

# Post-traumatic Stress in the African American Community

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Immediate Past President, Black Psychiatrists of America Inc.

**January 20, 2022**



Central East (HHS Region 3)

**MHTTC**

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

# MHTTC Network

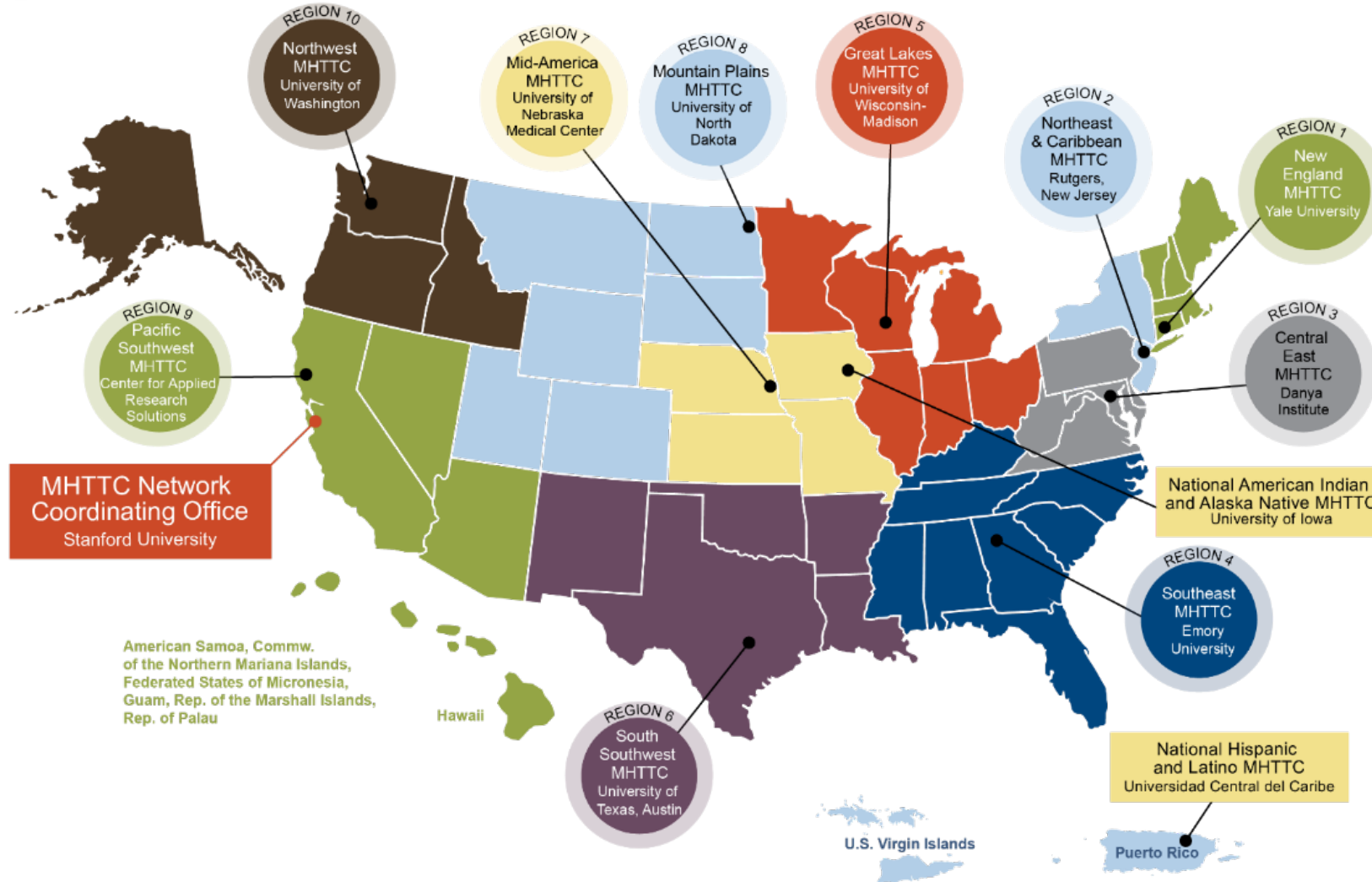


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# MHTTC Purpose

The MHTTC Network vision is to unify science, education and service to transform lives through evidence-based and promising treatment and recovery practices in a recovery-oriented system of care.

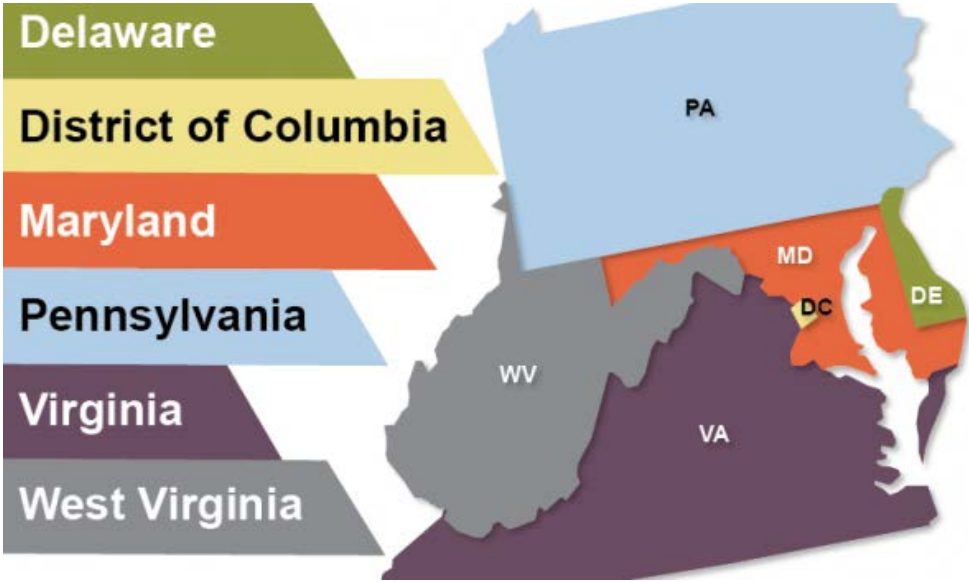


# Central East MHTTC Goals

## Funded by SAMHSA to:

- **Accelerate** the adoption and implementation of mental health related evidence-based practices
- **Heighten** the awareness, knowledge, and skills of the behavioral health workforce
- **Foster** alliances among culturally diverse practitioners, researchers, policy makers, family members, and consumers
- **Ensure** the availability and delivery of publicly available, free of charge, training and technical assistance

# Central East Region 3



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At the time of this presentation, Miriam Delphin-Rittmon served as Assistant Secretary for Mental Health and Substance Use and Administrator of SAMHSA. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by SAMHSA/HHS, or the U.S. Government.

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# Post-Traumatic Stress in the Black Community

Thursday, January 20, 2022

Presenter: Benjamin Roy, MD  
Immediate Past President  
Black Psychiatrists of America

Moderator: Anelle Primm, MD, MPH  
Council of Elders, Black Psychiatrists of America



# COVID-19: An Unprecedented Disaster

- Disparate levels of death and economic fallout in Black and other historically marginalized communities
- Mental health consequences include anxiety, depression, grief, and substance use
- Co-occurring mental illnesses such as post-traumatic stress disorder have been exacerbated by the fallout from COVID-19 and violence of all types

# Today's Program

- Special thanks to the CE-MHTTC for its support of this session of the Black Psychiatrists of America Health Equity Webinar Series
- Focus is regional on DE, MD, PA, VA, DC, and WV, yet information has national relevance
- Benjamin Roy, MD, Immediate Past President, Black Psychiatrists of America, is our featured speaker

# Posttraumatic Stress Disorder

- Lifetime prevalence of PTSD among Blacks is (8.7%), Whites (7.4%), Hispanics (7.0%) and Asians (4.0%)
  - Roberts AL et al. *Psychol Med.* 2011; 41(1): 71–83. doi:10.1017/S0033291710000401.
- Racial discrimination
  - SibravaNJ et al. *American Psychologist.* 2019; 74(1):104-116.
- From 1994 to 2010 black IPV fell 62% from 20.3 to 7.8/1,000
  - Catalano S. *Intimate Partner Violence, 1993–2010.* US Dept Justice, Bureau of Justice Statistics 2012
- Intimate Partner Violence rebounded during COVID-19 (rate/10,000 population)
  - African American women 16.9% (Hispanic 12.4%; Asian 4.2%, White 2.9%)
  - African American men 7.3% (Hispanic 3.7%; Asian 1.3%; White 0.9%)
    - New York City Mayors Office to End Domestic and Gender-Based Violence.  
*2020 Report on the Intersection of Domestic Violence Race/Ethnicity and Sex*
- Early exposure of African American and Puerto Rican adolescents to violence is associated with increased incidence of PTSD by their 30s
  - Kahl P et al. *J Consult Clin Psychol.* 2020; 88(1): 39–47. doi:10.1037/ccp0000449.

# Same Sex Intimate Partner Violence

- Lifetime prevalence of SSIPV
  - 49.3% of bisexual women
  - 29.4% of lesbian women vs. 23.6% heterosexual women
  - 16.4% of homosexual men vs. 13.9% heterosexual men
    - Breiding, M. J., Chen, J., and Walters, M. L. (2013). *The National Intimate Partner and Sexual Violence Survey (NISVS): 2010 Findings of Victimization by Sexual Orientation*. Atlanta, GA: National Center for Injury Prevention and Control.
  - 50% of transgender persons victimized. 50% attempt suicide.
    - Messinger AM and Guadalupe-Diaz XL, eds. *Transgender Intimate Partner Violence*. NYU Press, 2020.
- COVID-19 male SSIPV prevalence was 15.17%, 1/3 was new or more frequent
  - Victimization prevalence was 14.95%, 1/2 was new or more frequent
  - Outside sexual partners increased victimization by 70%
    - Walsh AR et al. Intimate Partner Violence Experiences During COVID-19 Among Male Couples. *J Interpersonal Violence* 2021; DOI: 10.1177/08862605211005135.
- 90% of murdered transgender are black, 68% in the South, 81% < 30

# Posttraumatic Stress Disorder

Nightmares

Unwanted memories

Flashbacks

Hypervigilance

Avoidance

Alienation

Numbness

Anhedonia

Hopelessness

Amnesia vs. Repression

Exaggerated Startle Responses

Tachypnea

Tachycardia

Diaphoresis

Night sweats

Bruxism

Sleep apnea

# Complex Posttraumatic Stress Disorder

- Chronic Repetitive Trauma
  - Holocaust survivors
  - Cambodia
  - Combat (theorists exclude combat but the author disagrees; furthermore, black females comprised food service private contractors)
  - Child abuse
  - Domestic abuse
  - Prisons
  - Displaced persons
  - Religious cults
- Multiple Disparate Traumas are additive

# Trauma Not on the Academicians Lists

- Microaggressions
- Repetitive traumatic brain injury (chronic traumatic encephalopathy)
- Pregnancy
- Homicide
  - Filicide
    - Neonaticide
    - Infanticide
  - Fratricide
  - Patricide/Matricide
- Murder-Suicide
  - Familicide (Family annihilation)
- Police shootings
- False witness provokes child or adult protective services, welfare, housing agency investigations

# Complex Posttraumatic Stress Disorder

- Symptoms
  - Depression
  - Somatization
  - Dissociation
  - Emotional flashbacks
  - Deformation of personality
- Sequelae
  - Suicidality
  - Self-mutilation
  - Homicide



# Complex Posttraumatic Stress Disorder

- Domestic Abuse
  - Physical abuse
    - Pugilistic head trauma
      - Punches
      - Kicks
      - Slamming head against floor or walls
    - Strangling (loss of consciousness?)
    - Choking (loss of consciousness?)
    - Stomping
    - Threats with a weapon
    - Assault with a weapon
    - Torture

# Traumatic Brain Injury Psychiatric Outcomes

- Behavioral Dyscontrol
- Irritability
- Aggression
- Personality Change
- Bipolar Disorder
- Major Depressive Disorder
- Suicide
- Substance Abuse
- Psychogenic Nonepileptic Seizures

# Chronic Traumatic Encephalopathy Stages

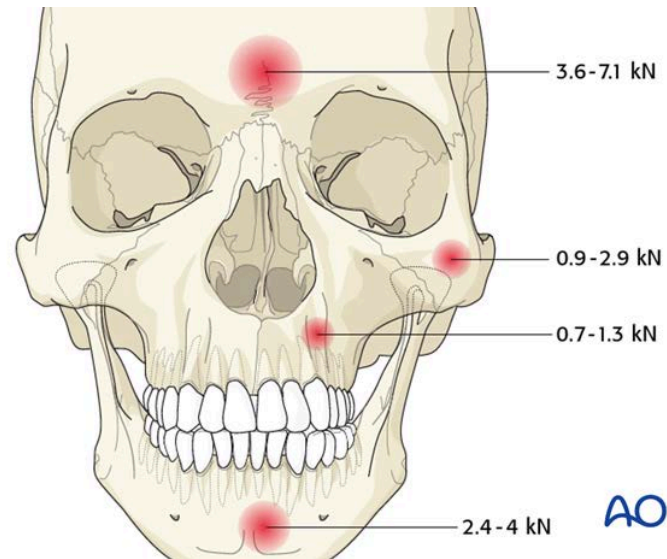
- Stage 1:
  - Headaches
  - Attention deficit
- Stage 2:
  - Depression and mood instability
  - Executive dysfunction, impaired judgment
- Stage 3
  - Cognitive impairment; memory loss
  - Explosivity
  - Paranoia
  - Visuospatial dysfunction
- Stage 4:
  - Dementia
  - Involuntary movements (parkinsonism)
  - Gait disturbance

# Chronic Traumatic Encephalopathy

	Male	Female
Straight Right Punch	2592 N	1170 N
Roundhouse Kick	2072 N	1511 N

N= 1 Newton = 1 kg m s<sup>-2</sup>

Busko K et al. Measuring the force of punches and kicks among combat sport athletes using a modified punching bag with an embedded accelerometer. *Acta of Bioengineering and Biomechanics* 2016; 18(1):47-54. DOI: 10.5277/ABB-00304-2015-02

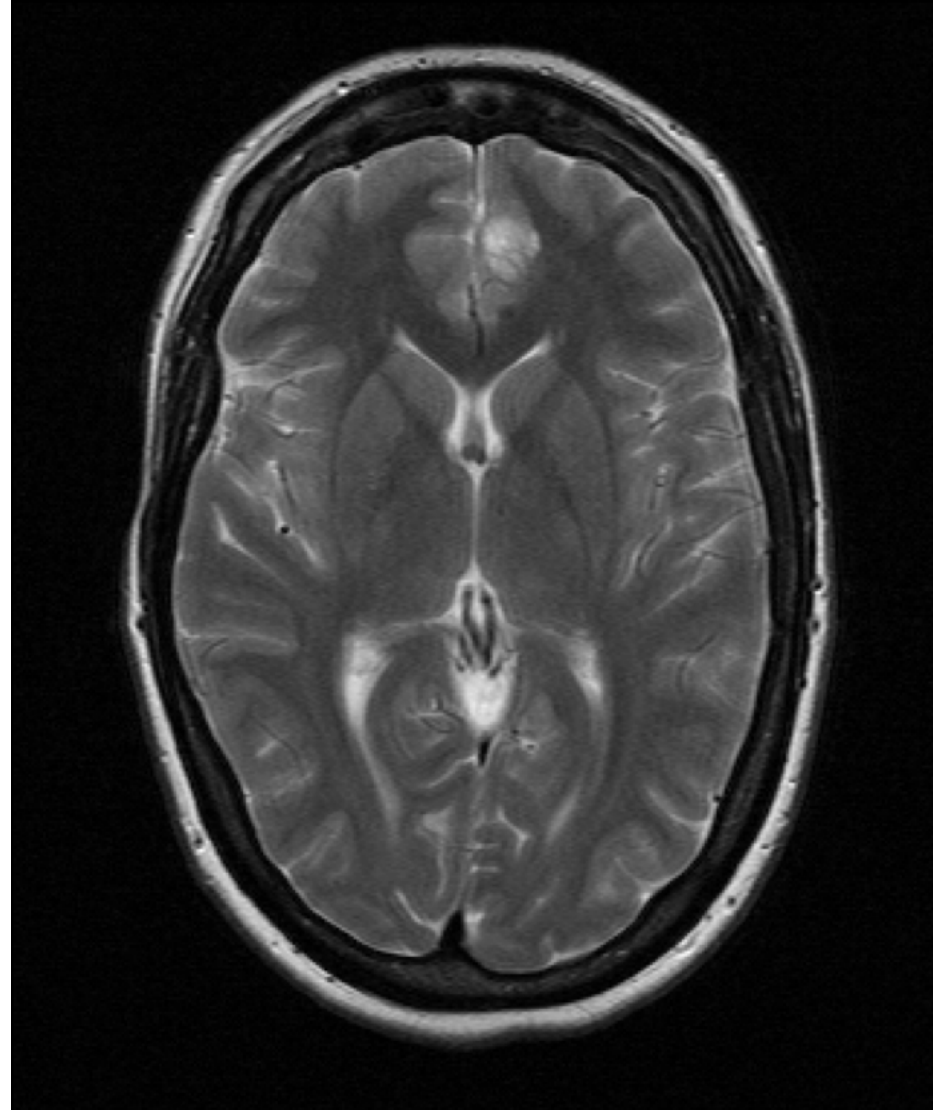
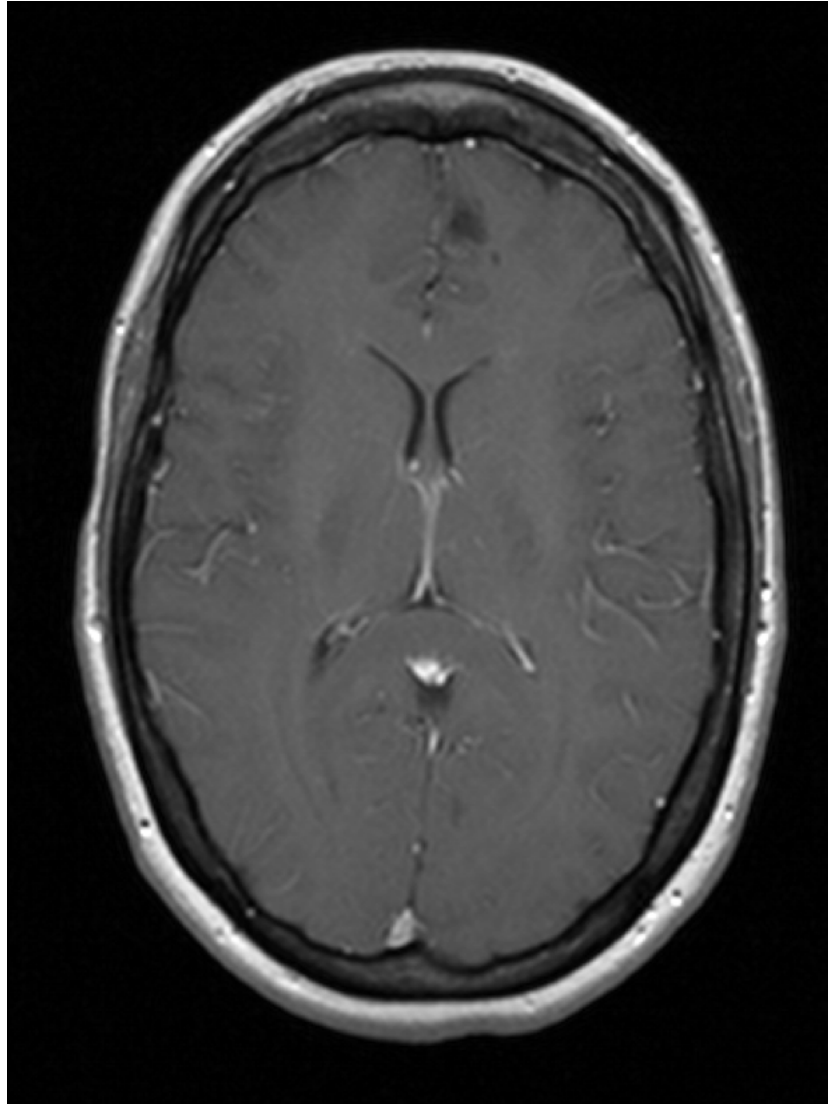


S Fusetti, B Hammer, R Kellman, C Matula, EB Strong, A Di Ieva. [Frontal sinus fracture, posterior table. AO Surgery Reference.](#)

# Diffuse Axonal Injury

- Axon crosslink bond strength ~ pN
  - p = Pico =  $10^{-12}$  (trillioneth)
- Stretching forces disrupt axons
- Increased force in Newtons induces *earlier* axonal damage at a *higher* axonal stretch

# Major Depression and Posttraumatic Stress Disorder



# Filicide

- Neonatocide - murder within the first 24 hours of life
  - Young mothers, unwanted pregnancy, no neonatal care
  - Cultural preference for a male child
  - Congenital defects
- Infanticide - murder within the first year of life
- United States:
  - Infanticide: 8/100,000
  - Pre-school: 2.5/100,000
  - School age: 1.5/100,000
- Filicide correlates with the suicide rate not the murder rate

# Motives for Filicide

- Altruistic: suicidal mother (e.g., *Beloved* by Toni Morrison inspired by Margaret Garner who killed her children in 1856 to avoid slavery)
- Psychosis - spontaneous
- Depression - 40% planned or contemplated suicide
  - 43% of postpartum depression have filicidal ideation, 4% commit filicide
  - Older children most often victims
  - 5% female suicides commit filicide
  - 29% of filicide complete suicide
- Substance abuse
- Mothers who are victims of domestic abuse with PTSD
- Child abuse - unintended death (70% children had colic)
- Revenge killing to punish the other parent



# Missing and Disappeared

- FBI 2021: 4 African American women are murdered each day
  - [FBI Crime Data Explorer website](#)
- Black Femicide - America on Twitter:
  - 1,472 African American women murdered in 2021
- [Our Black Girls website](#)

# Home Invasions

- 1.23 million burglaries in the US in 2018
- 30% are armed
- 100 burglaries result in homicide
  - 2016 Upatoi, GA grandmother, son, granddaughter murdered
  - 2021 Los Angeles, CA (Jacqueline Avant)
- 44% of break-ins are in the South (Louisiana: Lake Charles, Monroe, Hammond)
  - 27% in the West
  - 19% in the Mid-West
  - 9% in the North East
- 60% of rapes occurred in a home invasion
- Home invasions declined 38% in 2021

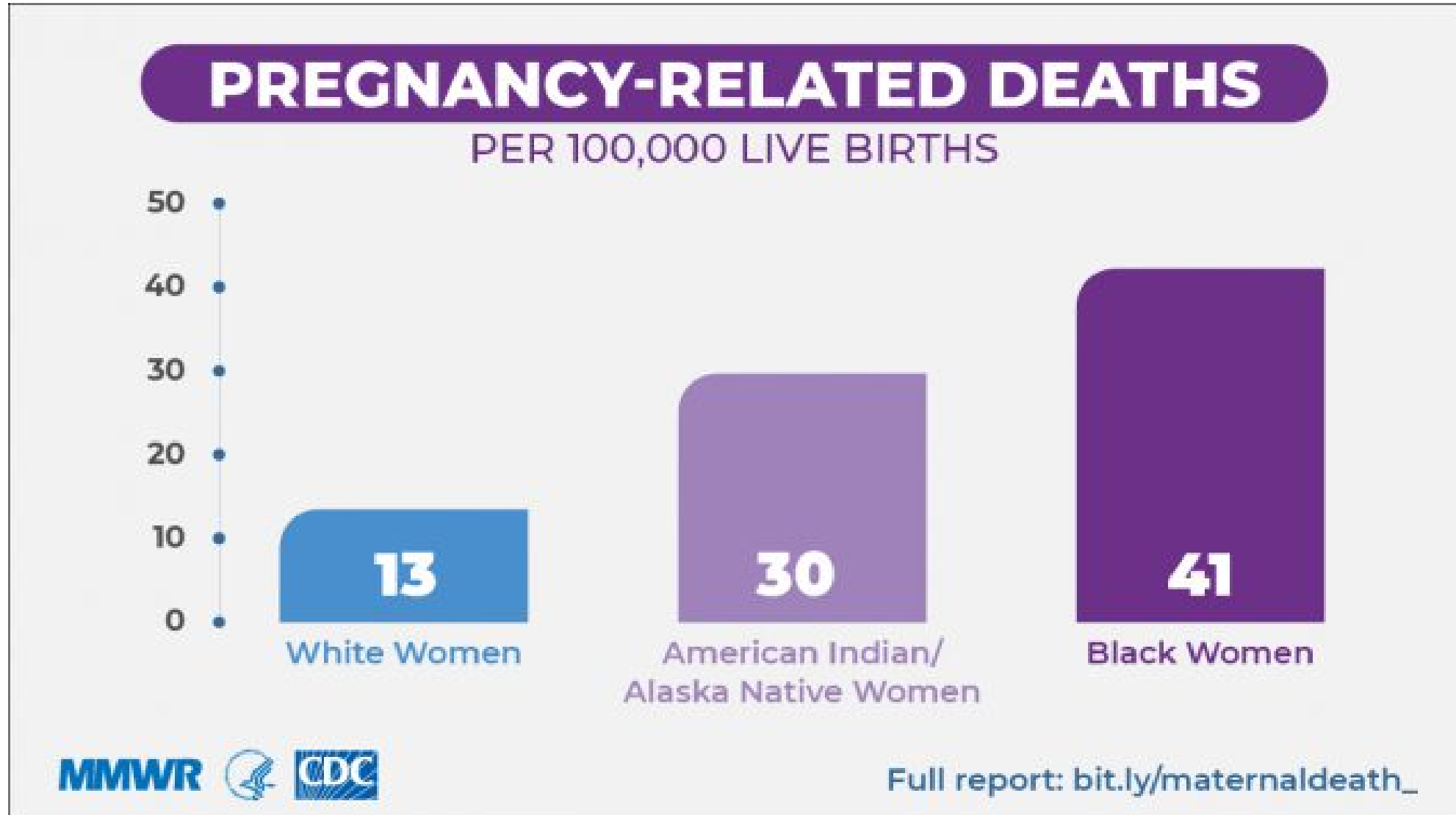
# Family Annihilation (Familicide)

- 91% males
- 88% gun, no criminal record
- 70% prior domestic abuse
- 40% substance abuse
- Jealousy; impending divorce; despondent; revenge
- Inability to adapt to “change in rules of game” leading to financial collapse not simply loss of money
- Pre-meditated
- Executive dysfunction; cognitive deficits
- 23 familicides a year in the US

# Family Annihilators

- 84% have a history of head trauma
  - 12% severe
  - 40% mild
  - 11% seizures and history of management with antiepileptic drugs
- 11% prior ADHD
- 53% have a history of special education
- 46% have a diagnosis of psychotic or mood disorder
- 25% diagnosed with antisocial personality disorder
- 31% report active drug use; 26% alcohol use
- Chronic Traumatic Encephalopathy
  - 1980: Jim Tyer (Oakland Raiders center) murder-suicide
  - 2012: Jovan Blecher (Kansas City Chiefs linebacker) murder-suicide girlfriend
  - 2017: Aaron Hernandez (New England Patriots)
  - 2021: Philip Adams (Seattle Seahawks linebacker) murder-suicide family of five

# Pregnancy and Posttraumatic Stress Disorder



# Pregnancy-Induced Posttraumatic Stress Disorder

- 20-60% of all conceptions spontaneously abort
- 15% of pregnancies beyond 6 weeks gestation spontaneously abort
- 30% of term pregnancies experience complications
- Pregnancy and its complications can induce posttraumatic stress disorder
  - Menage J. Post-traumatic stress disorder in women who have undergone obstetric and/or gynecological procedures. *J Reprod Infant Psych.* 1993; 11:221–228.
- Risk factors for pregnancy related PTSD
  - Prior miscarriage
  - Prior ectopic pregnancy
- PTSD during pregnancy increases incidence of:
  - Ectopic pregnancy
  - Spontaneous abortion
  - Preterm delivery
  - Low birth weight
- Meta-analysis: Post-partum community prevalence of PTSD 4%. High risk pregnancies 18.9% during pregnancy and 18.5% postpartum
  - Yildiz, P. D., Ayers, S. & Phillips, L. (2017). The prevalence of posttraumatic stress disorder in pregnancy and after birth: A systematic review and meta-analysis. *Journal of Affective Disorders*, 208, pp. 634-645. doi: 10.1016/j.jad.2016.10.009

# Probability for Dreams of Professional Sports

- Pop Warner Little Scholars (football, basketball, and cheerleading) from age 5
- Football, basketball, and soccer camps ages primarily middle school
- 8 million high school athletes
  - Boys:
    - Football: 1 million; chance of NCAA is 7.3% then NCAA to NFL is 1.8%
    - Track & Field: 605,000; chance of NCAA is 4.8%
    - Basketball: 540,000; chance of NCAA is 3.5% then NCAA to NBA is 1.2%
    - Baseball: 483,000; chance of NCAA is 7.5% then NCAA to MLB is 9.9%
  - Girls:
    - Track & Field: 488,000; chance of NCAA is 6.2%
    - Volleyball: 453,000; chance of NCAA is 3.9%
    - Basketball: 399,000; chance of NCAA is 4.1% then NCAA to WNBA is 0.8%

[Source](#)

# Police Shootings and Police Brutality

- Operant Conditioning: Military training to kill
- “Killology” proffered by Lieutenant Colonel Dave Grossman
- [Bulletproof Mind](#) (Lieutenant Colonel Dave Grossman)
- Required training for Kentucky State Police
  - “The very first essential for success is a perpetually constant and regular employment of violence.” ~ Adolph Hitler
  - “Be ... the ruthless killer.” (Nicholas Bogel-Burroughs. “Kentucky Police Training Quoted Hitler and Urged ‘Ruthless’ Violence.” New York Times 10/31/20)
- Qualifies for individual in-service credits
- Warrior cop
- “The Enemy”





[North Miami Police Target Practice, Medley Firearms Training Center, Medley, Florida](#)



# Climate Change: Hurricane Katrina 2005

- 1 million displaced persons
- 74% African Americans rated depressed compared to 55% of Whites
- 66% African Americans attributed failed government response to racial inequality compared to 17% Whites
- James Reiss, Chairman Regional Transit Authority, stated plans to rebuild New Orleans would be done in a “completely different way, demographically, geographically and politically” to prevent return of its African American displaced persons (Wall Street Journal, “Old-Line Families Escape Worst of Flood and Plot the Future,” Christopher Cooper, September 8, 2005)
- Then-Congressman Barney Frank (MA) described this as “ethnic cleansing through inaction.”
- African Americans population declined 57%, Whites declined 36%
- Pre-Katrina New Orleans was 67% Black and post-Katrina 58%

# Climate Change: Hurricane Harvey 2017

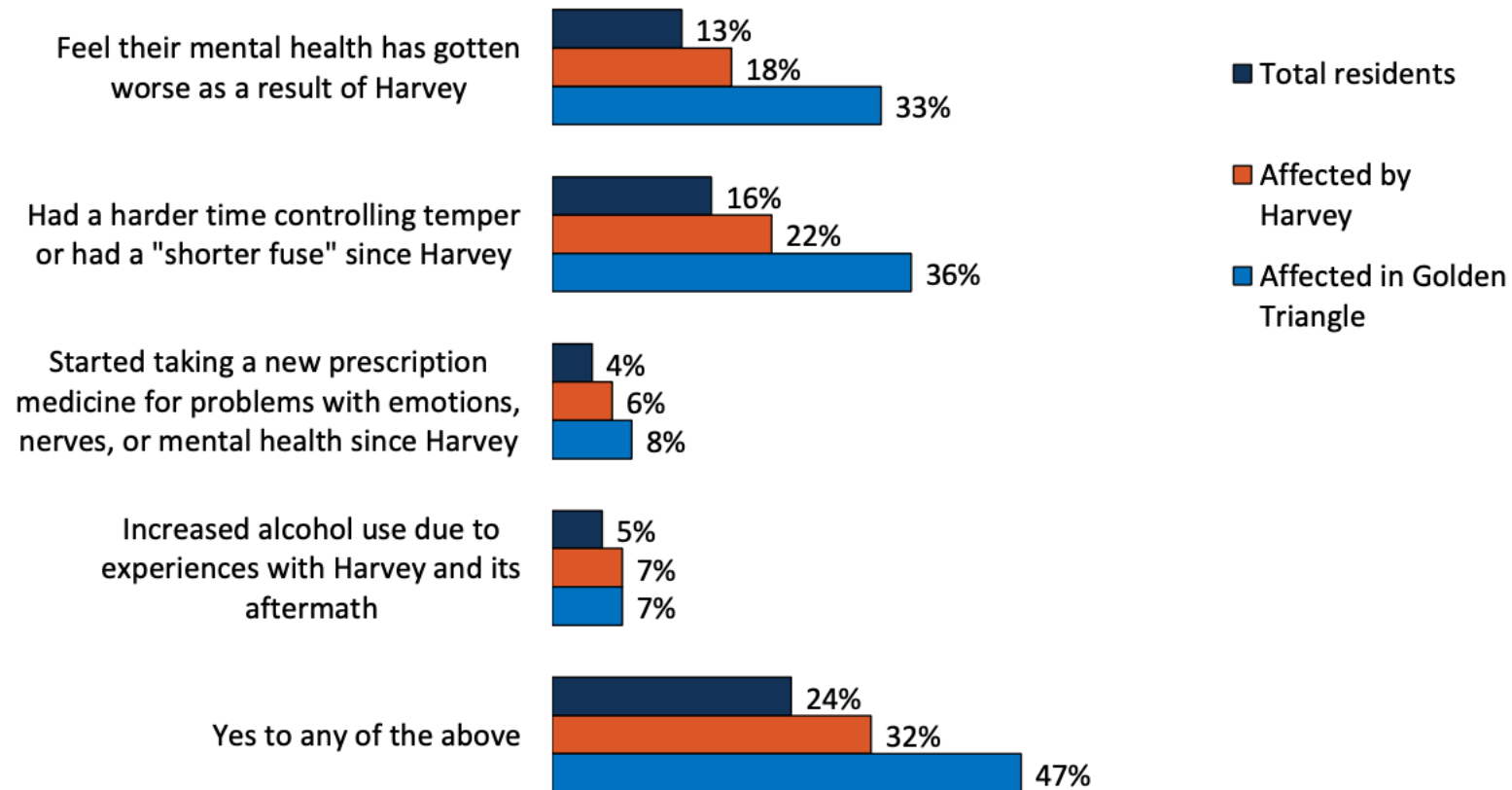
- Of the 7 worst affected zip codes 4 were 75% African American
- Only 13% of African American FEMA applications were approved compared to 34% of White applications
- 65% of Hispanics, 46% of African Americans, and 31% of Whites lost income
- Inequitable
  - Majority White towns:
    - Taylor Landing, population 228, 100% White, median annual income \$69,000 poverty rate 0%, 22 received \$1.3 million recovery funds or \$60,000 per resident
    - Nome, population 588, received \$49,000 per resident for 23 affected people
    - China, population 908, with 27 affected received \$1 million or 40,000 per person
  - Majority African American towns:
    - Port Arthur, population 54,000, more than 33% Black, median income 36,000, poverty rate 29% received \$4.1 million for 50,000 or \$84 per person for recovery
    - Beaumont, 92,000 affected population, 50% African American received \$3.7 million or \$40 per person for recovery

[Source](#)

Figure 25

## One-third of Harvey-Affected Residents Report Some Effect on Mental Health Due to Harvey, Highest in Golden Triangle

AMONG TEXAS GULF COAST RESIDENTS IN 24 HARVEY-AFFECTED COUNTIES: Percent who report each of the following:



SOURCE: Kaiser Family Foundation/Episcopal Health Foundation *Texas Post-Harvey Survey* (conducted Oct. 17-Nov. 20, 2017)

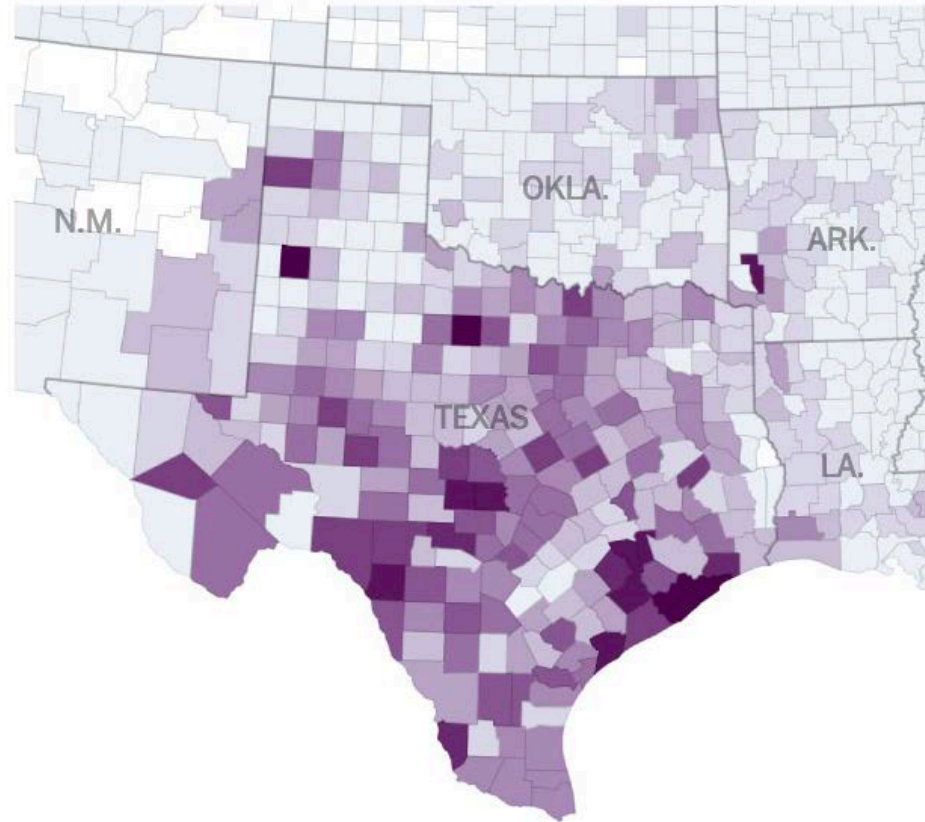
# Texas Winter Storm 2021 Power Outage

- Electric Reliability Council of Texas (ERCOT) imposed power outages on African American and Hispanic neighborhoods while exempting affluent and downtown business areas
- Temperatures were 40° below normal ~ 0°
- 4.5 million homes without power
- 13 million Texans had to boil water
- 400,000 doses of COVID-19 vaccine could not be delivered

# Texas Winter Storm Power Outage 2021 (cont.d)

Tuesday, 12:15 p.m.

4.4 million customers (35.1%)



Percentage of customers without power

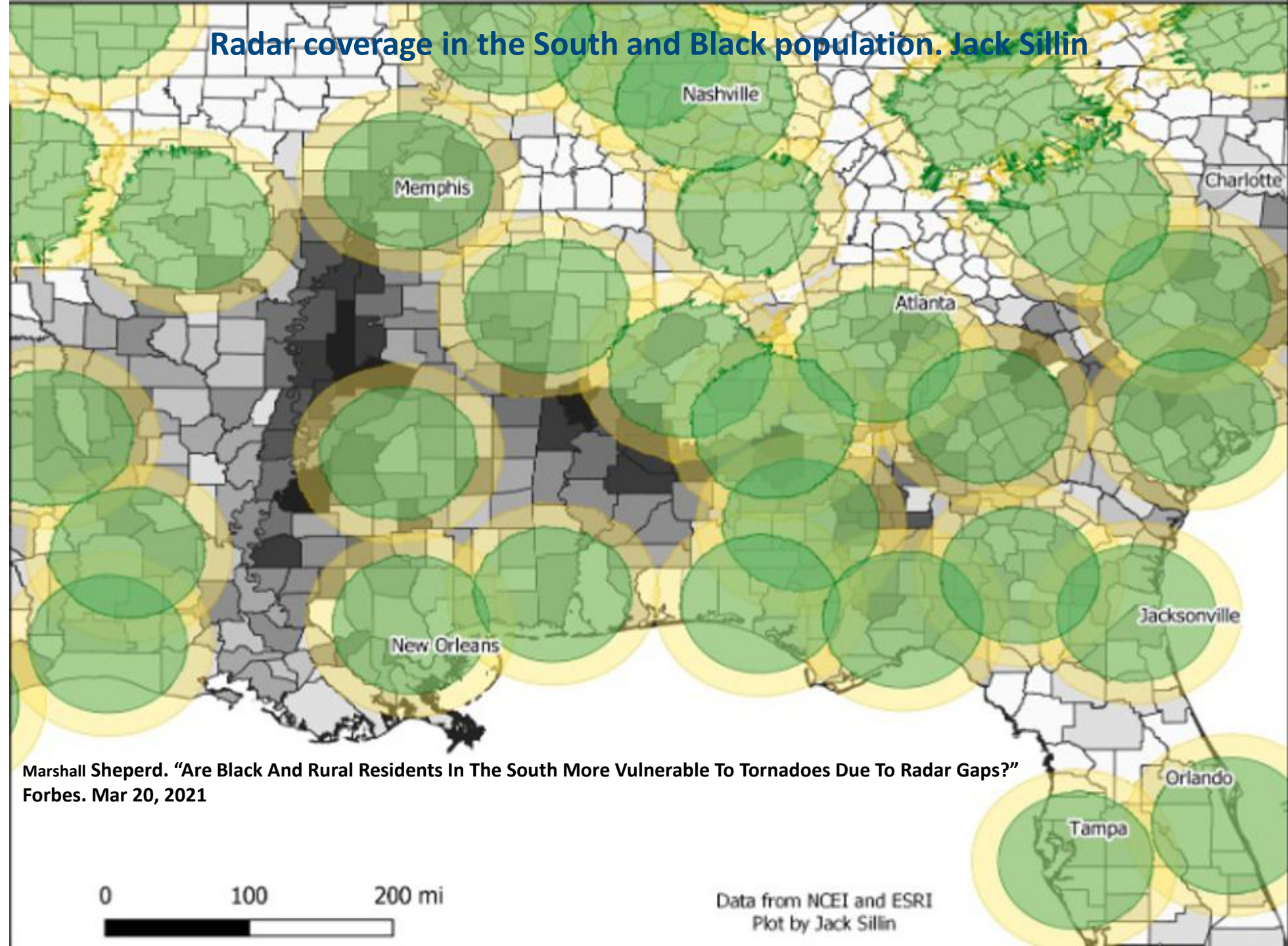
0% 50% 100%



# Climate Change: Tornadoes 2021

- 2021 Tornadoes in Bowling Green, Kentucky:
  - Family of 7 perished: Rachel and Steven Brown, Nariah Cayshelle Brown, 16; Nyssa Brown, 13; Nollynn Brown, 8; Nyles Brown, 4; and their grandmother, Victoria Smith

# Radar coverage in the South and Black population. Jack Sillin



Marshall Sheperd. "Are Black And Rural Residents In The South More Vulnerable To Tornadoes Due To Radar Gaps?"  
Forbes. Mar 20, 2021

Data from NCEI and ESRI  
Plot by Jack Sillin



# Immigrants of African Descent

- Americans of African descent comprise 41 million people, or 13.4% of the population of the United States. More than 10% are immigrants.
- In 1980 Black immigrants were 816,00 and in 2016 numbered 2.4 million
- Afro-Caribbeans number 4.4 million: Cuba (29.7%), the Dominican Republic (23.6%), Jamaica (16.9%), Haiti (15.4%), and Trinidad and Tobago (5.3%)
- Americans of Caribbean ancestry constitute 8 million people: 41% in Florida and 26% in New York
- Hispanics are 60 million, 18.5% of the population of the United States.  
Afro-Latinos are 3% of Americans of African descent and 25% of Hispanics
- Africans are 2 million people primarily from Nigeria, Ethiopia, Ghana, and Kenya distributed mainly in the Washington, DC Metropolitan Area, Minneapolis-St. Paul, Atlanta, Houston, Boston, and Seattle. Cape Verdeans populate Massachusetts, Rhode Island, New Jersey, Maryland, Florida, and California.
- Brazilians comprise 1 million Americans. The percentage of Afro-Brazilians (*preto*) is not known.

# Civil Strife

- Nigerian-Biafran War 1967-1970
- Somali Civil War 1991 - present
- Sierra Leone Civil War 1991-2002
- Rwandan Genocide 1994-1995
- Ethiopia-Eritrea War 1998-2000
- Liberia Second Civil War 1999-2003
- Darfur War - Sudan 2003 to present
- Cote d'Ivoire Civil Wars 2003-2007 and 2010-2011
- Central African Republic Civil War 2012-present
- Nigeria-Boko Haram Insurgency 2009-present
- Gambia Constitutional Crisis 2017
- South Sudanese War 2020
- Tigray War 2020-present

# Northern Triangle

## Transnational Crime Syndicates

- Guatamala
  - Los Perrones Orientales
  - Homicide rate 23/100,000 in 2018 (World Bank - USA 5)
  - Homicide rate for women = 7.6 (World Bank - USA 2.2)
  - Homicide rate for children = 8.32 (Pan-American Health Organization)
- El Salvador
  - Mara Salvatrucha (MS-13)
  - Homicide rate = 52/100,000 down from 86
  - Homicide rate for women = 13.8
  - Homicide rate for children 22/100,000
- Honduras
  - 2009 coup crippled democracy
  - Homicide rate = 39/100,000 down from 87
  - Homicide rate for women = 7.8
  - Homicide rate for children 30/100,000

# National PTSD



# Questions



# Appreciation



# Contact Us



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