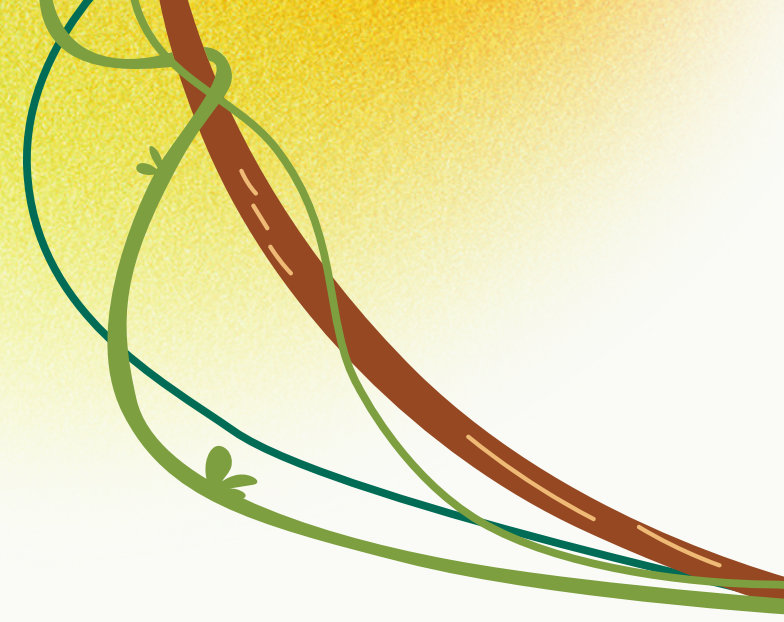




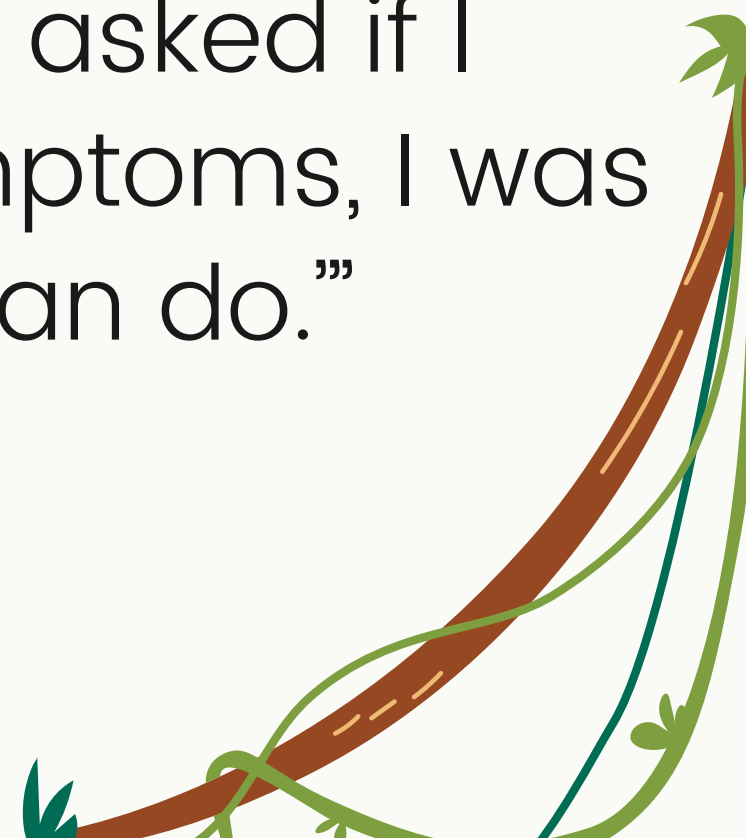
The Black Experience: Negligence in Mental Healthcare

Eden Agyeman, Rou Chen, Mehak Islam, Samin Jayaswal



The Story of Amaranthia Sepia

“Whenever I told them about my racist experiences, or listed my symptoms and concerns, I was only told, ‘I’m sorry that happened to you.’ When I asked if I needed a referral for my symptoms, I was told, ‘There’s nothing I can do.’”



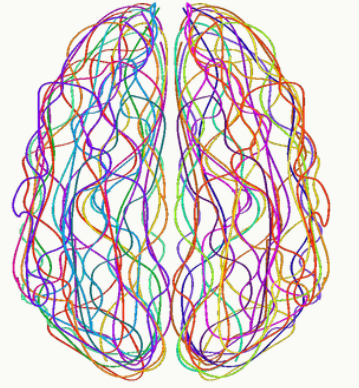


What is a Health Disparity?

A preventable difference in health outcomes that negatively affects disadvantaged populations



How Does Psychology Affect Black Individuals?



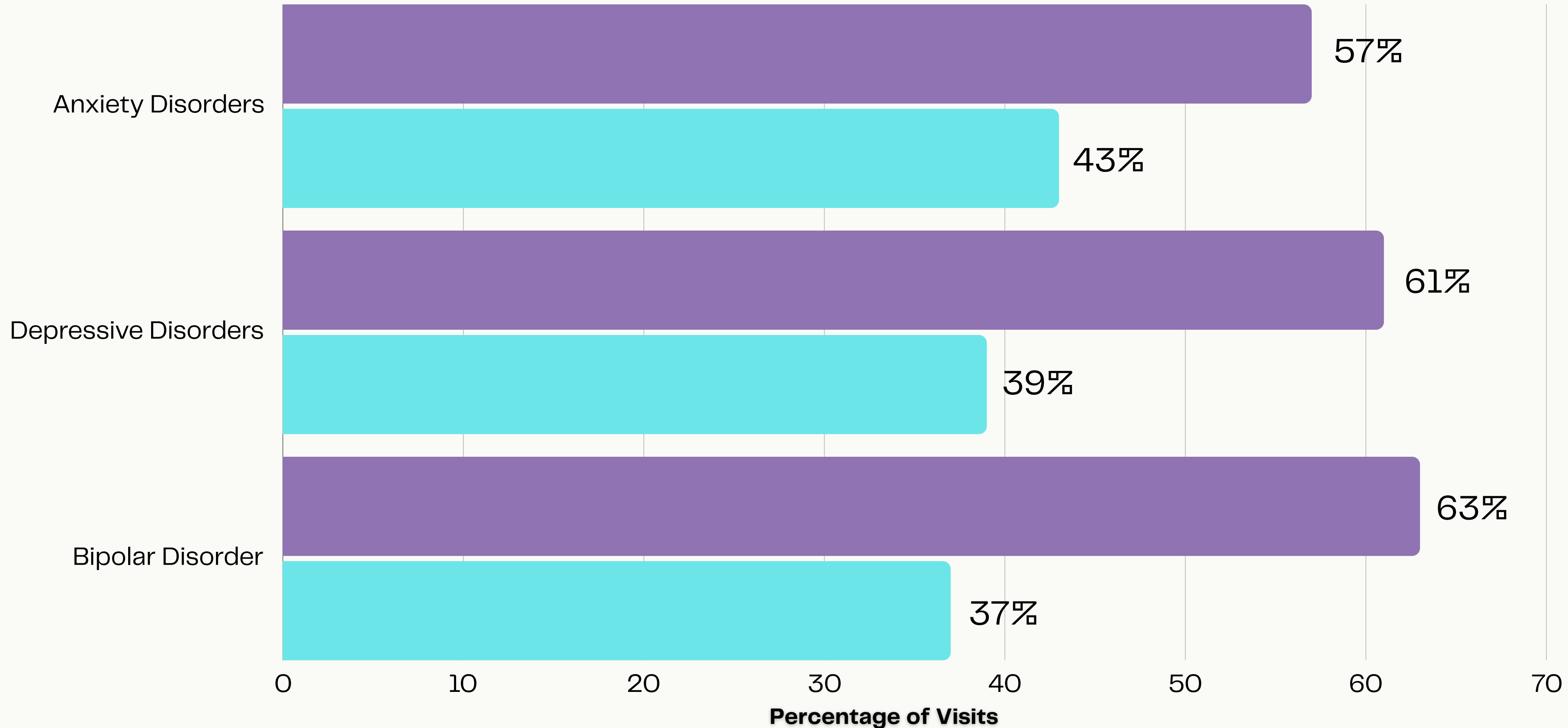
Psychology

- Study of mental processes and how they affect human behavior
- Range from perception and thinking to mental health conditions

Mental Health Emergency Department Visits by Condition, 2021

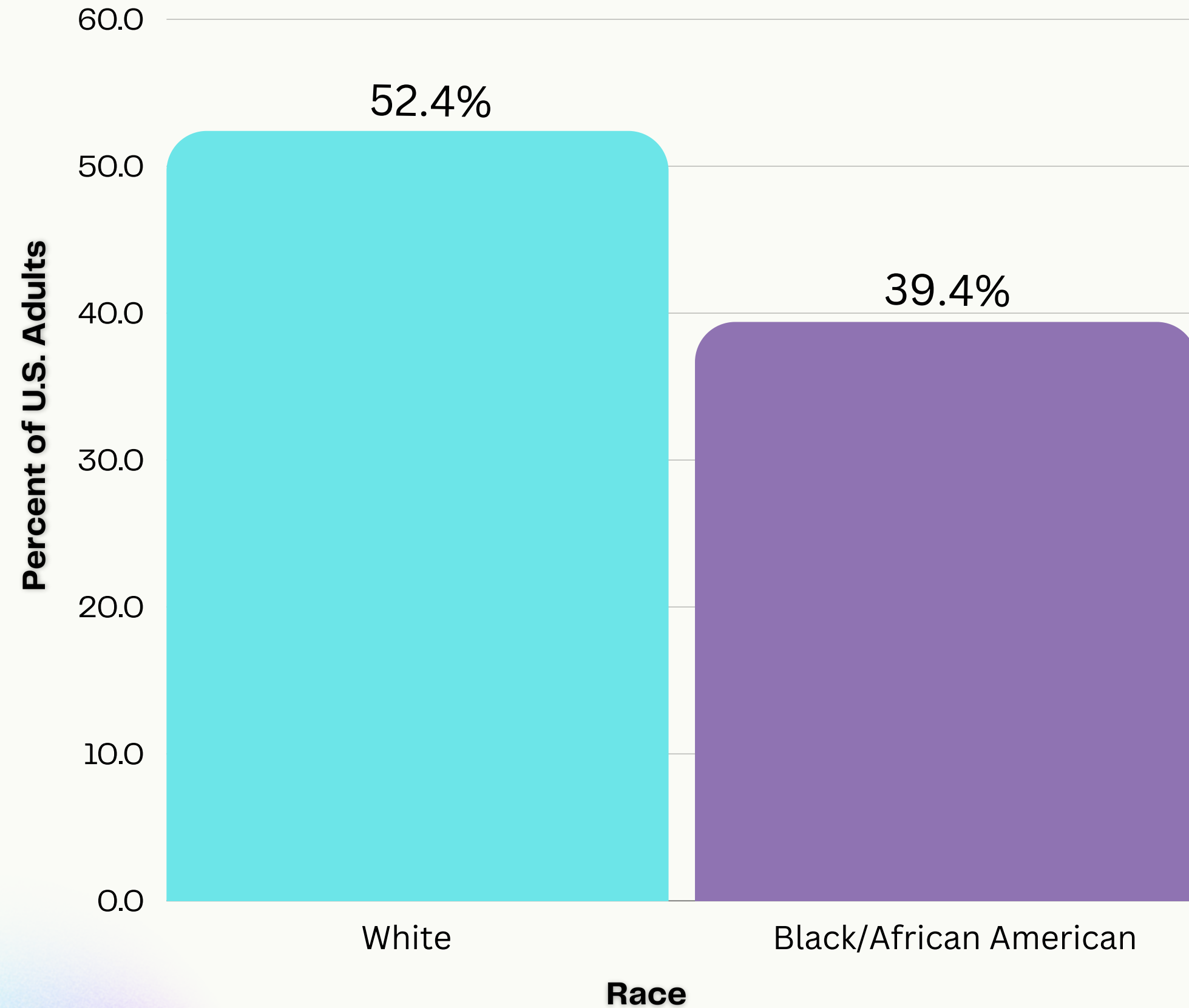
Data Adapted from Health of Boston.gov

Black White



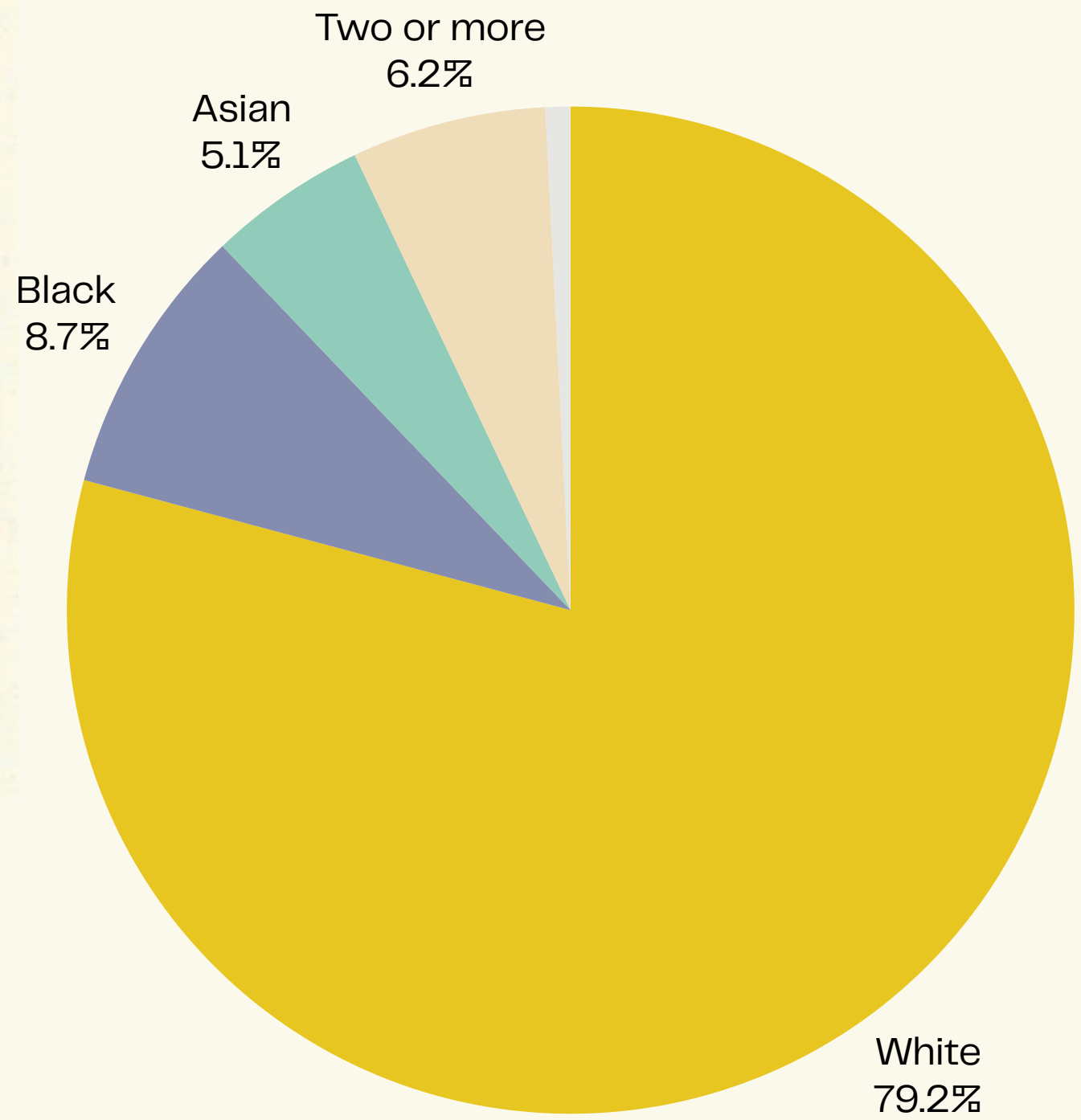
Mental Health Services Received in Past Year Among U.S. Adults with Any Mental Illness (2021)

National Data from SAMHSA



How do Black Individuals Experience Psychology Today?

- Often overlooked
- Cultural biases and misunderstandings
- Lack of trust in healthcare system
- Lack of representation



Psychologists Demographics by Race 2022

The Lack of Black Mental Healthcare Professionals

- In 2021, **4%** of psychologists in the U.S. were Black
- In 2022, **8.7%** of the psychologists (Ph. D) were Black
 - **2%** of **psychiatrists** were Black
 - **7%** of **marriage and family counselors** were Black
 - **11%** of **professional counselors** were Black
 - **22%** of **social workers** were Black

FLEXNER REPORT

- 75% of US medical schools shut down
- The 2 of the 7 Black Medical Schools survived
 - Howard University in D.C
 - Meharry Medical College in Nashville



Meharry Medical School's Class of 1916 in Nashville

ABRAHAM FLEXNER

In his report, Flexner wrote that African-American physicians should be trained in "hygiene rather than surgery" and should primarily serve as "sanitararians," whose purpose was "protecting whites" from common diseases like tuberculosis. (Hlavinka, 2020)





**WHAT IF THOSE MEDICAL SCHOOLS
WERE NEVER SHUT DOWN?**



1619–1865

SYSTEMIC RACISM

SLAVERY

- NOT SOPHISTICATED ENOUGH TO DEVELOP MENTAL HEALTH DISORDERS

THEN...

- BEGAN TO CREATE DIAGNOSES TO PATHOLOGIZE (“ABNORMAL”) BEHAVIOR THEY EXPECTED FROM ENSLAVED PEOPLE

- BELIEVED THAT ONLY THOSE WITH MENTAL ILLNESSES WOULD WANT TO ESCAPE SLAVERY

MENTAL HEALTH AWARENESS WAS NEVER MEANT FOR BLACK PEOPLE

SEGREGATION

1880s-1965

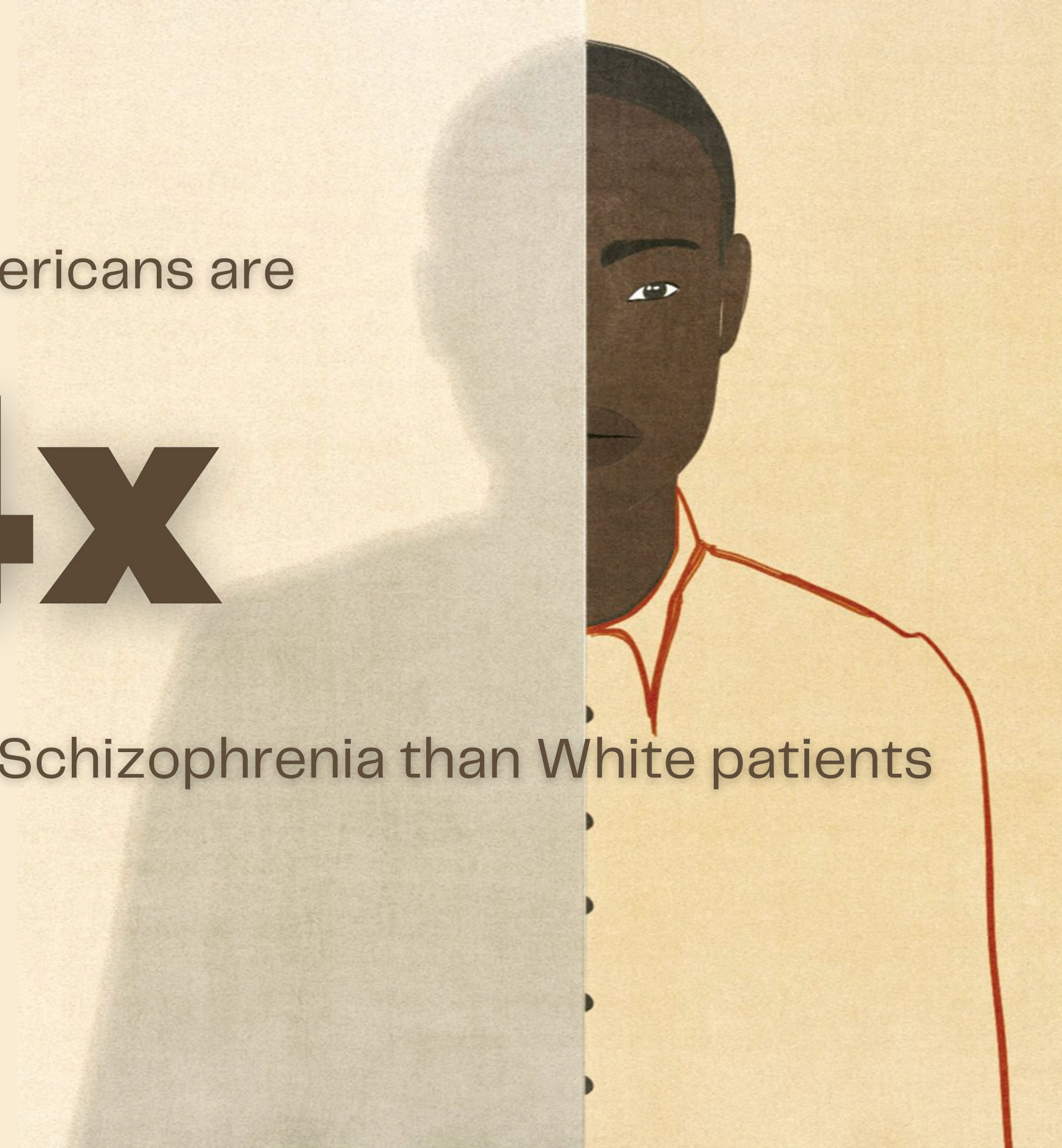
- POLITICAL UPRISINGS BY BLACK PEOPLE DURING JIM CROW ERA
- “AGGRESSIVE” AND “HOSTILE” AS DSM-II DIAGNOSTIC CRITERIA FOR SCHIZOPHRENIA
- LOBOTOMIES WERE PERFORMED ON BLACK CHILDREN AS YOUNG AS 5 YEARS OLD



Black Americans are

4x

more likely to be diagnosed with Schizophrenia than White patients



Black individuals are

3x

more likely to be killed by police during a mental health crisis



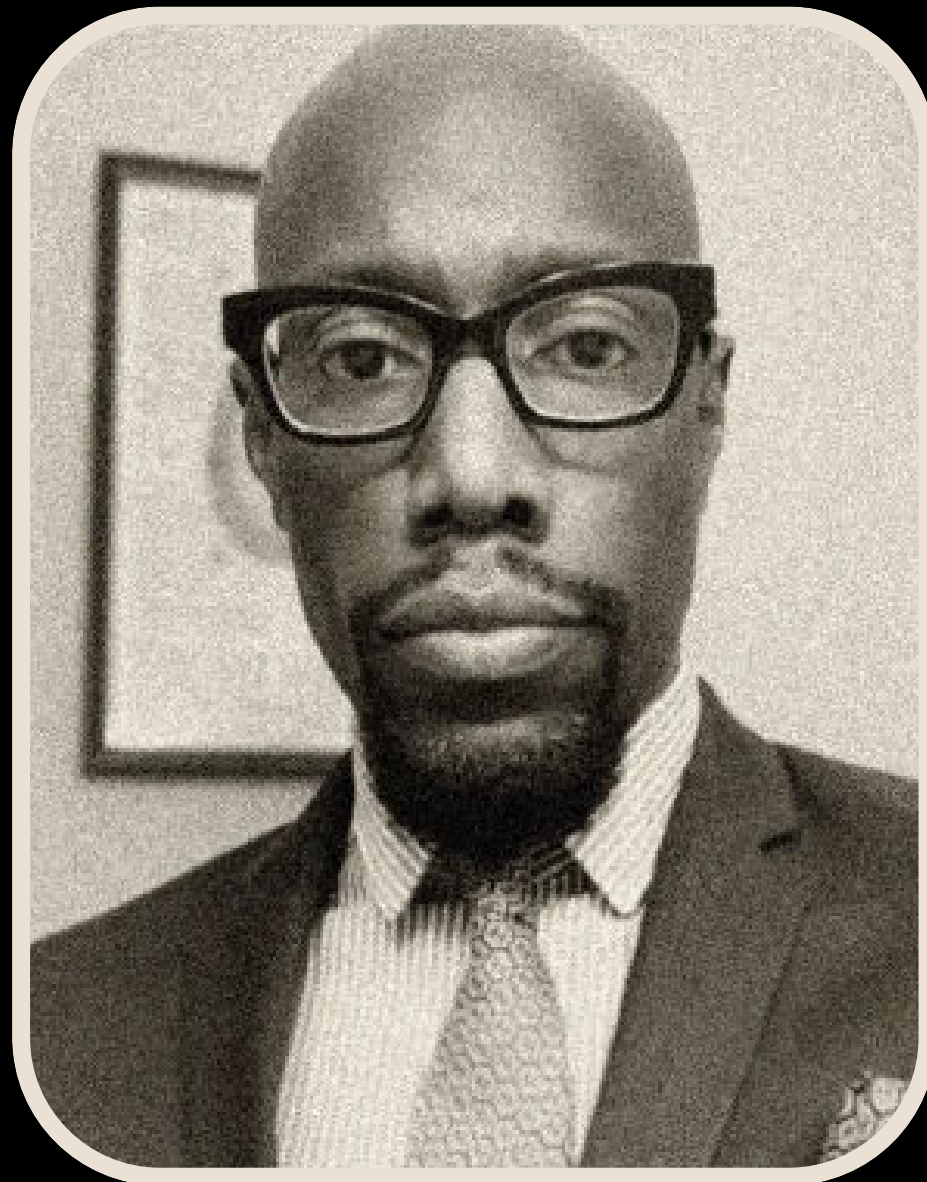


According to Howard University, police killings of unarmed Black Americans are responsible for more than 50 million days of poor mental health among Black Americans, cumulatively.

AT HOWARD UNIVERSITY HOSPITAL IN ONE DAY, I HAD BACK-TO-BACK SUICIDE ATTEMPTS... ONE A YOUNG MOTHER, TWO MALES, ALL BETWEEN 20 AND 50 YEARS OLD.

I HAD NEVER SEEN SO MANY SUICIDE ATTEMPTS IN SUCH A SHORT PERIOD.”

- DANIELLE HAIRSTON

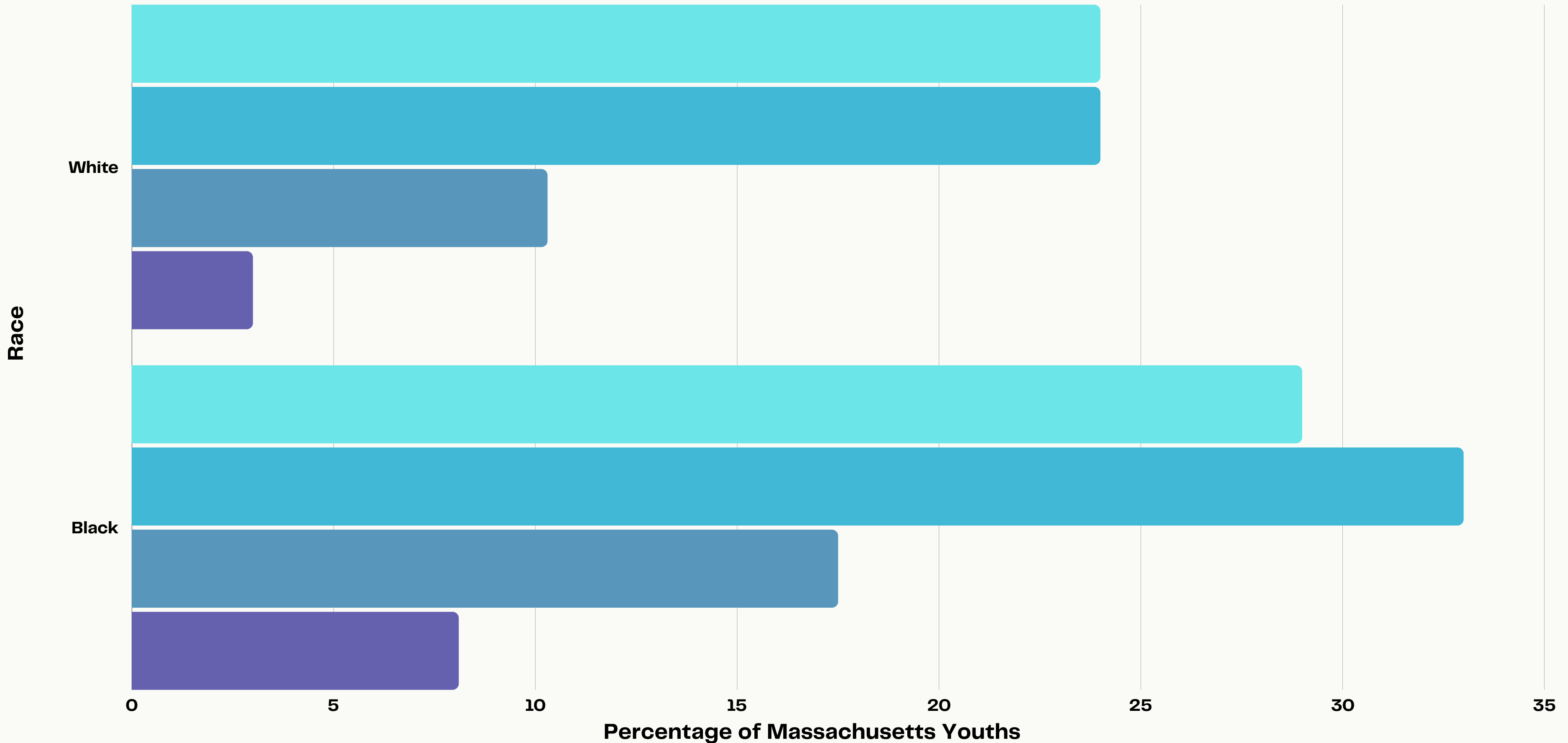


“JALEEL BRABHAM, A MENTAL/BEHAVIORAL HEALTH THERAPIST... NOTICED AN INCREASE IN THE NUMBER OF HIS BLACK CLIENTS WHO ARE ‘SELF-MEDICATING WITH DRUGS.’”- NBC NEWS

RESULTS OF THE MASSACHUSETTS YOUTH HEALTH SURVEY 2021 (MIDDLE SCHOOL)

Data from Mass.gov

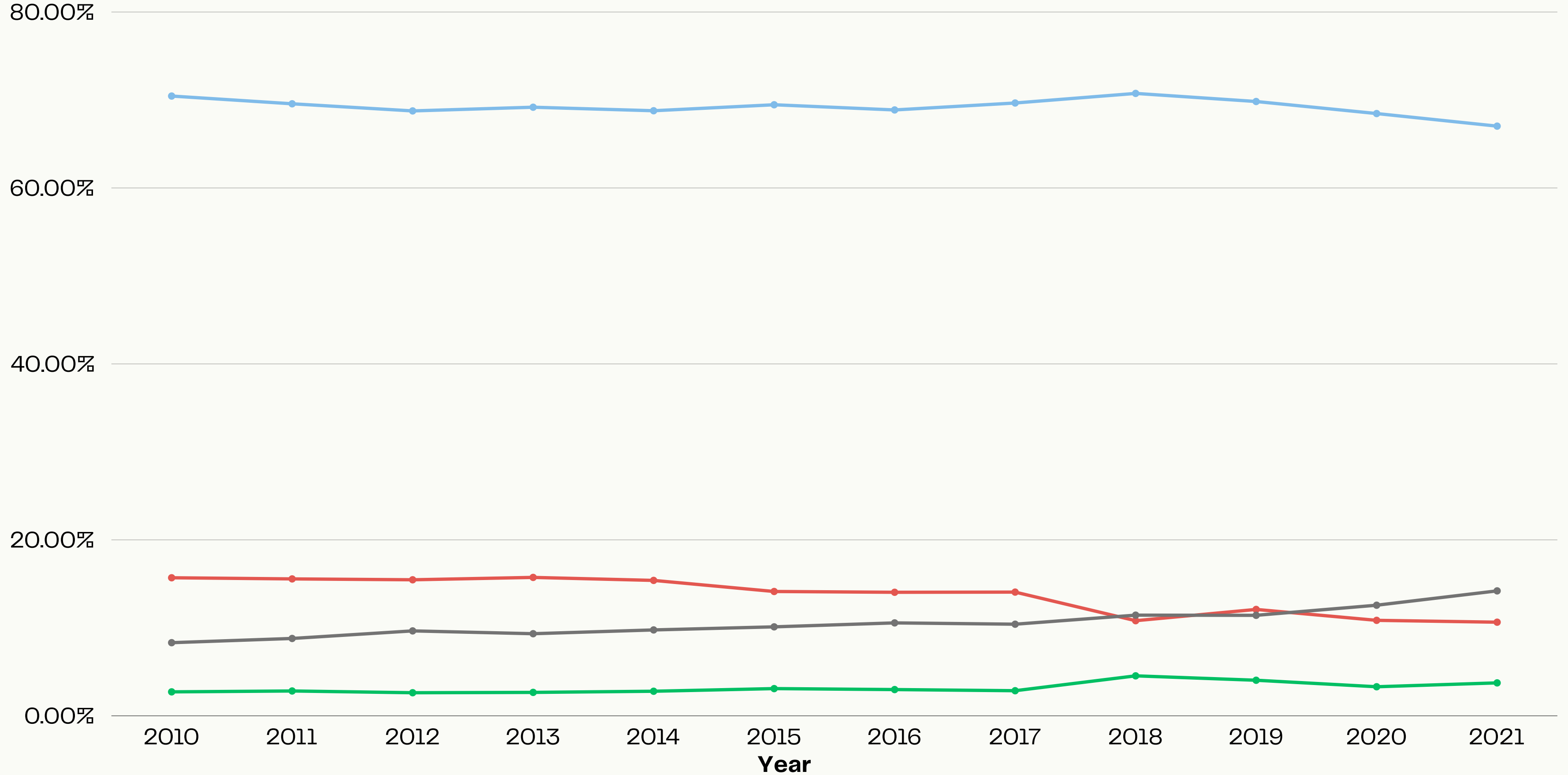
Injuring oneself intentionally **Feeling hopeless for 2+ weeks** **Seriously considering suicide, past 30 days** **Using a vape product, past 30 days**



SCHOOL COUNSELOR RACE AND ETHNICITY BY YEAR

Data from BLS, Census, and current job openings

White African American Asian Hispanic/Latino



**How do we
bridge these
gaps?**



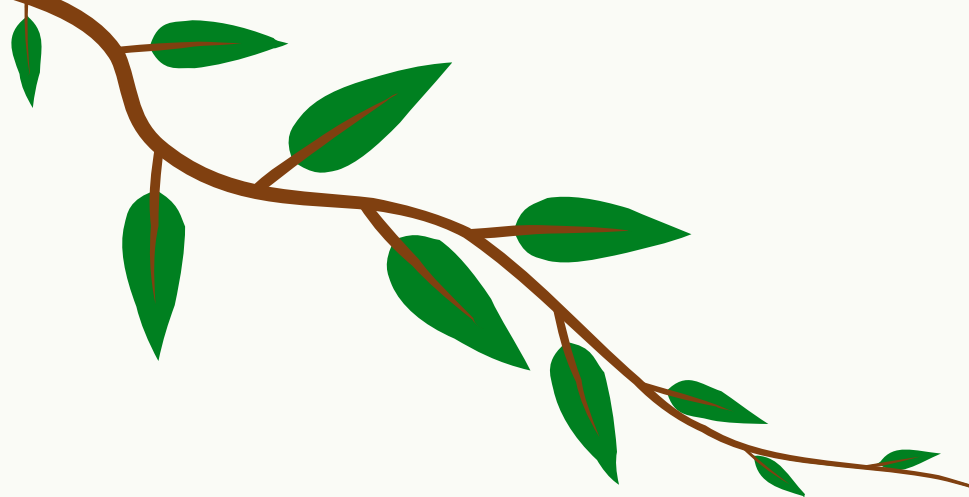


PIPELINE PROGRAMS

TO BRIDGE THE GAPS:

1. Implement Black History into Educational Curriculum
2. Encourage Culturally Competent Care
3. Increase Accessibility
4. Prioritize Community





“In the African American community, we’ve been taught to tough it out, hide our suffering, but this is something none of us have ever experienced, and no one should suffer in silence.”

– Taraji P. Henson





THANK YOU!

Any questions or comments?

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