY?



95-98%

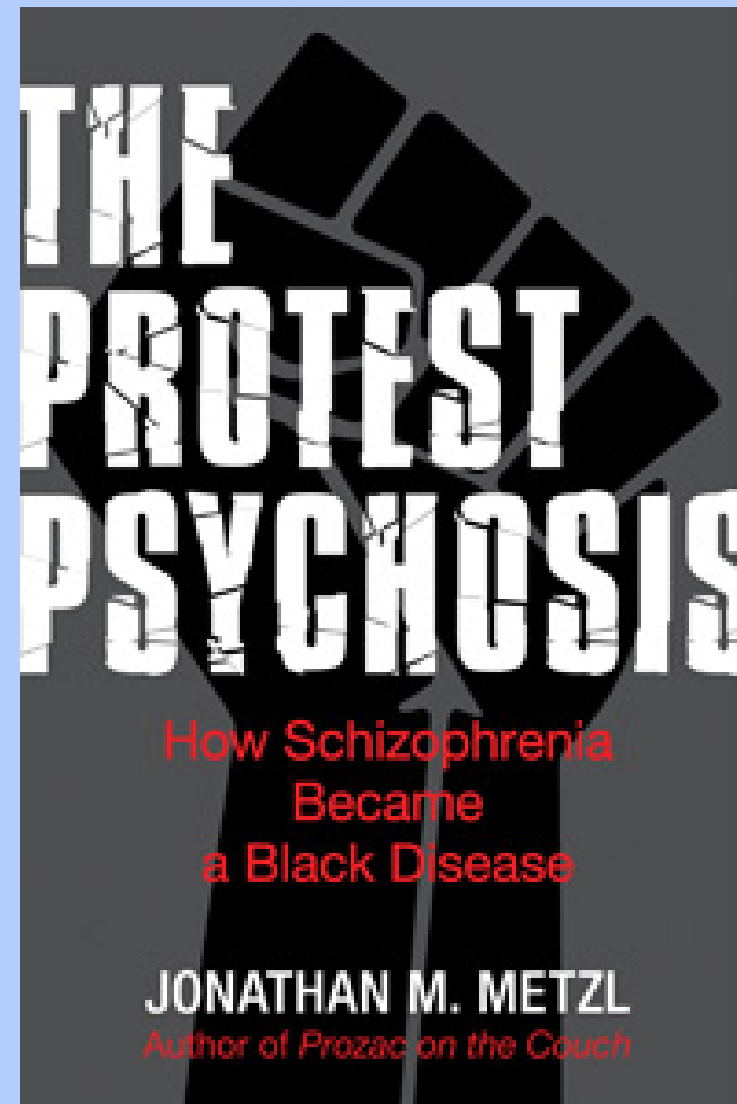
POC DROP OUT THERAPY RATE  
WHEN THERE IS A CULTURAL  
MISMATCH BETWEEN  
THERAPIST & CLIENT



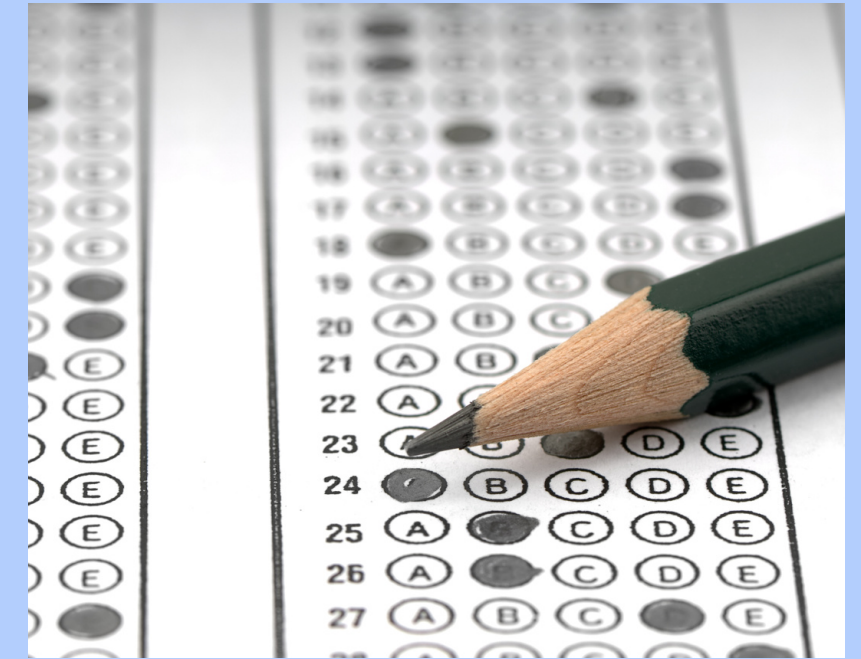
# Bias in Mental Health



**Research**



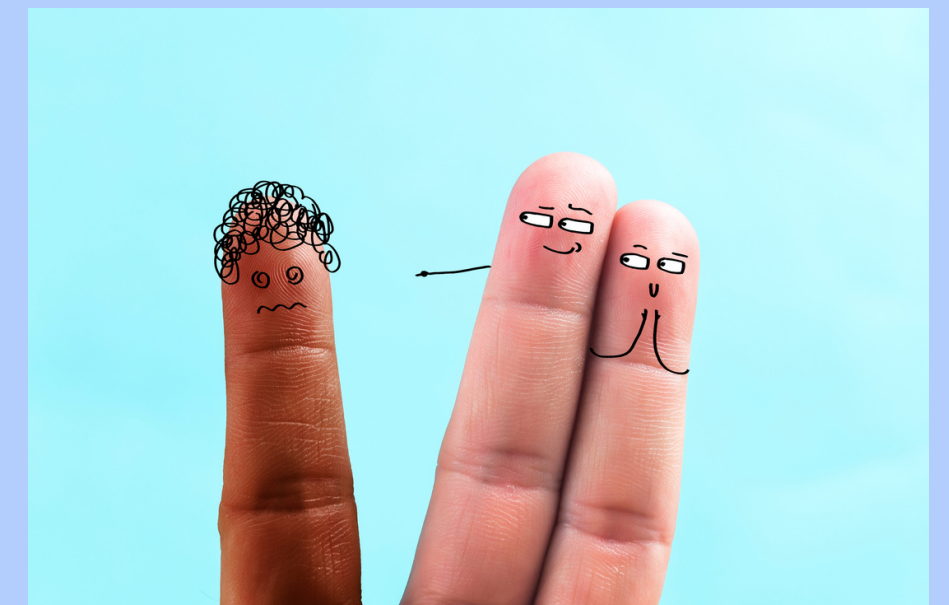
**Diagnosis**



**Testing**



**Pipeline**



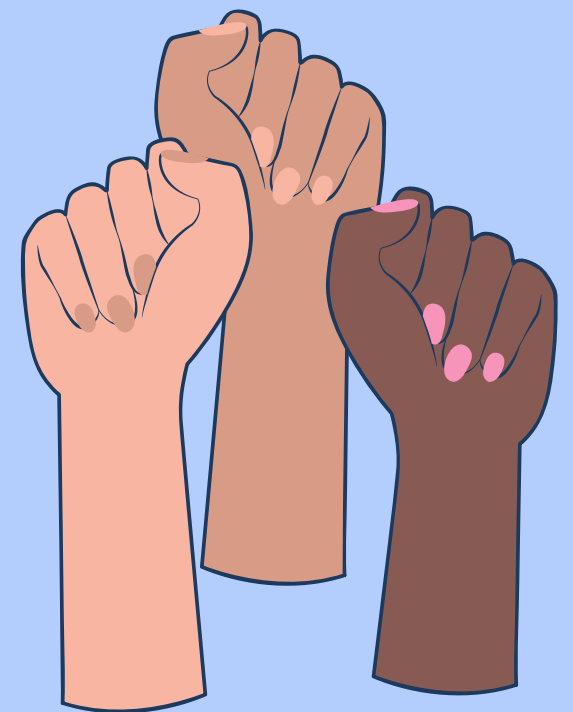
**Multicultural  
Training**



# Decolonizing Therapy

coined by Dr. Jennifer Mullan

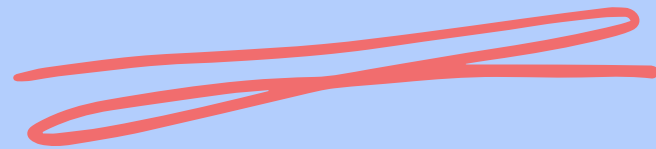
- Recognizing that systems of oppression contribute to poor mental health functioning
- Recognizing that client exists within a community
- Engaging clients' spiritual & healing practices into therapy
- Client as expert on their life and circumstances
- Removal of implicit/explicit hierarchy in therapy





# WEATHERING

coined by Arline T. Geronimus



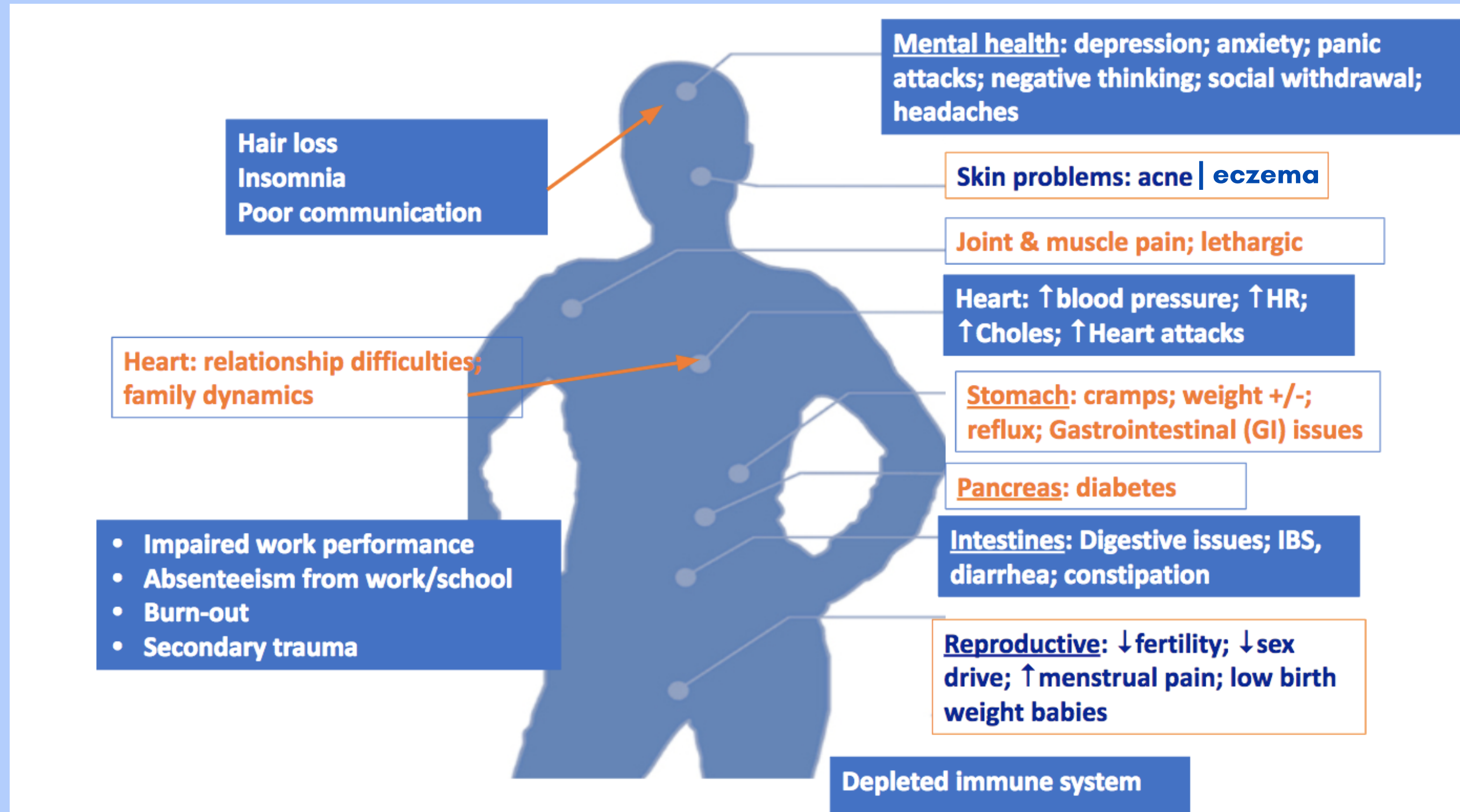
The wear and tear on our  
internal systems that  
result in poorer health  
outcomes for Black people  
due to racism.

HEALTH DISPARITIES  
RACIAL TRAUMA





# CHRONIC STRESS ON THE BODY







# RISK FACTORS FOR BLACK WOMEN



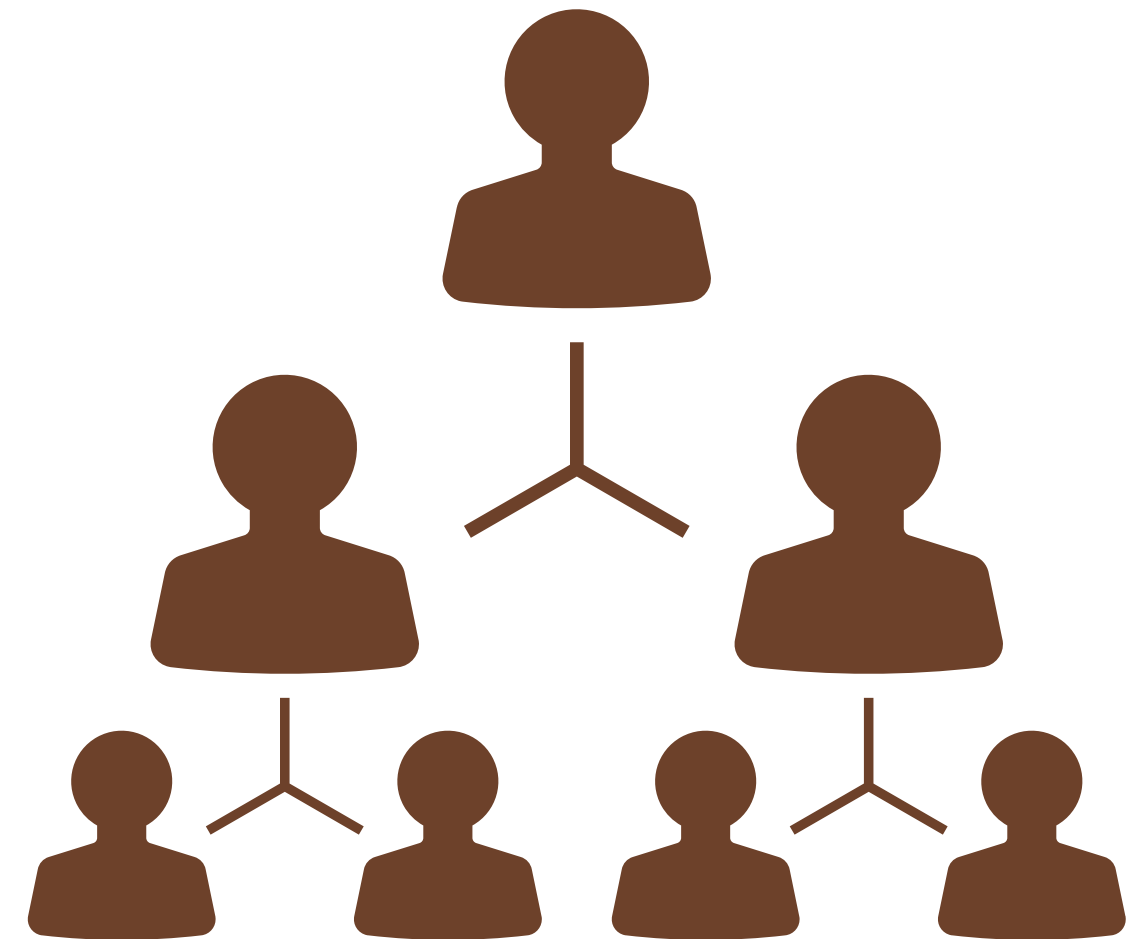
- Childhood trauma
- Complex stress from racism, sexism, money, work, systemic violence
- Undiagnosed/Untreated depression & anxiety
- Feeling unworthy or hopeless



# 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

*Negative  
Cultural  
Messages*



DON'T TELL  
YUH BUSINESS  
BLINDSPOT



WEAKNESS



toxic masculinity

# 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?





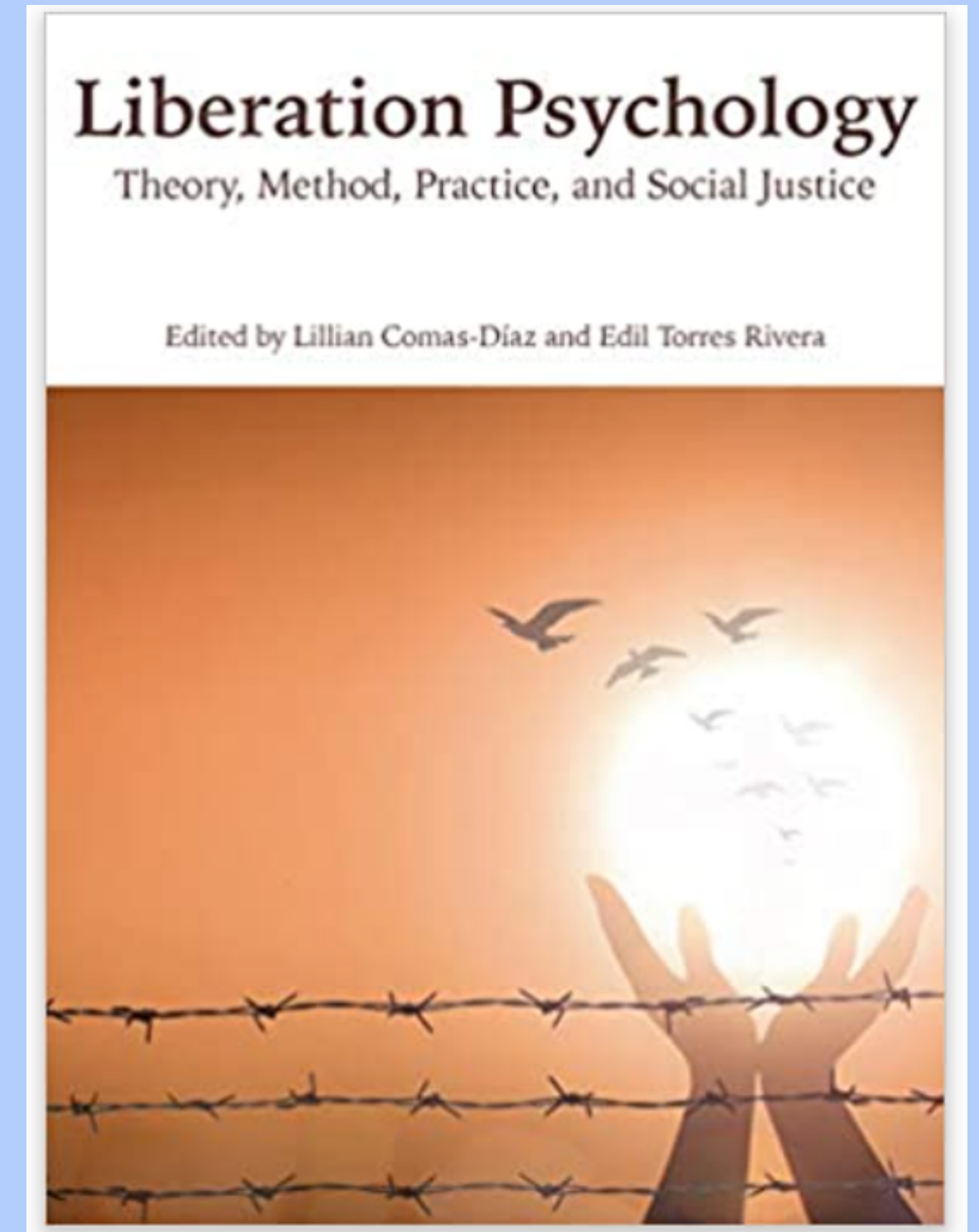
# WHAT WORKS...

- 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

**PIVOTING THROUGH CRISIS:**  
**How Pro Athletes  
Navigate Career  
Stress and What  
We Can Learn  
From Them**

**SEPTEMBER 30, 2020  
6PM - 7PM EST**

**Moderated by:**  
**Dr. Charmain F. Jackman**  
Founder, InnoPsych, Inc.  
@InnoPsych | @AskDrCharmain

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For more info: [www.innopsych.com/events](https://www.innopsych.com/events)

**Panelists:**  
**Clara Dies** - Master Coach & Owner, ClaraDies, LLC  
**Stephany Cookley, PhD, LPC** - Sr. Assoc. Adjunct Director for Mental Health, Temple University  
**Jonathan Jenkins, PsyD, CMPC** - Clinical Hypnotherapist, Certified Mental Performance Coach  
**Taryn Bushnell** - Financial Strategist, Taryn's World

**THRIVING THURSDAYS**  
**FINDING YOUR  
SWEET SPOT**

**KEITH MASCOLL,**  
ACTOR & MENTAL HEALTH  
ADVOCATE

**JUL 30 | 4PM EST**

**Moderated by:**  
**Dr. Charmain F. Jackman**  
Founder, InnoPsych, Inc.

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**FREE  
SUICIDE  
PREVENTION  
TRAINING**

**Taking care of  
ourselves & others**

**SATURDAY  
JULY 18, 2020  
10AM-12PM EST**

**ZOOM**

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**JULY 18  
8PM EST**

**SOUND MINDS  
STRONG FAITH**

**A LIVE DISCUSSION ON MENTAL HEALTH & THE BLACK CHURCH**

**LIVE PANELISTS:**  
DR. CHARMAIN JACKMAN, PSYCHOLOGIST, FOUNDER, INNPSYCH  
DR. GAYL CRUMP-SWABY, PROFESSOR, SPRINGFIELD COLLEGE  
DR. TRENIECE LEWIS HARRIS, PSYCHOLOGIST, CAMBRIDGE  
HEALTH ALLIANCE | DR. DAMON PRYOR, POST-DOCTORAL FELLOW  
MODERATOR: CONCETTA M. GREEN, HOST OF "JUST ONE THING"

**THRIVING THURSDAYS**  
**Hope, Health & Healing in  
Communities of Color**

**Bedford Palmer II, Ph.D.**

**Maysa Akbar, Ph.D.**

**April 09, 2020  
4 PM EST - 5 PM EST**  
A live chat with mental health  
and wellness professionals

**[WWW.INNPSYCH.COM/EVENTS](https://www.innopsych.com/events)**



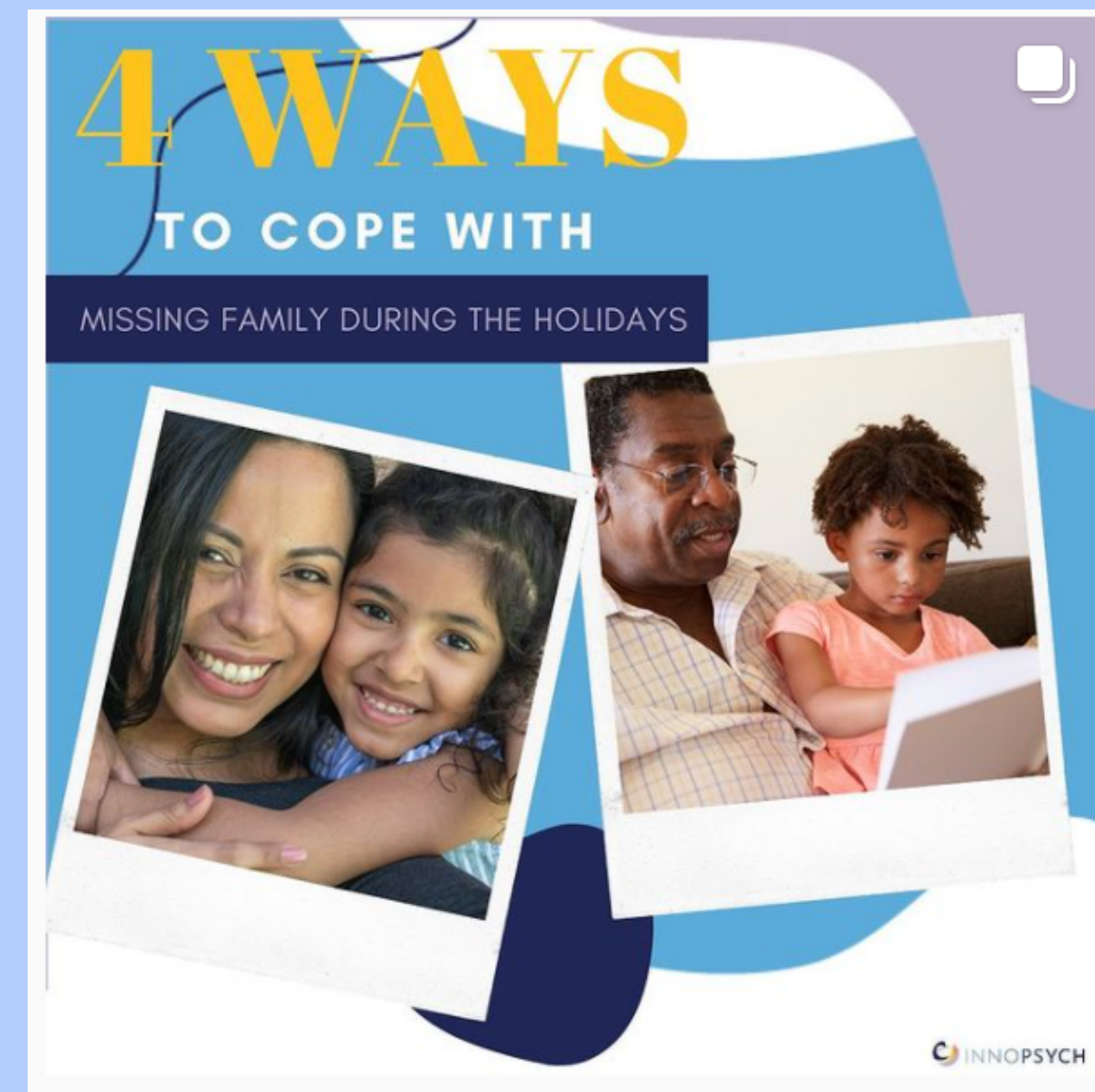
# WELLNESS RESOURCES



[INNOPSYPCH.COM/SWEETSPOT](https://innopsych.com/sweetspot)



[INNOPSYPCH.COM/RESOURCES](https://innopsych.com/resources)



[SOCIAL MEDIA](#)



# 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**



**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.INNOPSYPCH.COM](http://WWW.INNOPSYPCH.COM)




@INNOPSYPCH

**#HealPOC**    **#HealPOC**







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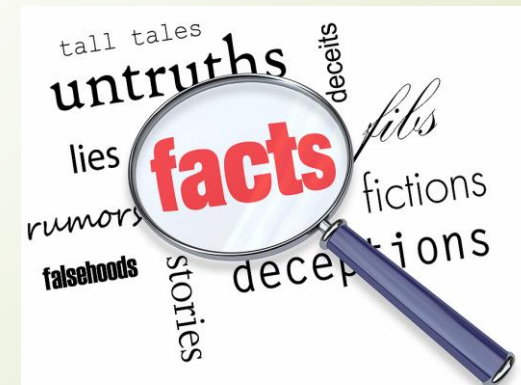
Gary E. Carrington, Ph.D.

[Gcarrington@psycbc.com](mailto:Gcarrington@psycbc.com)



# 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



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# 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



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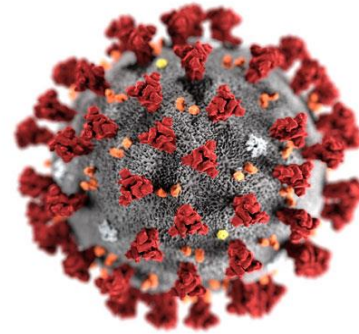


# Social Determinants of Health

- 
- 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



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# 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







# Questions and Answers

Thank You  
Mental Health America!!

- Contact:
- Gary E. Carrington, Ph.D.
- [Gcarrington@psychbc.com](mailto:Gcarrington@psychbc.com)

# Contact Us



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