CA Black Health Network

What Works in Our Communities?

May 30th, 2014 - 11:45-12:30PM (PST)

Building healthy communities now and for the future.
Introductions of Presenters

Tamitra Clark, PsyD
Professional Psychologist
Social services
Foster care
Infant Mental Health Consultant

Brandon Parks, LMFT
Licensed Marriage and Family Therapist
Private Practice

Christian Faith Ministry Practice

Advisor, Youth Ministry
New Macedonia Missionary Baptist Church

Youth Pastor, Bible Enrichment Fellowship
International Church

Community Health Advocate Leaders
SPA 3-San Gabriel Valley & SPA 8-South Bay
iDREAM for Racial Health Equity
Learning Objectives

1. To increase participant’s knowledge related to the historical and present day barriers experienced by the African American community and its impact on their perspective and use of mental health services.

2. To gain an understanding of a culturally competent and empathetic approach in addressing the physical, emotional, mental and spiritual needs of the African American community.

3. Discuss and highlight ways of integrating the Christian faith community into the practice of therapy, specifically with people of African descent.
Mental Wellness

First Responders
• Grief and loss
• Homelessness
• Food Distribution
• Parenting Classes
• Support Groups
• Child Development

Faith Communities

The spiritual communities are essential to mental wellness.
Faith Assets: Language of Health Advocacy

Transform  Overcome  Victor  Love  Warrior
Renew  Compassion  Conqueror
Neighbor  Brother  Deliverance  Sister

REDEEMED
Generational Trauma
Disrupted Family Systems
Self Hatred & Internalized Oppression
Mistrust of Systems

Slavery & Historical Oppression
Generational Trauma
• Lack of congruence between racial and ethnic make up of providers
• Lack of access...poverty, transportation, etc.
• Feelings are normal
• Misdiagnosis/inappropriate treatment
• Signs of weakness
• Taboo within the culture
  • Psychotherapy vs. counseling
A visible mark of SHAME, DISGRACE, or DISAPPROVAL of being shunned or rejected by others, further debilitates and desensitizes the AA culture from using mental health systems.

The stigma associated with AA, is linked to the community and its strongest support system, the CHURCH.
STIGMA

Condition is normal

Result in being viewed as weak or dangerous

Incurable and should be kept hidden

Culturally unacceptable to seek help outside

That’s what the church is for
Statistics show that 85% of the AA community rely on the church and spirituality to overcome issues in personal life.

1. No such belief in Mental Illness
2. Person has demons
3. Just pray about it (“Take your burdens to the Lord and leave them there”)

The AA community is deeply rooted in spiritual and religious values and morals.
Historical Coping Skills by Gender

WOMEN

- Distracting themselves (get involved in other activities, such as cooking, shopping, etc.)
- “THE CHURCH” - sing in choir, Usher Board, Mother’s Board, Pastor’s Aide, Missionary Board, Praise Dance, etc.
Historical Coping Skills by Gender

WOMEN

- Meditating, use of positive affirmations (Biblical and other)
- Social networking
- Relaxation techniques
- Piloted first edition of Stress & Coping Interactive Workbook in collaboration with undergraduate Psychology Students at Pepperdine University (Fall 2013)
Historical Coping Skills by Gender

Men

- Anger: “The Angry Black Man,” aggression
- Physical Outlets: sports/athletics, working out
- Creating culture: hip hop, rap, the barbershop
- Gangs
- Drugs and alcohol
- Sex: Masculinity, self esteem
The days of coming to church for personal salvation alone are over. Today we seek not only personal salvation but social salvation as well. If we don't change the community, the community will corrupt the individual.

— Reverend Cecil "Chip" Murray
National Journal of Sociology, 1994
VALLEY OF DRY BONES
MENTAL HEALTH AND SPIRITUALITY

- Prayer
- Worship
- Faith
- Sacred Scripture
- Meditation
• Support Groups
• Grief and Loss
• Addiction
• Recovery
• Sobriety
• Parenting
• Mentoring

God grant me the Serenity
to accept the things
I cannot change,
Courage to change
the things I can,
and Wisdom
to know the difference.
Discussion: Bridging the Gap

Bridging the gap between Culturally relevant practices and mental health in the African American community.
Language of the Church

Bound

Oppressed

Trials & Tribulation
Language of the Church

Delivered
Liberty
Set Free
Reference materials and handouts are provided for raising competence of mental health practitioners’ language integration used with Christian faith clients and within Christian faith congregations including:

- African American Male and Female Vignettes
- Parks-Clark Church Translation Guide & Christian Faith-based Quick Reference Guide
- Counseling Reference Guide
- Visit [www.cimh.org](http://www.cimh.org) for webinar audio on Community Defined Practices for African Americans and mental health (January 8, 22 and February 5, 2014).
Collaborative Partner

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iDREAM for Racial Health Equity, a project of Community Partners®, is a leadership, training and development network dedicated to equipping a pipeline of change agents and addressing the complex health issues unique to African American mothers and babies throughout the life course. Visit www.idreamnow.org. For additional inquiries about the Community Defined Practices for African American webinar series, contact Wenonah Valentine, MBA, CBHN Lead Consultant at wvalentine@idreamnow.org.
Thank You for Your Participation

Connect with CBHN

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