



MENTAL HEALTH IN CLIENTS OF COLOR



WHO IS DR. ROUGEAUX-BURNES?



- Tfcenter.org
- Couples
- Families
- Relationship skills

WHO IS DR. DAVIS?



- Indiana University Kokomo
- Clinical Associate Professor
- Faculty Diversion Liaison
- Director of Mental Health Counseling Program

WHO IS DR. SCONYERS?



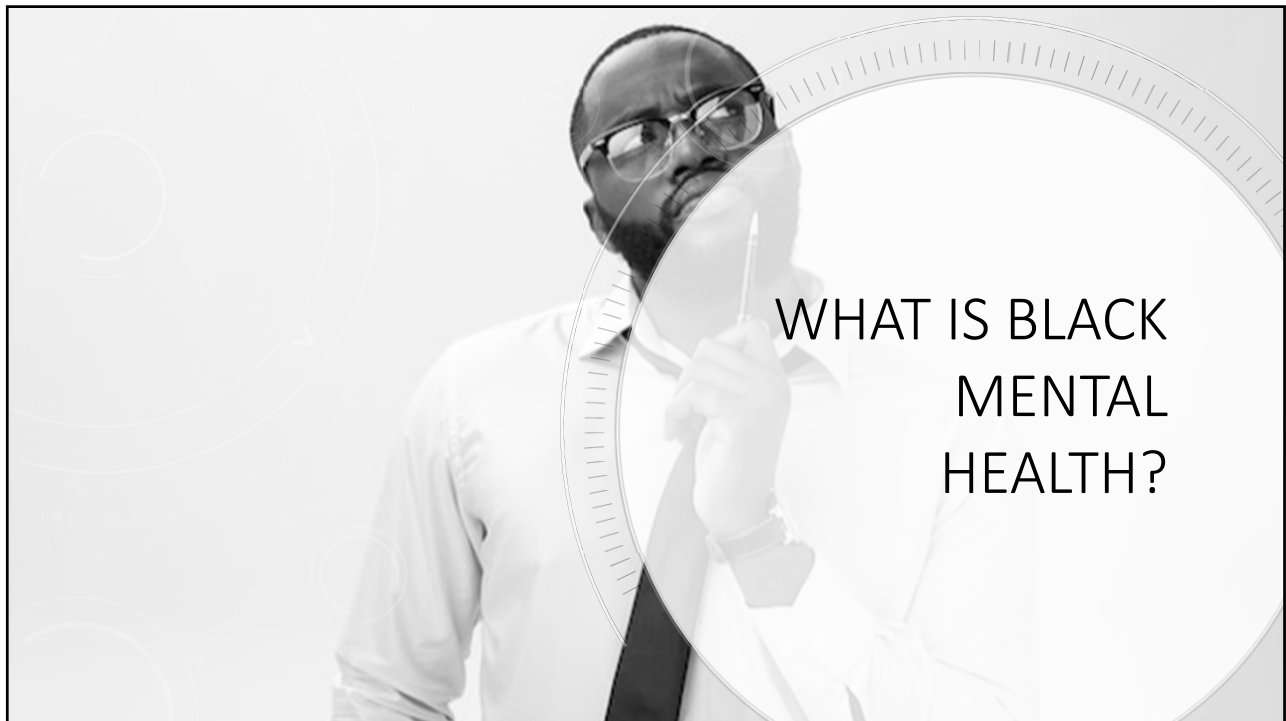
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**National Psychology
Training Consortium**

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- Licensed Psychologist In Private Practice
- Career in DEI





Racial and related inequities have immensely traumatized Black and Brown citizens of the United States for centuries.

Black people have historically been negatively affected by prejudice and discrimination in the health care the US. And, unfortunately, Black people *still* have these experiences when they attempt to seek treatment (at birth, COVID-19, etc)

The Wash
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By Ben Guarino

Even if white and
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Psychological A
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Water pollution
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discrimination, racial identity,
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logical functioning as measured
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discrimination on

stigma.

Black people make up about ~14% of the overall U.S. population, but they hold 17% of the essential jobs

psychological functioning. More positive attitudes about African Americans were also associated with more positive psychological functioning. The results further illustrate the utility of a multidimensional framework for understanding the role of racial identity in the relationship between racial discrimination and psychological outcomes among African American adolescents.

GENDER

African American Men

- Experience more severe bigotry in a number of life-areas (incarceration, education, etc.)
- Stereotyped as Animalistic, violent, hypersexual
- Gender Role Strain
- Invisibility Syndrome
- Challenges In Handling Anger
- Utilization of the "Cool Pose." (Masking)

African American Women

- Intersection of Racism and Sexism
- Sexual Devaluation and Victimization (Society Messages)
- Struggles With Beauty & Self-Image (Standard of beauty if Eurocentric)
- Adoption of the 'Strong Black Woman' Persona
- Higher rates of Depressive symptoms (but not clinically diagnosable depression)
- Higher rates of Anxiety than men.



THIS BEGINS TO
FEEL LIKE
TRAUMA



What is Generational Trauma?



When the impact of a traumatic event isn't limited to the person who directly experienced it. It can also influence their children, grandchildren, and even their community.



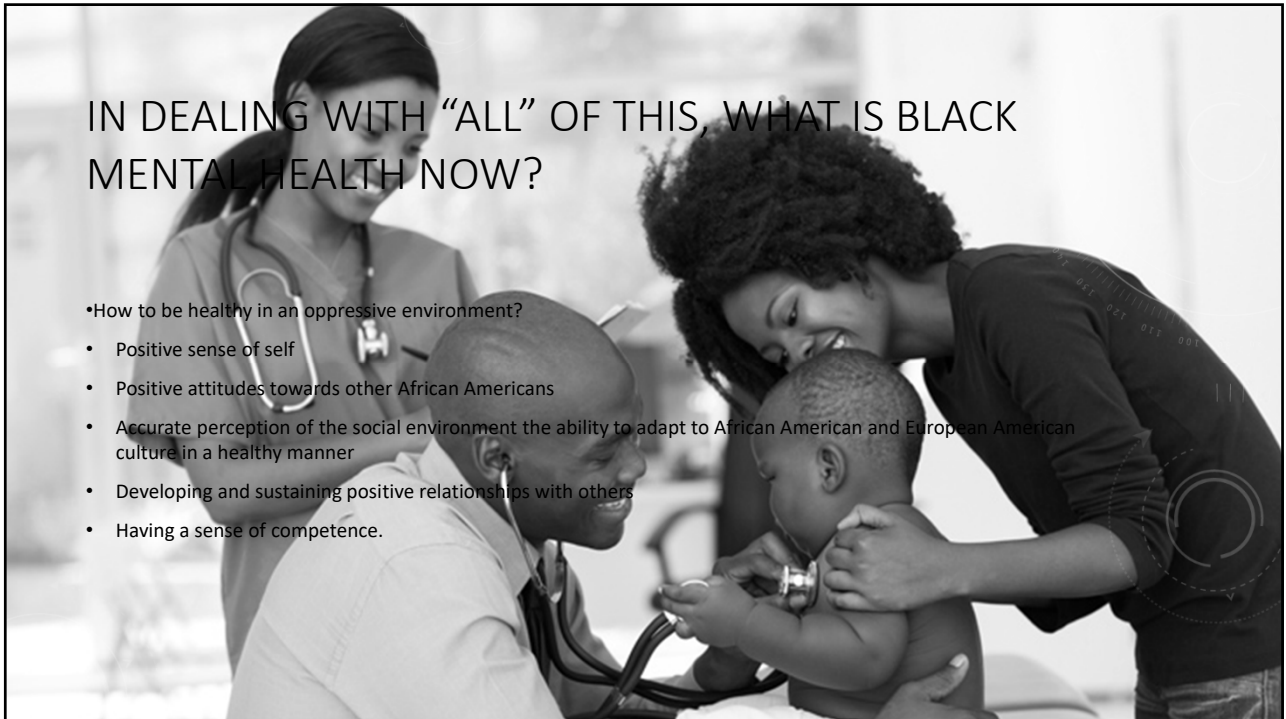
WE TRY TO FIX THE LEAK...

Barriers To Fixing:

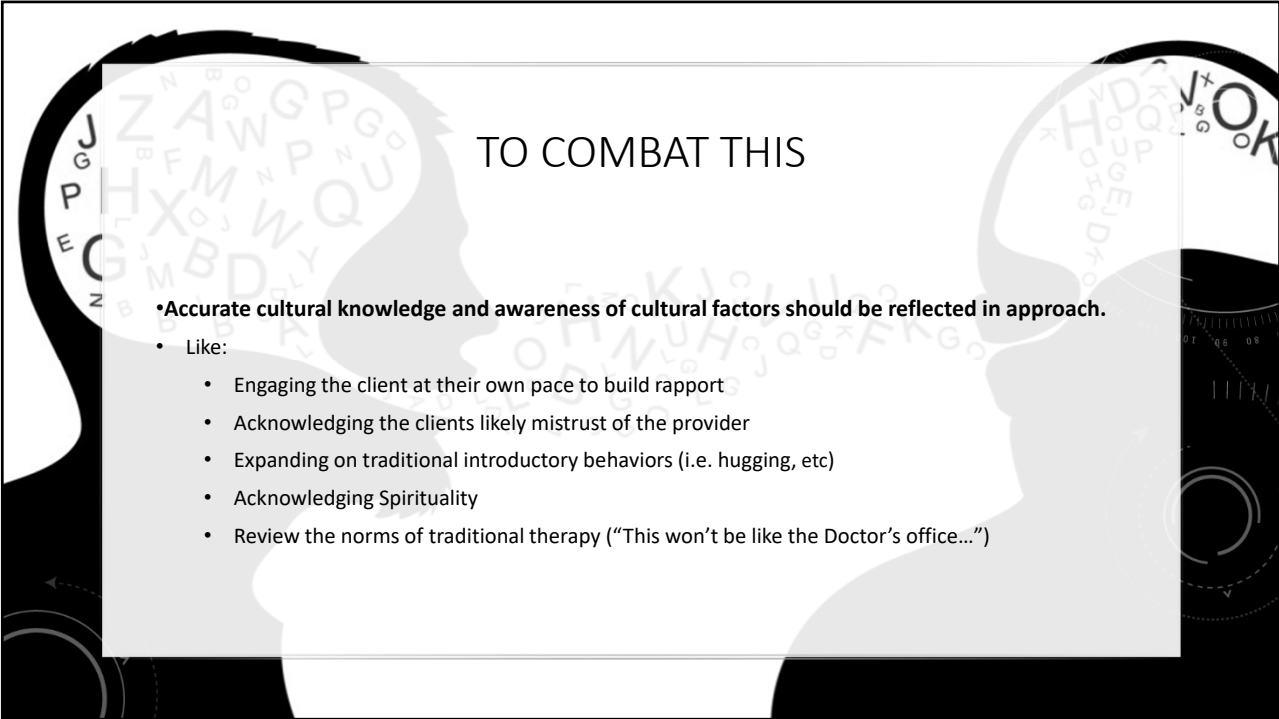
- African-Americans are only half as likely as White to seek mental health services.
 - When engaging in services it is shorter and terminated faster
- Level of Pathology Is Overestimated
 - Over-diagnosed with Schizophrenia
 - Underdiagnosed with Depression
- Stigma In Seeking Services

IN DEALING WITH “ALL” OF THIS, WHAT IS BLACK MENTAL HEALTH NOW?

- How to be healthy in an oppressive environment?
 - Positive sense of self
 - Positive attitudes towards other African Americans
 - Accurate perception of the social environment the ability to adapt to African American and European American culture in a healthy manner
 - Developing and sustaining positive relationships with others
 - Having a sense of competence.

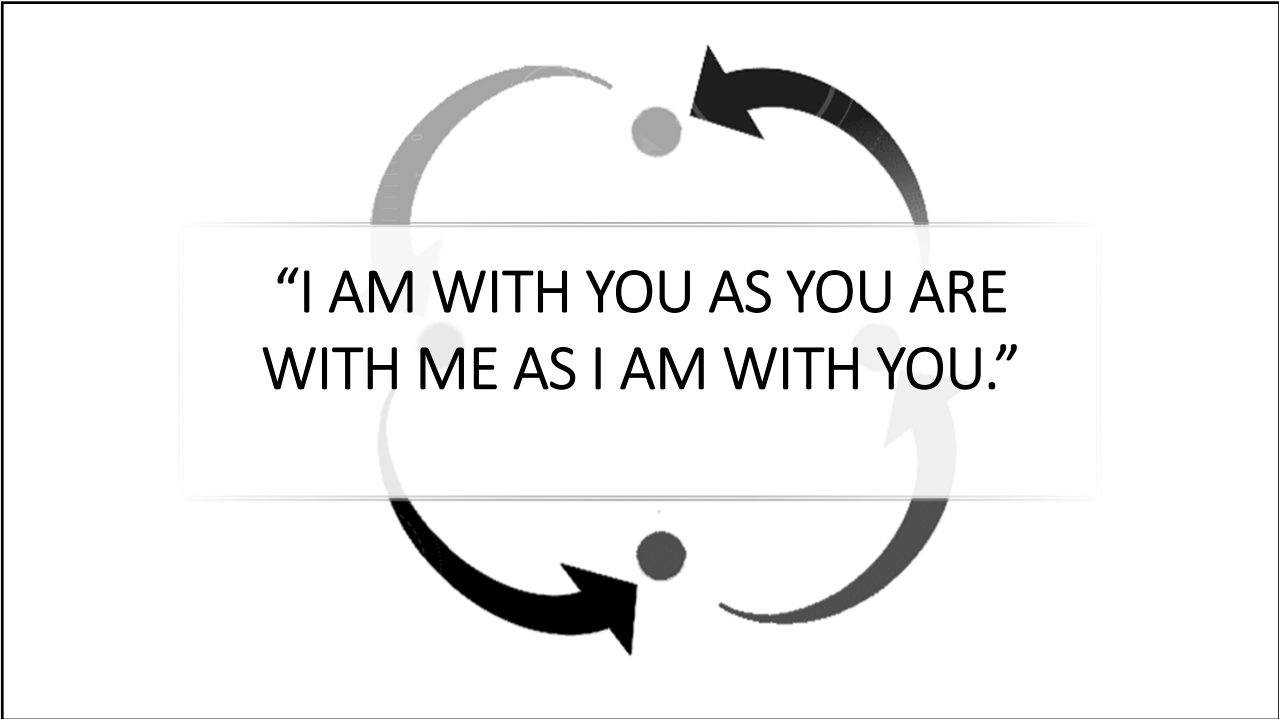




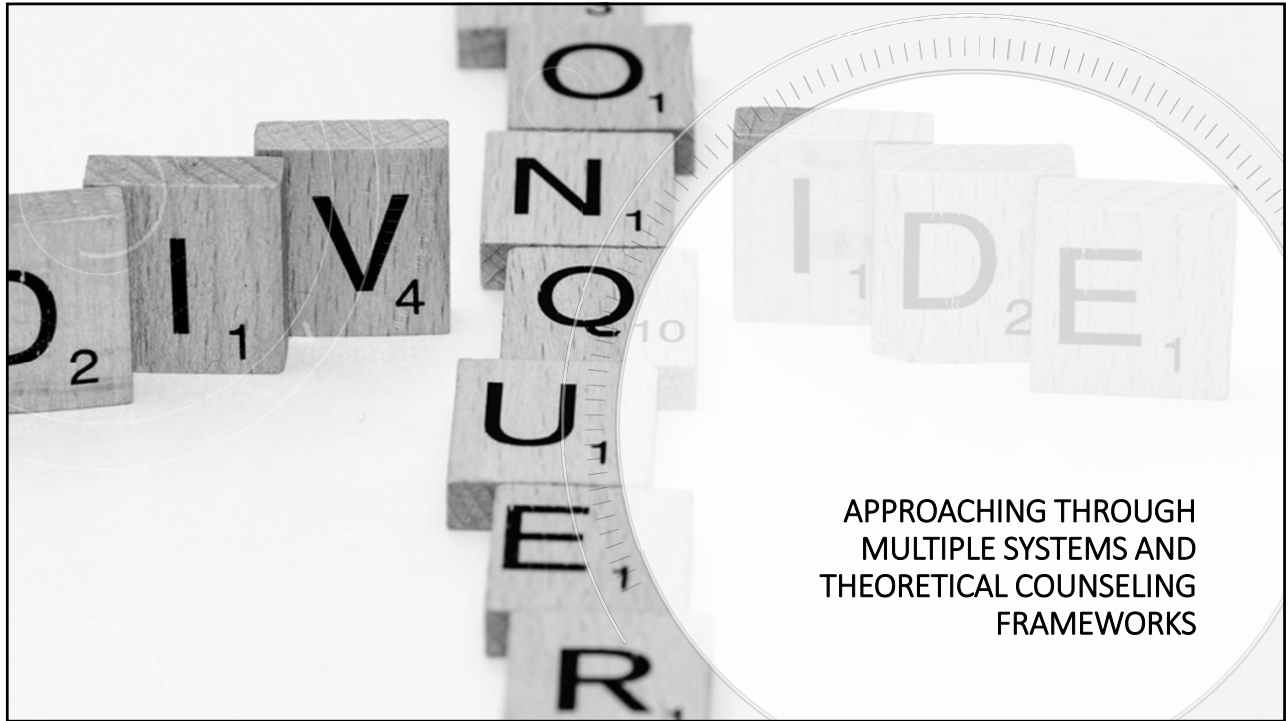


TO COMBAT THIS

- **Accurate cultural knowledge and awareness of cultural factors should be reflected in approach.**
- Like:
 - Engaging the client at their own pace to build rapport
 - Acknowledging the clients likely mistrust of the provider
 - Expanding on traditional introductory behaviors (i.e. hugging, etc)
 - Acknowledging Spirituality
 - Review the norms of traditional therapy (“This won’t be like the Doctor’s office...”)



“I AM WITH YOU AS YOU ARE
WITH ME AS I AM WITH YOU.”



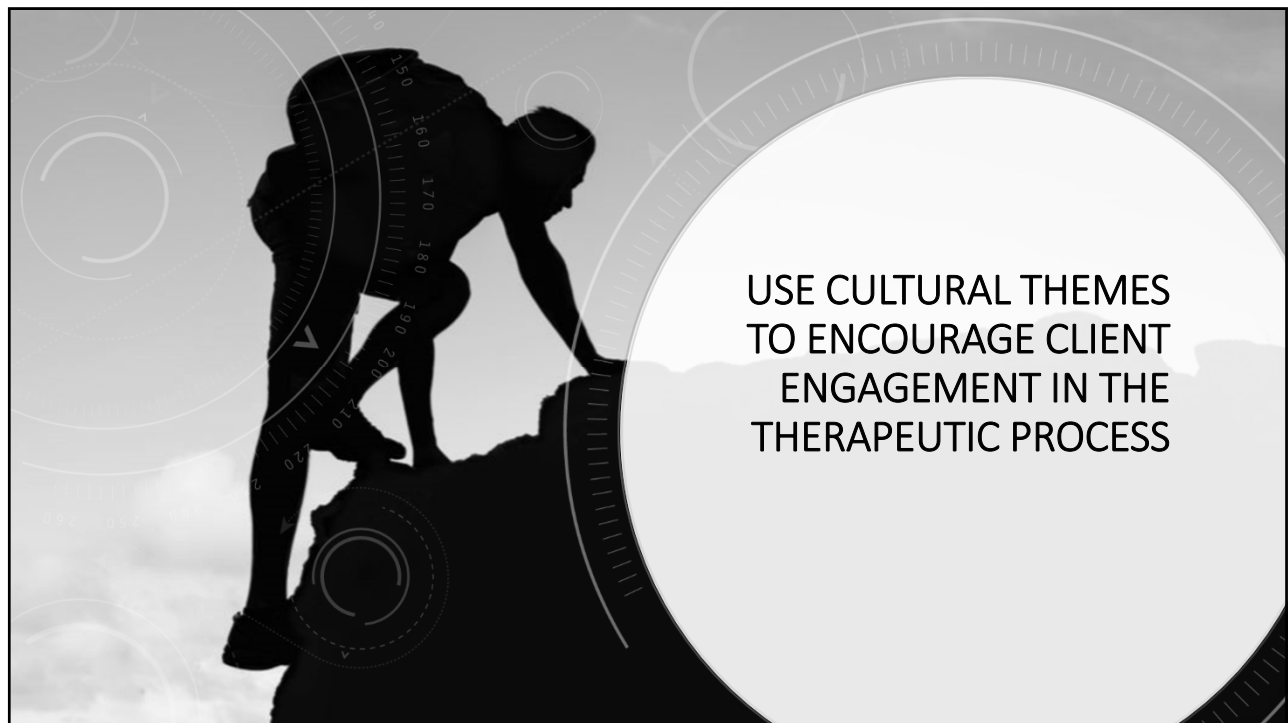
APPROACHING THROUGH
MULTIPLE SYSTEMS AND
THEORETICAL COUNSELING
FRAMEWORKS



FOCUSING ON RISK AND PROTECTIVE FACTORS FOR AFRICAN-AMERICAN CLIENTS (ACKNOWLEDGING BARRIERS, AND PAST RACISM)

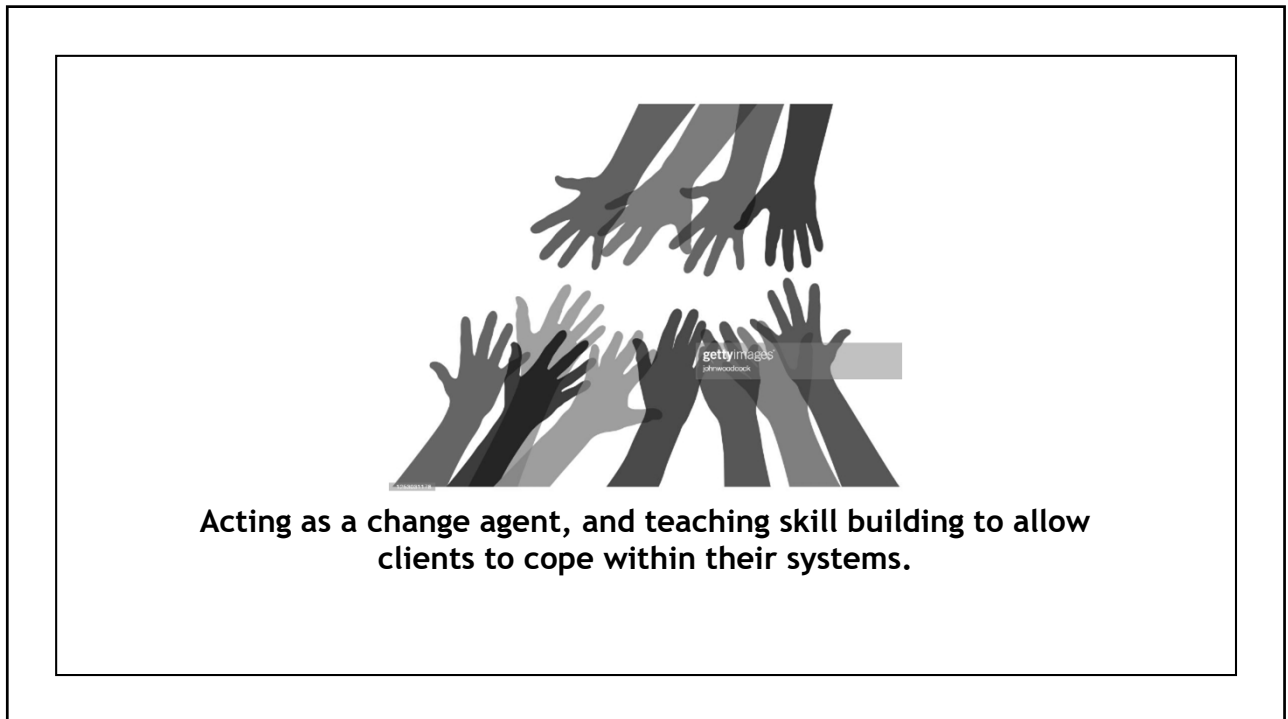


**ACTIVELY INVOLVING CLIENTS IN FORMING THEIR GOALS
(DUE TO PREVIOUS MENTAL HEALTH DISTRUST)**



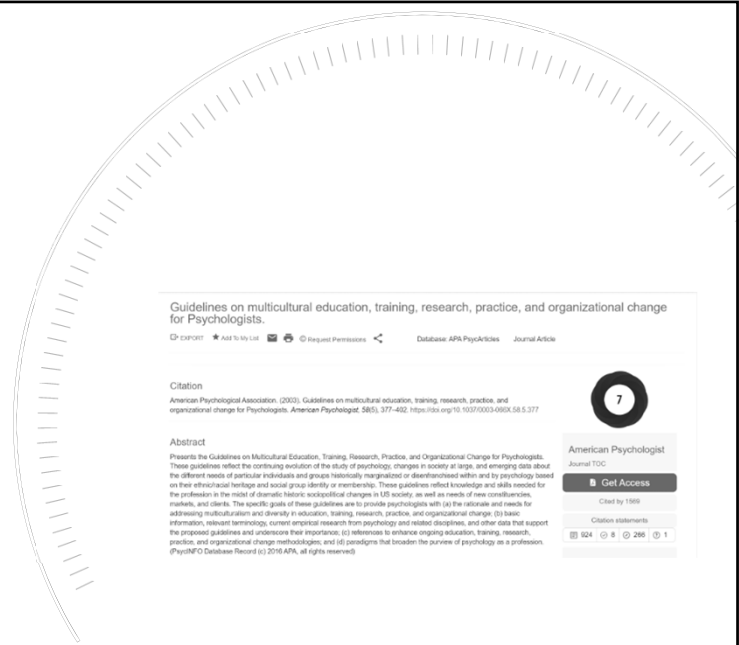


ENCOURAGE CONNECTING
WITH COMMUNITY
MENTORS



Acting as a change agent, and teaching skill building to allow clients to cope within their systems.

APA GUIDELINES



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