Welcome to 2019 NAMI National Convention

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

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Potter’s House Church
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...
...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 15 year 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.

- 3% Several times a month
- 4% About once a month
- 26% Several times a year
- 66% Once a year, Rarely, or Never

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

- 65% agree Among family of a person with mental illness
- 59% agree Among people with a mental illness
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

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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
Our Movement. Our Moment.

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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.
Our Movement. Our Moment.

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2019 NAMI National Convention
JUNE 19–22 • SEATTLE
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
Among pastors:
I am reluctant to get involved with those with acute mental illness because it takes too much time and resources.

22%
Agree

74%
Disagree

Mental health resources need to be communicated and made available.

68% of pastors agree
Church maintains a list of local mental health resources for church members

28% of families agree
Families are aware resources for mentally ill exist in their church

Notes: 4% Don’t know

LifeWayResearch.com
Storyboard Display
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