

Stigma of Mental Illness in the AA- American Community

Presentation by Corinda Rainey-Moore, MS.

Stigma

- Stigma is shame that by design will silence and sideline individuals. _____
- By silencing you elevate your status _____
- Stigma gives us a chance to be save _____

Race

- Race is a multiplier= shame of self and shame of illness
- Race does matter

Stigma and Culture

- Culture and Stigma prevent far too many AA from seeking treatment. I become that illness in the eyes of the community and I do not want that. “ I can’t be who I am and have Bipolar or Schizophrenia, I become the illness

Mental Illness in the AA community

- Mental Illness is stigmatized and misunderstood in the AA community.

Suicide Rate

- Across a 15 year span, suicide rates increased by 233% among AA aged 10-14 compared to 120% among Caucasian Americans in the same age group across the same span of time.

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Physical Illness

The manifestation of physical illnesses related to Mental health occurs at a rate of 15% among AA and 9% among Caucasian Americans.

- _____

Homelessness

- AA comprise of 40% of the homeless population and only 12% of the U. S. population.
- People experiencing homelessness are at a greater risk of developing mental illness

- _____

Access to Treatment Services

- AA receives less access to services than do whites.
- Less access results in part from lack of health insurance especially for working poor who do not qualify for public coverage.

Access to Treatment Services

- The rate of psychiatric inpatient care is about double that of whites.

Barriers to treatment

- Cost of Services
- Social stigma toward MI

Aging Adults with MI.

Things you can Do as Providers

- Become Mentors of AA with MI • _____
- Help to educate the community about MI which leads to decreased stigma _____
- Advocate for treatment services for AA _____
- Advocate for funding for training programs for equitable AA representation _____

Things You can Do

- Understand that Race is the hardest topic to discuss in our society. • _____
- Conversations about race need to be fearless _____
- Understand AA need for healing is not only as a result of their MI but also a result of racial oppression. _____
- Share your experience _____

Things you can do

- Commit to these four points: • _____
 - (1) Stay engage _____
 - (2) Speak the AA Truths _____
 - (3) Experience Discomfort _____
 - (4) Expect/ Accept Non Disclosure _____

Questions to Ask

- Are you looking at AA with MI as problems or challenges or are you looking at AA with MI as people with challenging problems?
- What are your goals for the consumer?

Questions to Ask

- What are the consumers goals?
- What must I learn in order to help the consumer?

What AA centered treatment should look like

- Environment
- Community Based
- Allow for deep Transformation
- Empowerment
- Family Centered
- Respect
- Faith Based

Things that AA Must Do

- Understand that their experiences are unique and to have patient and compassion
- Keep Talking-sharing our stories and experiences
- Learn to navigate the System

Things AA Must Do

- Continue Recognizing that seeking help is not a weakness but a strength For example people with depression can't just snap out of it.
- You are encouraged to volunteer your time being on boards like the MHCDC, NAMI as well as by mentoring AA with MI.
