

## GROUP MEMBERS

Boyce, Amber

Duarte-Rivera, Neida

Etwaroo, Navanna

Luzzi, Kendrick

Rodriguez, Lalitza

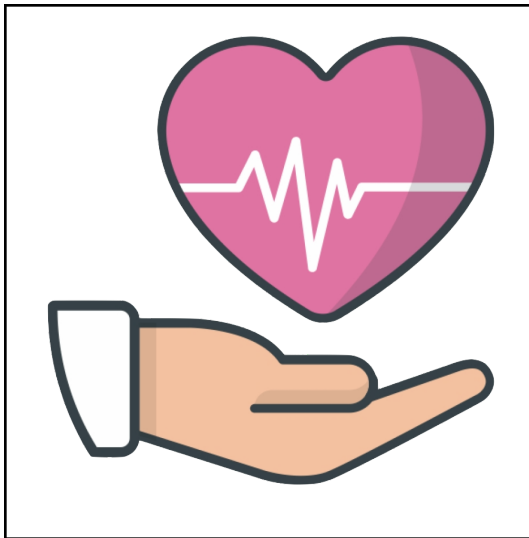
Veltman, Matthew

## RACE AND HEALTH



## ABOUT SECTION

*The world we live in today is a challenging one as it is rapidly changing and advancing. Yet there are specific groups of people that are unaware and uneducated on these changes and advances. Every day, we discover new medicines and vaccines, new studies about healthcare and mental health are being shared, and technology continues to get more creative. What population(s) are informed? Information and resources about healthcare and mental health are often not distributed evenly within communities, specifically poorer communities and those living in poverty. What do underserved communities look like? Communities living in poverty are often communities of color. Racial disparities in our healthcare system persist as a form of racial injustice regarding access to, use of, and quality of care.*



## REFERENCES

McMaster, K.J., Peeples, A.D., Schaffner, R.M. et al. Mental Healthcare Provider Perceptions of Race and Racial Disparity in the Care of Black and White Clients

“Racism and Mental Health.” *Mental Health America*, [www.mhanational.org/racism-and-mental-health#\\_ftn10](http://www.mhanational.org/racism-and-mental-health#_ftn10).

“Black and African American Communities and Mental Health.” *Mental Health America*, [www.mhanational.org/issues/black-and-african-american-communities-and-mental-health](http://www.mhanational.org/issues/black-and-african-american-communities-and-mental-health).

Lee, Shanon. “Racial Disparities Lead to Poor Mental Health Care for Black Americans.” *Verywell Mind*, 6 Aug. 2020, [www.verywellmind.com/racial-disparities-mental-health-5072490](http://www.verywellmind.com/racial-disparities-mental-health-5072490).

“Policy Issues.” *Mental Health America*, [www.mhanational.org/policy-issues?gclid=EAlalQobChMIhoDo3ojm7wIVsQelCR0umQzKEAAYASAAEglEavD\\_BwE](http://www.mhanational.org/policy-issues?gclid=EAlalQobChMIhoDo3ojm7wIVsQelCR0umQzKEAAYASAAEglEavD_BwE).

Rights And Privacy Issues. (2021). *betterhelp*. Retrieved from <https://www.mhanational.org/position-statements/rights-and-privacy-issues>

Service Issues. (2021). *betterhelp*. Retrieved from <https://www.mhanational.org/position-statements/service-issues>

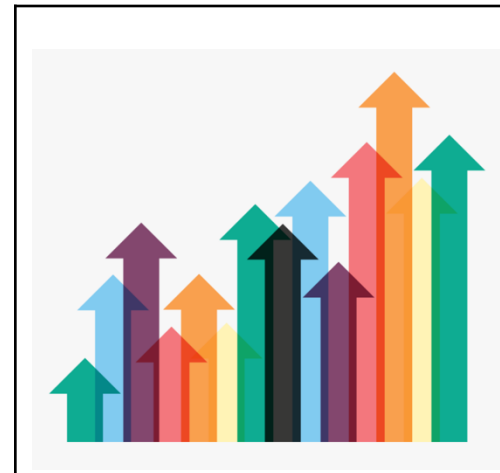
## POLICIES (cont.)

Rights to privacy are protected for those with mental health and substance abuse conditions. Seclusion and restraint that have no therapeutic value causes severe emotional and physical harm and even death. Protecting the rights of people with mental health and substance abuse conditions from discrimination helps integration in all aspects of life. The best hope for recovery from mental illness is preventing involuntary mental health treatment and services. Permitting what treatment to receive and what to receive if incapacitated improves mental health and well-being. The Americans with Disabilities Act (ADA) protects people with mental illness and addiction from unlawful discrimination, and the MHA strongly supports community inclusion and recovery with integrated services, programs, and activities. Advances in psychiatric research aims to promote mental health and protection of participants. Standards for management and access are protected by the Health Information Portability and Accountability Act of 1996.

MHA promotes services and treatment for emotional and cognitive challenges of the aging, development of employment services for adults in recovery of mental health and substance use conditions, access to medication with treatment of substance use disorders and the use of Electroconvulsive therapy (ECT) and other Electromagnetic Brain Treatments as effective treatment for certain brain disorders, and self-determination as an initiative. Supportive Housing and Housing First supports and prevents homelessness for those most vulnerable. Peer support services help to further improve the recovery of mental health and substance use conditions.

## STATISTICS

- ***Black Americans are 50% as likely to receive care for mental disorders***
- ***Black Americans are 20% more likely to report serious psychological distress than White Americans.***
- ***In 2018, 58.2% of Black Americans over the age of 12 with a substance abuse disorder did not receive treatment***
- ***In 2016, 12.3 percent of Black Americans who had a doctor's office or clinic visit over the past year had difficulty getting needed care, tests or treatment compared to 6.8 percent of white adults***
- ***In The U.S. Census reported that nearly 11% of Black Americans compared with 6% of White Americans were uninsured, and Roughly 23% of Black Americans live below the poverty level, compared to 10% of White Americans leading to racial disparities in access to mental healthcare***

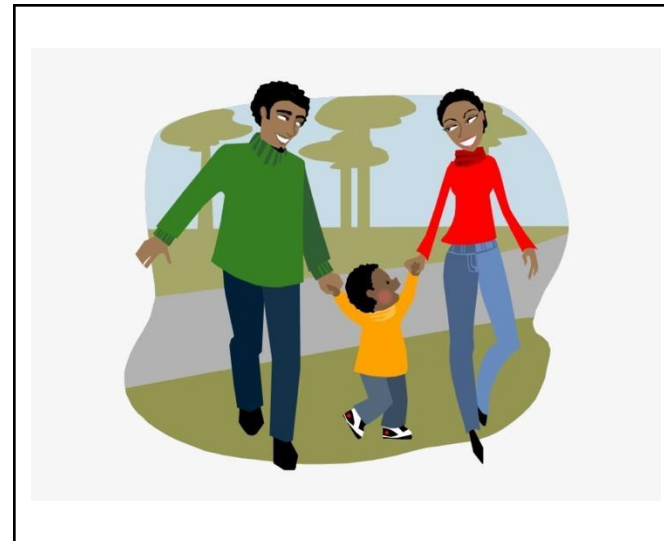




## NON-PROFITS

1. GirlTrek is a national nonprofit that encourages Black women and girls to adopt walking as a form of exercise and self-care. Their mission is to “Pioneer a health movement for African-American women and girls grounded in civil rights history and principles through walking campaigns, community leadership, and health advocacy.” In response to Covid-19, the organization released a 10-point action plan for its members, including a guide of 100 acts to undertake radical self-care.

GirlTrek (2021). Our Mission. GirlTrek. Retrieved from [www.girltrek.org/our\\_mission](http://www.girltrek.org/our_mission).

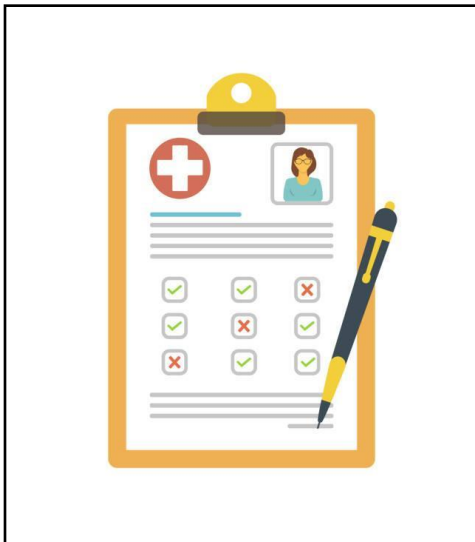


# POLICIES

Mental Health America (MHA) continues to ensure access to treatment, improvement of the quality of treatment to help reduce homelessness, incarceration, and discrimination.

Founded in 1909, MHA protects the mental health, mistreatment, and those who were forgotten in the system. In remembrance of George Floyd, Daniel Prude, and many other Black, Indigenous, and People of Color, MHA reviews its policies to work more effectively and to advance equity.

MHA protects and ensures effective intervention, treatment with dignity, and improving equity.



## EDUCATIONAL PROGRAMS / RESOURCES / TOOL KITS

The No Child Left Behind (NCLB) program is a law that was passed in 2002. It was an update to the country's policy that defined federal roles for kids in Kindergarten all the way through high school. The NCLB law increased the government's role in making sure school's are responsible for the growth and progress of students. The NCLB has received backlash for not progressing in student achievement through standardized testing and periodic updates about children's performance in their studies. (Fukuda, M., et al., 2020)

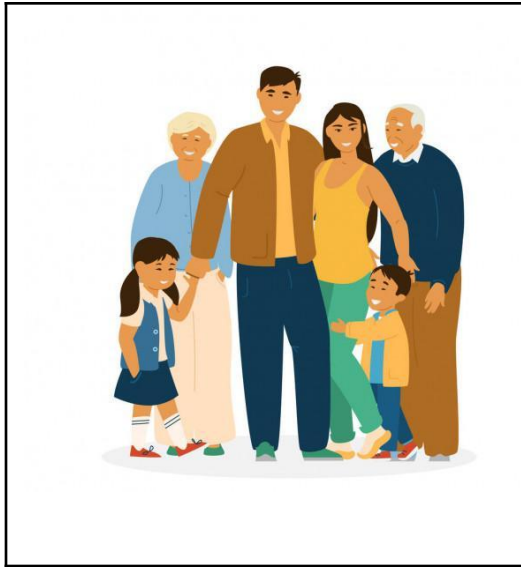
The Individuals with Disabilities Education Act (IDEA) of federal law that was passed in 2004 and monitors how states and public agencies provide early intervention, special education, and related services to children with disabilities. IDEA was passed & outlined to align with the NCLB act to enhance special education services for students. (Fukuda, M., et al., 2020)



## NON-PROFITS (cont.)

2. The Asian Mental Health Project exists to prevent Asian individuals from the fear and guilt that are often associated with mental illness. By increasing dialogue via storytelling and helping spread support resources with mental health professionals, they make it easier for Asian folks to be open to the idea of mental health support and treatment. The Asian Mental Health Project offers a safe space for Asian individuals to engage in mental health commentary that centers the needs of the Asian community. Recently they cohosted "Race, Health & COVID-19", with several other organizations to discuss the way the legacy of racism has impacted people of color's experience with COVID-19.

AMHP (2021). About. AMHP. Retrieved from <https://asianmentalhealthproject.com/>



## NON-PROFITS



3. Life is Precious™/La Vida es Preciosa program: This program combines individual and group counseling, creative arts therapy, academic support, music, nutrition, wellness activities, family services, and psychiatric services provided by partnering clinics for young Latinas. This program focuses on the issue of how young Latinas have become the teen population with the highest rate of suicide attempt in the country.

Gil, R. (2019). History & Mission. Life Is Precious. Retrieved from [www.comunilifelip.org/copy-of-overview](http://www.comunilifelip.org/copy-of-overview).



## EDUCATIONAL PROGRAMS / RESOURCES / TOOL KITS

RISE for Boys and Men of Color is an educational program to better help provide opportunities for minorities, which includes boys and men of color. These programs include The Atlantic Philanthropies, W.K. Kellogg Foundation, Annie E. Casey Foundation, Marguerite Casey Foundation, and members of the Executives' Alliance. (Fukuda, M., et al., 2020)

