

NAMICon 2020

A Virtual Event • July 13-14

Together Toward Tomorrow

Youth Resilience in Communities of Color, Community Participatory Research

Dr. Alfiee Breland-Noble

Founder, The AAKOMA Project, Inc.

Board of Directors & Staff

The AAKOMA Project, Inc.



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Lessons from The AAKOMA
Project 501(c)(3) nonprofit
(How It's Done)

Dr. Alfiee M. Breland-Noble
(Dr. Alfiee)
Founder

YOUTH RESILIENCE IN COMMUNITIES OF COLOR, COMMUNITY PARTICIPATORY RESEARCH

NAMICon2020 Virtual Event
July 14th, 2020





Healing Starts In The Heart

MISSION STATEMENT

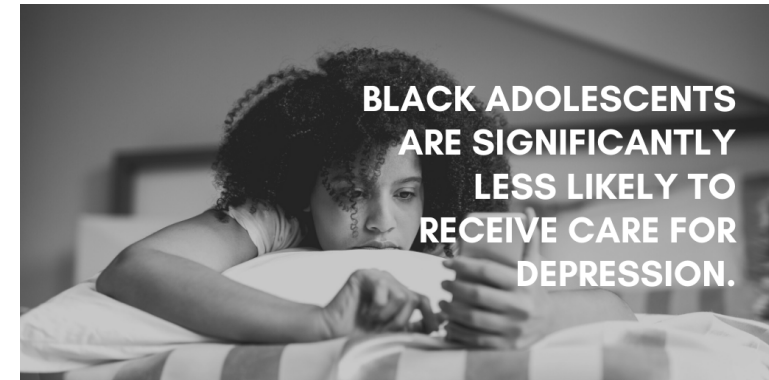
VALUE PROPOSITION

At the AAKOMA project, our mission is to help diverse teenagers and their families achieve optimal mental health through dialogue, learning, and the understanding that everyone deserves care and support.

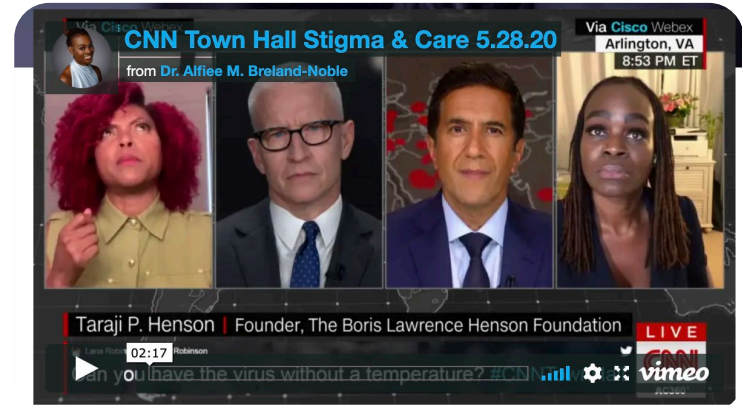
All too often, Americans view mental health care as a privilege for the wealthy and feel unwelcome or disconnected from traditional providers. At the AAKOMA Project, we are working to change that perception. We believe that everyone—regardless of background, income, or identity—deserves optimal mental health.

We define optimal mental health as:

- recognizing mental health challenges when they arise*
- understanding where to go for help*
- supporting friends and loved ones to seek help*



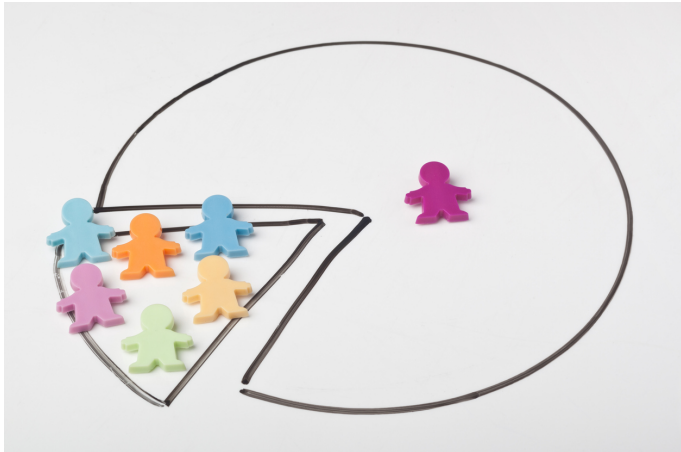






MENTAL HEALTH NEEDS OF PEOPLE OF COLOR

Barriers to Care



Generally, mental health disparities for people of color exist in four areas:

1. Decreased access to/less availability of mental health services -
Includes issues with costs; insurance; availability of clinics and hospitals esp. for mental health concerns.
2. Lower likelihood of receiving required services -
As a result of abovementioned reasons; cultural stigma; failure to acknowledge mental health needs.
3. Experiences with poorer quality of care -
Lack of cultural competence of providers and treatments; provider bias.
4. Underrepresentation in the field of mental health research:
Both in the role of participant and researcher.



PATIENT CENTERED RESEARCH

Improving the Status Quo

How can we improve provision of care and diminish the service provision gap across racial groups?

Direct examination of current levels of knowledge and attitudes of youth of color surrounding the field of mental health may inform better practices.

Means of reducing barriers to care and research involvement:

- Cultural competence
- Developing alternate and innovative forms of tx to improve access and availability
- Promoting mental health awareness
- Community collaboration



AAKOMA, CER & PCOR

Objectives of our Research

1. For participants to understand the details of Comparative Effectiveness Research and Patient Centered Outcomes Research.
2. For participants to learn about the general knowledge and attitudes of youth of color surrounding the field of mental health treatment and research.
3. For participants to understand and be able to apply the tenets of CER and PCOR in similar communities to increase mental health research engagement.



PCORI ENGAGEMENT AWARD

Engaging Black Faith Communities to Address Mental Health Disparities via Curriculum Development

Goals of our Funded EA Project:

1. Build a network of African American youth patients, leaders, caregivers, parents, community members and other stakeholders invested in developing skills in PCOR and CBPR.

2. To evaluate and identify:
 - a) *Factors that help or hinder **Faith Based Mental Health Promotion***
 - b) *Factors necessary to support training in PCOR and CER*

3. To collaboratively develop a patient and stakeholder focused training curriculum in PCOR, CER, and CBPR for African American youth mental health.

EA Project: Accomplishments

- ~ Engaged **15 faith communities** across the project period to create our stakeholder network.
- ~ Recruited a total of **203 individuals** to participate in survey completion and group discussion (with **17 focus groups** completed).
- ~ Primary Outcomes:
 - Curriculum Creation
 - Capacity Building
 - Community and Patient Engagement

Adult's Understanding of CER and PCOR

Youth's Understanding of CER and PCOR



OUR FUNDED PCORI PIPELINE TO PROPOSAL (P2P) PROJECT

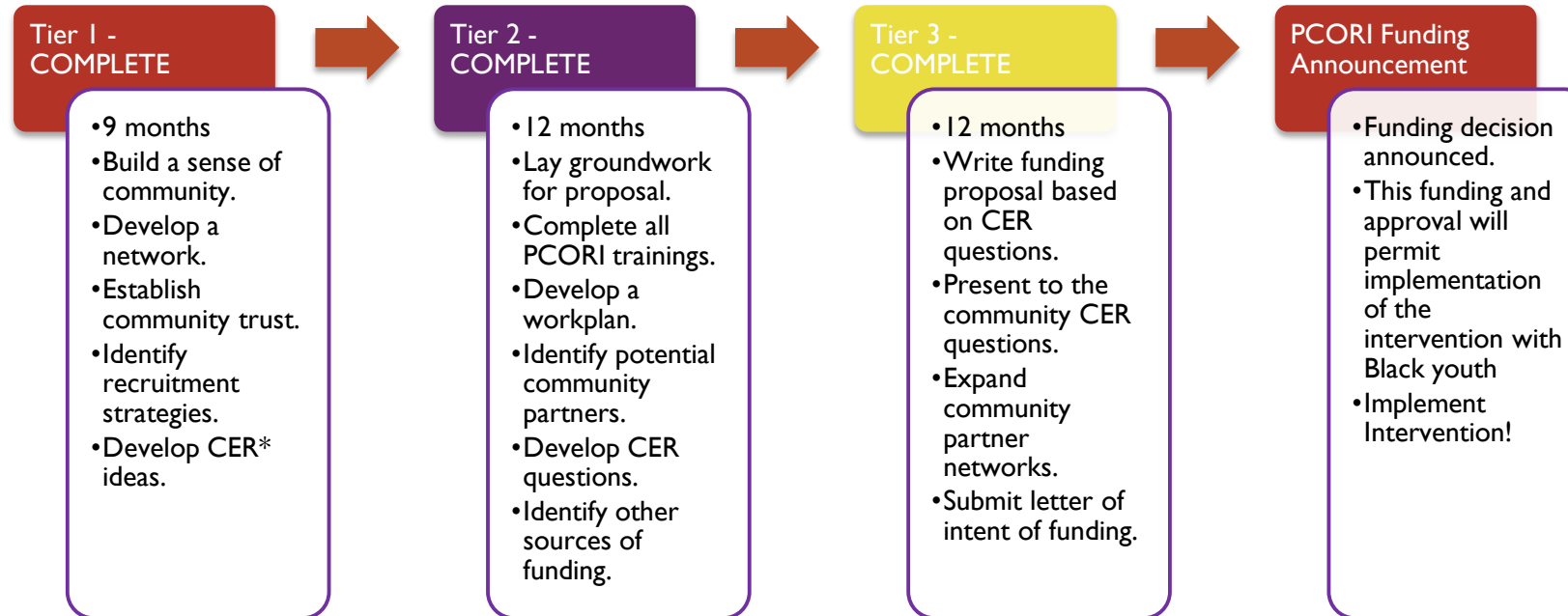
Building Capacity and Reducing Barriers to the Inclusion of Underserved Black Youth and Families for Behavioral and Mental Health Patient Centered Outcomes Research

- Our P2P project has sought to develop a partnership between researchers, patient-partners, and stakeholders.
- We work to build capacity for community partnerships to create research questions and submit PCOR research proposals.

P2P Project Goals

1. Strengthen relationships between researchers, patients and stakeholders.
2. Build capacity for community partnerships to create research questions and submit PCOR research proposals.
3. Engage partnerships in research process and development of dissemination and implementation plans.
4. Successfully establish an infrastructure for patients, caregivers, and other stakeholders to increase engagement in research, dissemination and evaluation.

Tiers of our P2P Project



***CER**- Comparative Effectiveness Research is the direct comparison of existing health care interventions to determine which work best for which patients and which pose the greatest benefits and harms

P2P Project: CER Question Development

With our team, we developed CER questions with our community and patient partners that addressed:

- 1.The need for a trauma based treatment intervention for youth members of their geographic community.
- 2.The needs and current resources of this population.
- 3.The community's **cultural sensitivities** was of importance to the group.

P2P PROJECT OUTCOME

March 2018 → Letter of Intent **ACCEPTED**

Spring 2018 → Addressing Disparities Grant
SUBMITTED

INITIAL SCORE:

41

STRONG WITH MINOR WEAKNESSES





RECENT EXAMPLES OF OUR WORK UNDER COVID-19

COLLABORATION

Thank you to:

Rev. Dr. James E. Victor
& Mrs. Victor

Sister Freddie L. Archer, Esq.

Rev. Sabra Jones

Deacon Warren Brooks
(AAKOMA Project Board Member)

Sister Kimberly Garnes

Mount Olive Baptist Church and the AAKOMA Project
Presents
MENTAL HEALTH WEBINAR

#COVIDCare
CONSIDERATIONS FOR PEOPLE OF COLOR

SATURDAY MAY 2 @ 11:00 A.M.

AAKOMA
Dr. Alfiere Breland-Noble
Founder, The AAKOMA Project, Inc.

MOUNT OLIVE BAPTIST CHURCH
Rev. Dr. James E. Victor, Jr., Pastor
Register at www.mtolivebc.org



FAITH BASED MENTAL HEALTH PROMOTION NEXT

NAME THE ISSUES

COVID-19



NEXT

Relatives and friends mourned Larry A. Hammond, a former Zulu Mardi Gras king, on April 22.

Issue 3

Issues 1 and 2 have tremendous mental health impacts on African Americans, people of color and marginalized populations.



NEWS
COVERAGE
(LACK OF
REPORTING
RACE DATA)



Too much
elevates
stress

ACCESS TO
RESOURCES



Complicates
Self-Care

PHYSICAL
DISTANCING



Reduces/
removes
culturally
grounded
natural
healing
practices



3

BEST CULTURAL PRACTICE

Use "Mother/Father" Wit

- "If you gonna worry, don't pray, if you gonna pray - don't worry"
- "Sunshine is the Best Disinfectant"
- "The ancestors are with you"



Multigenerational family sheltering in place

4

BEST CULTURAL PRACTICE

I'm Gen X (Forgive Me)

YOU GOT TO:

- Get Up
- Get Out (Not Really)
- Get Something



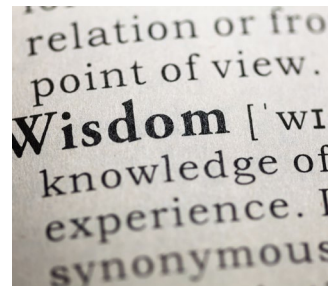
1 STAY CONNECTED



2 STAY INFORMED



3 MOTHER/FATHER WIT



4 GET UP



Free Resources

[https://aakomaproject.org/
outreach%2Fawareness](https://aakomaproject.org/outreach%2Fawareness)



Free Virtual
Psychotherapy
Teens & Young Adults



LEADING MENTAL HEALTH NONPROFITS HELP NORTHERN VIRGINIA THROUGH THE COVID-19 CRISIS

The AAKOMA Project and the Boris Lawrence Henson Foundation join forces to help Northern Virginia's communities of color.

Thank you!



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