





Summarize the Historical Journey

- Many Black Americans have an understandable mistrust
- Black Americans compared to their White counterparts tend to have significantly higher rates depression, Posttraumatic Stress Disorder (PTSD), dual diagnoses, and lower levels of life satisfaction, happiness, and marital satisfaction

(Author et al. 2010; Awosan et al. 2011; Carpenter-Song et al. 2011; Eyerman 2002; Hall and Sandberg 2012; Banks et al. 2006; Mishra et al. 2009) (Author 2008; Jackson et al. 2004; Jimenez et al. 2012)

Summarize the Historical Journey

- We **cannot rule** out the impact of historical adversity, which has led to race-based exclusion from health, educational, social and economic resources.

(Author et al. 2010; Awosan et al. 2011; Carpenter-Song et al. 2011; Eyerman 2002; Hall and Sandberg 2012; Banks et al. 2006; Mishra et al. 2009) (Author 2008; Jackson et al. 2004; Jimenez et al. 2012)

Summarize the Historical Journey

- **Racial Discrimination** can affect the attitudes of Black Americans about seeking help for mental health issues.

(Author et al. 2010; Awosan et al. 2011; Carpenter-Song et al. 2011; Eyerman 2002; Hall and Sandberg 2012; Banks et al. 2006; Mishra et al. 2009) (Author 2008; Jackson et al. 2004; Jimenez et al. 2012)

Summarize the Historical Journey

- **Over 90 % of Black Americans** have experienced racial discrimination at some point in their lives
- **Researchers have reported racial discrimination** is associated with negative psychological outcomes and worsens the quality of life among Black Americans

(Chao et al. 2014) (Banks et al. 2006; Sellers and Shelton 2003; Williams et al. 2003)

Summarize the Historical Journey

- **Being mistreated on the basis of one's race or ethnicity has been linked to lower self-esteem, increased depressive symptoms, and anxiety**

(Holden and Xanthos 2009; Banks et al. 2006; Kwate and Goodman 2015; Noh and Kaspar 2003; Outten et al. 2009; Pittman 2011).

THE ROLE OF THE BLACK CHURCH

Historically, the Black church has been a safe haven and source of practical and emotional support in the Black community.

(Williams and Williams Morris 2000; Jimenez et al. 2012; Payne 2009).

THE ROLE OF THE BLACK CHURCH

- **Black Americans are among the most religious ethnic/ racial groups in the US**
- **Research has shown Church leaders have therapeutic roles and provide support**
- **Research has concluded that Black church leaders are gate keepers to outside mental health treatment**

(Williams and Williams Morris 2000; Jimenez et al. 2012; Payne 2009; (Author et al. 2010; Mishra et al. 2009; Oppenheimer et al. 2004; Payne 2009).

THE ROLE OF THE BLACK CHURCH

- Literature suggests that Black Americans are much more likely to rely on their faith as a coping mechanism for dealing with depression and anxiety
- There was something about connection with the faith leader that brought a sense of comfort and familiarity.

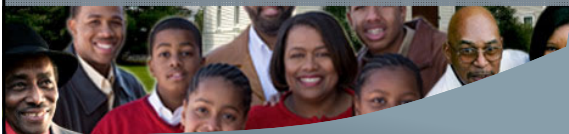
(Williams and Williams Morris 2000; Jimenez et al. 2012; Payne 2009). (Author et al. 2010; Mishra et al. 2009; Oppenheimer et al. 2004; Payne 2009)

THE ROLE OF THE BLACK CHURCH

- Stigma is a significant barrier to accessing the needed support and care for individuals facing mental health concerns.
- It is imperative that our faith leaders are equipped to respond appropriately to the lack of mental health resources in our communities while removing barriers to care.

(Williams and Williams Morris 2000; Jimenez et al. 2012; Payne 2009). (Author et al. 2010; Mishra et al. 2009; Oppenheimer et al. 2004; Payne 2009)

What Can The Church Do To Help It's Membership



WHAT CAN THE CHURCH DO?

Our faith leaders can play a pivotal role.

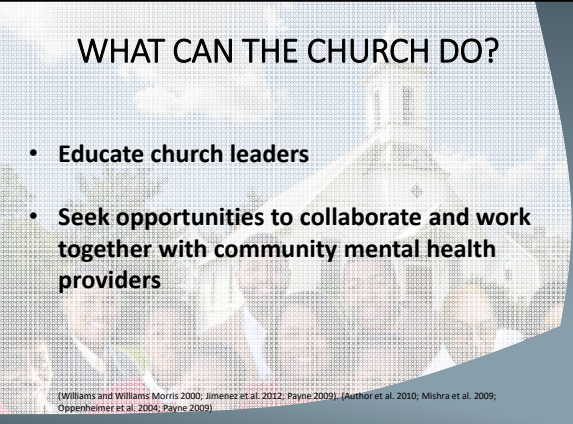
(Williams and Williams-Morris 2000; Jimenez et al. 2012; Payne 2009). (Author et al. 2010; Mishra et al. 2009; Oppenheimer et al. 2004; Payne 2009)



WHAT CAN THE CHURCH DO?

- **Educate church leaders**
- **Seek opportunities to collaborate and work together with community mental health providers**

(Williams and Williams-Morris 2000; Jimenez et al. 2012; Payne 2009). (Author et al. 2010; Mishra et al. 2009; Oppenheimer et al. 2004; Payne 2009)



WHAT CAN THE CHURCH DO?

- **Opportunity exists for Black American churches to provide training**
- **Reach out to community stakeholders**
- **Encourage churches to offer Mental Health First Aid Training**
- **Prepare church leaders to recognize mental health symptoms**

Center for Faith-based and Neighborhood Partnerships: <https://www.hhs.gov/ashraf/agencies/fea/partnerships/index.html>
Mental Health: A Guide for Faith Leaders - <https://www.psychiatry.org/Psychiatrists/Diversity/Mental-Health-and-Faith-Community-Partnership>



WHAT CAN THE CHURCH DO?

- **Recruit trained mental health professionals to church staff**
- **Find ways to normalize the conversation and increase social support**

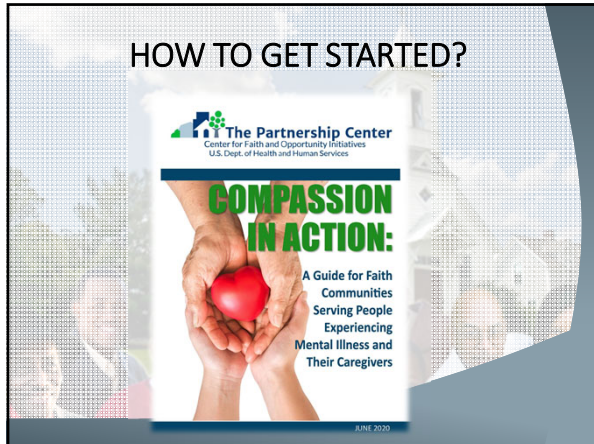
Center for Faith-Based and Neighborhood Partnerships - <https://www.cfbn.org/about-us/partnerships/index.html>
Mental Health: A Guide for Faith Leaders - <https://www.psychiatry.org/Diversity/Diversity/Mental-Health-and-Faith-Community-Partnership>

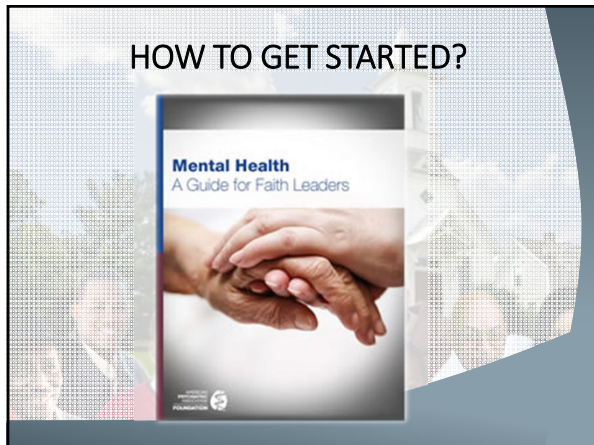


HOW TO GET STARTED?

HOW TO GET STARTED?

- **Educate and train leadership in basic mental health and wellness**
- **Two brochures:**







HOW TO GET STARTED?

- **Create a welcoming atmosphere and culture in your church about mental health and wellness.**
- **Provide support with Mental Wellness programming**
- **Learn when to make Referrals to Mental Health Professional**

RESOURCES

For Faith Leaders: Helpful resources

- There are excellent resources for faith communities and their leaders to enhance their knowledge and skills to better serve congregants.
- American Psychiatric Association
Quick Reference on Mental Health for Faith Leaders - a companion to this guide, psychiatry.org/faith
- Understanding Mental Disorders: Your Guide to the DSM-5® a new book from APA based on the latest, fifth edition of the Diagnostic and Statistical Manual of Mental Disorders—known as DSM-5.
www.psychiatry.org/mental-health/understanding-mental-disorders
- NKI Center of Excellence in Culturally Competent Mental Health Pastoral Education Guide and Pastoral Education Workbook <http://kcase.org/our-products/>
- The Guide includes a case example of depression complicating grief requiring referral, and the Workbook discusses the use of a depression screen to help identify people who may need to be referred. Mental Health Information for Ministers (Unitarian Universalist Mental Health Ministry)
www.mpuuc.org/mentalhealth
- Mental Health Ministries www.mentalhealthministries.net/
- Mental Illness and Families of Faith: How Congregations Can Respond (Study Guide)

Center for Faith-based and Neighborhood Partnerships - <https://www.cbnp.org/about/agencies/ica/partnerships/index.html>
Mental Health: A Guide for Faith Leaders - <https://www.psychiatry.org/Psychiatrists/Diversity/Mental-Health-and-Faith-Community-Resources>
