

# Conversation on Race & Healthy Equity Series

## *Mental Health Disparities in Communities of Color*



## *During the COVID-19 Crisis*

August 27, 2020

# OVERVIEW

- |                    |   |
|--------------------|---|
| <b>10:00-10:30</b> | <b>Welcome/Overview/Icebreaker</b>  |
| <b>10:30-11:20</b> | <b>Panel Presentation*</b><br>Jaquay Washington, Author<br>Dr. Anthony Thompson, Jr., Clinical Case Manager |
| <b>11:20-11:45</b> | <b>Group Discussion*</b><br>Audience Q & A led by moderator   |
| <b>11:45-12:00</b> | <b>Evaluation &amp; Close</b>   |

*\*Moderated by:*

*Kimberly Butler Willis, MPH, CHES, CDP  
Director, Ryan White Wellness Center*



# WEBINAR NORMS

- Be Present
- Share feedback, comments or questions in Question box
- Type questions related to content in the meeting questions box. During the presentation we will have a time to pause and address questions
- Feel free to take breaks and nourish yourself during the call when needed!
- Treat each other with dignity and respect
- Practice active listening/listen to understand
- Disagree with ideas, not with people
- Be genuine about ideas, challenges, and feelings
- Practice and experience humility - each of us may not have all the answers



# ENGAGE & BE SOCIAL!



## #healthytricity

# CONTEXT SETTING

Healthy Tri-County, is a multi-sector regional initiative to improve health outcomes in Berkeley, Charleston, and Dorchester counties launched by Roper St. Francis Healthcare, MUSC Health, and Trident United Way in January 2017.

The long-term aspirational goal of this initiative is to improve the health and well-being of every person and community within the Tri-County area.



LEARN MORE AT [www.healthytricounty.com](http://www.healthytricounty.com)



# HEALTHY TRI-COUNTY MEMBERS



AccessHealth Tricounty

Alliance for a Healthier South Carolina

American Cancer Society

American Diabetes Association

American Heart Association

Assoc. for the Blind & Visually Impaired

Barrier Island Free Medical Clinic

Berkeley County Library System

Berkeley County School District

Charleston County First Steps

Charleston County Parks & Rec

Charleston County Public Library

Charleston County School District

Charleston Dorchester Mental Health

Charleston Police Department

Charleston Promise Neighborhood

Charleston Southern University

Children's Trust of SC

City of Charleston

Dee Norton Child Advocacy Center

Dept Health & Environmental Control

Diabetes Advisory Council of SC

Dorchester 4 School District

Dorchester Alcohol and Drug Comm

Dorchester Children's Center

Dorchester County Library

East Cooper Community Outreach

ECPI

Ernest E. Kennedy Center

Fetter Health Care Network

Florence Crittenton Progs of SC

HALOS

Healthy Lifestyle Network

Healthy Plate Cooking

Help Me Grow

Johns Island Rehab & Healthcare Ctr

Lowcountry Alliance for Model Communities

Lowcountry Food Bank

Lowcountry Grad Center

Lowcountry Local First

Lowcountry Street Grocery

Medical University of SC

Metanioia

Miller Consulting

Molina Healthcare

My Sister's House

Nucor

Our Lady of Mercy Outreach

Palmetto Advantage Care

Palmetto Community Action Partnership

Palmetto Project

PASOs

Roper St. Francis

Saillant Lang Consulting

SC Cancer Alliance

SC Thrive

Second Chance Bikes

Select Health SC

Shifa Free Medical Clinic

St. James Santee Family Health Ctr

Summerville Family YMCA

The Nourished Principles

Tri-County Cradle to Career Collaborative

Tricounty Family Ministries

Trident Health

Trident Literacy Association

Trident United Way

Wellness Five

Welvista

Windwood Farms & Family Services

YMCA of Greater Charleston

YWCA Greater Charleston

Youth Empowerment Services



# HEALTHY TRI-COUNTY

## HEALTH DATA WORKGROUP

**Activities**  
(1) 2019 Tri-County  
Community Health  
Needs Assessment  
(2) Health Data Resource  
Hub

## HEALTH IMPROVEMENT PLAN WORKGROUP

**Activities**  
Implement and monitor  
2018-2023 Tri-County  
Health Improvement  
Plan.

## DIABETES COALITION

**Activities**  
(1) Raise awareness  
about and reduce  
rates of prediabetes  
and diabetes  
(2) Increase availability  
of National Diabetes  
Prevent Program

## HEALTHY PEOPLE HEALTHY CAROLINAS

**Activities**  
Implement evidence-  
based interventions  
addressing physical  
activity/nutrition and  
early identification and  
prevention of chronic  
disease

## SOCIAL DETERMINANTS OF HEALTH & HEALTH EQUITY

**Activities**  
(1) Conversation on Race & Health Equity Series, (2) Dissemination of Equity Resources



# OUR HEALTH, OUR FUTURE. TRI-COUNTY HEALTH IMPROVEMENT PLAN



## Our Health, Our Future

Tri-County Health Improvement Plan 2018-2023

## Community Action Guide



Berkeley | Charleston | Dorchester



## Our Health, Our Future

The Tri-County Health Improvement Plan 2018-2023

Berkeley | Charleston | Dorchester

[www.healthytricounty.com](http://www.healthytricounty.com)





# TRI-COUNTY HEALTH IMPROVEMENT PLAN

## TOPIC GROUPS

Access to  
Care

Behavioral  
Health

Clinical  
Preventative  
Services

Obesity,  
Nutrition &  
Physical  
Activity

Maternal,  
Child &  
Infant  
Health

## INFUSED IN ALL TOPICS

**Social Determinants**

**Health Equity**

# THE TOPIC OF CONVERSATION

- Identify the common mental health issues in communities of color that have been amplified by the pandemic.
- Key Points:
  - ✓ What's gotten us here?
  - ✓ What can we do about it now?
  - ✓ How can we do better in the future?

Our lives begin to end the day we become silent about things that matter.

Martin Luther King Jr.



# RATIONALE FOR TOPIC

- Awareness of mental health disparities among underserved racial and ethnic groups is not lacking. However, it has been challenging to strategically confront and address these issues across behavioral health care systems.
- The [Agency for Healthcare Research and Quality \(AHRQ\)](#) reports that racial and ethnic minority groups in the U.S. are less likely to have access to mental health services, less likely to use community mental health services, more likely to use emergency departments, and more likely to receive lower quality care.



# THE FACTS

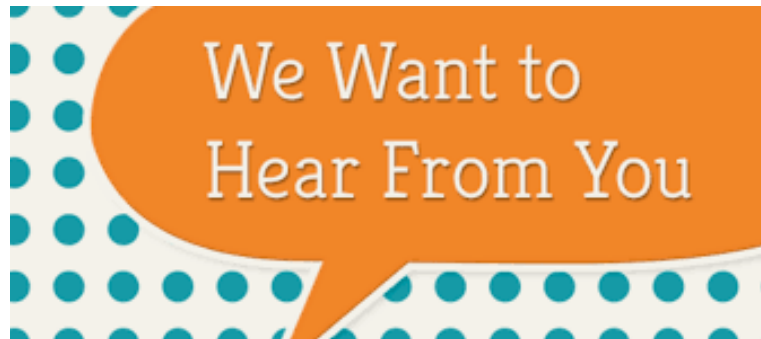
According to the Substance Abuse and Mental Health Services Administration (SAMHSA) and the CDC:

- In 2017, 10.5% (3.5 million) of young adults age 18 to 25 had serious thoughts of suicide including 8.3% of non-Hispanic blacks and 9.2% of Hispanics.
- In 2017, 7.5% (2.5 million) of young adults age 18 to 25 had a serious mental illness including 7.6% of non-Hispanic Asians, 5.7% of Hispanics and 4.6% of non-Hispanic blacks.
- Feelings of anxiety and other signs of stress may become more pronounced during a global pandemic.
- People in some racial and ethnic minority groups may respond more strongly to the stress of a pandemic or crisis.



# ICEBREAKER

1. Compared to the month of January of this year, how has your **personal level of life stress** been over the past 2 month?
2. How much **more worried have you been about the health and safety of family or friends** in the past 8 weeks, compared to before?
3. How much **more worried have you been about your finances** in the past 8 weeks, compared to the way it was before COVID-19 pandemic?





**JAQUAY WASHINGTON**

Author/Clinical Therapist



**DR. ANTHONY THOMPSON, JR.**

Clinical Case Manager/  
Speaker/Certified Life Coach

# PANEL PRESENTATION

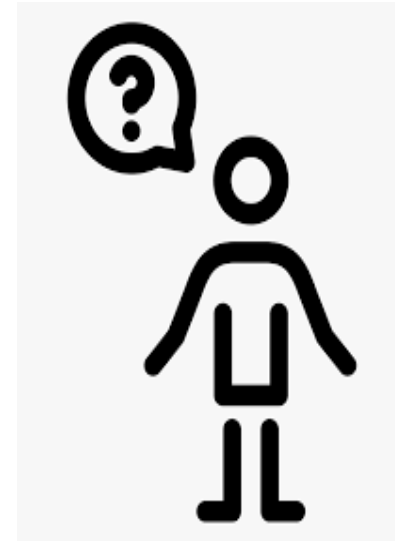


# The Superhero Complex



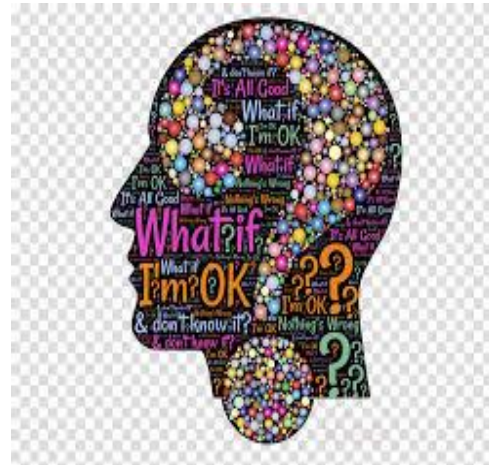
# Components of the Complex

- Who
- What
- Why



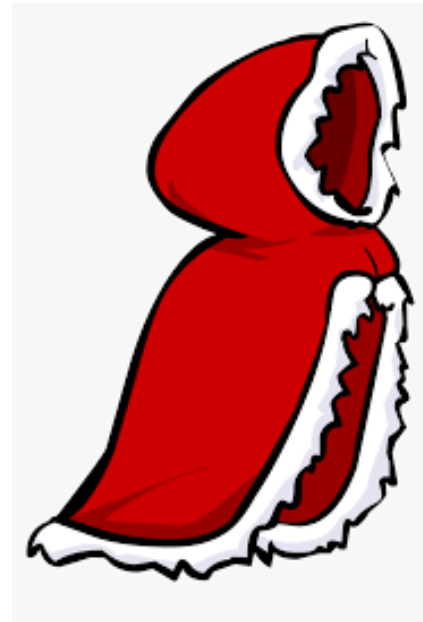
# Mental Health Effects of the Complex

- Depression
- Anxiety
- Substance Abuse
- Burnout



# Putting Down Your Cape/Self-Care

- Changing the narrative
- Setting Boundaries
- Making Your Mental Health a Priority



# Reflections

- As African American and minority women we have to get comfortable with being our number one priority.
- Understand “No” is a complete sentence and do not feel guilty when saying no.
- We cannot give to others what we do not have to give to ourselves.





# Conversation on Race and Health Equity

Mental Health Disparities in  
Communities of Color  
During the Covid-19 Crisis

**Dr. Anthony B. Thompson, Jr.**

*Board Certified Christian Counselor*

*Board Certified Biblical Counselor*

*Registered Behavior Technician*

*Certified Life Coach*



# Objectives

01

UNDERSTANDING  
DISPARITIES IN  
HEALTH OUTCOMES  
& LEADING HEALTH  
ISSUES IMPACTING  
MINORITY MENTAL  
HEALTH ISSUES

02

IDENTIFY STRENGTHS,  
WEAKNESS,  
OPPORTUNITIES, &  
THREATS REGARDING  
MINORITY MENTAL  
HEALTH & WELL-BEING

03

CHALLENGE THE  
AUDIENCE WITH A  
“CALL TO ACTION” IN  
VARIOUS AREAS OF  
NEED

*Dr Anthony Jr*

# Impacting Mental Health Concerns Prior COVID-19 Pandemic

- ◆ Lack of available health care services
- ◆ Belief that mental health treatment doesn't work
- ◆ Mental health stigma
- ◆ Mental health system very little or absent of minority values and culture norms
- ◆ Language barriers
- ◆ Lack of adequate health insurance

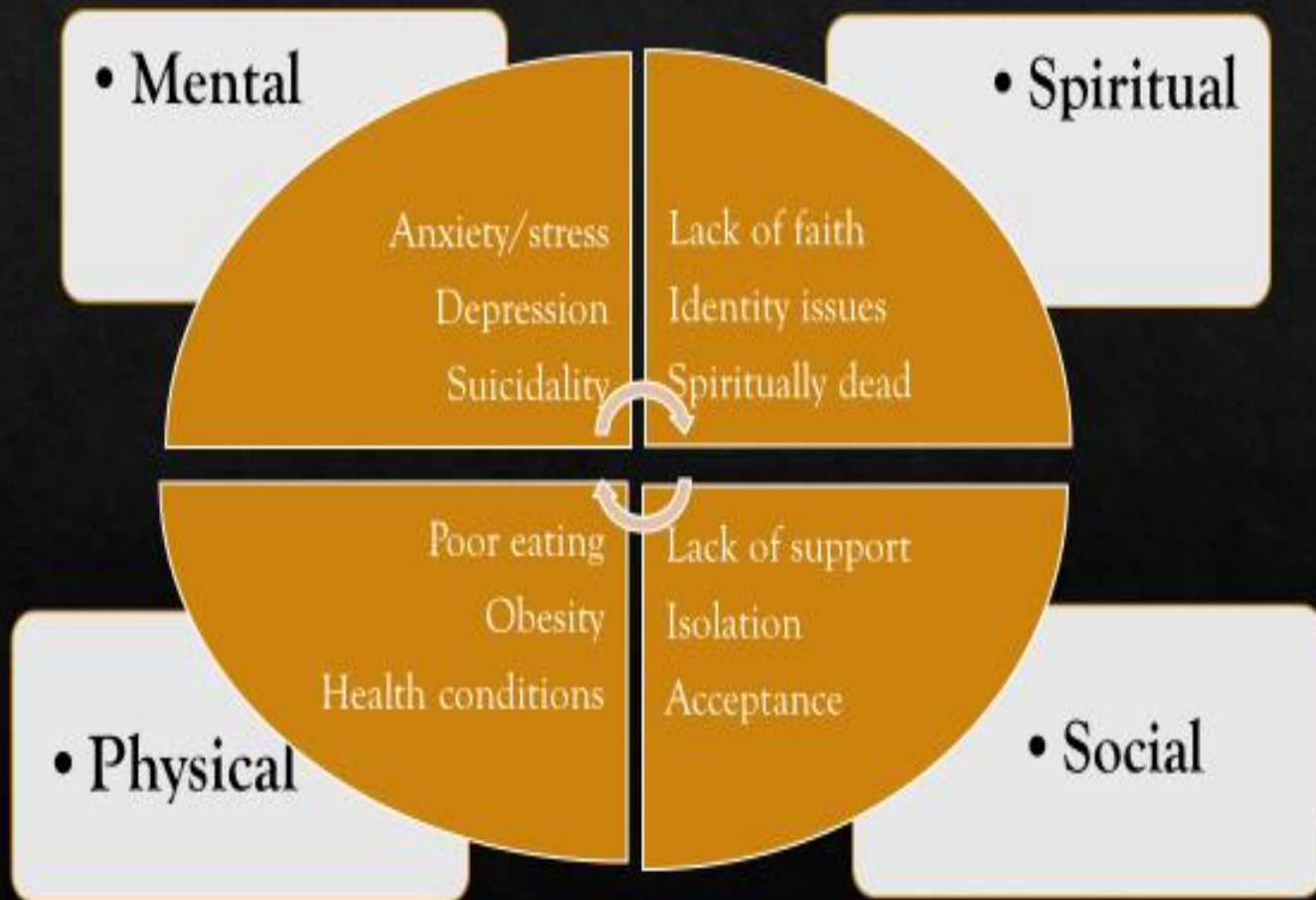
*Dr Anthony Jr*

# Disparities & Inequities Among Persons of Color

- ◆ Only 6.2% of psychologists, 5.6% advanced-practice psychiatric nurses, 12.6% social workers, and 21.3% psychiatrists are minorities (Hoge et al, 2013)
- ◆ African Americans (AA) are 20% more likely to report mental health symptoms than white people and less likely to seek treatment (Armstrong, 2019)
- ◆ Blacks and Latinos have substantially lower access to mental health and substance-use treatment services (SAMHSA, 2020)
- ◆ Older Blacks and Latinos are more likely to have chronic conditions (asthma, heart disease, diabetes, hypertension, obesity, and cancer) (Ogunwole, 2020)

*Dr Anthony Jr*

# Health & Well-being Matrix: Areas Impacted by COVID-19 Crisis





# S.W.O.T. Analysis View On Minority Mental Health & Well-being

## Strengths

- ◆ Currently being addressed as a need to be improved upon
- ◆ Strong sense of community and family
- ◆ Resiliency
- ◆ More socially sensitive to other groups and cultures

## Weaknesses

- ◆ Lack of appropriate resources and health care services
- ◆ Ineffective or lack of culturally appropriate interventions
- ◆ Very few, pertinent conversations on race and culture to promote education and awareness
- ◆ Stigmas

*Dr. Anthony Jr*

## Opportunities

- ◆ Build intentional partnerships with organizations and lawmakers to address issues
- ◆ Bring more attention to your personal health and well-being
- ◆ Capitalize on personal areas of development (faith, exercise, family, career goals, etc.)
- ◆ Reconnect on matters that are important and valuable to self and the community

## Threats

- ◆ Increased racial inequality and tension
- ◆ Distortion of information via social media
- ◆ Expansion of political power amongst elites
- ◆ Voter suppression
- ◆ YOURSELF

*Dr Anthony Jr*



# What Can We Do?



- ◇ Encourage mental health organizations to include minorities on staff or boards of directors.
- ◇ Write, call or talk to legislators—both local and federal—to support efforts to improve access to and the quality of mental health services in your area.
- ◇ Be more understanding towards what minority communities might be experiencing that you might not.
- ◇ Develop more culturally responsive interventions with trusted leaders within communities of color
- ◇ Black health care leaders to promote more health professions in the community
  - Job fairs, educational seminars in rural areas, high school/college visibility

*Dr. Anthony Jr*

# References

- ♦ Armstrong, Victoria. Stigma Regarding Mental Illness Among People of Color. National Council for Behavioral Health, July 8, 2019.
- ♦ Balakrishnan, Radhika and James Heintz. How Inequality Threatens All Human Rights. OpenGlobalRights, October 2015.
- ♦ Hoge, Michael, Stuart, Gail, et al. Mental Health And Addiction Workforce Development: Federal Leadership Is Needed To Address The Growing Crisis. Health Affairs, vol. 32, 11, November 2013.
- ♦ National Alliance on Mental Illness (NAMI). <https://www.nami.org/Blogs/NAMI-Blog/July-2017/Disparities-Within-Minority-Mental-Health-Care>. July 2017.
- ♦ Ogunwole, S. Michelle. How COVID-19 Has Exacerbated Healthcare Disparities Among BIPOC. Mental Health America, June 2020.
- ♦ SAMHSA. Double Jeopardy: COVID-19 and Behavioral Health Disparities for Black and Latino Communities in the U.S., <https://www.samhsa.gov/sites/default/files/covid19-behavioral-health-disparities-black-latino-communities.pdf> 2020.

*Dr Anthony Jr*

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*Dr Anthony Jr*

# 5-MINUTE BREAK



**#healthytricity**



## GROUP DISCUSSION





# NEXT STEPS



# ENGAGE



# THANKS & EVALUATION



*Thank  
you!*

**CHANGE HAPPENS TOGETHER!**



# PRESENTER CONTACT INFORMATION

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