Purpose

This presentation aims to address trauma and addiction in the Black community.
A Picture is Worth a Thousand Words

Overview of Trauma: Key Terms

- **Implicit (Unconscious) Bias**: Attitudes towards people or associate stereotypical traits with them without our conscious knowledge.
- **Race**: A social construct that refers to belonging to a group of people who shared a common ancestry from a particular region of the globe. Common ancestry is accompanied by superficial secondary physical characteristics such as skin color, facial features, and hair texture.
- **Racism**: Prejudicial treatment based on racial or ethnic group and the societal institutions or structures that perpetuate this unfair treatment. Racism can be expressed on interpersonal, structural/institutional, or internalized levels.
- **Trauma**: An emotional response to a terrible/horrific event (e.g., an accident, rape, natural disaster, or global pandemic) (APA, 2020).
- **Racial Trauma**: Is the cumulative effects of racism on an individual's mental and physical health. It has been observed in numerous BIPOC communities and people of all ages, including young children.

Overview of Trauma: Characteristics

Racism-related experiences can range from frequent ambiguous “microaggressions” to blatant hate crimes and physical assault. Racial microaggressions are subtle yet pervasive acts of racism.

Amidst people of color, African American discrimination experiences are more pervasive than non-Hispanic whites' experiences (11% for whites versus 83% for people of color; Colley, Hall-Clark, & Hicks, 2011).

The long-term negative effects of racial trauma can impact physical health and can be exacerbated by lack of access to adequate medical services for people of color, which can be a result of systematic racism.
Overview of Trauma: Characteristics

**Common Emotional Responses:**
- Fear, anxiety
- Shock, disbelief
- Anger
- Shame
- Sadness, hopelessness
- Feeling disconnected, numb

**Common Physical Responses:**
- Trouble sleeping, nightmares
- Fatigue, exhaustion
- Dizziness
- Racing heart, fast breathing
- Body aches, muscle tension
- Increased substance use

Historical Trauma

AMERICAN CHATEL SLAVERY (1619-1865)
- Chattel slavery (personal property, bought and sold as commodities)
- Personal property
- 1808 importing Africans as slaves was banned.

JIM CROWISM (1865-1965)
- 1865 - 13th Amendment
- Slavery abolished
- Either slavery nor involuntary servitude, except as a punishment for crime
- 1866 - Convict Leasing
- Sharecropping: attempted to reimpose a thinly disguised form of slavery.
- 1866 - Ku Klux Klan

GREAT MIGRATION AND URBANIZING BLacks (1915-68)
- They were leaving the farm, sharecropping and abuse.
- Menial and industrial manufacturing jobs; segregated housing and employment.
- 1919 "Red Summer" 13 days of racial violence on the South Side of Chicago, 23 blacks and 15 whites dead, 537 people injured, and 1,000 black families homeless.

GHETTO AND WELFARE (1968-1975)
- Welfare rules "no adult men in the home.
- Decrease in low education, industrial manufacturing jobs.
- Drugs, crime, and family disintegration (all interrelated)

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Trauma Reformed Care: Addressing Trauma & Addiction in the Black Community

Historical Context

- Racial, economic, and educational disparities are deeply entrenched in U.S. institutions (schools, criminal justice groups).
- Tulsa Race Massacre: Over the course of two days in spring 1921, the Massacre claimed the lives of 300 Black Tulsans and displaced another 10,000.
- Intersectionality refers to the multifaceted discrimination experienced by individuals who belong to multiple minority groups.

Critical Race Theory

- Critical Race Theory (CRT) is a movement that consists of activists and scholars dedicated to studying and transforming the relationship among race, racism, and power.
- CRT was created during the mid-1970s and emerged from the early work of Derrick Bell and Alan Freeman, who were discontent with the slow pace of racial reform in the United States.

Psychological Impact of Racism

- Minorities have high levels of societal mistrust that negatively impact the ability of mental health professionals to adequately serve their needs (Whitney, 2004).
- Minorities tend to hold more negative attitudes than whites toward both professional and mental health treatment (Sidran de Cramer & Spilker, 1993).
- The stereotype that ethnic groups such as Hispanic and Black are prone to violence also contributes to misdiagnosis.
- Discriminatory experiences, cultural stereotypes, and unfavorable consequences in our society all contribute to the level of cultural mistrust.

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Societal Barriers & Racial Inequity

Racial Inequality & Discrimination

Racial discrimination is defined as dominant group members' actions, which are systematic, that result in differential and negative effects on subordinate racial/ethnic groups (Williams, Neighbors, & Jackson, 2003).

Racial discrimination increases the likelihood of negative developmental outcomes because it increases the net vulnerability for youth of color who lack appropriate coping strategies for discriminatory treatment (Spencer, 2006).

Perceptions of racial discrimination were linked to increased depressive symptoms, subsequent drug use, increased conduct problems, increased perceived stress, decreased self-esteem, and decreased levels of well-being among African American youth.

Daily perceptions of racial discrimination from peers and teachers predicted declining grade point averages and academic self-concepts among African American adolescents.

Substance Use Disorders
The Stigmas of SUDs in the Black Community

- Individuals with substance use disorders (SUDs) often face discrimination.
- A recent study found that people in the general population hold significantly more negative views toward persons with drug addiction than those with other mental illnesses (Buser, 2009).
- Specifically, results of this study showed that people were more willing to accept discriminatory practices, were more doubtful about the effectiveness of treatments, and were more likely to oppose public policies directed at helping people with drug addiction than those with mental illness.
- Research has shown that health care professionals often have negative views and attitudes toward patients with SUDs, which can have a negative impact on the care these patients receive.

Stigmas Continued

- Substance use disorder is one of the most stigmatized health conditions.
- Stigma internalization is one of the main consequences of the stigmatization process, and it is associated with lower self-esteem and self-efficacy and worse recovery prospects.
- Stigmata such as guilt, helplessness, anxiety, self-devaluation, and degradation.
- These negative consequences are associated with lower self-esteem, low self-efficacy, increased helplessness, and binary thinking.

Substance Use Disorder Myths

- More attention has focused on White Americans, however, Black American communities are experiencing dramatic increases in opioid misuse and overdose deaths.
- Black Americans’ rates of opioid overdose death nearly double that of White Americans.
- Black Americans are less likely than Whites to complete addiction treatment, largely due to socioeconomic factors.
- The opioid misuse rate among Black Americans is comparable to the national population rate of about four percent (SAMHSA, 2020).
- Out of the 1.2 million Black Americans with opioid use disorder, almost 92% of whites misuse prescription pain relievers (NSDUH, 2018).
Opioid Use in The Black Community

- The majority of attention has focused on White Americans, however Black American communities are experiencing dramatic increases in opioid misuse and overdose deaths.
- The rate of increase of Black/African American drug overdose deaths between 2015-2016 was 40 percent compared to the overall population increase at 21 percent.
- Out of the 1.2 million Black Americans with opioid use disorder, almost 92% of abusers misuse prescription pain relievers.
- Black Americans are less likely than Whites to complete addiction treatment, largely due to socioeconomic factors.

Negative Coping

- Black Americans have learned to mitigate constant race and inequality related stressors is to engage in unhealthy coping behaviors.
- Black Americans may turn to illicit substances to manage the long- and short-term outcomes of racial and psychological distress.
- Black Americans who report more experiences of discrimination are more likely to consume tobacco and alcohol as well as report lifetime use of marijuana or crack.

Barriers to Treatment

- Substance use treatment has been proven effective in reducing alcohol and other drug use, treatment is vastly underutilized amongst African Americans.
- The lack of culturally competent treatment. Within these systems of care, the number of Black American behavioral health providers make up a small portion of the provider workforce.
- Black Americans’ entry into substance abuse treatment have not safeguarded them from the historical trauma and dehumanization within the medical system that fosters distrust.
Personal experiences of racial discrimination for African American youth may increase during adolescence and include racial slurs and name-calling, rejection, threats of physical harm, exclusion from peer activities, and experiences such as being accused of stealing or other negative behaviors by adults (Bynum, Best, Barnes, & Burton). It is possible that exposure to racial discrimination may be associated with psychological distress that, in turn, increases the likelihood of drug use in adolescents.

Crosby (2016) suggests that negative interactions between youth and police officers could lead to delinquent behavior in the future. Youth are less likely to respect and uphold the law if they do not feel as though the law is for them (Cosby, 2016; McCoy & Rodricks, 2015).

CRT & Criminal Justice Continued....

- It is highly important for African American's environment to be considered when policing and convicting these young black men.
- Black environments can lead to trauma; consequently, resulting from an individual's physical or emotional safety experiences.
- SAMHSA (2012) defines psychological trauma as the result of a single or chronic experience that is perceived as a threat to an individual's physical or emotional safety.
- Crosby (2016) found 90% of African American youth in detention facilities report experiencing some trauma.

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Black Death Goes Viral

- When Black death goes viral, race-related stress can cause Post-Traumatic Stress Disorder (PTSD) like symptoms.
- Race-related stress stemming from the constant viewing of these negative images has been linked to maladaptive coping responses such as rumination, stress, depression, and binge eating (Hill & Hoggard, 2018).
- Social media and news outlets display constant images and videos of Black death.

Education & Race

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For years, race and education has influenced educational opportunities and disparities. Consequently, there has been a quest for educational inclusion from several minority groups.

This cultural inclusion within the educational system has led to systemic inequality.

Roberts (2010) reported that African Americans are described as one of the most disenfranchised group of K-12 students in the United States.

African American males are believed to have benefited from educational reforms such as Title I, Headstart, and success for all. African American males are struggling in the public-school system (Roberts, 2010).

The lack of equality within the educational system may very well lead to job barriers in the future, resulting in criminal activity.

The barriers of inequality can start the very first day a person of color enters grade school (Howard & Navarro, 2016).

Minimal education, employment, opportunities, and income are all associated with the mass incarceration of Black men (Mann, Spejeldnes, & Yamatani, 2013).
Hip Hop and Mental Health

Hip-Hop Artist like Kendrick Lamar, Pharrel Williams, Jay-Z, Kanye West, Juice World, Lil Durk, Nba Young Boy, and many more address mental illness through their music.

Historically many hip hop artists have shared their life experiences through their music.

A large amount of hip-hop artists come from deprived vandalized communities infested with drugs, crime and violence, which in turn lead to a greater number of mental health problems.

Music Therapy

- Research shows the benefits of music therapy for various mental health conditions, including depression, trauma, and schizophrenia.
- Music acts as a medium for processing emotions, trauma, and grief.
- Music can also be utilized for decreasing anxiety.

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What can be done?

- Development of appropriate interventions and outreach is vital and should be dependent upon understanding critical social factors that influence health-seeking behavior.
- Clinicians should actively dialogue with patients about perceived barriers and tailor treatment in a way that overcomes those.
- Providing resources such as job training and access to government-funding housing may support sustained recovery and maintenance.
- Integrating faith-based approaches into substance use treatment may be a vital component of recovery.

What else can be done?

- Be open to therapy
- Talk about your feelings to a trusted adult
- Tune into mental health podcast
- Advocate against racist acts (you are never too young)
- Share your feelings about past experiences with racism
- Journal your emotions and feelings

Thank You

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