Using GoToWebinar – (Live Participants Only)

- Control Panel
- Asking Questions
- Audio (phone preferred)
- Polling Questions

Webinar Learning Objectives

1. Be aware of 7 strategies for engaging African Americans in addictions treatment within the first 5 minutes of contact
2. Be aware of 3 strategies for overcoming barriers to mistrust
3. Be aware of how to have a sensitive discussion of differences in the cross-cultural counseling relationship
4. Be aware of 5 culturally-specific approaches to working with African American men and women in addictions treatment

Webinar Presenter

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Across cultures addiction is characterized by increased tolerance, loss of control and continued use of the drug(s) in spite of adverse consequences.

Addiction is best treated when the context in which it develops is taken into consideration.

Premises Continued

The context for African American includes:

- Historical trauma
- Loss of culture
- Unresolved grief
- Discrimination
- Poorly performing schools
- High unemployment - STEMM
- Community trauma
- High arrest and imprisonment rates

1986
Prison Increase

- 1985 – 400,000 inmates
- 1995 – 1 million
- 2005 – 2 million
- Today – 2.4 million

Premises Continued

- Cross cultural tensions that exists outside of the counseling office can also exist within the office
- Intercultural tensions that exists outside of the counseling office can also exist within the office
  - Age
  - Gender
  - Complexion
  - Social economics etc.

Survey Question #1
Do African Americans have the highest rate of substance use in the United States?

Premises Continued

- There are many protective factors that reduces rates of substance use disorders among African Americans
Year after year SAMSHA’s annual drug use report by race and gender reveals that African Americans rank third or fourth in terms of the amounts of drugs used.

What are substance use protective factors for African Americans? How can treatment utilize these protective factors as a part of the recovery process?

**Question to Ponder**

1. Kinship like bonds – extended family orientation and taking in non-relatives
2. Spirituality
3. “A praying grandmother”
4. A sense of humor – the shortest distance between two people is a good laugh

**Protective Factors for African Americans and Treatment Implications**

**Dick Gregory**

**Richard Pryor**

**Eddie Murphy**

**Dave Chappelle**
5. Collectivism – concern with survival of the group
6. Music
7. A sense of we’ness
8. Resilience produced by survival of oppression
9. Empathy as a result of oppression
10. Individuals who can instill hope and prove success is possible

Frederick Douglass
“We can’t stagger to freedom.”
When doing cross-cultural counseling with African Americans, should you routinely talk about racial differences in the first session?

Survey Question #3
When counseling African Americans with Substance Use Disorders who are in denial, should the first goal be to break the denial?
Rapport Building: Overcoming Mistrust

The price that African Americans pay for speaking their truth.

Dr. Martin Luther King
- IRS investigation
- FBI wire tap
- Assassinated

Malcolm X
- CIA shadowing
- FBI wire tap
- Assassinated

Angela Davis
- Labeled “un-American”
- Fired for speaking her truth

W. E. B. DuBois
- Labeled a communist
- Un-American
- Exiled to Africa
Paul Robeson
- Exiled to Russia

Jack Johnson
- Indicted for “White Slavery”

Muhammad Ali
- Stripped of his title

Ice T
- Investigated by the FBI
- Given a job as a TV cop

Chuck D and Flavor Flav

Loss of Endorsements
- Ludacris
- Nas
Demoted or Fired

President Barack Obama
- He’s “un-American”
- “He’s not one of us.”
- Gun sales increased

Afeni Shakur
- Followed by the F.B.I.
- Imprisoned

Summary
If you speak your truth you can:
- Get assassinated
- Exiled
- Fired
- Labeled communist or un-American

Counseling African Americans With Substance Use Disorders Continued

Focus on Strength
- What do you do well?
- How have you been able to endure so much?
- What do you like to do in your leisure time?
- What is the best thing you ever made happen?
- What are the best 3 moments you can recall in your life?
- What have you learned from what you’ve gone through?
Counseling African Americans With Substance Use Disorders Continued

- Establish an egalitarian relationship
- Make sure the client has a voice in the treatment plan
- Be willing to have a sensitive discussion of race and other differences
- Be transparent and authentic
- Be open to multiple pathways of recovery

Survey Question #4
Is Alcoholics Anonymous effective for African Americans?

Pathways of Recovery: Recovery for African Americans

Multiple Pathways of Recovery for African American Clients Continued
- Religious styles
- Pastor Hilliard
- Salem Baptist Church
- One Church One Addict – Fr. George Clements
- Glide Church

Multiple Pathways of Recovery for African American Clients Continued
- 12 Step
- Shifting allegiance
- Mature out
- Medication assisted
- Use of recovery coaches

Cecil Williams

Glide Church
Minimize anonymity; 16 generations, special programming for women
Multiple Pathways of Recovery for African American Clients Continued

Rites of Passages
- Group name, Logo, mission statement
- History of your own name
- Family tree
- Secure library card, Social Security card, State ID
- Community project
- Personal growth work

4 Spiritual Dimensions

- God
- Father
- Mother
- Ancestors

Pathways Continued

Malcolm X
Love of self (reading, what you wear, what you eat), love of culture

Pathways Continued

Samuel L. Jackson and Spike Lee
Quantum Change

Pathways Continued

Recovery Basketball

Pathways Continued

- Combined pathways – treatment, 12 step, education, cultural exploration, nutrition, cultural revitalization
- Stage 2 Recovery – developing wholeness
King, Warrior, Lover, Magician

King
- Blesses others
- They sacrifice their needs for the benefit of the group as a whole

Nelson Mandela

Dr. Martin Luther King

Warrior
- Brings home the bacon
- Protector
- Courage

Muhammad Ali
Lover
- Sensitive-can cry
- Vulnerable
- Kind
- Emotional
- Relationship builder

Magician
- Able to pull a rabbit out of a hat
- Great negotiator

Each Archetype has a shadow. A less mature version of the real thing.

Shadow King
- Corrupt minister
- Corrupt executive

Shadow Warrior
- Thug
- Rage-a-holic
- Wife beater

Shadow Lover
- Pimp
- Player
- Womanizer
Shadow Magician

- Slickster
- Con artist

Thank You!

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- August 26, 2015
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  Developing Cultural Humility: Seeing Ourselves in Others

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