



Mental Health America



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Mental Health America
B4Stage4

Objectives

- MHA's background
- BIPOC Mental Health Month
- 2021 BIPOC Mental Health Month Toolkit
- 2022 BIPOC Mental Health Month Toolkit



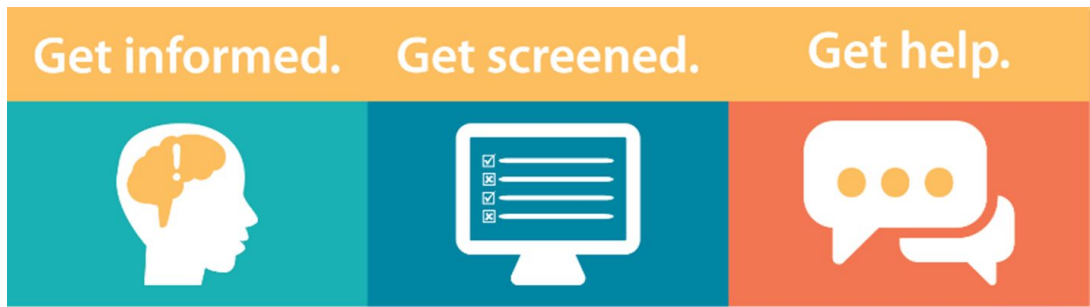
Mental Health America

#B4Stage4





"We are leading the way on making sure each and every person has access to an adequate mental health screen."



B4Stage4 **MHIA**
Mental Health America

July is BIPOC Mental Health Month

BEYOND THE NUMBERS

MHA
Mental Health America

BIPOC Mental Health Matters All Year Long

Download the toolkit at mhanational.org/july

BIPOC Mental Health Month and Bebe Moore Campbell National Minority Mental Health Awareness Month



Who was Bebe Moore Campbell?



Photo credit: AALBC

Bebe Moore Campbell was an American author, journalist, teacher, and mental health advocate who worked tirelessly to shed light on the mental health needs of the Black community and other underrepresented communities.



“While everyone - all colors - everyone is affected by stigma - no one wants to say 'I'm not in control of my mind.'

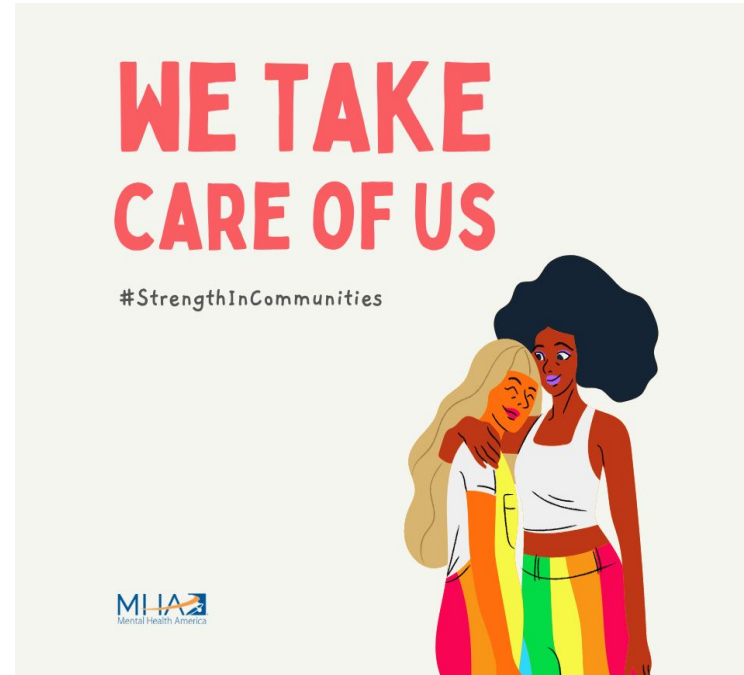
No one wants to say, 'The person I love is not in control of [their] mind.'

But people of color really don't want to say it because we already feel stigmatized by virtue of skin color or eye shape or accent and we don't want any more reasons for anyone to say, 'You're not good enough.'”

BEBE MOORE CAMPBELL
AUTHOR, JOURNALIST, TEACHER,
AND MENTAL HEALTH ADVOCATE



2021 BIPOC Mental Health Month Theme



CHALLENGES UNDER THE WESTERN MEDICAL MODEL

- Diagnosis is a privilege
- Misdiagnosis and underdiagnosis of symptoms
- Limited acceptable treatments
- Evidence-based practices have limited understandings of BIPOC communities
- Insurance coverage reinforces the Western Medical Model
- Distrust of the healthcare system

community care

ways in which communities of color have provided support to each other.



EXAMPLES OF COMMUNITY CARE

Healing circles	Community health workers
Mutual aid	Peer support
Doulas/midwives	Faith practices

self-directed care

an innovative practice that emphasizes that people with mental health and substance use conditions, or their representatives if applicable, have decision-making authority over services they receive.

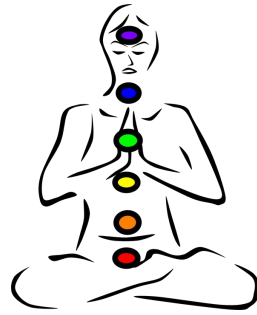


PRACTICING SELF-DIRECTED CARE

- Know what will - and will not - work for you.
- Focus on shared decision-making between you and your provider.
- Be ready to advocate for yourself.

culturally-rooted care

practices that are embedded in cultures that are passed down through generations that naturally provide resiliency and healing.



EXAMPLES OF CULTURALLY-BASED PRACTICES

Prayer or healing circles

Storytelling/Oral traditions

Energy healing/cleansing

Multigenerational households

Kinship systems

Traditional healers/practitioners

WHAT YOU CAN DO DURING BIPOC MENTAL HEALTH MONTH

Examine the current structures and ask questions. Consider the various barriers to accessing mental health care like cost and stigma and whether the current framework is the best approach to providing quality services and meeting the needs of communities.



Hold organizations and institutions accountable. Ensure that the systems you are a part of are actively assessing how they contribute to the problems that exist for BIPOC and QTBIPOC mental health and support solutions to ensure change.

Give credit to originating communities of healing practices. Many BIPOC communities developed their resources and supports to address mental health needs. However, they do not always get credit for these practices if they become adopted by mainstream society.

Push for accessibility in traditional health care. Contact your local elected officials or use your channels like social media to talk about these issues. Call for expanded language services, culturally responsive provider training, expanded public education resources around health literacy, and more.



2022 BIPOC Mental Health Month



Key Factors in Treating BIPOC Individuals

Barriers:

- Shame/ Fear/ Distrust
- Language
- Financial
- Representation
- Education of Resources

Protective Factors:

- Family/Community
- Religion
- 1st generation health
- Resilience
- Traditional medicine and healers

American Indian/Alaska Natives



PROTECTIVE FACTORS FOR AMERICAN INDIAN/ALASKA NATIVE COMMUNITIES:

- Strong family and community bonds
- Involvement in traditional activities such as ceremonies, music, and healing practices
- Strong connections to traditional spirituality
- Self identification with own American Indian/Alaska Native culture



Source:
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5913316/>

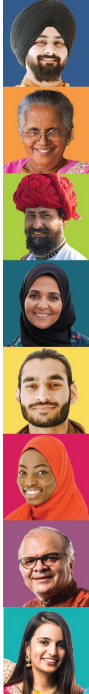


WHAT YOU CAN DO TO SUPPORT AMERICAN INDIAN/ALASKA NATIVE (AINA) COMMUNITIES:

- Encourage diverse recruitment of AINA professionals and volunteers for mental health programs
- Use AINA expertise and specific culturally responsive education to inform mental health care practices
- Advocate for land back, reparations, and vital resources to fill gaps in AINA communities



Arab/Middle Eastern/Muslim/South Asian

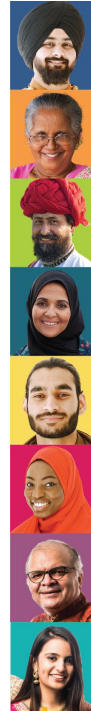


PROTECTIVE FACTORS FOR ARAB/MIDDLE EASTERN/MUSLIM/SOUTH ASIAN COMMUNITIES:

- Strong connections to faith
- High use of Imams as mental health and spiritual counselors
- Strong family bonds and community connections



Source:
<https://www.psychiatry.org/file%20library/psychiatrists/Cultural-Competency/Mental-Health-Disparities/Mental-Health-Facts-for-Muslim-Americans.pdf>



WHAT YOU CAN DO TO SUPPORT ARAB/MIDDLE EASTERN/MUSLIM/SOUTH ASIAN (AMEMSA) COMMUNITIES:

- Apply faith-based and trauma-informed perspectives to mental health care for AMEMSA communities
- Use AMEMSA expertise and specific culturally responsive education to inform mental health care practices
- Ensure that data collection forms include AMEMSA categorization



Asian/Pacific Islander



PROTECTIVE FACTORS FOR ASIAN/PACIFIC COMMUNITIES:

- Identification within one's own Asian/Pacific culture
- Strong family and community bonds
- Seeking help with native healers or community members



Source:
https://www.sprc.org/sites/default/files/resource-program/Risk%20and%20Protective%20Factors%20API_0.pdf

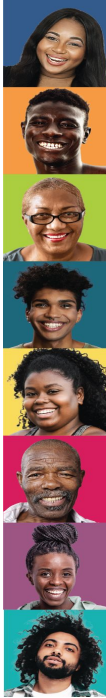


WHAT YOU CAN DO TO SUPPORT ASIAN/PACIFIC COMMUNITIES:

- Use Asian/Pacific expertise and specific culturally responsive education to inform mental health care practices
- Incorporate community care practices into mental health treatment
- Identify specific cultures when relevant and minimize generalizations, such as the model minority myth and perpetual foreigner stereotype



Black/African American Communities

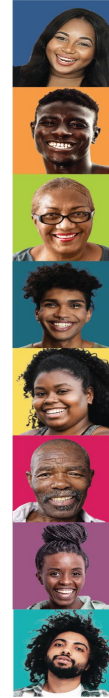


PROTECTIVE FACTORS FOR BLACK/AFRICAN AMERICAN COMMUNITIES:

- Strong family and community bonds
- Expression through spirituality or art
- Connection to one's own Black identity
- Importance of religion and spirituality



Source:
https://sprc.org/sites/default/files/resource-program/Risk%20and%20Protective%20Factors%20Black_0.pdf



WHAT YOU CAN DO TO SUPPORT BLACK/AFRICAN AMERICAN COMMUNITIES:

- Explore community resources, cultural practices, and faith as part of mental health care practices
- Use Black/African American expertise and specific culturally responsive education to inform mental health care practices
- Advocate for stronger overall systemic support for Black/African American communities, including in the justice system, education, and health care



Latinx/Hispanic Communities



PROTECTIVE FACTORS FOR LATINX/HISPANIC COMMUNITIES:

- Strong family and community bonds and largely multigenerational communities
- Use of community care resources such as church, prayer circles, and traditional healers
- More trust in primary care physicians and will report mental health concerns there first



Source:
<https://onlinelibrary.wiley.com/doi/abs/10.1111/ajop.12020>



WHAT YOU CAN DO TO SUPPORT LATINX/HISPANIC COMMUNITIES:

- Use Latinx/Hispanic expertise and specific culturally responsive education to inform mental health care practices
- Include community support resources in mental health care practices
- Advocate for laws and policies that directly impact Latinx/Hispanic mental health and well-being including fair wages, affordable housing, immigration support, and other social services



Multiracial Communities



PROTECTIVE FACTORS FOR MULTIRACIAL INDIVIDUALS:

- Highest estimates of getting mental health care of all BIPOC groups¹
- Pride in multiracial heritage²
- Culturally diverse identities lead to better empathy and appreciation of other identities³



Sources:
<https://www.samhsa.gov/data/sites/default/files/MHServicesUseAmongAdults/MHServicesUseAmongAdults.pdf>
<https://www.pewresearch.org/social-trends/2018/08/11/multiracial-in-america/>
<https://www.apa.org/pi/families/resources/newsletter/2013/08/multiracial-youth>



WHAT YOU CAN DO TO SUPPORT MULTIRACIAL COMMUNITIES:

- Use multiracial expertise and specific culturally responsive education to inform mental health care practices
- Include opportunities for multiracial identification in screening tools, data collection, and research
- Fund and promote the inclusion of multiracial resources



TALKING TO YOUR PROVIDER ABOUT MENTAL HEALTH: TIPS FOR BIPOC INDIVIDUALS

DO:

- Advocate for yourself. Share your needs and desires with your providers.
- Ask for providers who are culturally responsive and have experience working with individuals of similar identities to you.
- Ask your provider to document everything that is discussed, including any denials of treatments that you want.
- Seek a combination of mental health care that is right for your unique needs.

DON'T:

- Avoid mental health care due to shame.
- Feel obligated to choose a Western model of mental health care.
- Exclusively use one type of mental health care without exploring all options that feel right to you.

TREATING BIPOC INDIVIDUALS: TIPS FOR PROVIDERS

Use shared decision making. Learn about the individual's experiences and cultural perspectives. Understand that they are the experts of their own life, and listen to their needs and desires.

Seek out opportunities to train you and your staff on cultural responsiveness. But be accountable in ensuring that those trainings are followed by policies and procedures that can put that knowledge into action.

Translate material into languages that your clients can understand, including simplifying high-level medical language.

Provide sliding scale and payment plan options for clients who may be affected by financial concerns.

Use mental health screenings that are culturally relevant and equitable to each client's experiences.

Contact Us



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