Embracing Authenticity in Black Male Wellness and Recovery

February 9, 2024

Presented by: Julius Mullen, EdD, NCC, MED, LPCMH

WHOSE DR. J?

• NON-PROFIT EXECUTIVE
• UNIVERSITY PROFESSOR
• PUBLISHED AUTHOR
• YOUTH MENTOR
• MENTAL HEALTH COUNSELOR
LEARNING OBJECTIVES SIMPLIFIED

☐ Understand the intersectionality of black male wellness and recovery.

☐ Describe how to cultivate authenticity and self-acceptance in black men.

☐ Recognize how to nurture mental and emotional well-being in black men.

☐ Identify supportive networks and community resources for black men.

RESEARCH SAYS.....

☐ Drug overdose tripled for black men 2015 to 2020

☐ Suicide is the third leading cause of death for black men

☐ 1 out of 10 black men are living with depression

☐ Black men are among highest groups with ACEs

☐ Black males have the lowest high school graduation rate

☐ 1 out of 3 black men will be incarcerated

☐ Black males are among those with the lowest life spans comparatively
INTERSECTIONALITY OF BLACK MALE WELLNESS

- Understanding intersectionality, emphasizing the relevance to mental health and wellness.
  - Complex and interconnected nature of social inequalities and identities.
  - Experiencing multiple forms of discrimination or privilege simultaneously.

- Recognizing and addressing the intersectionality of black male experiences in counseling.
  - Race, ethnicity, gender, identity, age, generation, ability, religion, skin tone, style, geography, just to name a few.
  - Implications for those with lived experiences (trauma, mental health, poverty, ACESs, etc.).
  - Explore reactions in chat?

- Highlighting the unique challenges faced by black males in seeking and undergoing counseling
  - Addressing mental health stigma confronting black males across developmental span.
  - Explore rationale for stigma in chat?

TRAUMA AND ADDICTION INTERSECTION

“If you treat the trauma, you will treat the addiction…….”
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INTERSECTIONALITY OF BLACK MALE WELLNESS

- Societal and systemic factors influencing the mental health of black males.
  - Racism, social justice, K-12, higher education, criminal justice, economic, employment, housing, etc.
  - Mental health, trauma, ACEs, toxic stress, and addiction.

- Exploration of cultural and identity-related stressors.
  - Racial profiling, stereotypes, unconscious bias, and microaggressions
  - Code switching, trauma exposure, and addictions.

- Historical context and implications on mental health and recovery in the wellness process
  - Historical racism and trauma, healthcare disparities, culturally competent mental health/addiction services challenges.
  - Explore challenges?
CULTIVATING AUTHENTICITY AND SELF-ACCEPTANCE

- Authenticity and the relevance to mental health and well-being.
  - Therapeutic alliance, strength-based approaches, countering stigma, healing circles, narrative interventions.
  - Build trust, increase engagement, retain clients, and improve clinical outcomes.
- Self-acceptance and the impact on mental health challenges.
  - Underlying factors associated with anxiety, depression, trauma, addiction, and suicide
- Explore effective ways to build clinical connection for black males?
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AUTHENTICITY 35,000-FOOT VIEW

- Common barriers black males may face in expressing authenticity and achieving self-acceptance.
  - Cultural implications, fear, shame, trauma triggering, sign of weakness, and lack emotional expression skills.
- Societal and cultural factors that contribute to identity challenges.
  - Lessons from family elders and community leaders
    - “Keep your head down, shut your mouth, and live another day”
- Impact of stereotypes and stigma on self-perception and mental health.
  - Toxic stress deepens to physical, cognitive, emotional issues
  - Heart disease, diabetes, stroke, respiratory challenges, hypertension, and obesity
  - Anxiety, depression, addiction and other mental health disorders

CULTIVATING AUTHENTICITY AND SELF-ACCEPTANCE
BEAT TO A DIFFERENT DRUMMER

NURTURING MENTAL AND EMOTIONAL WELL-BEING

• Significance of nurturing mental and emotional well-being in black males through counseling.

“I wish I knew counseling was like this.......”
NURTURING MENTAL AND EMOTIONAL WELL-BEING

• Culturally relevant mental health frameworks.
  • Trauma-Informed Care
  • Strength-Based Approaches
  • Motivational Interviewing
  • Narrative Therapy
  • Expressive Therapies (art, dance, music, movement)
  • Yoga
  • Mindfulness and Meditation
  • CBT, DBT, EMDR, and Family Systems

CULTURALLY RESPONSIVENESS!
EXPRESSIVE ART INTERVENTIONS

HEALING CIRCLES
SUPPORTIVE NETWORK AND COMMUNITY

- Mental Health/Addiction Counseling Groups
- Mental Health/Addiction Support Groups
- Healing Circles
- Faith Based Resources
- Gym Memberships
- Sports Leagues
- Barbershops and Hair Salons
- Educational Partnerships
- Community Events
- Political Advocacy
- Explore other?

THREE CHILDREN’S BOOKS

- JUST LOVE ME
- I GOT A BIG BRAIN
- I WILL MAN UP
THREE CHILDREN’S BOOKS

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• FACEBOOK
  • Dr. J Speaks

REFERENCES


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