

Culturally Competent
Treatment Services For
African-Americans who suffer
with Trauma

Kwanzaa Principles

- 1. Umoja
- 2. Kujichagulia
- 3. Ujima
- 4. Ujamaa-
- 5. Nia
- 6. Kuumba
- 7. Imani

Kwanzaa Principles

- Umoja-Unity =To Strive for and maintain unity in the family, community, nation and race
- Kujichagulia-Self Determination =To define ourselves, name ourselves, create for ourselves and speak for ourselves
- Ujima- Collective Work and Responsibility =To Build and maintain our communities and to make our brothers and sisters problems our problems and to solve them together.

Kwanzaa Principles

- Ujamaa-Cooperative Work and Economics = To build and maintain our own stores, shops and other businesses and to profit from them
- Nia-Purpose = To make as our collective vocation the building of our community in order to restore our people to traditional greatness.

Kwanzaa Principles

- Kuumaba-Creativity = To do always as much as we can, in the way that we can, in order to leave our community more beautiful than when we inherited it.
- Imani-Faith = To believe in our hearts in our parents, our teachers, our leaders, our people and the righteousness and victory of our struggle.

Trauma

- Trauma-What is Trauma?
- Trauma = Any serious injury to the body
- Trauma = An event that causes great distress.
- Trauma= An emotional wound leading to psychological injury.

Trauma

- Trauma has often been looked at from a narrow focus.
- Trauma is the subjective experience of the person who who has been traumatized.
- Trauma is what the event meant to that individual
- Trauma= the impact of external stimulation
- Trauma is not inherent in the actual event but rather the individual's response to a combination of impulse and fears.

Ways of Looking at Trauma

- Visible Trauma
- Invisible Trauma

Visible Trauma

- Trauma exposure is high for African-Americans who live in stressful urban environments.
- Posttraumatic stress and depression are common outcomes of trauma exposure for African- Americans

Visible Trauma

- African-Americans are likely to seek treatment for Trauma and or depression in offices of Primary Care Setting.

Visible Trauma

- According to a study done by Howard School of Psychiatry 617 patients were surveyed and of those surveyed 96% were African-Americans. 279 patients participated.
- 65% clearly suffered post traumatic stress.

Most Common Form of Trauma

- Transportation accidents (42%)
- Sudden unexpected deaths of a love one(39%)
- Physical assault (30%)
- Assault with a weapon (29%)
- Sexual Assault (25%)

Invisible forms of Trauma

- **Racial Discrimination-One of the greatest challenges we face as a society relates to how we create distance from one another.**
- **Historical Impact of Slavery and its impact on Trauma and Depression**
 - This tends to get dismissed as irrelevant.
 - European Americans will often try to define the experience of African Americans

Ralph Ellison

- ‘thus when the white American- says this is American reality- Negro tends to answer....perhaps ,but you’ve left out this and this and this. And most of all what you’d have the world accept as me isn’t even human’.

Visible Trauma

- Racism and Discrimination are stressful events
- Racism and Discrimination effects mental health and physical health of African-Americans.
- Racism and Discrimination may manifest itself in African-Americans to look like schizophrenia. This is not to say that racism and discrimination cause the disorder but they certainly deserve some attention.

Visible Trauma

- Racism and Discrimination
- Racism may jeopardize the mental health of African-Americans in three ways: (1) racial stereotypes can be internalized, denigrating individuals's worth and adversely affecting their social and psychological functioning
- (2) can be stressful events that can lead to psychological distress and physiological changes affecting mental health
- (3) racism and discrimination have resulted in African-Americans having lower socioeconomic status and poorer living conditions in which poverty, crime, and violence are persistent stressors that can affect mental health.

Symptoms for African-Americans

- So for African-Americans symptoms can be reflected in how they respond/react to traumatic acts of discrimination.
- African- Americans tend to respond to these acts of of discrimination by self- definitions to these traumatic events.
- The responses to racial acts are also traumatic for African- Americans.
- African- Americans who report acts of discrimination have symptoms similar to PTSD.

Maya Angelou

- "You may encounter many defeats, but you must not be defeated. In fact, it may be necessary to encounter the defeats, so you can know who you are, what you can rise from, & how you can still come out of it. "

Invisible Trauma

- Incarceration of African-Americans
- Poverty
- Substances
- Homelessness
- Unemployment
- Lack of Health Insurance
- Lack of education
- Depression/ suicide

Invisible Trauma

- African Americans are incarcerated at more than 13 times the rate for the community at large.
- *Thirty seven percent of Blacks live in poverty, compared to 11 percent of the community as a whole.*
- *The unemployment rate for Black adults is 2.5 times that of the full community.*
- Thirty-one percent of Blacks in the metropolitan Madison area are out of the labor force, compared with 13 percent for the community as a whole.

Substance Abuse Issues for African-Americans

- African -Americans comprise of 12% of the population in the United States, yet in 1999 they accounted for 23% of admissions to publicly funded substance abuse treatment facilities.
- Socioeconomic considerations are eminent determinants of African- American drug use.
- A study done in 1992 identified poverty, illiteracy, limited job opportunities, poor education, high availability of drugs , and stresses of urban lifestyle as underpinning in the African- American community.

Substance Abuse Issues for African-Americans

- Many African-Americans have been subjected to violence as a primary oppressor, which robs the community of the needed resources to solve drug problems.
- Violence for African-Americans does not only present in the form of crime or domestic disputes but also in the context of racial discrimination, lack of access to food and clothing, homelessness, overcrowded living conditions lack of health insurance, and restricted social welfare policies.

Invisible Trauma

- Only 74% of Black Adults hold a high school diploma, compared with 93 percent in the full community.
- Forty percent of Black students drop out before completing high school.
- Twenty-Six percent of Blacks have no health insurance all or part of the time, compared with nine percent of the entire community.
- The infant mortality rate for Blacks in Dane County is twice that of the community as a whole.

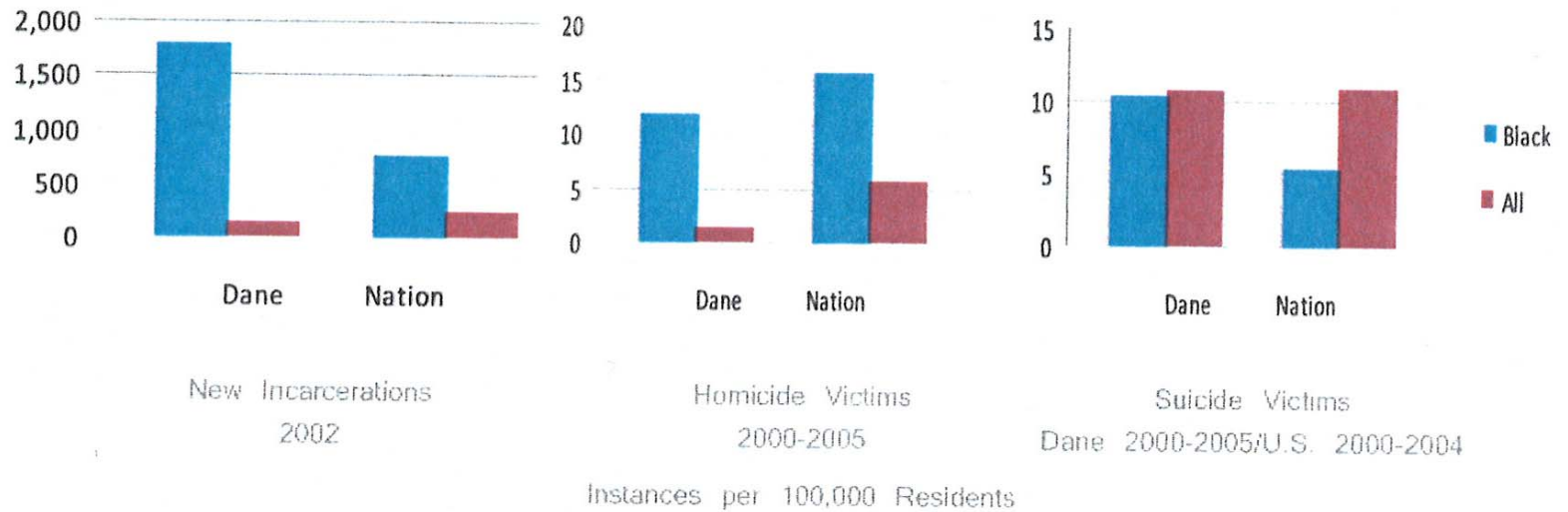
African- Americans and Homelessness

- African-Americans 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

Suicide for African- Americans

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

Suicide



Suicide Among African-American Youths

- 7.65 African-American youths reported having made a suicide attempt vs. 8.4 % U.S.
- 9.6% reported having made a suicide plan.
- 12.2% reported having seriously considered attempted suicide.
- More females than males attempt suicide.
- In 1997, 2,103 blacks of all ages who committed suicide, black males accounted for 1,764 of the completed suicide while black females accounted for 339, however more females try to kill themselves.

Suicide Among African-Americans

- The suicide rate for African-Americans of all ages in 2004 was 5.25 per 100,000 about half that of the overall U.S. rate of 10.75 per 100,000 (Center for Disease Control).
- Suicide was the third leading cause of death for African-Americans A between the ages of 15 and 24.

Reasons African-Americans commit Suicide

- Poverty
- Social Isolation
- While there are more opportunities for blacks now than there used to be, because of this when blacks fail, they tend to blame themselves which leads to depression and suicide.
 - Lower end of social economic and political status.

African- American Women

- African-American women have a triple jeopardy status which also places them at risk of suicide
 - Race
 - Gender

Treatment

- Therapy for African-Americans must be consistent with their worldview, must be respectful of their history and be non racist.

Issues for Providers to Keep in Mind

There are 5 issues that Providers must keep in mind

1. Historical perspectives on the experience of African- Americans
2. Current and Historical social support systems for African-Americans
3. Communication barriers that may hinder the development of trust between African-Americans and the Providers
4. Unique characteristics of the value system for African- Americans

Choice

- Clients should be given a choice when choosing a therapist.
 - Racial and ethnic matching of therapists is not a question of better outcomes, but a moral and ethical question of freedom of choice and access.
 - In order for there to be choice, the staff must be a reflection or representation of those seeking services. Mental Health systems where black counselors do not exist for Blacks who prefer them, counseling then become a racialized environment where blacks are often forced to accept counselors that they may not trust or avoid seeking help.

Changes in Mental Health

- Cannot be cosmetic. It must entail cultural competencies throughout all levels of the profession.
- The challenge is for providers to integrate a cultural perspective into existing approaches so that all facets of culture are addressed including gender issues, lifestyle orientation issues and issues related to culture.

Changes in Mental Health

- Must incorporate Trauma as part of the assessment process.

Things you can do

- Understand factors such specific cultural behaviors, the extent to which alcohol and drugs are used to cope with the impact of societies expectations, and to what extent alcohol and drugs are a reflection of what has been learned by the dominant culture.

Things you can do

- Understand Trauma from the perspectives of the African-American Experience
- Understand how the 7 principles of Kwanzaa can be used to establish a relationship with consumers
- Develop strategies that will enable you to utilize these principles into the work that you