

**Our Movement. Our Moment.**

**#NAMICON19**



**2019 NAMI  
National  
Convention**  
JUNE 19–22 • SEATTLE

# Welcome to 2019 NAMI National Convention

**African American Church Business:  
What Every Organization and Mental Health Provider Needs to Know**

**Dr. Brenda Richardson Rowe, LPC-S  
Concord Church**

**Natasha Stewart, M.A., LPC-S  
Potter's House Church**

Rejoice  
IN HOPE,  
BE patient  
IN TRIBULATION,  
be constant  
IN PRAYER  
Romans 12:

## Our Pastors

...and faith leaders has and always will be in the forefront of the African American community..



## Faith Leaders

...are sought out to provide guidance and knowledge in politics, community issues, social issues...



4

...health  
issues and  
even mental  
health issues.



# **Mental Illness is moving toward an epidemic state in the African American Community**

## **Multisystem Issue:**

- Stigma
- Spiritual Beliefs
- Socioeconomic Status
- Access





in 4 adults in the US will cope with some form of mental illness

African Americans are 20% more likely to experience serious

mental health problems than the general population

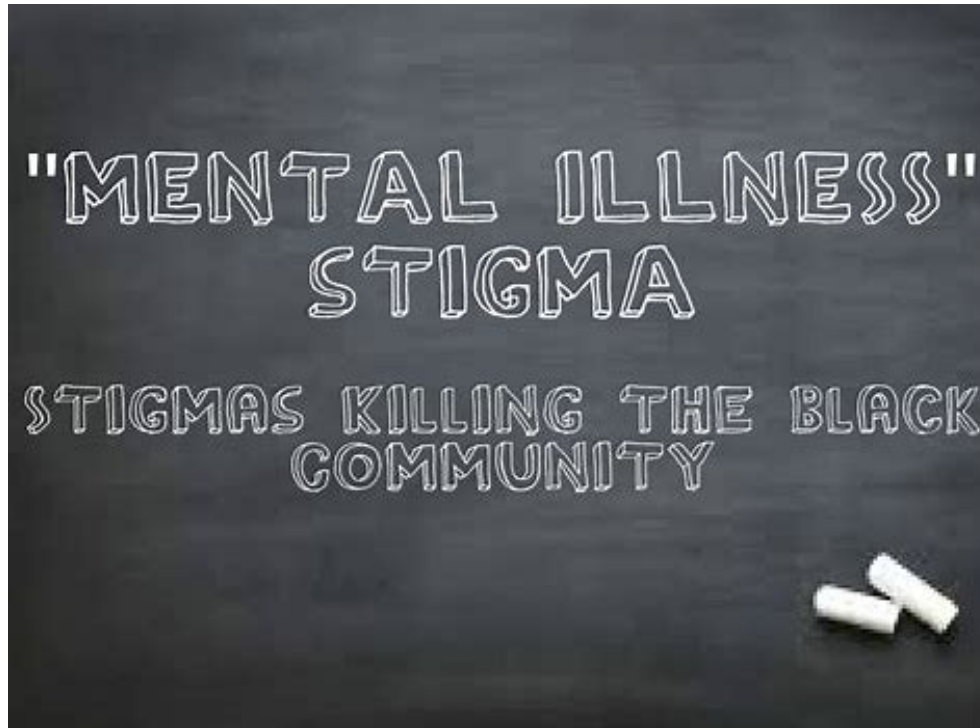
Death rate from suicide for African American men is almost four times that of African American women

233%+ increase in suicide among AA 10-14 in a 15year span

# Stigma

- Cultural biases
- Hx of misdiagnosis
- Lack of cultural understanding
- Inadequate treatment
- 2% Psychiatrist, 2% Psychologist, 4% Social Workers
- Viewed as “crazy” by family/friends





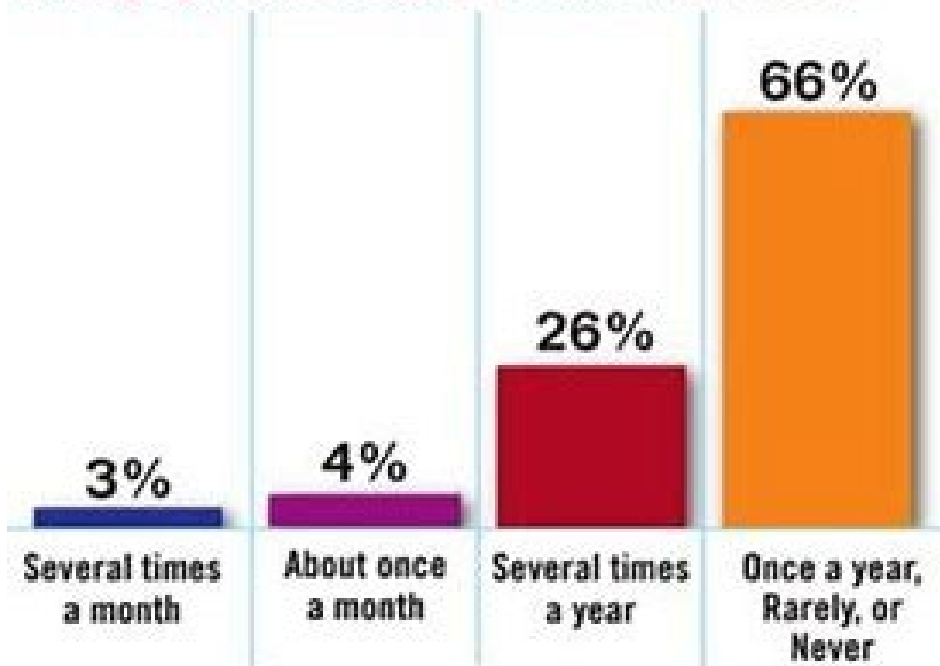
- Primary Physician vs Psychiatrist
- Therapy is anti-spiritual
- Therapy is only for those who are “sick”, “weak”, “crazy”
- One flew over the Cuckoo's Nest

## Spirituality

- 85% of AA describe themselves as religious
- Knowledge and guidance from Pastors and Faith Leaders
- Reliance on family, religion and social community
- The church is the “spiritual hospital “
- Therapy is anti-spiritual



### How often pastors speak to the church in sermons or large group messages about mental illness.



**Want their church to talk openly about mental illness, so the topic will not be a taboo.**

Group	Agree
Among family of a person with mental illness	65%
Among people with a mental illness	59%



## 16 TIPS TO IMPROVE MENTAL HEALTH

- 1) Talk To Your Doctor--Depression Screening
- 2) Practice Gratitude
- 3) Meditation
- 4) Journal
- 5) Go To Therapy
- 6) Exercise 3 Times Weekly
- 7) Lean On Trusted Support System
- 8) Educate Yourself On Mental Health Issues
- 9) Adopt A Well-Balanced Diet
- 10) Listen To Sad Music
- 11) Travel
- 12) Sleep More
- 13) Do A Digital Detox
- 14) Express Kindness To Someone
- 15) Learn To Say No
- 16) Talk To Others About Mental Health



**MIND**  
*MATTER*  
**MATTER**

THE HOUSE OF HOPE ATLANTA  
4650 FLAT SHOALS PKWY, DECATUR, GA 30034  
DR. E. DEWEY SMITH, JR | SENIOR PASTOR

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  @HOHATL



## Spirituality (Continued)

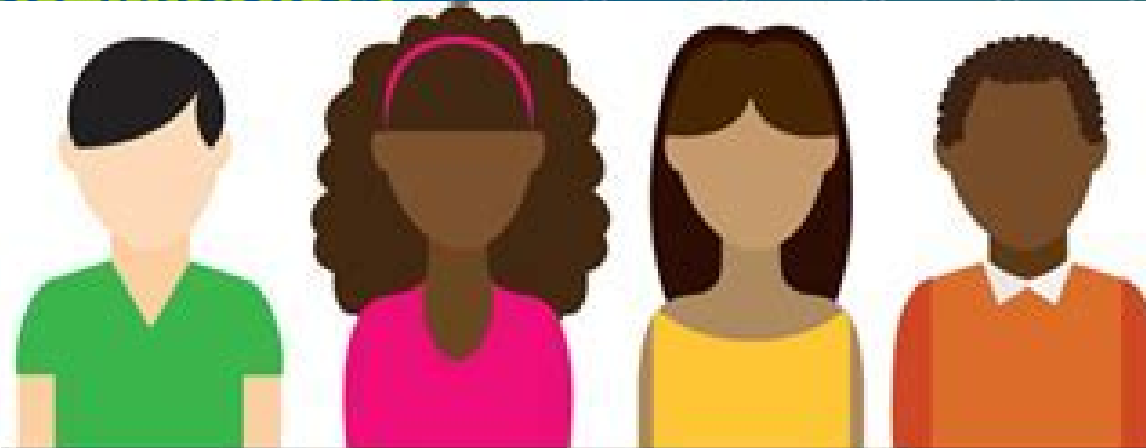
- Theories not aligning with biblical beliefs
- Prayer is used to cope with stress and mental illness
- He/she is a little different: take care of them (Soul Food)

## Socioeconomic

- Poverty levels affect mental health status
- AA below poverty level are 3x more likely to report psychological distress
- Challenges: hunger, difficulty finding jobs, homelessness, crime, drugs, violence etc....

## Access

- Less access to and less availability of mental health services
- Misuse of ER beds
- Lack of transportation
- Lack of facilities in needed areas
- Little to no after hours facilities available
- > 3,000 calls to police for behavioral/psychological issues in southern sector
- Lack of minority providers



**1 in 4 Americans**  
suffers from a  
diagnosable mental  
disorder.

Minority populations, including African-Americans, Native Americans, Asian-Americans and Latinos are less likely to receive diagnosis for their behavioral health issues and have less **access to mental health services.**







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## Faith-Based Organizations

- Alliance for Greater Works
- Bible Way Fellowship Baptist Church
- Concord Church
- Dallas City Temple Seventh-day Adventist Church
- Great Mt. Tabor Christian Center



## Faith-Based Organizations

- God's Way Christian Baptist Church
- Mount Zion Missionary Baptist Church
- Missouri City Baptist Church
- The Potter's House Counseling Center
- Wheeler Avenue Baptist Church
- Windsor Village United Methodist Church

## Outcomes

- Cultural shift
- Increase utilization of mental health care services
- Prevention and early dx
- Improved treatment modalities
- Improvement in trust and sensitivity of providers
- Decrease use of police and jail
- Overall improvement in quality of life

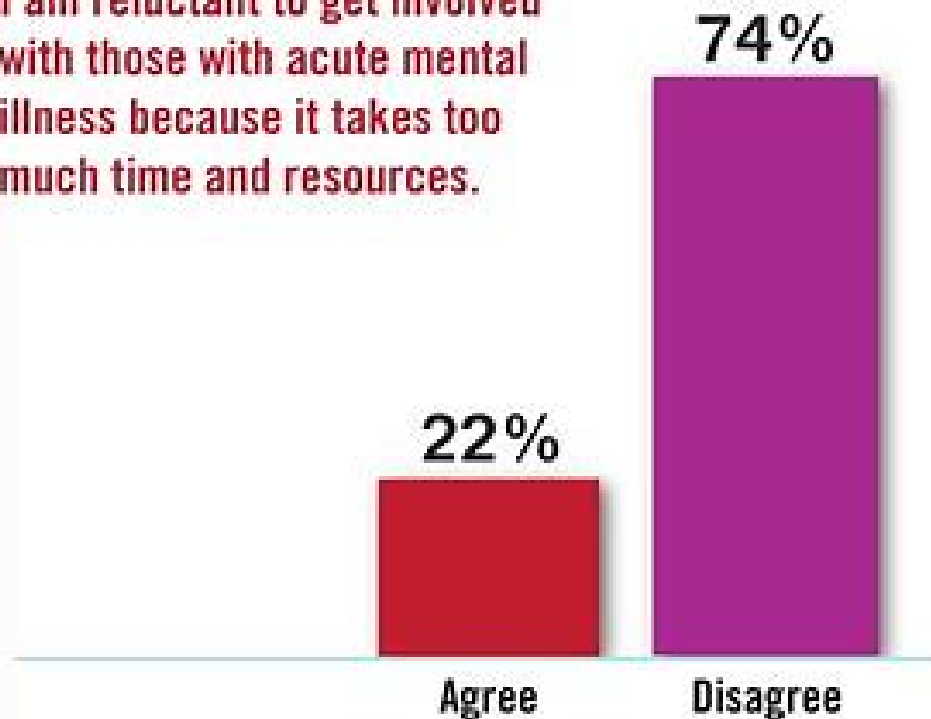
## Action Needed

- Increased education and awareness in AA communities
- Increased education and awareness for Pastors and Faith Leaders
- Host sites: churches, recreation centers, community groups and organizations
- Hogg Grant
- Stakeholders support of community project
- Outpatient Facility extensions of existing organization

## HELPING WITH MENTAL ILLNESS

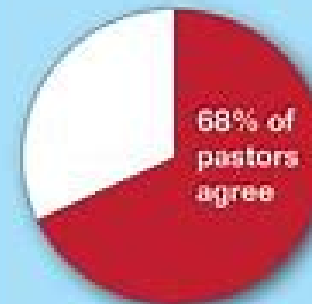
*Among pastors:*

**I am reluctant to get involved with those with acute mental illness because it takes too much time and resources.**



Notes: 4% Don't know.

**Mental health resources need to be communicated and made available.**



Church maintains a list of local mental health resources for church members



Families are aware resources for mentally ill exist in their church

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