

The Impact of Bullying on Mental Health in the Black Community

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MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

The purpose of the MHTTC Network is technology transfer - disseminating and implementing evidence-based practices for mental disorders into the field.

Funded by the Substance Abuse and Mental Health Services Administration (SAMHSA), the MHTTC Network includes 10 Regional Centers and a Network Coordinating Office.

Our collaborative network supports resource development and dissemination, training and technical assistance, and workforce development for the mental health field. We work with systems, organizations, and treatment practitioners involved in the delivery of mental health services to strengthen their capacity to deliver effective evidence-based practices to individuals. Our services cover the full continuum spanning mental illness prevention, treatment, and recovery support.

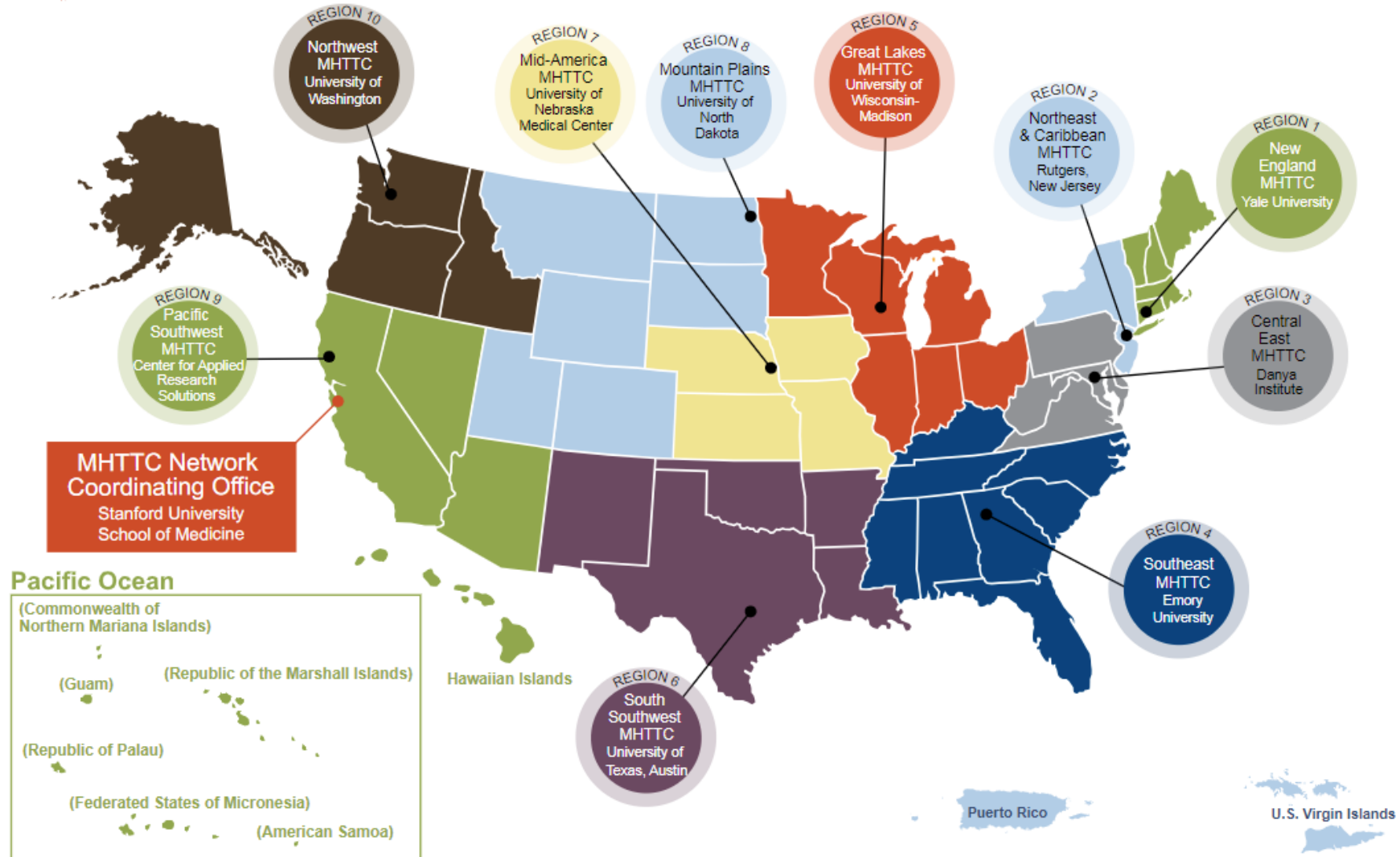


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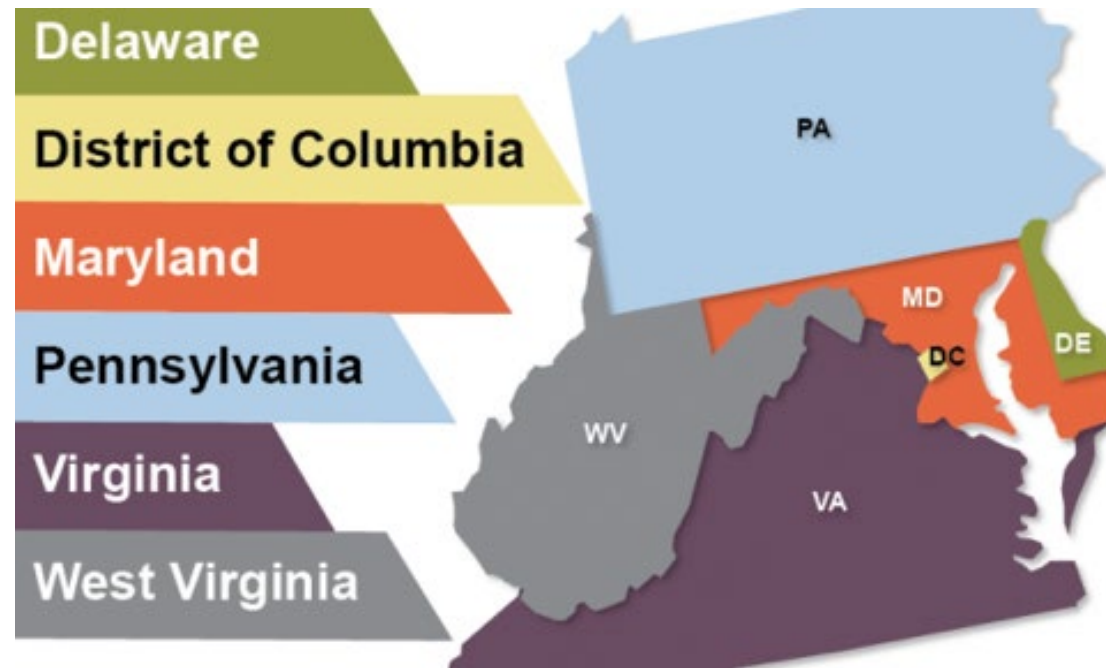
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MHTTC Network



Central East Region 3



Central East (HHS Region 3)

MHTTC

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The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

STRENGTHS-BASED
AND HOPEFUL

INCLUSIVE AND
ACCEPTING OF
DIVERSE CULTURES,
GENDERS,
PERSPECTIVES,
AND EXPERIENCES

HEALING-CENTERED AND
TRAUMA-RESPONSIVE

INVITING TO INDIVIDUALS
PARTICIPATING IN THEIR
OWN JOURNEYS

PERSON-FIRST AND
FREE OF LABELS

NON-JUDGMENTAL AND
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR
AND UNDERSTANDABLE

CONSISTENT WITH
OUR ACTIONS,
POLICIES, AND PRODUCTS

Acknowledgment

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At the time of this publication, Miriam E. Delphin-Rittmon, Ph.D., served as Assistant Secretary for Mental Health and Substance Use in the U.S. Department of Health and Human Services and the Administrator of the Substance Abuse and Mental Health Services Administration.

The opinions expressed herein are the views of the authors and do not reflect the official position of the Department of Health and Human Services (DHHS), SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this document is intended or should be inferred.

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Presented 2023

Today's Webinar

- The old saying, “Sticks and stones can break my bones, but words can never harm me, was a part of our upbringing for many of us.
- We now know this statement to be untrue, because bullying can have detrimental mental health effects.
- October is Bullying Prevention Month and an opportune time to expose the hazards of bullying to mental health
- We thank the SAMHSA CE-MHTTC for its partnership on the BPA Health Equity Webinar series.
- Content has both Central East region and national relevance.
- Our featured speaker is Cheryl Wills, MD

The Impact of Bullying on Mental Health in The Black Community

Objectives

- Examine the relationship between bullying, microaggressions and race
- Examine how bullying can amplify microinequities and mental health disparities
- Identify therapeutic approaches to reducing the emotional impact of bullying in the Black community

Bullying Criteria

- American Acad. Child Adol Psychiatry
- American Psychological Association
- RJ Hazler 1996
- Merriam-webster.com
- Intentional aggression/intimidation
- **Repetition**/persistent over time
- Power differential

21st century Bullying

Stopbullying.gov

- **Bullying** is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance.

Encyclopedia Britannica

intentional harm-doing or harassment that is directed toward vulnerable targets and typically repeated.

Cambridge Dictionary

- the behaviour of a person who hurts or frightens someone smaller or less powerful, often forcing that person to do something they do not want to do.
- 1/3

Types of Bullying

- Verbal – teasing, taunting, threats
- Social – gossip, public humiliation, social exclusion
- Physical – assault, taking or damaging property

Microaggression

Chester Middlebrook Pierce, 1970

- An “every day subtle and nonverbal form of discrimination experienced by Africans after the Jim Crow era.”
- *Implicit Bias*



Microaggression

- Privileged Class → Others
- “A comment or action that subtly and often unconsciously or unintentionally expresses a prejudiced attitude toward a member of a marginalized group (such as a racial minority)”

Microinequity

Derald Wing Su, Ph.D.

- The **pattern** of being overlooked, under-respected, and devalued because of one's race, gender, sexual orientation or other minority status.
- Environmental microaggressions
 - more apparent on systemic and institutional levels.
 - can send messages such as “you don't belong” or only certain groups succeed.



6 dimensions of racial microaggressions

Torres-Harding, Andrade, & Romero Diaz, 2012

1. invisibility,
2. criminality,
3. low-achieving/undesirable culture,
4. sexualization,
5. foreigner/not belonging,
6. environmental invalidations.

Why Targeted?

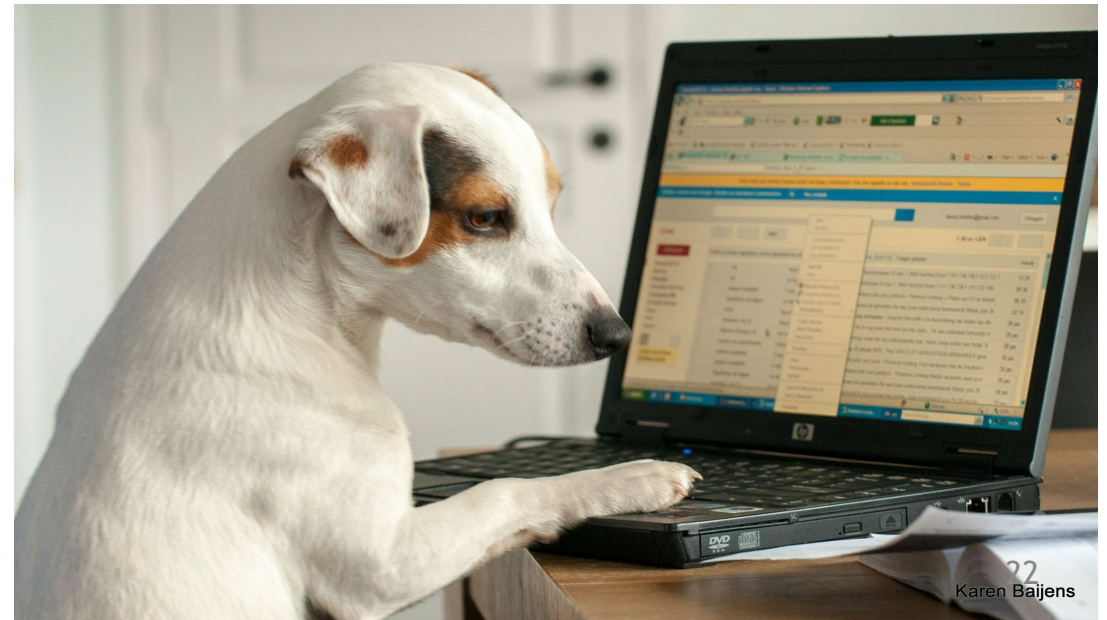
- Race
- Ability/Disability
- Gender
- Appearance
 - Body shaming
- Religion
- Sexual orientation
- Nationality
- Social class

Intersectionality

- The complex, **cumulative** way in which the effects of multiple forms of discrimination (such as racism, sexism, ableism, and classism) combine, overlap, or intersect especially in the experiences of marginalized individuals or groups.

Internet Changed the Bullying Dynamic

- Harder to escape 24-7
- Victims often bullied face to face, too
- Anonymous perpetrator
- Spreads quickly, can “go viral”
- **Perceived Anonymity →**
- **Normalization of Intolerance**



Developmental Effects of Bullying

- May Derail Social Development by
 - Inhibiting/disrupting friendships & group involvement
 - Retaliation
- May Derail Intellectual Development
 - Concentration
 - School refusal

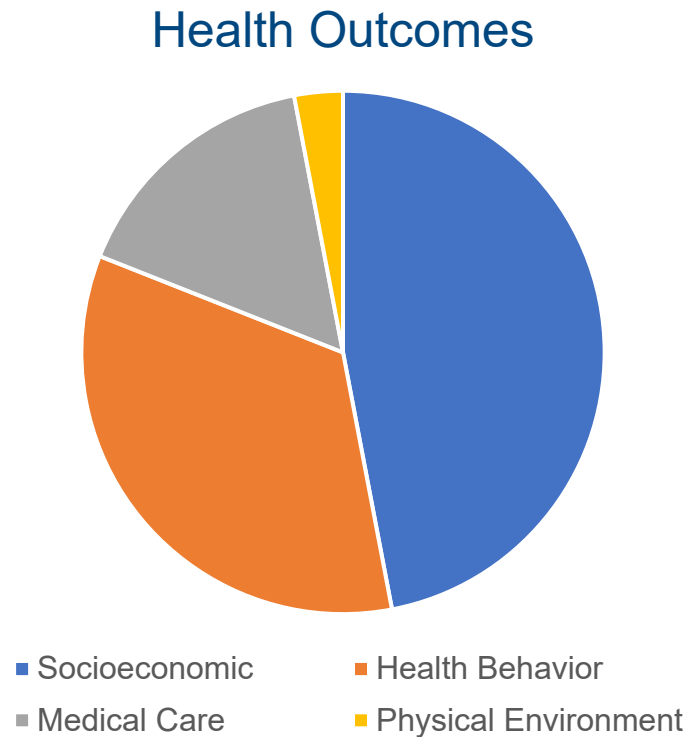
Workplace Bullying

- Perceived Job stressors
- Psychological distress
- Higher impact on women and African Americans
- Less access to co-worker social support
- Impostor phenomenon

Bullying and healthcare

County Health Rankings (CHR) → Health outcomes

Hood, Gennuso, Swain and Caitlin
Am J Prev Med, 2016



- Socioeconomic Factors – 47%
- Health Behaviors - 34%
- CLINICAL CARE – 16%
- Physical Environment 3%

Racial Bias & Burnout Among Resident Physicians

Drybye, Herrin, West *et al.* 2019, *JAMA Network Open*

- Cohort study - N= 3392 nonblack second year resident physicians
- Maslach Burnout Inventory – 2 questions
- Implicit bias – card sort/words / Explicit bias – 100 point feelings scale
 - Stress levels *directly associated* with implicit and explicit bias against Black people
- Third year – less stress
 - Decreased explicit bias, no change in implicit bias against Black people

Racial Microaggressions and Mental health

Nadal, 2014

- N=506
- Higher frequencies of racial microaggressions negatively predicted participants' mental health
- Racial microaggressions were correlated with depressive symptoms and negative affect

Perceived Racial Discrimination and Mental Health

- Adolescents and young adults experiencing racial/ethnic discrimination
 - greater risk of adverse mental health outcomes,
 - Cumulative lifetime stressors may have an aggregate impact on mental health

Bullying and Black Youth

- Social media studies - consistent relationship across studies between cyberbullying and depression in youth
 - Other mental disorders – inconclusive JAMA Pediatrics 2015
- Black adolescents reported the highest and Asian adolescents the lowest level of victimization n=104
 - 2017, J Adolescence

Discrimination and Mental Health in African-American and Afro-Caribbean Youth

- Discrimination a psychosocial stressor in African American and Afro Caribbean youth
- Associated with poor mental health outcomes
- No difference in the occurrence of discrimination between African American and Afro Caribbean youth, or in its mental health consequences

Association btw Bullying Victim & Suicide Attempts may be Mediated by

Koyanagi , 2018

- Depression
- Low self-esteem/external locus of control
- Hopelessness
- Loneliness
- Increasing ACEs

Microaggression and SI

Hollingsworth, Cole, O'Keefe, et al. (2017)

- Perceived burdensomeness, mediated the relationship between 3 racial microaggression dimensions:
 1. invisibility
 2. low-achievement/undesirable culture
 3. environmental invalidations and suicide ideation

Perceived Racial Microaggression

- Associated with increased
 - suicide ideation and depression in ethnic minority college students.
 - O'Keefe, et al, 2017
 - Risk for SI, depression, and hypertension in African Americans
 - Several sources

What can we do?

- Bullies
- Victims
- Transgenerational

What can we do? - Victims

- Identify
- Support
- Educate
- Empower
- Deter

Identify

- Ask about bullying – perpetration and victimization
- Inform families that resources are available
- Normalize the topic by talking about it
- Ask youths and parents about school antibullying policies

Reasons for Cyberbullying

- Insecurity – wants to impress others
- Maladaptive coping style
 - Uses aggression to meet needs
 - Learned behavior
- Ignorance
- Poor social skills
- Peer pressure/ and avoiding victimization

Support - Treatment/ Empowerment

- Reduce impairment due to trauma of bullying
- Render victim less vulnerable, through reducing psychological impairment
- Empower them to deter future offenses

Questions



Appreciation



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Let's connect:

