



THE PREVENTION POST

from Centennial Mental Health Center's Prevention Team

JULY 2022

Welcome to the July 2022 Prevention Post, celebrating National Minority Mental Health Awareness Month!

We have worked tirelessly over the last several years to decrease stigma around and increase access to mental health services in the United States, however research demonstrates that diverse populations are still disproportionately affected by disparities in both general and mental health due to systemic barriers to care, historical prejudice within our society, and stigma towards mental health care. To help shed light on this issue, July was announced as National Minority Mental Health Awareness Month in 2008 in honor of Bebe Moore Campbell, a mental health advocate and National Alliance on Mental Illness (NAMI) Urban Los Angeles co-founder. In conjunction with NAMI's "Together for Mental Health" message, we've included several resources below for both providers and community members to increase their understanding of minority mental health and find ways to help. Some of their suggestions include:

1. Share the lived experiences of underrepresented populations through NAMI.org Personal Stories
2. Use the hashtags #MMHAM, #NotAlone, and #Together4MH on social media during the month of July
3. Become an advocate for improving access to mental health services, especially for marginalized communities
4. Be an ally for minority populations by elevating their voices and needs in all spaces

You can also follow the organizations listed below on social media for resources and infographics related to minority mental health throughout the month of July. Lastly, please follow our Centennial Facebook page for additional infographics and information on how to assist these individuals. Together we can create a more equitable society for everyone and improve the health and wellbeing of our communities!

(U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES, OFFICE OF MINORITY HEALTH)

<https://minorityhealth.hhs.gov/minority-mental-health/>

(MENTAL HEALTH TECHNOLOGY TRANSFER CENTER NETWORK SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION)

<https://mhttcnetwork.org/centers/mhttc-network-coordinating-office/july-national-minority-mental-health-awareness-month>

(NATIONAL ALLIANCE ON MENTAL ILLNESS)

<https://www.nami.org/Get-Involved/Awareness-Events/Bebe-Moore-Campbell-National-Minority-Mental-Health-Awareness-Month>

(NATIONAL CHILD TRAUMATIC STRESS NETWORK)

<https://www.nctsn.org/resources/public-awareness/national-minority-mental-health-awareness-month>

(NATIONAL LIBRARY OF MEDICINE)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3928067/>



25% OF PEOPLE IDENTIFYING AS TWO OR MORE RACES HAVE REPORTED EXPERIENCING A MENTAL HEALTH CONDITION IN THE LAST YEAR.

Look **#BeyondTheNumbers** and learn more at mhanational.org/july.



Source: <https://www.psychiatry.org/healthLibrary/psychiatry/cultural-competency/mental-health-disparities/mental-health-trends-for-diverse-populations-of>



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



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.

