



Central East (HHS Region 3)

**MHTTC**

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

# GUIDING THE SHEPHERD AND SHEPHERDING THE FLOCK IN THE WAKE OF THE COVID-19 PANDEMIC, PART 2

Presenters:

Annelle Primm, MD, MPH  
Senior Medical Director, The Steve Fund  
Black Psychiatrists of America, Council of Elders

Jonathan Shepherd, MD  
Chief Medical Director, Hope Health Systems, Inc.  
President, Board of Directors, Black Mental Health Alliance, INC.

**June 9, 2020**



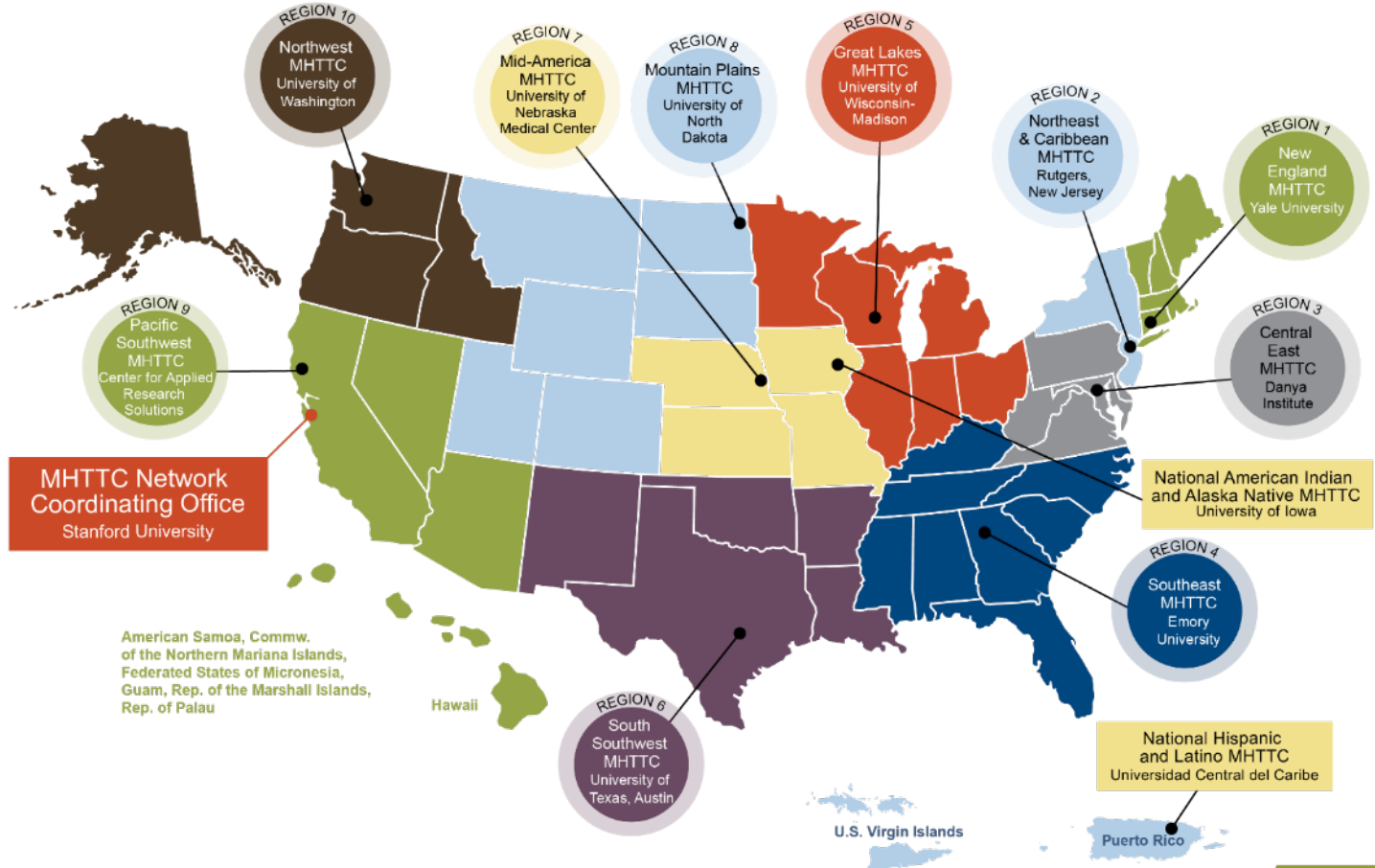
# MHTTC Network



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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

## HHS REGION 3

Delaware

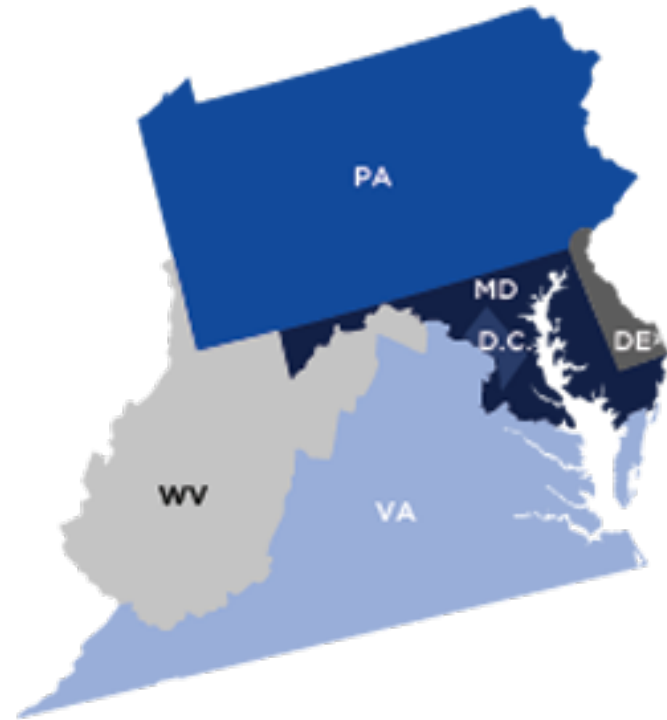
District of Columbia

Maryland

Pennsylvania

Virginia

West Virginia



**GUIDING THE SHEPHERD  
AND SHEPHERDING THE FLOCK  
IN THE WAKE OF THE  
COVID-19 PANDEMIC PART 2**

**Tuesday, June 9, 2020 Webinar**

**Presented by:**

**Black Psychiatrists of America, Inc. in collaboration with the  
Central East Mental Health Technology Transfer Center**

**Annelle Primm, MD, MPH**

**Senior Medical Director, The Steve Fund**

**Black Psychiatrists of America, Council of Elders**



# Mental Health and the Faith Community

- Mental health concerns are common
- Regularly attending religious services is beneficial
- Faith leaders shepherd the flock
- Gatekeeper and “go-to” for mental health concerns

# Mental Health and the Faith Community (cont.d)

- Stigma associated with mental health concerns
- “Failure of faith” and not praying hard enough
- Importance of “both-and” approach of mental health and faith community collaboration



# Mental Health: A Guide for Faith Leaders

- Resource and Quick Reference Guide explaining mental illness and how to be helpful to people with mental health conditions
- Developed by the American Psychiatric Association Foundation in 2018
- Process included psychiatrists and faith leaders from a wide variety of religions



# COVID-19: Unprecedented Disaster

- Disaster of massive proportions
- Catastrophic impact on marginalized communities with disparate levels of illness, death, and economic fallout
- Superimposed on layers upon layers of inequities in social determinants of health

# Impact of COVID-19 on Mental Health

- Impact of “social” distancing on mental health
- Social isolation
- Increase in anxiety, depression, and stress
- Elevations in intimate partner violence, child abuse, substance use disorders

# Impact of COVID-19 on Religious Activity and Mental Health

- Inability to gather, worship and fellowship in a traditional way
- Barriers to visitation of the sick and shut-in
- Limited access to faith community resources
- Interference with performance of rituals such as funerals and weddings

# COVID-19 Faith Community Adaptations

- Use of technology and virtual methods since in-person attendance not possible
- Conversion of rituals such as “drive-by” funerals and virtual services for deceased loved ones
- Some of these adjustments are painful increasing stress levels in people of faith

# About The Series

## Guiding the Shepherd and Shepherding the Flock in the Wake of the COVID-19 Pandemic

- A three-part Black Psychiatrists of America series (5/26, 6/9, 6/16) to amplify various aspects of mental health in the faith community in the context of a disaster
- Today is the second webinar in the series featuring Dr. Jonathan Shepherd

# Jonathan Shepherd, M.D.

Chief Medical Director,  
Hope Health Systems, INC.

[Email](#)

[Website](#)



Dr. Shepherd is an award-winning mental health professional. Named “Top Doctor” in the field of psychiatry, his holistic approach to wellness has made him a highly sought after and well-respected motivational speaker.

Renowned for his caring and nurturing bedside manner, Dr. Shepherd has served and provided treatment for clients in a variety of areas including Attention Deficit Hyperactivity Disorder, Mood Disorders, Anxiety Disorders, Obsessive-Compulsive Disorders, Post-Traumatic Stress Disorders, plus many more.

His mission is to help everyone have access to quality mental health services. A graduate of the University of Illinois at Chicago Medical School and Adult Psychiatry Program and the Johns Hopkins University Child and Adolescent Psychiatry Fellowship, Dr. Shepherd blends professionalism and compassion to create healthier communities.

# PURPOSE and FACTS to Know:

- **“A Check Up from the Neck Up”** for all leaders
- Mental health disorders exist within your local houses of worship: from the pulpit to the pew.
- In the United States, 46.4 percent of Adults will experience a mental illness during their lifetime.
- Five percent of Adults (18 or older) experience a mental illness in any one year, equivalent to 43.8 million people.
- Alarmingly, the average delay between onset of symptoms and intervention is 8-10 years.



# MENTAL HEALTH is:

- “A state of well-being where every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.”  
(World Health Organization)
- P.C.W.C = Potential, Cope, Work, and Contribution

# DISTRESS vs. DISORDER

- **Distress**: an external and usually **temporary** cause of great physical or mental strain and stress.

For example, a pain or suffering within the body, a bodily part, or the mind.

- **Disorder**: the state of inability to function properly. The lack of order.

A physical or mental condition that causes a person to operate out of order.

# PRESSURE POINTS

**Pressure Point (physically):** an area on the body sensitive to pressure.

**Pressure Point (mentally):**

- A sensitive critical issue that can be exploited for one's advantage.
- Certain sensitive critical issues that arise in our lives to confront our mental well-being.

# PRESSURE POINTS ("I can't breathe")

1. Stress
2. Loss and Grief
3. Declining Mental and Physical Skills
4. Burn-out
5. Anxiety
6. Post-Traumatic Stress
7. Addiction
8. Major Depression

# SUICIDE FACTS

- Tenth leading cause of death in the United States
- Third leading cause of death for youth aged 10 to 14
- Second leading cause of death for people aged 15 to 34
- Each year, an estimated 37,000 people die by suicide and 1 million people attempt suicide

In 2018, it was announced for the FIRST time in the history of such research, the rate of suicides for Black children between the ages of 5 and 12 has EXCEEDED that of White children. (*JAMA Pediatrics*).

# WARNING SIGNS OF SUICIDE

- Often talking or writing about death or suicide
- Comments about being hopeless, helpless, or worthless, no reason for living
- Increase in alcohol and/or drug use
- Withdrawal from friends, family, and community
- Reckless behavior or engaging in risky activities
- Dramatic mood changes



# RISK FACTORS FOR SUICIDE

- Losses and other events (e.g., death, financial or legal difficulties, relationship breakup, bullying)
- Previous suicide attempts
- History of trauma or abuse
- Firearms in the house
- Chronic physical illness, chronic pain
- Exposure to the suicidal behavior of others
- Family history of suicide



# Biblical Case Studies

1. The Story of Hannah  
(I Samuel chapter 1)
2. The Story of Tamar and Amnon  
(II Samuel chapter 13)

**The Importance of a Listening, Well-Balanced, Mentally In-Tune Shepherd**



# WHAT THE FAITH LEADER CAN DO:

- Assess the level of distress
- Assess the level of functioning
- Assess the possibility for danger
- Identify a mental health professional; create a list
- Communicate clearly the need for referral
- Make the referral a collaborative process
- Reassure the person you will stick with them
- Differentiate between spiritual support and professional clinical care



# MENTAL HEALTH RESOURCES

- Suicide Prevention Lifeline  
1-800-273-TALK (8255)
- [Mental Health: A Guide for Faith Leaders](#)
- [National Alliance on Mental Illness](#)  
1-800-950-NAMI  
Family support/education

# ***PLEASE REMEMBER:***

You are a **FIRST-LINE RESPONDER** as a Faith Leader.

Faith is a protective factor against suicide.

**Feed Faith and Combat Fear!**

# CONTACT ME:

[Email](#)

Phone: 312-391-7437

Facebook: Dr. Jonathan Shepherd

Instagram: @drjshep

[Website](#)

# Evaluation

## [Evaluation Link](#)

Once you complete the evaluation, you will be directed to the resource page and certificate request form.

# Appreciation



# Contact Us



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*a program managed by*



[Central East MHTTC website](#)

[Oscar Morgan](#), Project Director

[Danya Institute website](#)

[Email](#)

240-645-1145

*Funding for this presentation was made possible by SAMHSA grant no. 3H79SM081785. The views expressed by speakers and moderators do not necessarily reflect the official policies of HHS; nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.*