

Minority Fellowship Program Webinar

Community Connections Fellow Led Webinar

Substance Abuse and Mental Health Services Administration
U.S. Department of Health and Human Services

Minority Fellowship Program Webinar
• July 28, 2021 •



SAMHSA
Substance Abuse and Mental Health
Services Administration

Disclaimer

The views, opinions, and content expressed in this presentation do not necessarily reflect the views, opinions, or policies of the Center for Mental Health Services, the Substance Abuse and Mental Health Services Administration (SAMHSA), or the U.S. Department of Health and Human Services.

Webinar Objectives

During this webinar, participants will:

- Learn about the community engagement efforts of current and recent alumni MFP fellows.
- Explore the impact of MFP fellow community engagement efforts.
- Understand lessons learned from MFP fellow community engagement efforts.

Non-profit & Community Center Outreach



Shahrzad Afshin Yekta, MA, LMFT, LPC
Traditional Master's Alumna (2015-2016)
American Association for Marriage and Family Therapy
Behavioral Health Consultant, Psychotherapist, Coach

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Objective

- Find new organizations within the community
 - Food Pantries
 - Living Resources' Centers
 - Non-profits (religion, race, etc. affiliated)
- Schools
- Small medical practices

Methods

- Mental Health Topics
 - Presentation
 - Workshops
 - Educational Pamphlets
- School Fair
 - Collaborate with School Counselor

Results

- Everybody WINS!!!
- Valuable no cost educational material for the underserved community
- Potential clients and other opportunities
- Great skills practice

Mindful: A Mental Health Group by and for API Students



Jeff Capps, MSW (he, they)
Youth Master's Alumnus (2020)
Council on Social Work Education
Pacific Clinics

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Context for the project

- History of groups for Asian and Pacific Islander students at Counseling and Psychological Services (CAPS) at University of California, Los Angeles
- Counternarrative as a mixed Taiwanese and White student in clinical social work



- Student-driven project design and curriculum development
- Marketing effort
- Real-time adjustments for current issues (e.g., pandemic, xenophobia)



ASIAN
PACIFIC
ISLANDER
CAUCUS
AT UCLA LUSKIN

presents

MINDFUL

An Open, Student-Led Group by and for
UCLA Asian and Pacific Islander Students

We will cover mental health topics, such as:
anxiety, depression, family, identity,
mindfulness, relationships, stress, trauma

Join us for any session!

Tuesdays, 5:00pm - 6:15pm PST on Zoom
2020 Spring Quarter, Weeks 2 - 9
(April 7, 14, 21, 28, May 5, 12, 19, 26)

Complete this form to join and get resources:
<https://forms.gle/6pDA8YmCobBdNzDr6>
Questions? Email uclaapi@gmail.com

Results/Conclusions

- Session topics
- Project reach
- Participant feedback
- Development of guide based on project

Session #	Topics
1	Stigma, symptoms, services, evidence
2	Intersectionality, API identity, racism
3	Anxiety, depression
4	Family, suicide
5	Mindfulness, addiction
6	Attachment, communication
7	Trauma, grief
8	Values
9	Black Lives Matter

Implications/Recommendations

- Culturally responsive programming
- Limitations of protocols
- Peer model
- Reflexivity

Disaggregating Data by Race in Infant Mortality and the Rise of Family Therapy in Infant Mental Health



Debbie Manigat, LMFT, DMFT(c), M.S.
Traditional Doctoral Fellow (2019-2021)
American Association of Marriage and Family Therapy
Nova Southeastern University

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Dedication

Dedicated to the Mothers of Gynecology & Maternal Mental Health:
Lucy, Anarcha, Betsey



Art by

The Resilient
Sisterhood

Gap in Knowledge

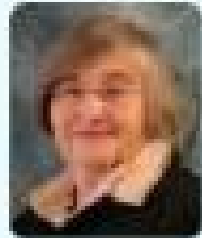
- Racial equity
- Cultural humility
- Cultural bias
- Implicit bias
- Microaggressions
- Perinatal mood and anxiety disorders (PMADs)
- Depression, anxiety, PTSD or psychosis during pregnancy
- Infertility
- Miscarriage
- Infant Mortality



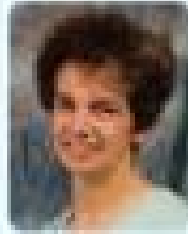
Background of Infant Mental Health

Infant Mental Health = Social and Emotional Development

John Bowlby



Jeree Pawl



Rebecca Shahmoradian



Mary Ainsworth



Dr. Joycelyn Elders, pediatric endocrinology, 15th Surgeon General of the United States, first African American and only the second woman to head the U.S. Public Health Service.



Dr. Vincent Felitti and Dr. Robert Anda, Founders of adverse childhood experiences (ACEs) study (1995-1997).



Dr. Nadine Burke Harris, pediatrician, Surgeon General of California; known for linking ACEs and toxic stress with harmful effects to health later in life.



Helen Rodríguez-Trías, MD (1929-2001): Fighting sterilization abuse



Selma Fraiberg



Alicia Lieberman

Dr. Kevin Nugent



Dr. T. Berry Brazelton



Marilyn Hughes Gaston, M.D. African American leader (1986) whose study of sickle-cell disease led to a nationwide screening program to test newborns for immediate treatment.

Purpose of MFP Project

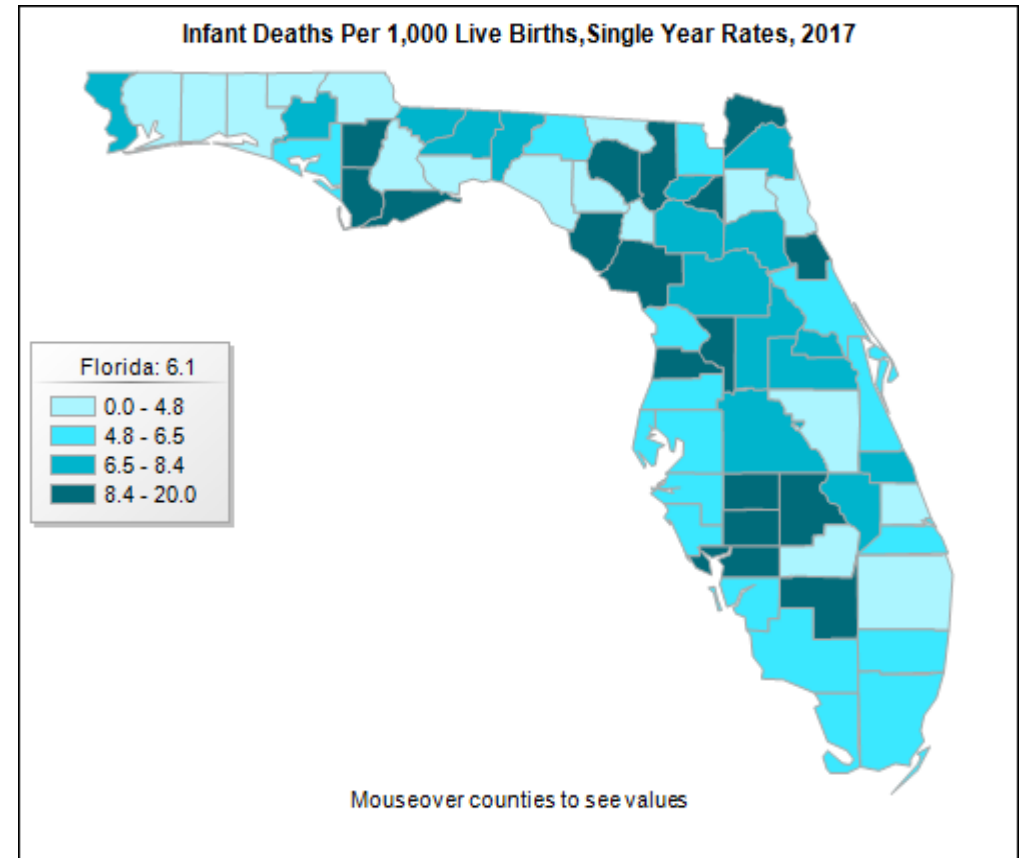
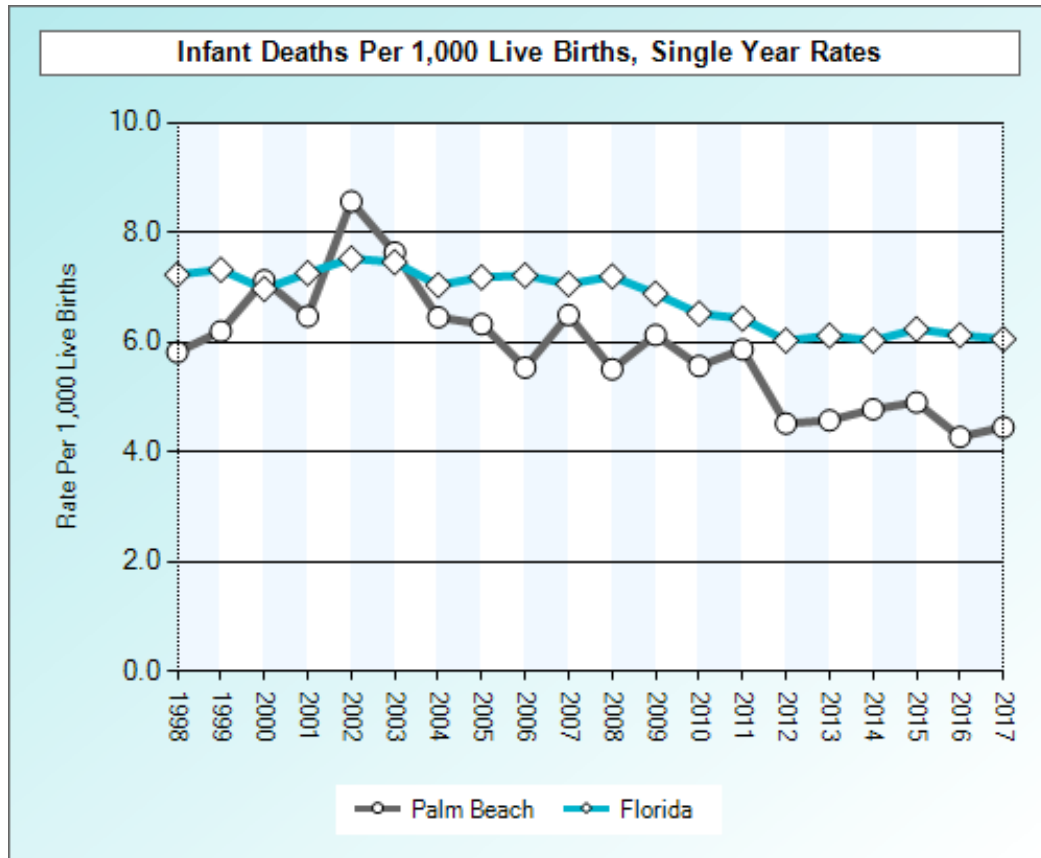


Review of Literature

- Zeanah, Ed. (2019) shares, “at no other point in her life will so much about her change in such a brief period or will the nature and quality of her adaptations have such far-reaching implications for her own and her child’s physical and psychological health.”
- When serving pregnant woman and their partners, health professionals like family therapists need adequate time and resources to address risks within a routine of practice and/or to link women with additional services as they are needed (Zeanah, Ed., 2019).
- **Research Question:** What are the differences on the infant mortality rate in Palm Beach, Broward, and Miami-Dade County, if any, based on race between 2007-2017?

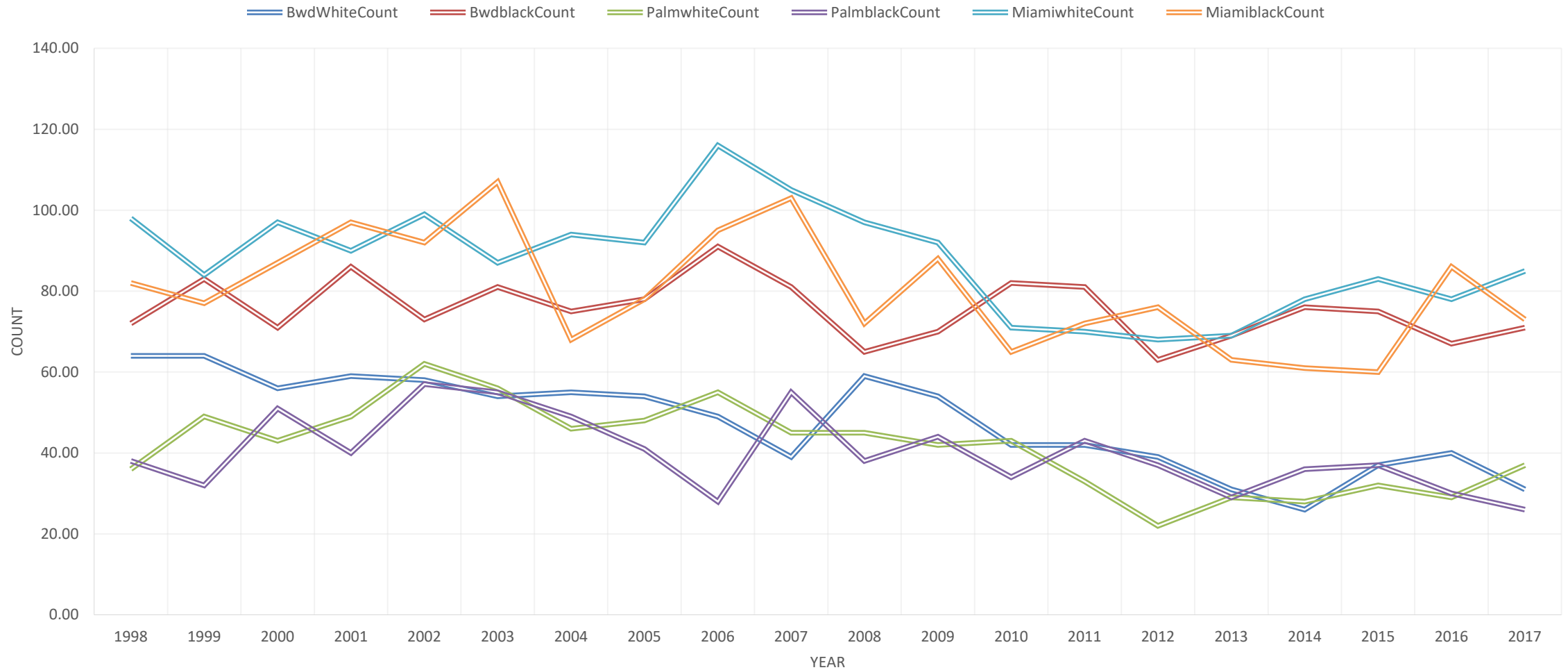


Infant Mortality Significance



Between 2007 and 2017, the infant mortality rate in Florida declined 14% and in Palm Beach County it was the lowest in 20 years, lower than the state and the nation at 6.0.

Infant Mortality County



The graph above shows the count of all three areas, Broward, Palm Beach and Miami-Dade. Data reveals that African Americans consistently have high infant mortality rates across counties.

Prenatal & Postnatal Death: Grief Support

- Clients and their families who are dealing with sorrow from loss prenatally or postnatal- need holistic and systemic grief care.
- Nearly 700 women die in the U.S. each year as a result of pregnancy or its complications (Petersen, et al., 2019).
- **Black, American Indian, and Alaska Native (AI/AN) women are two to three times more likely to die from pregnancy-related causes** than white women – and this disparity increases with age, researchers from the Centers for Disease Control and Prevention (CDC) report today in the *Morbidity and Mortality Weekly Report (MMWR)*.
- **Pregnancy-related deaths**- deaths that occur within one year of pregnancy.
- **Miscarriage**- loss of a fetus before 8-12 weeks and up to 20 weeks of pregnancy.
- **Perinatal mortality or neonatal mortality**- stillbirth or death within the first 7 days of life.
- **Infant mortality**- death of an infant before his or her first birthday and the infant mortality rate is the number of infant deaths for every 1,000 live births.



Clinical Considerations



Significance of IMH: Racial Equity, Justice & Education



Brothers Helping Brothers



Curtis Warren, MS
NBCC Master's Addictions Counseling Fellow (2020-2021)
Mental Health Counseling-Master's Program
Coppin State University/Tuerk House

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Mission/Overview



BROTHERSHELPINGBROTHERS

RELATIONSHIP ISSUES
FEAR • REJECTION
ANGER • HATE • RACISM
PARENTING • ADULTING
UNEMPLOYMENT
FINANCIAL
HOPELESSNESS
AND MUCH MORE



Black Men's Issues & Emotional Regulation Skills Group

WHAT IS IT?

This is an ongoing male group that uses unique ways of adapting to daily stressors. The goal of this group is to teach individuals how to accurately examine triggers and perceptions of situations, and learn healthy, and constructive ways in which to express frustration.

CLASSES OFFERED AT:

TNAT Holistic Wellness Center

5525 -5527 Harford Road
Baltimore MD 21214
Phone 1: 410-777-5020 Call / Text

Wednesdays
6:30 – 8:00 pm

Most Major
Insurances Accepted

Facilitated by: **Dennis Winkler jr., MS, LCPC, NCC, Ph.D. Candidate**
and **Curtis Warren, MS**

THE BENEFITS



Knowing your triggers

Learn to identify what provokes you.



Assertive Communication

Learn how to be an assertive communicator and strategies to resolve interpersonal conflict.



Respond Instead of React

Learn how to calm yourself while in stress provoking situations.

- Examine the impact of Intergenerational Trauma, Mental Health and SUD on African American Men.
- Examine Risk and Preventive factors.
- Discuss treatment and interventions.

Methods

The present study comprised a cross-sectional study of subjects in individual treatment and residual treatment that are assessed as one single cohort. All subjects were 19 years or older with traumatic experiences prior to age 18. Subjects were assessed for depressive symptoms, SUD as well as resilience.

Results/Conclusions

In 35 subjects enrolled, ACEs were significantly associated with depression severity in a dose-response fashion. The participating AA males in the studied scored low to moderate levels of ACEs with severe exposure to ACEs. Noted: The young participating adults with high and medium levels of resilience showed less depressive symptoms compared to those with low resilience ($p < 0.05$).

Implications/Recommendations

While ACEs were significantly associated with severity of depression in a dose-response fashion, higher resilience mitigated the impact of childhood adversities on depressive symptoms in young adults. The results are encouraging, and guides research for therapeutics to boost resilience.

Resources:

- Hayes-Greene, Deena, and Bayard P. Love. The Groundwater Approach: Building a Practical Understanding of Structural Racism. The Racial Equity Institute. 2018. Retrieved from [here](#).
- Prather, Aric (2020) Stress Is A Key To Understanding Many Social Determinants Of Health. Healthy Affairs. Retrieved from [here](#).
- Davis (2020) Discrimination: A Social Determinant Of Health Inequities. Health Affairs. Retrieved from [here](#).
- Williams, D. R., Lawrence, J. A., & Davis, B. A. (2019). Racism and health: evidence and needed research. Annual review of public health, 40, 105-125.
- Bailey, Z. D., Krieger, N., Agénor, M., Graves, J., Linos, N., & Bassett, M. T. (2017). Structural racism and health inequities in the USA: evidence and interventions. The Lancet, 389(10077), 1453-1463.
- Hahn, R. A., Truman, B. I., & Williams, D. R. (2018). Civil rights as determinants of public health and racial and ethnic health equity: health care, education, employment, and housing in the United States. SSM-population health, 4, 17-24.

Contact Us

SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.

If you have questions or need additional information about this or other webinars
Contact the Minority Fellowship Program Coordinating Center: MFPCC@mayatech.com

www.samhsa.gov

1-877-SAMHSA-7 (1-877-726-4727)

1-800-487-4889 (TDD)