

Breaking Down Barriers:

OVERCOMING CHALLENGES TO MENTAL HEALTH TREATMENT IN THE BLACK COMMUNITY.

Learn about the unique challenges facing Black individuals seeking mental health treatment and how to overcome them in this presentation on "Overcoming Challenges to Mental Health Treatment in the Black Community".

PRESENTED BY: SERITA POLINAIRE, M.A



In this presentation:

I. INTRODUCTION

III. HISTORICAL AND SOCIETAL FACTORS THAT
CONTRIBUTE TO MENTAL HEALTH STIGMA IN THE
BLACK COMMUNITY

III. PERSONAL AND CULTURAL BARRIERS TO SEEKING
MENTAL HEALTH TREATMENT

IV. SOLUTIONS TO OVERCOME THESE BARRIERS

V. CLOSING THOUGHTS



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H, E, A, L, T, H,

M, A, T, T, E, R, S,



ABOUT ME:

SERITA POLINAIRE, M.A

Ph.D. Developmental Psychology - 2025
Masters in Marriage and Family Therapy
Bachelors in Psychology



I have been involved with the Lupus Foundation of America since 2015 when I was first diagnosed. I started and currently run the San Diego Support Group helping patients and family members cope with this disease. I'm also one of the national ambassadors, making health presentations, classes, and webinars.

Throughout my career, I worked with youth and family services, adolescents, adjudicated youth and reunification services in NJ, NY, PA, VA, and CA.

American Psychological Association - Member
County of San Diego - Behavioral Health Advisory Board-Member

Mental health articles featured in The Los Angeles Tribune, The Ritz Herald, and The Hudson Weekly,

I. Introduction

Breaking down barriers: Overcoming challenges to mental health treatment in the black community

THE IMPORTANCE OF MENTAL HEALTH TREATMENT IN THE BLACK COMMUNITY

In this section, we'll address the importance of mental health treatment in the Black community. Despite facing unique challenges such as stigma and lack of access to culturally competent care, addressing mental health is vital for overall well-being and success.



I. INTRODUCTION

"BREAKING DOWN BARRIERS: OVERCOMING CHALLENGES TO
MENTAL HEALTH TREATMENT IN THE BLACK COMMUNITY"

ACCORDING TO THE NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)

AFRICAN AMERICANS ARE:

20%

AFRICAN AMERICANS
ARE 20% MORE
LIKELY TO
EXPERIENCE
SERIOUS MENTAL
HEALTH
CONDITIONS THAN
THEIR WHITE
COUNTERPARTS.

25%

STUDIES HAVE SHOWN
THAT ONLY 25% OF
AFRICAN AMERICANS
WITH A MENTAL HEALTH
CONDITION RECEIVE
TREATMENT,
COMPARED TO 40% OF
WHITE INDIVIDUALS.

More Likely

FURTHERMORE,
AFRICAN AMERICANS
ARE MORE LIKELY TO
RECEIVE TREATMENT
IN A HOSPITAL
EMERGENCY
DEPARTMENT RATHER
THAN IN A PRIMARY
CARE OR MENTAL
HEALTH SETTING.

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I. The importance of mental health treatment in the black community

"Breaking Down Barriers: Overcoming Challenges To Mental Health Treatment In the Black Community"

- Mental health is crucial for overall well-being, but seeking treatment is often stigmatized, particularly in the Black community, where individuals may be at a higher risk for certain mental health issues due to unique challenges and stressors they face, which is a serious issue that needs to be addressed.
- The barriers to seeking and receiving mental health treatment are complex and multifaceted, and they can be especially challenging for black individuals, including the long history of racism and discrimination, lack of representation, societal stigma, personal and cultural factors such as fear of being labeled, lack of access to affordable and culturally competent mental health services, and the belief that seeking treatment is a sign of failure, that need to be addressed in order to improve access to care and reduce the burden of mental health disorders in the black community.



II. HISTORICAL AND SOCIETAL FACTORS THAT CONTRIBUTE TO MENTAL HEALTH STIGMA IN THE BLACK COMMUNITY

- The impact of slavery and segregation on mental health
- The role of the church in stigmatizing mental health treatment
- The lack of representation of black individuals in the mental health field





III. PERSONAL AND CULTURAL BARRIERS TO SEEKING MENTAL HEALTH TREATMENT



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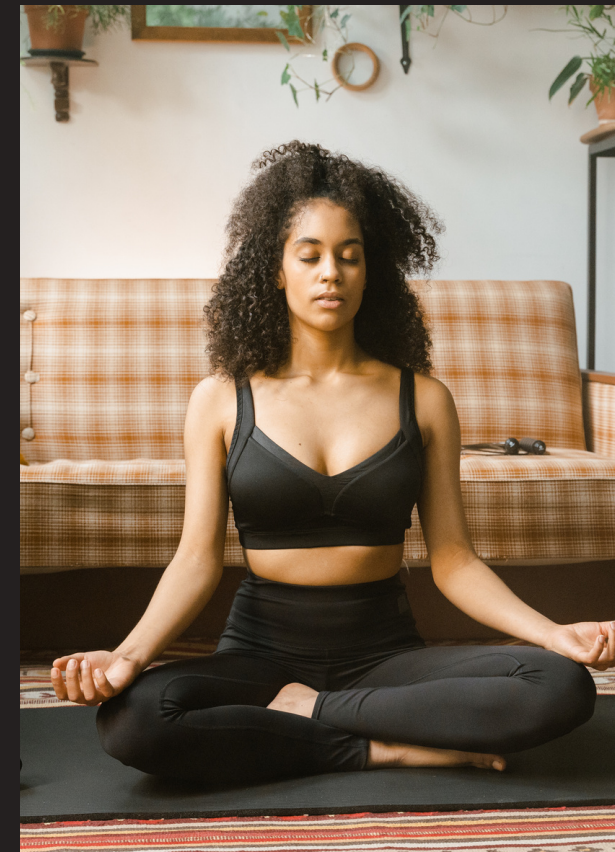
- The fear of being labeled as "crazy" or "weak"
- The belief that mental health issues can be resolved through prayer or self-reliance
- The lack of access to affordable and culturally competent mental health services



IV. SOLUTIONS TO OVERCOME THESE BARRIERS

"Breaking Down Barriers: Overcoming Challenges To Mental Health Treatment In the Black Community"

Promoting mental health awareness and education within the black community, increasing the representation of black mental health professionals and providing accessible and affordable mental health resources and services are important steps in overcoming the barriers that prevent black individuals from seeking and receiving mental health treatment, which can help reduce the stigma, improve access to culturally competent care, increase understanding of the importance of mental health care and reduce the overall burden of mental health disorders in the black community. shared before an audience.



- Promote Healing



- Promote Education



IV. SOLUTIONS TO OVERCOME THESE BARRIERS

- Promoting mental health awareness and education within the black community
- Increasing the representation of black mental health professionals
- Providing accessible and affordable mental health resources and services





“Breaking Down Barriers: Overcoming Challenges To Mental Health Treatment In the Black Community”

V. CONCLUSION

Breaking down barriers to mental health treatment in the black community is an important issue because mental health disorders can have a significant impact on the well-being and quality of life of black individuals, and the burden of mental health disorders is disproportionately higher in the black community than other racial and ethnic groups due to historical and ongoing barriers such as racism and discrimination, and it requires ongoing efforts to improve mental health treatment for black individuals by addressing these barriers and providing accessible and culturally competent mental health resources and services.



V. CONCLUSION

- The importance of breaking down barriers to mental health treatment in the black community



CALL TO ACTION

"Breaking Down Barriers: Overcoming Challenges To Mental Health Treatment In the Black Community"

1. Educating yourselves about the unique challenges and barriers that black people face when it comes to mental health, such as the impact of racism and discrimination on mental health and the lack of representation of black people in the mental health field.
2. Being actively anti-racist and advocating for policies and programs that address the systemic issues that contribute to these barriers.
3. Supporting and amplifying the voices of black mental health advocates and organizations, and following their lead in addressing these issues.
4. Being aware of their own privilege and using it to push for change, and to support black-led initiatives and organizations.

CALL TO ACTION

"Breaking Down Barriers: Overcoming Challenges To Mental Health Treatment In the Black Community"

5. Being willing to listen, learn and to be an ally, and to support black individuals and communities in their struggles.
6. Supporting the education and career development of black mental health professionals, and to advocate for diversity, equity and inclusion in the mental health field.
7. Being mindful of cultural sensitivity, and to seek out culturally competent mental health providers and support groups.
8. Donating time, money, and resources to support organizations that provide mental health services to black communities.

RESOURCES

"Breaking Down Barriers: Overcoming Challenges To
Mental Health Treatment In the Black Community"

THE NATIONAL ALLIANCE ON MENTAL ILLNESS
(NAMI)

THE DAILY SHOW WITH TREVOR NOAH- OVERCOMING MENTAL HEALTH IN THE
BLACK COMMUNITY

GOOD MORNING AMERICA-
BODY CAMERA VIDEO RELEASED AS 2 EMS WORKERS CHARGED IN THE KILLING OF
PATIENT | GMA



"BREAKING DOWN BARRIERS: OVERCOMING
CHALLENGES TO MENTAL HEALTH TREATMENT IN
THE BLACK COMMUNITY"



Thank you all for
JOINING

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