

Mental Health of Black American Men

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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 2024



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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.

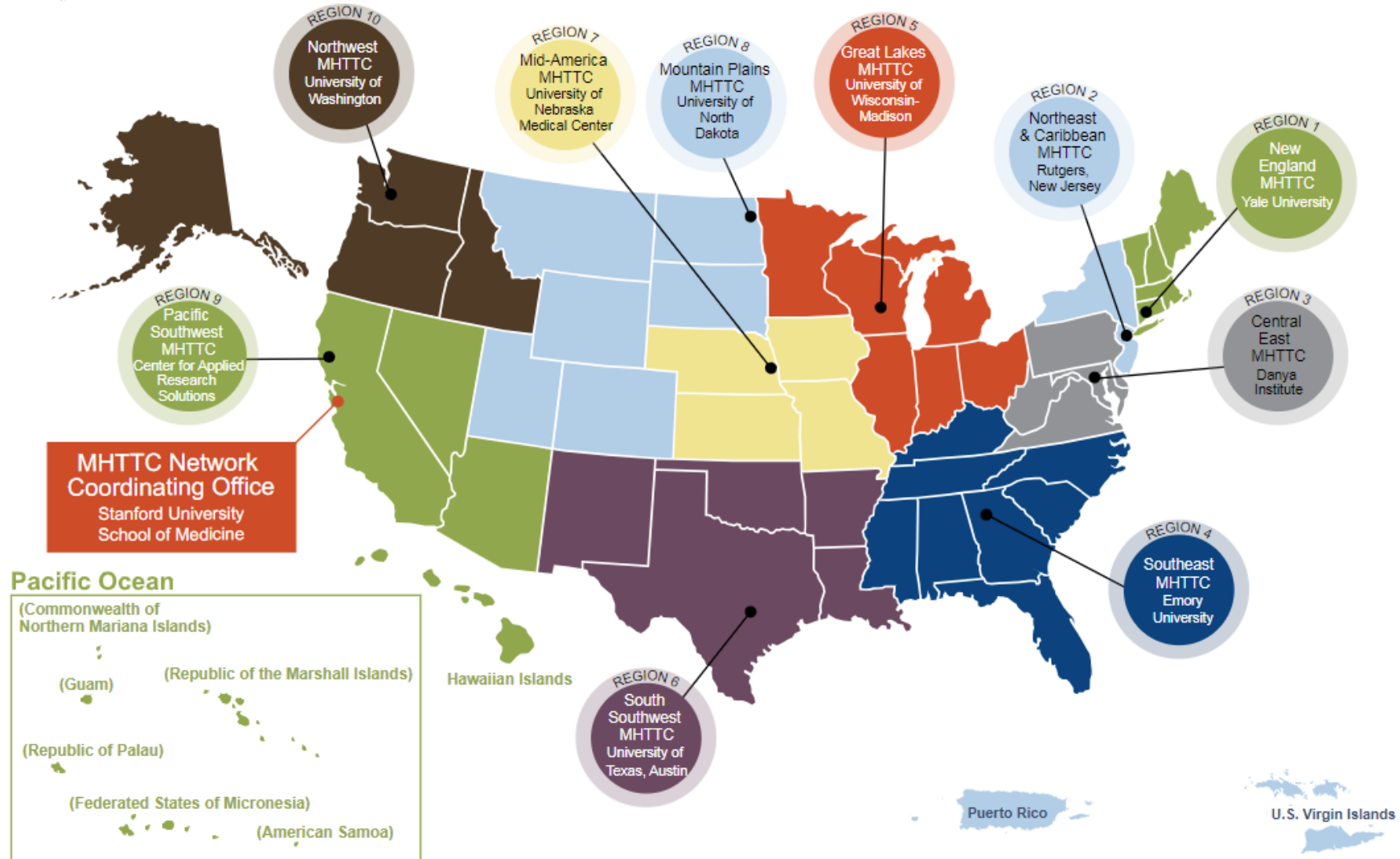


MHTTC

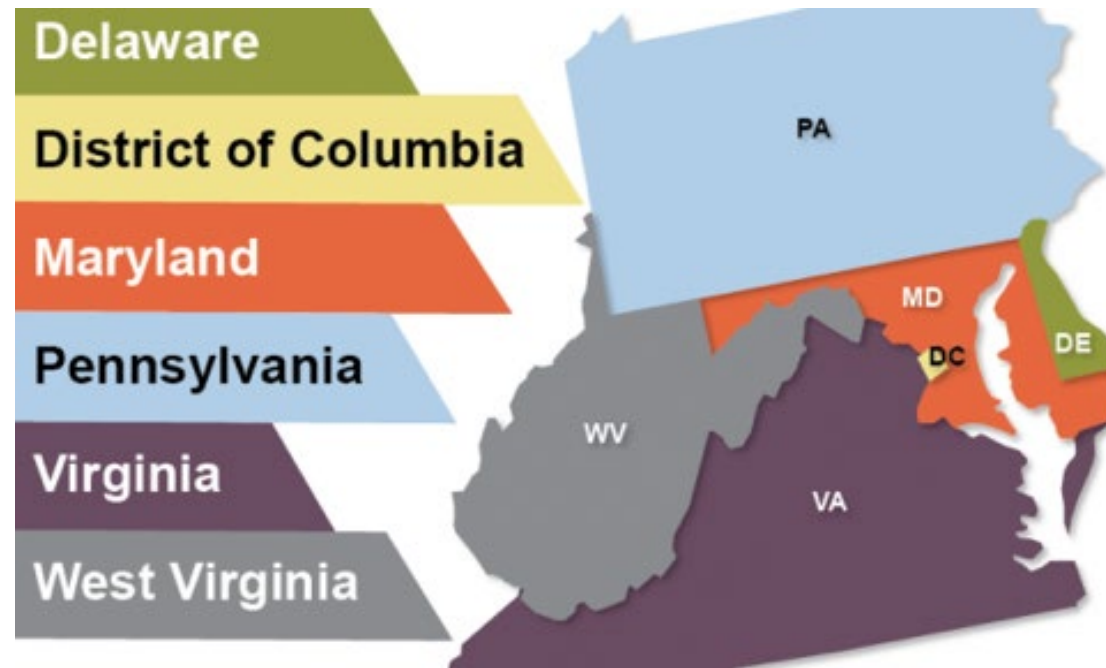
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MHTTC Network



Central East Region 3



Central East (HHS Region 3)

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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

Mental Health of Black American Men

Presenter: Stephen McLeod-Bryant, MD
President, Black Psychiatrists of America

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

June 20, 2024

Today's Webinar

- June is Men's Health Month, an opportune time to focus on the mental health of Black men.
- Black men continue to experience misdiagnosis of schizophrenia and are less likely to receive mental health care than their white counterparts.
- 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 Stephen McLeod-Bryant, MD

Black Men in America--Lives in Danger (with focus on mental health disparities)

Stephen McLeod-Bryant, MD
Clinical Associate Professor, Department of Psychiatry and Behavioral Sciences
Meharry Medical College

2013





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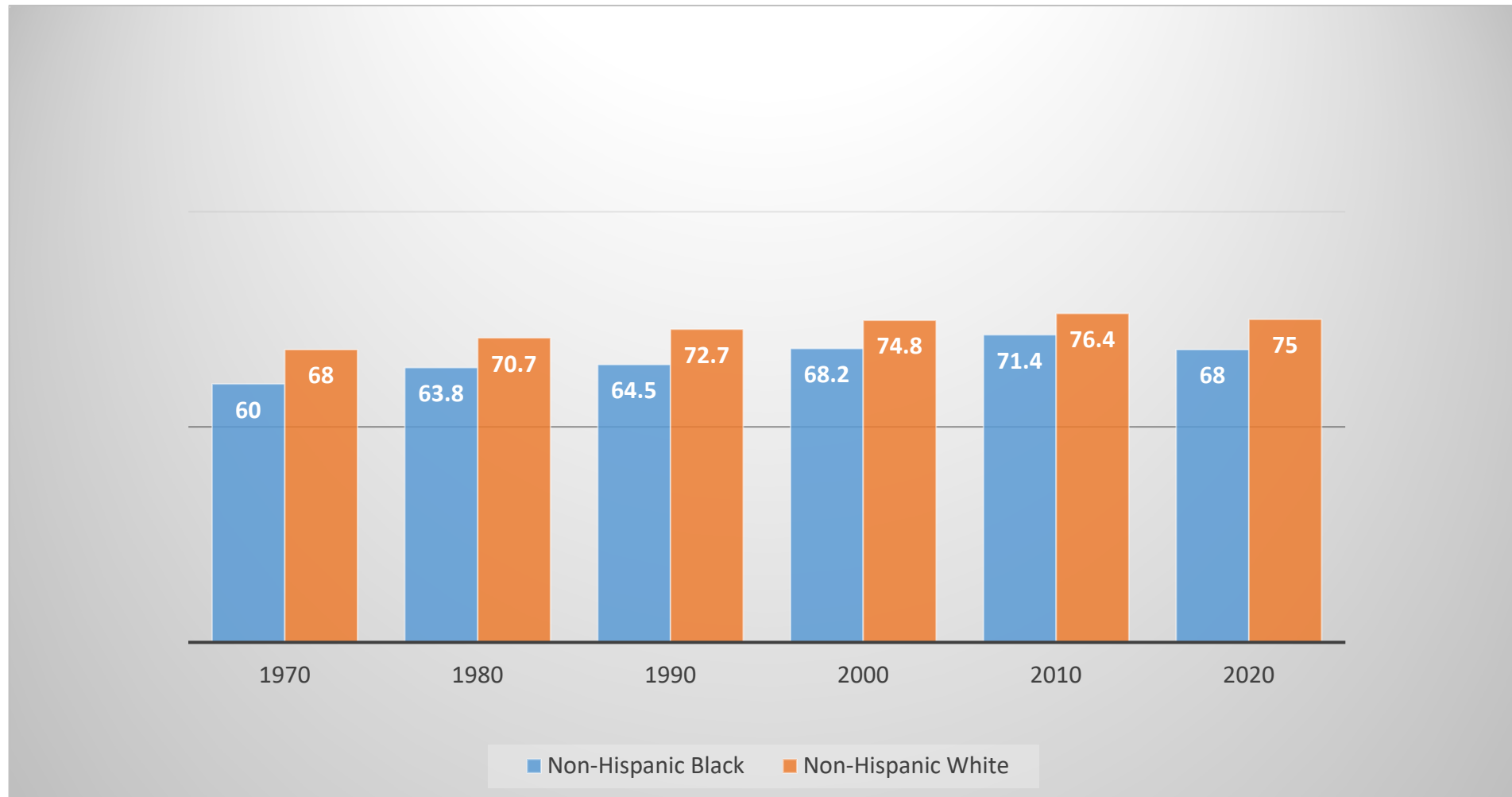
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Mental Health of Black American Men

Objectives

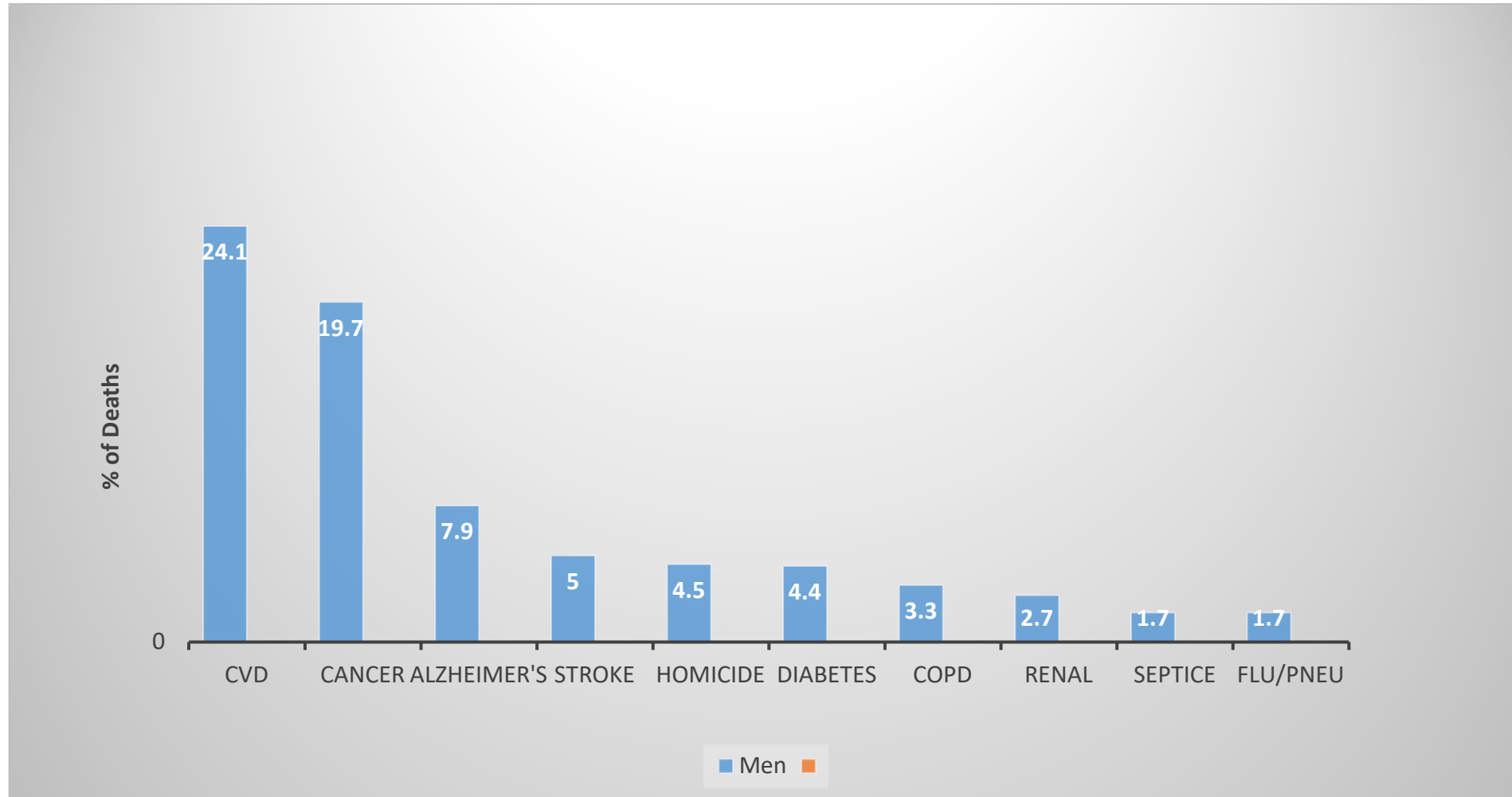
- Assess the current health of Black Men in America
- Distinguish Black Male mental health disparity within the overall health disparity
- Enumerate the roots of the mental health disparity
- Propose ways Black Male health disparity can be reduced

Life Expectancy (yrs)



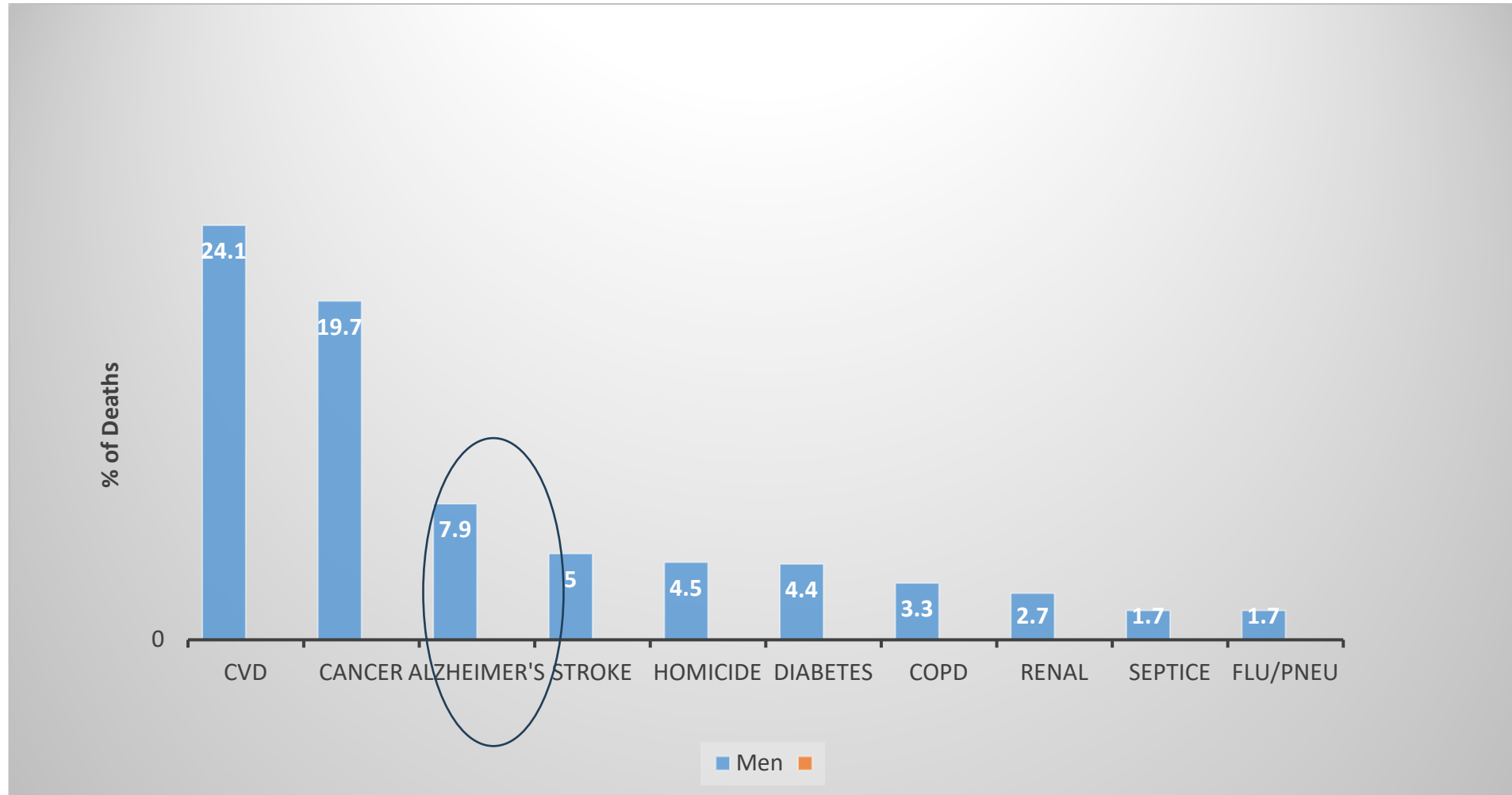
Arial, et al: 2021; Miniño & Murphy: 2012; CDC, 2017

Leading Causes of Black Male Deaths (2018)



CDC: Minority Health: Leading Causes of Death, 2018

Leading Causes of Black Male Deaths (2018)



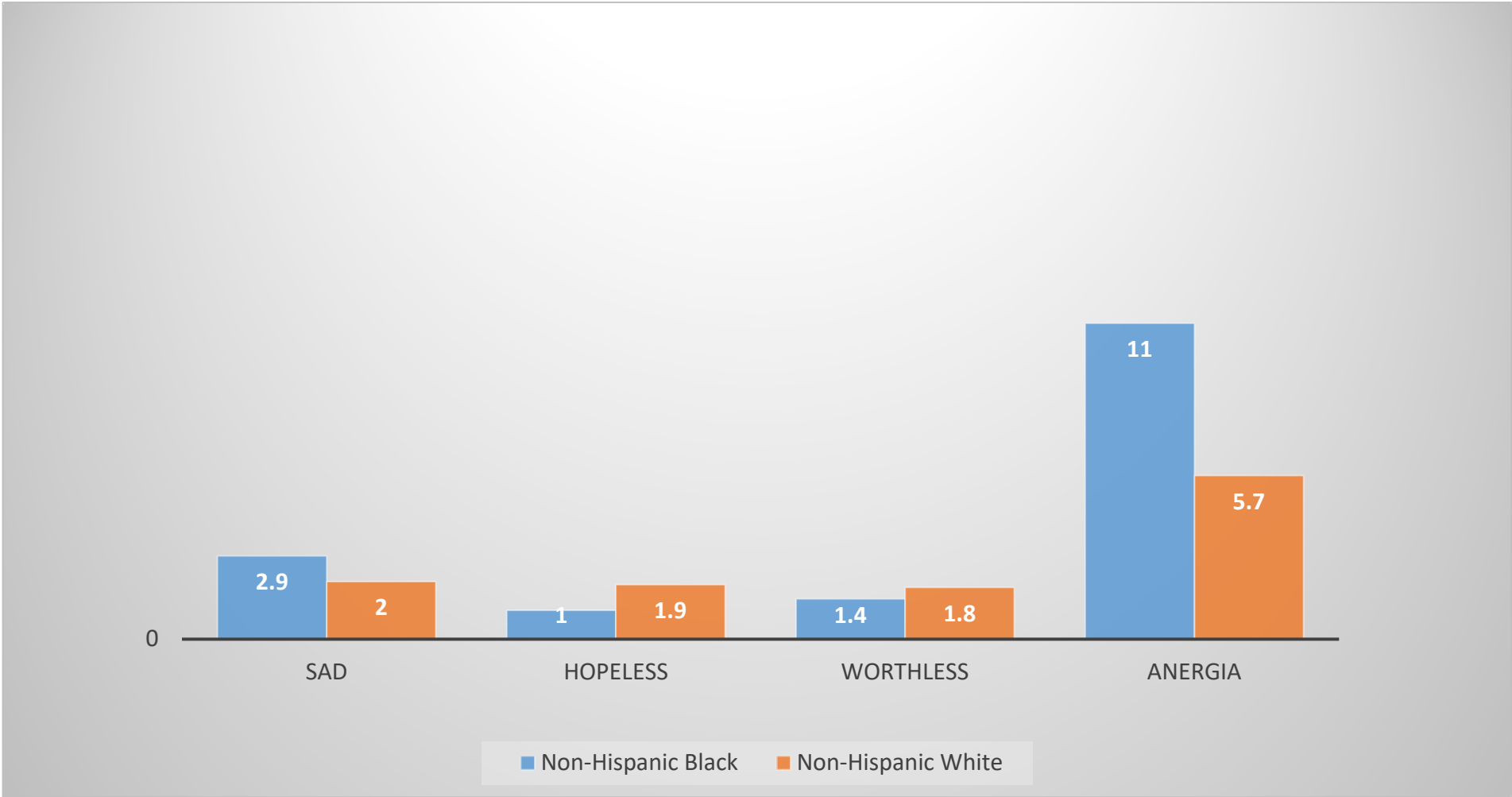
CDC: Minority Health: Leading Causes of Death, 2018

Race and Cognitive Decline

“ . . . blacks experienced a faster rate of decline in their cognitive abilities than whites; and sociodemographic and other health risk factors only partially accounted for these race differences.”

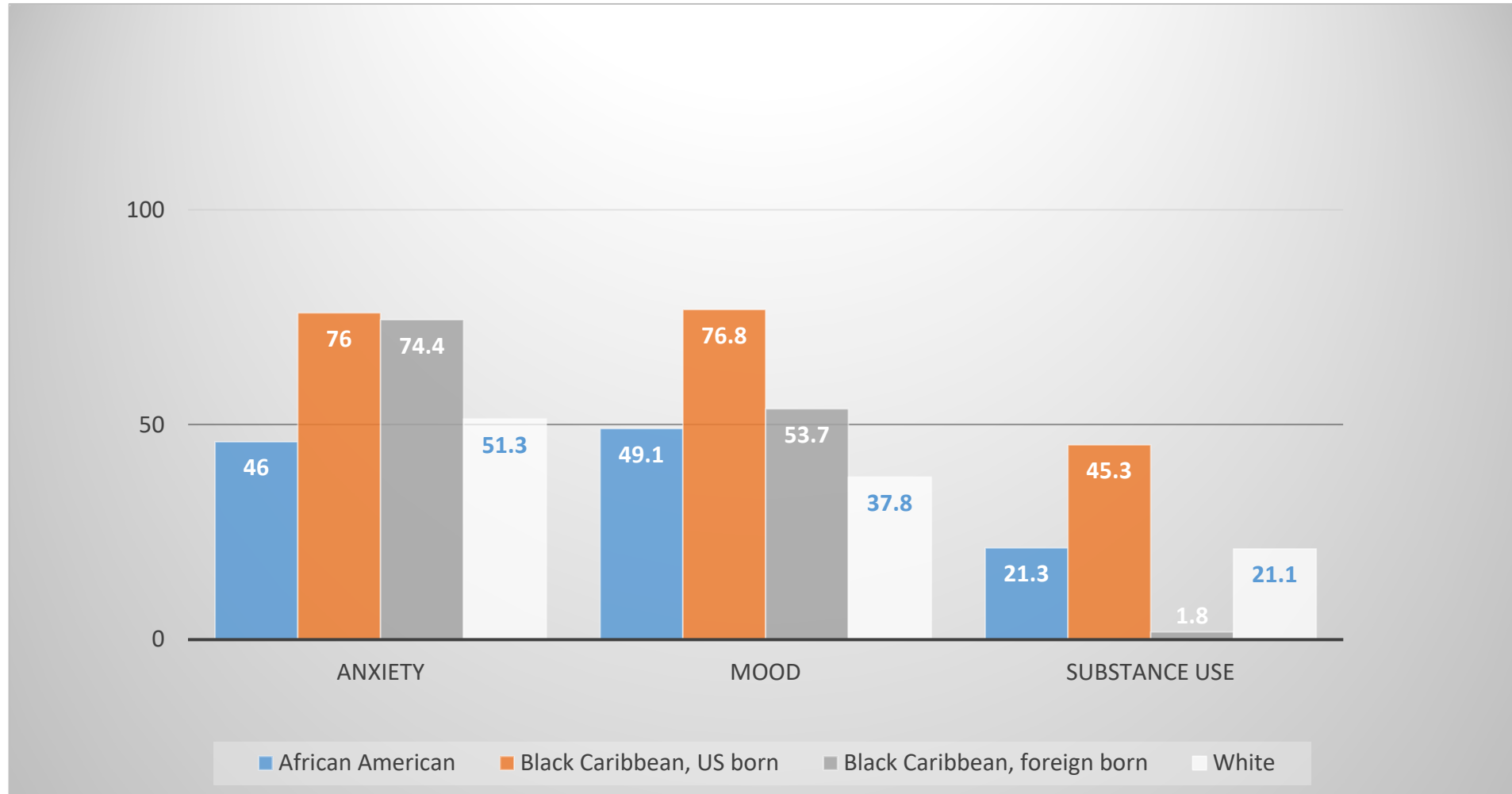
From Byrd, et al: 2018

Prevalence of Depressive Symptoms (%)



CDC: Summary Health Statistics: National Health Interview Survey, 2018

Persistence of Disorders (%)



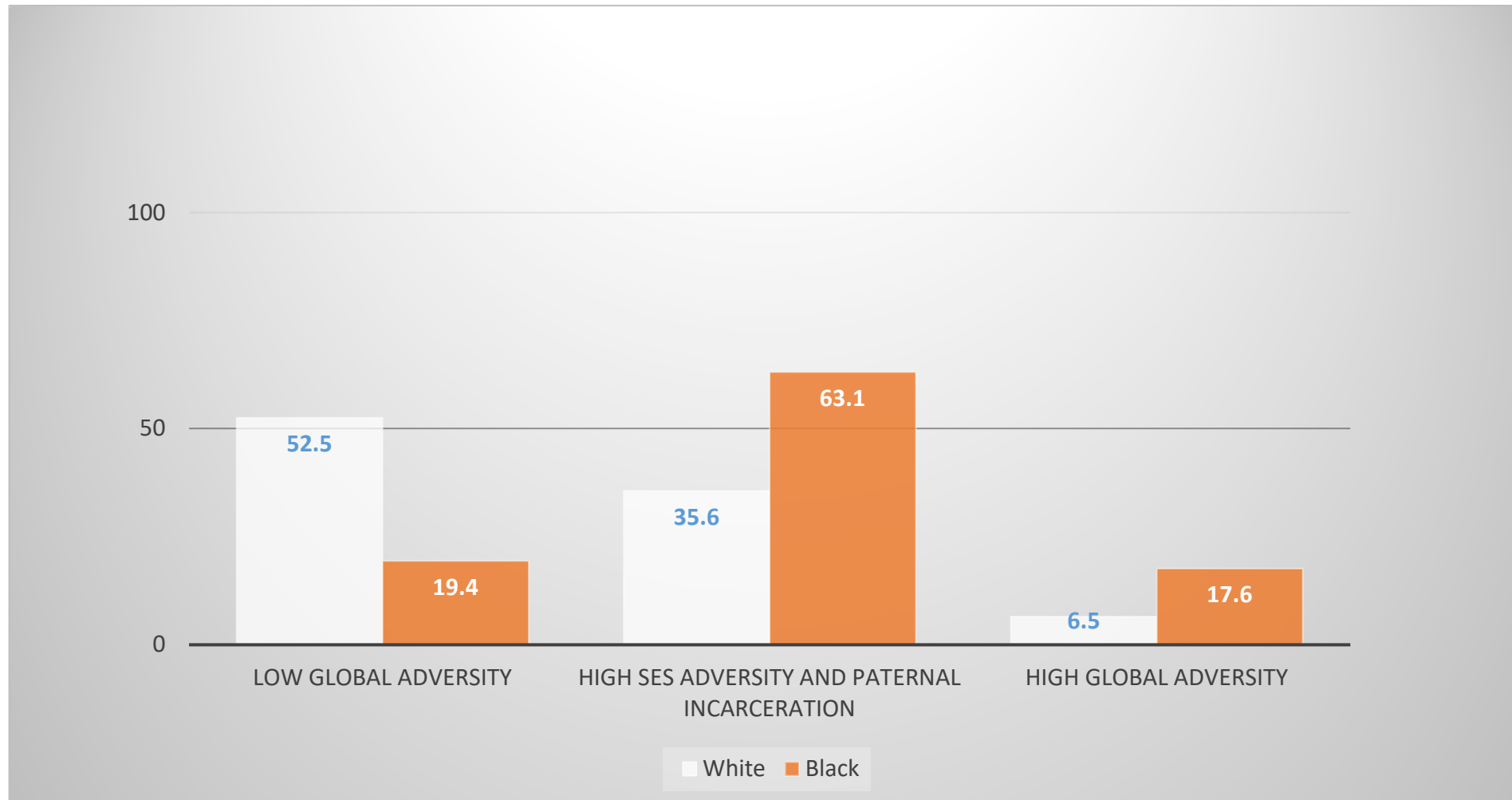
Mays, et al: 2018; McLaughlin, et al: 2019

Help-Seeking for Depression

Only 26.4% of Non-Hispanic Black males 18-44 y/o with MDD sought any sort of treatment compared to 45.4% of Non-Hispanic white males

From Blumberg, et al: 2015

Prevalence of ACEs in “Fragile Families” (%)



Zhang & Monnat: 2021

Trends in “Deaths of Despair”

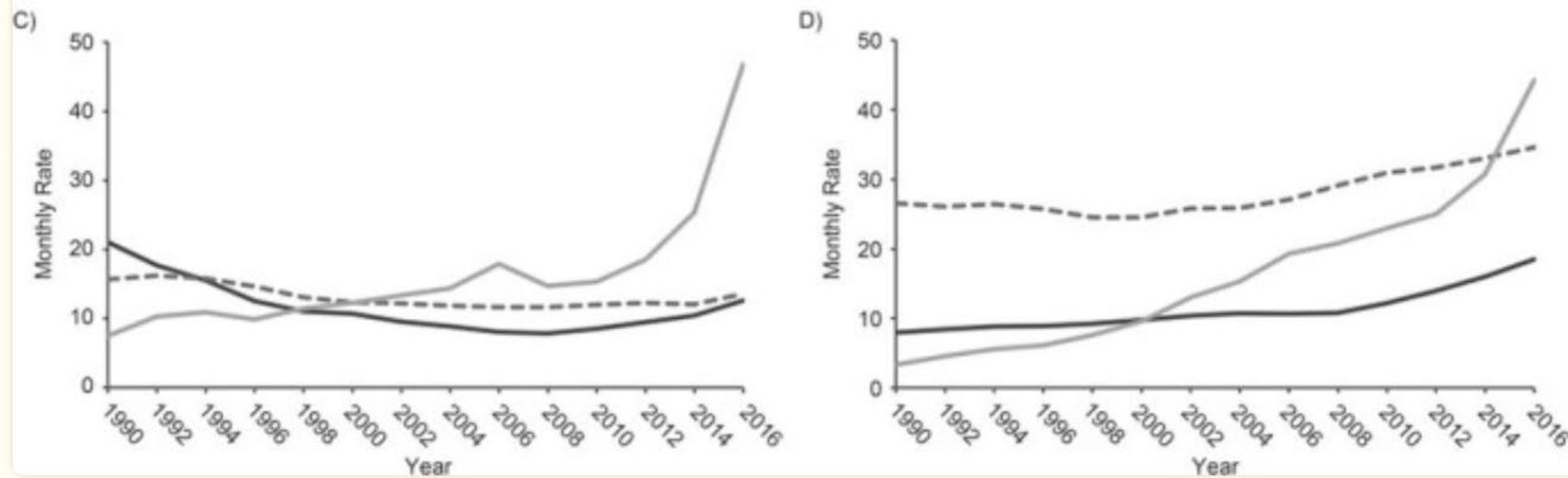


Figure 3

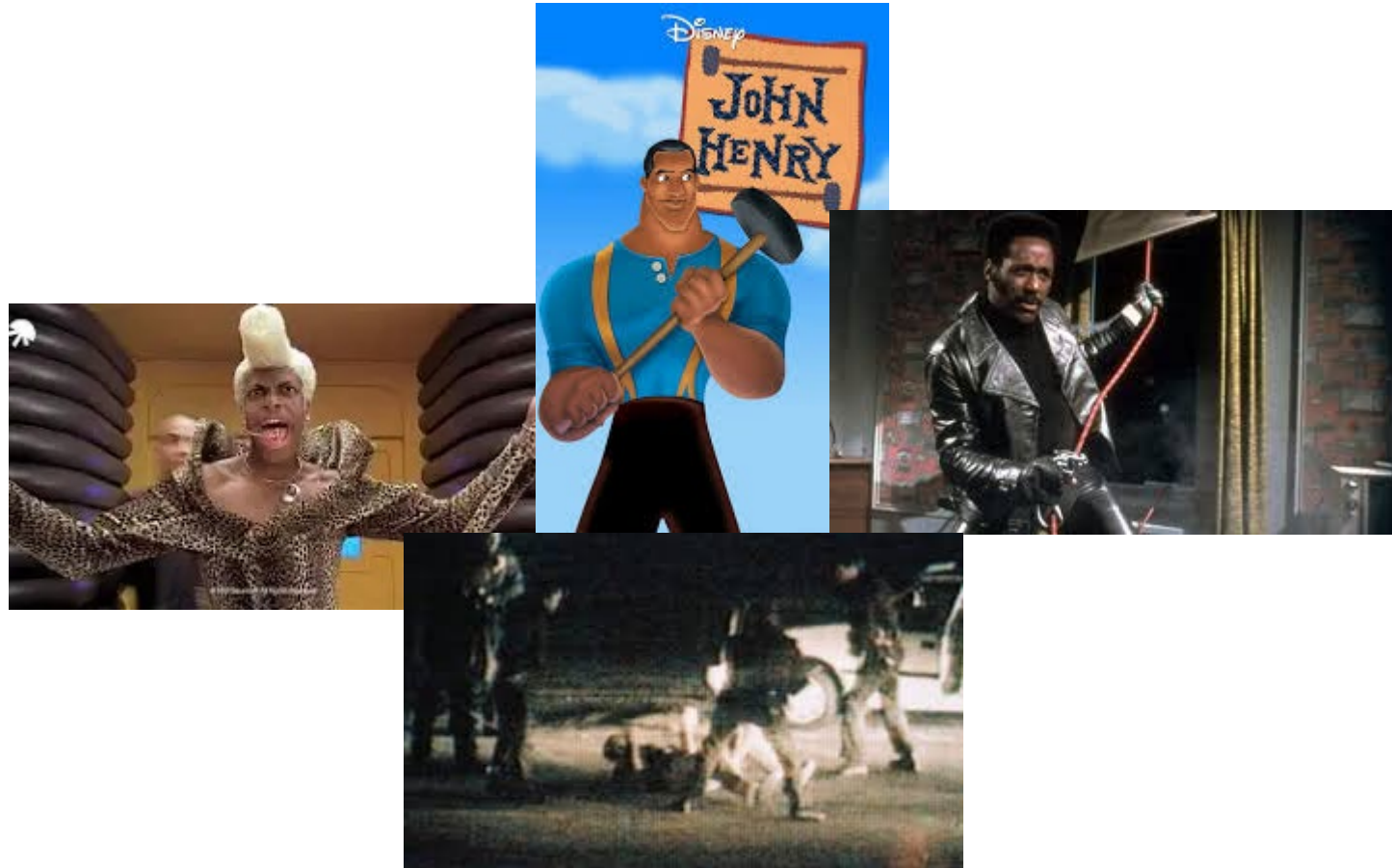
Men’s cohort- and period- based variation in “deaths of despair” mortality, United States, years 1990–2017 and cohorts 1926–1994. A) Black men, cohort; B) White men, cohort; C) Black men, period; D) White men, period.

Estimates are mortality rates per 100,000 person-years.

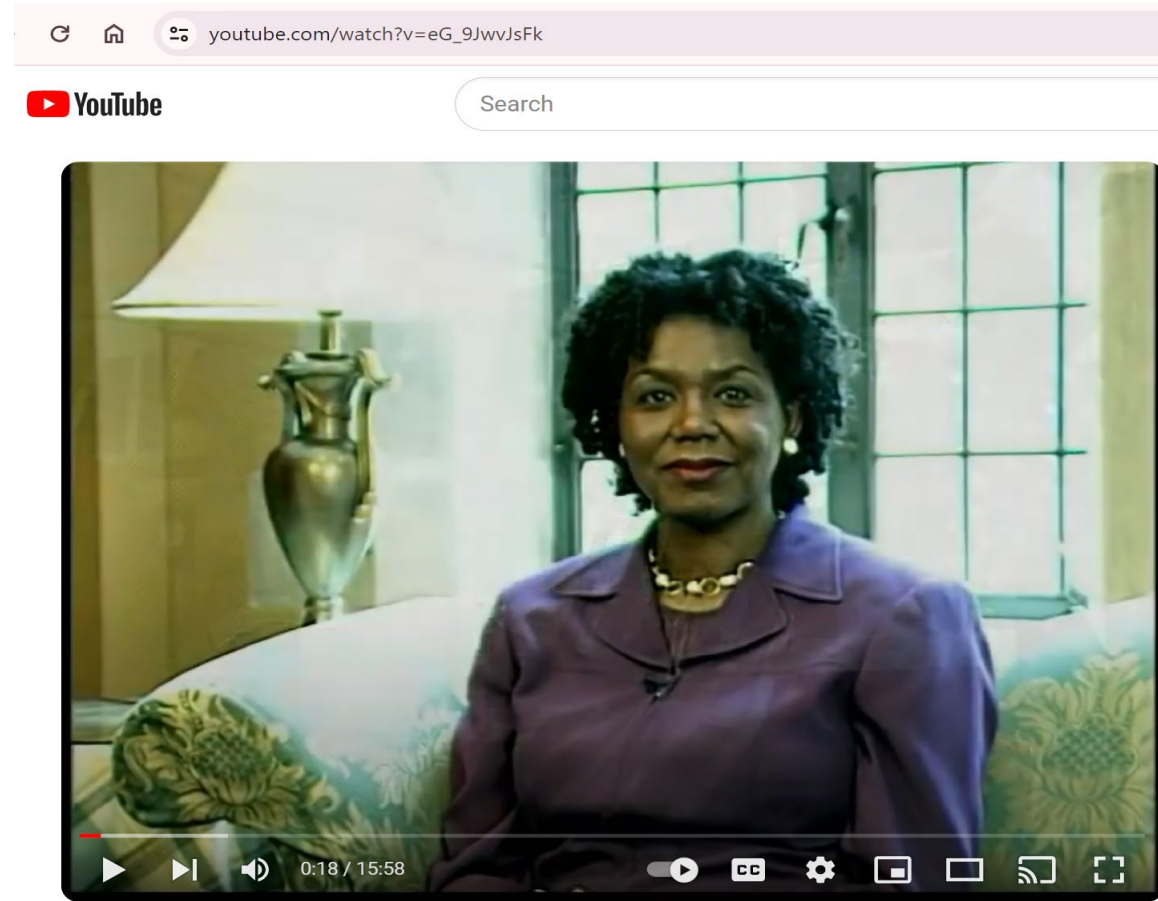
The Pillars of Caste

- Divine will and the laws of nature
- Heritability
- Endogamy and the control of mating
- Purity (of the upper) vs pollution (by the lower)
- Occupational hierarchy
- Dehumanization
- Terror and the threat of violence
- Natural order and aversion to disruption

Black Masculine “Norms”



Combating the “Norms”: Public Education



Black & Blue: Depression in the African American Community

Black & Blue: Depression in the African American Community Video: https://www.youtube.com/watch?v=eG_9JwvJsFk

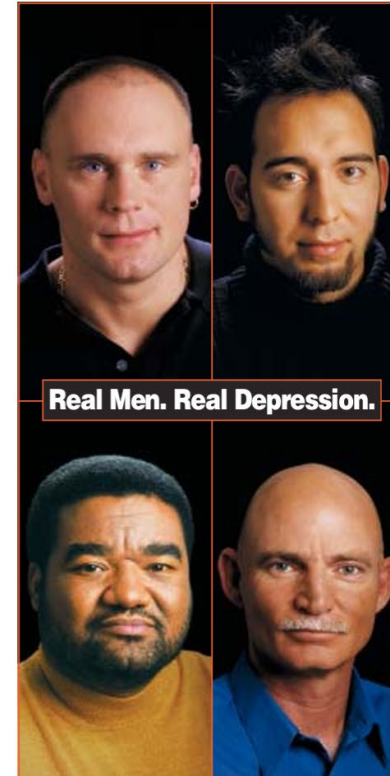
Combatting the “Norms”: Public Education

The facts about men and depression.

An estimated six million men in the United States have a depressive disorder—major depression, dysthymia (chronic, less severe depression), or bipolar disorder (manic-depressive illness)—every year. Although these illnesses are highly treatable, many men do not recognize, acknowledge, or seek help for their depression.

While both men and women may develop the standard symptoms of depression, they often experience depression differently and may have different ways of coping. Men may be more willing to report fatigue, irritability, loss of interest in work or hobbies, and sleep disturbances rather than feelings of sadness, worthlessness, and excessive guilt, which are commonly associated with depression in women. Also, tragically, four times as many men as women die by suicide, even though women make more suicide attempts during their lives.

The truth is, depression is a real and treatable illness. It can strike at any age, from childhood into late life. With proper diagnosis and treatment, the vast majority of men with depression can be helped.



**It takes courage to ask for help.
These men did.**



NATIONAL INSTITUTES OF HEALTH
NIH Publication No. 03-5300
March 2003

Combatting the “Norms”: Train CHWs to Reach Men Where They Are At

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The Confess Project of America is a national organization that fosters mental health advocacy in marginal and underrepresented communities. We are empowering frontline workers, barbers and grooming professionals to be mental health gatekeepers. Our groundbreaking mental health curriculum evaluated by Harvard University has impacted millions across the United States.

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Combating the “Norms”: Train CHWs to Reach Men Where They Are At (cont.d)

portal.ct.gov/dmhas/newsworthy/news-items/the-imani-breakthrough-project

dmhas Connecticut State Department of Mental Health and Addiction Services

EMBRACE/DON'T DISGRACE

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The Imani Breakthrough Project: Addressing Mental Health and Addictions in Black and Brown Communities

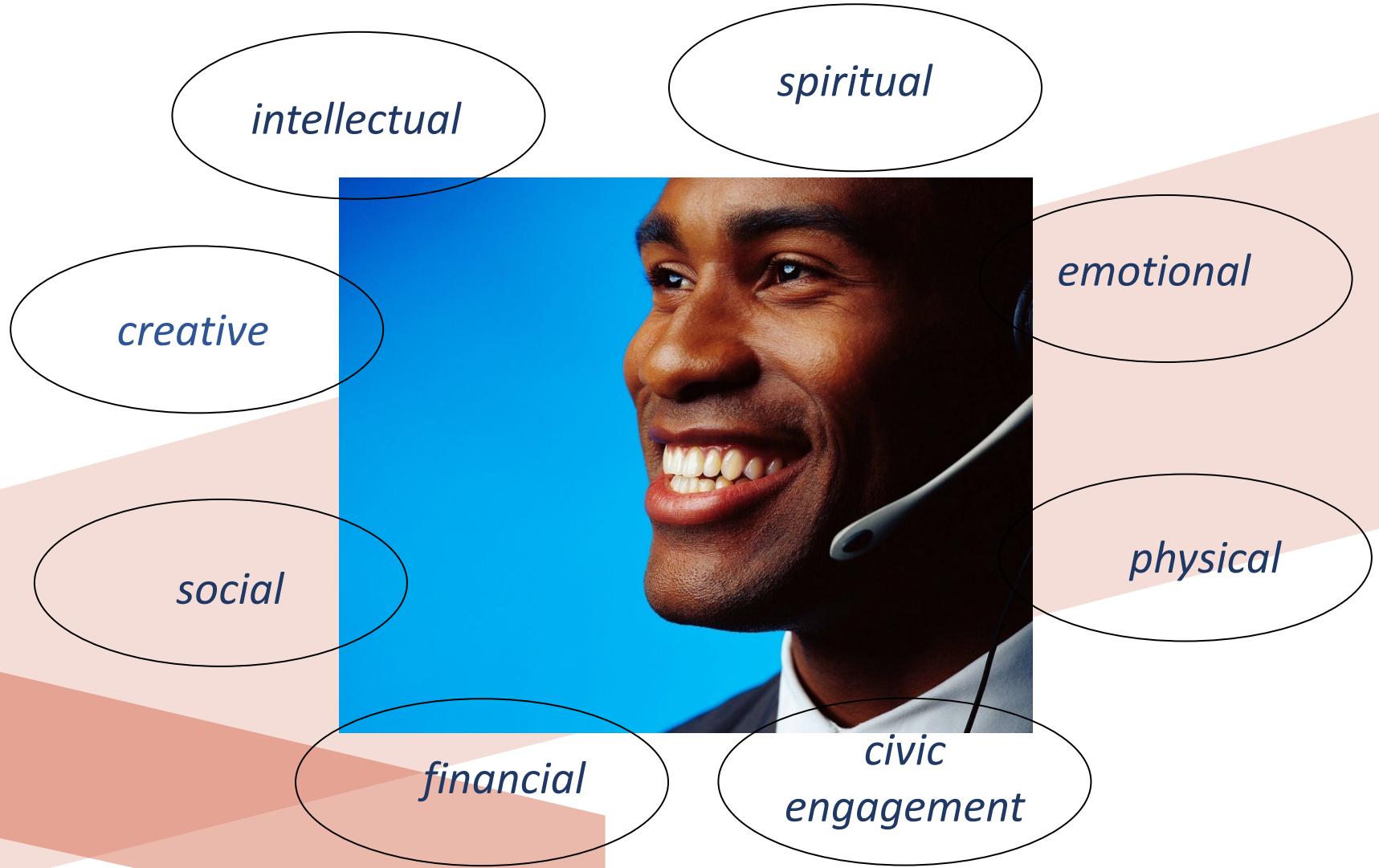
Drs. Ayana Jordan and Chyrell Bellamy and Team, Yale Psychiatry

Combating the “Norms” With Affinity Groups



Dr. Francois Williams' BPA Black Male Fellows

Achieving a New Black Male Mental Health Norm





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Mental Health of African American Men

Summary

- The health of Black Men is under attack in America
- Though Black Men tend not to have more psychiatric disorders than their white counterparts, they suffer more with their symptoms
- The American Caste system is at the root of this disparity
- Community education, outreach, building affinity groups, and arming Black Men to combat the Caste are the means to protecting Black mental health

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Questions



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