

A Conversation on Mental Health

**Middle District MBA 2022
Elizabeth Williams-Young Institute
Feb 8, 2022
7:00pmET
Dr. Latonya L. Agard, Facilitator**



What is "mental health"?

Definitions: *Mental health...*

- "refers to the successful performance of mental function" (ODPHP, 2022)
- "includes our emotional, psychological, and social well-being" (CDC, 2021; US Dept HHS, 2020)
- "is about how our mind deals with feelings, such as stress, happiness, or sadness, and the actions and choices we make" (IHS, 2020)
- "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community" (WHO, 2022)

"What is a mental illness?"

According to the National Institute of Mental Health

- **"Any mental illness (AMI) is defined as a mental, behavioral, or emotional disorder. AMI can vary in impact, ranging from no impairment to mild, moderate, and even severe impairment (e.g., individuals with serious mental illness as defined below)."**
- **"Serious mental illness (SMI) is defined as a mental, behavioral, or emotional disorder resulting in serious functional impairment, which substantially interferes with or limits one or more major life activities. The burden of mental illnesses is particularly concentrated among those who experience disability due to SMI"**

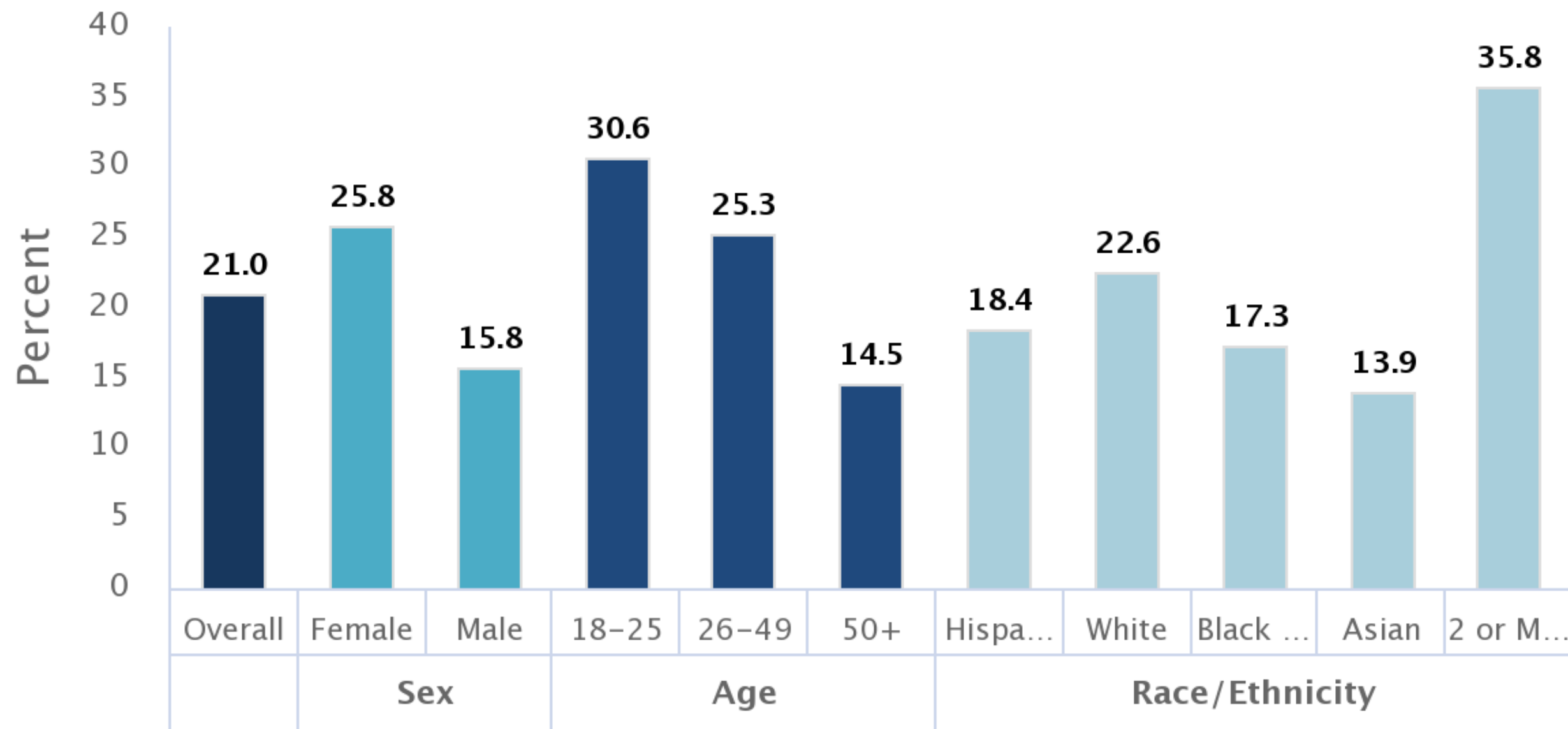


**Let's
Talk!**

Mental Health Statistics, USA (NIH)

Past Year Prevalence of Any Mental Illness Among U.S. Adults (2020)

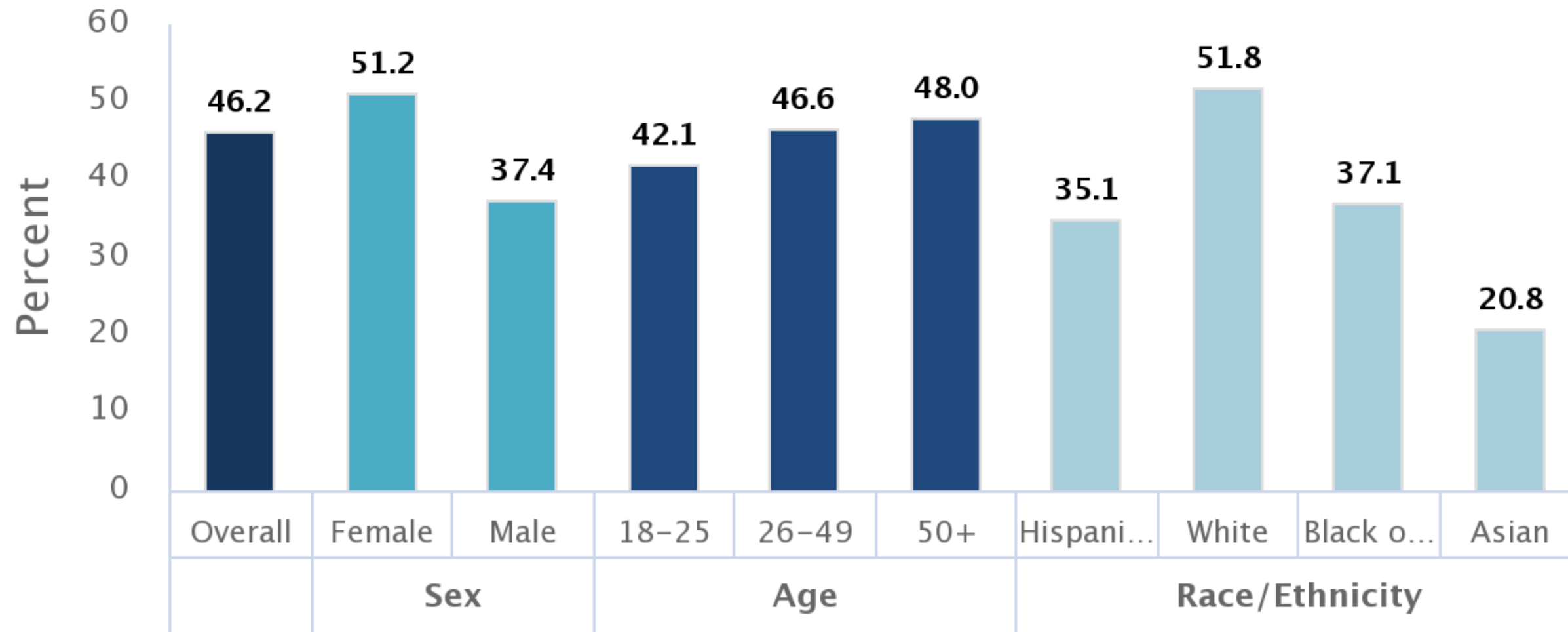
Data Courtesy of SAMHSA



Mental Health Statistics, USA (NIH)

Mental Health Services Received in Past Year Among U.S. Adults with Any Mental Illness (2020)

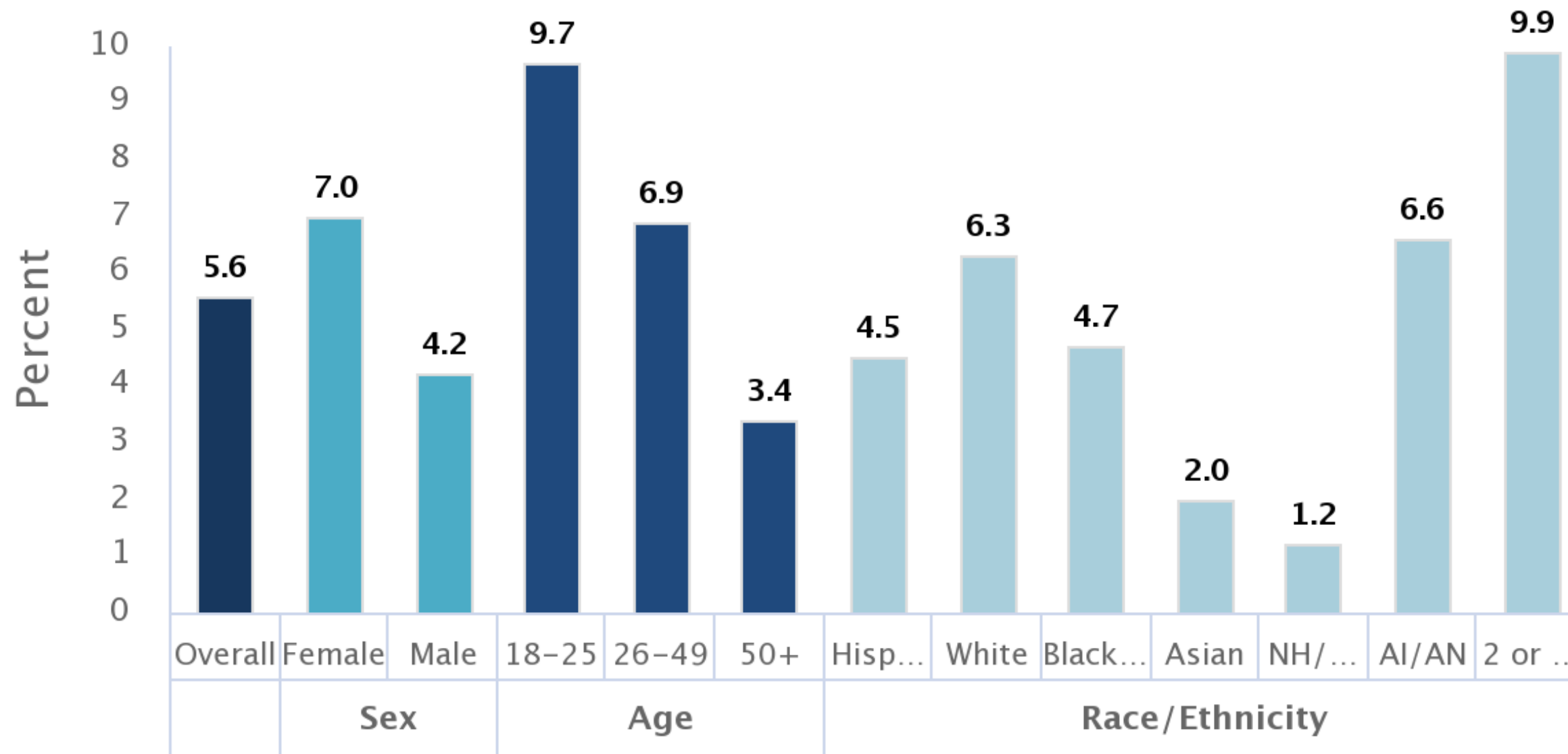
Data Courtesy of SAMHSA



Mental Health Statistics, USA (NIH)

Past Year Prevalence of Serious Mental Illness Among U.S. Adults (2020)

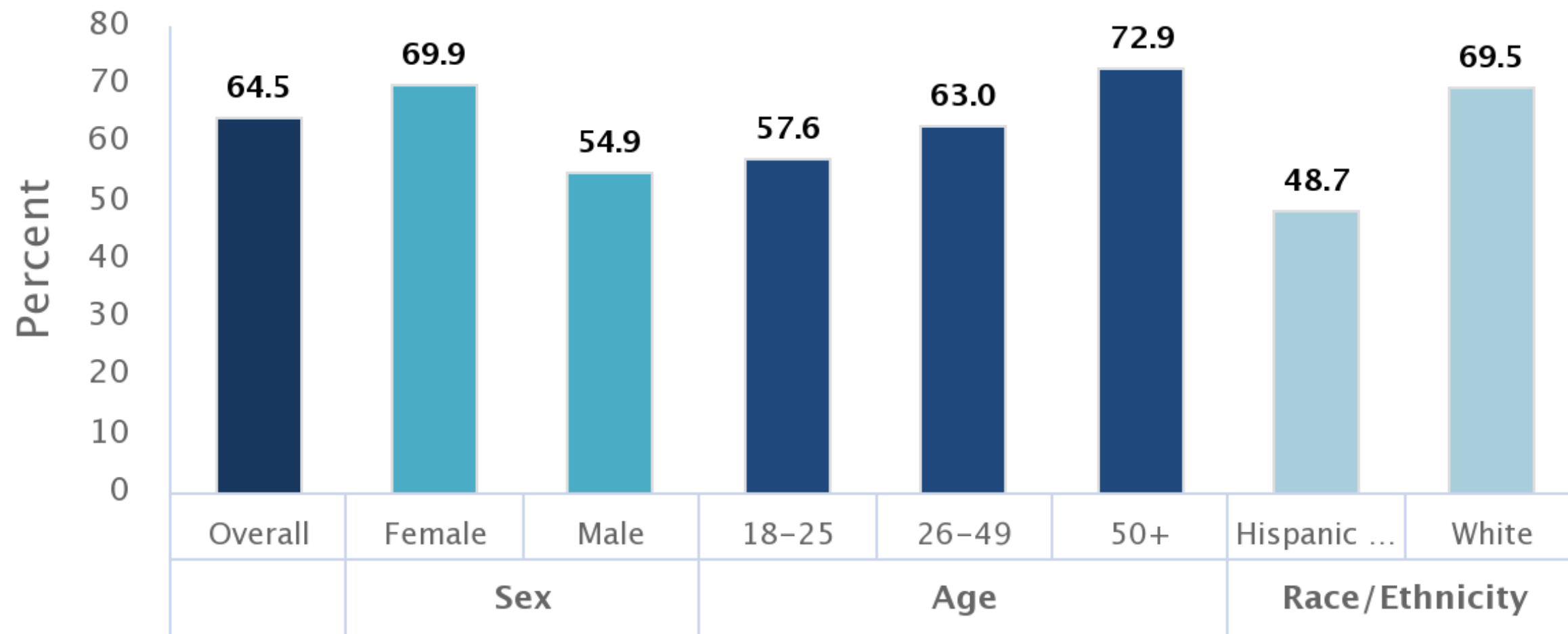
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Mental Health Statistics, USA (NIH)

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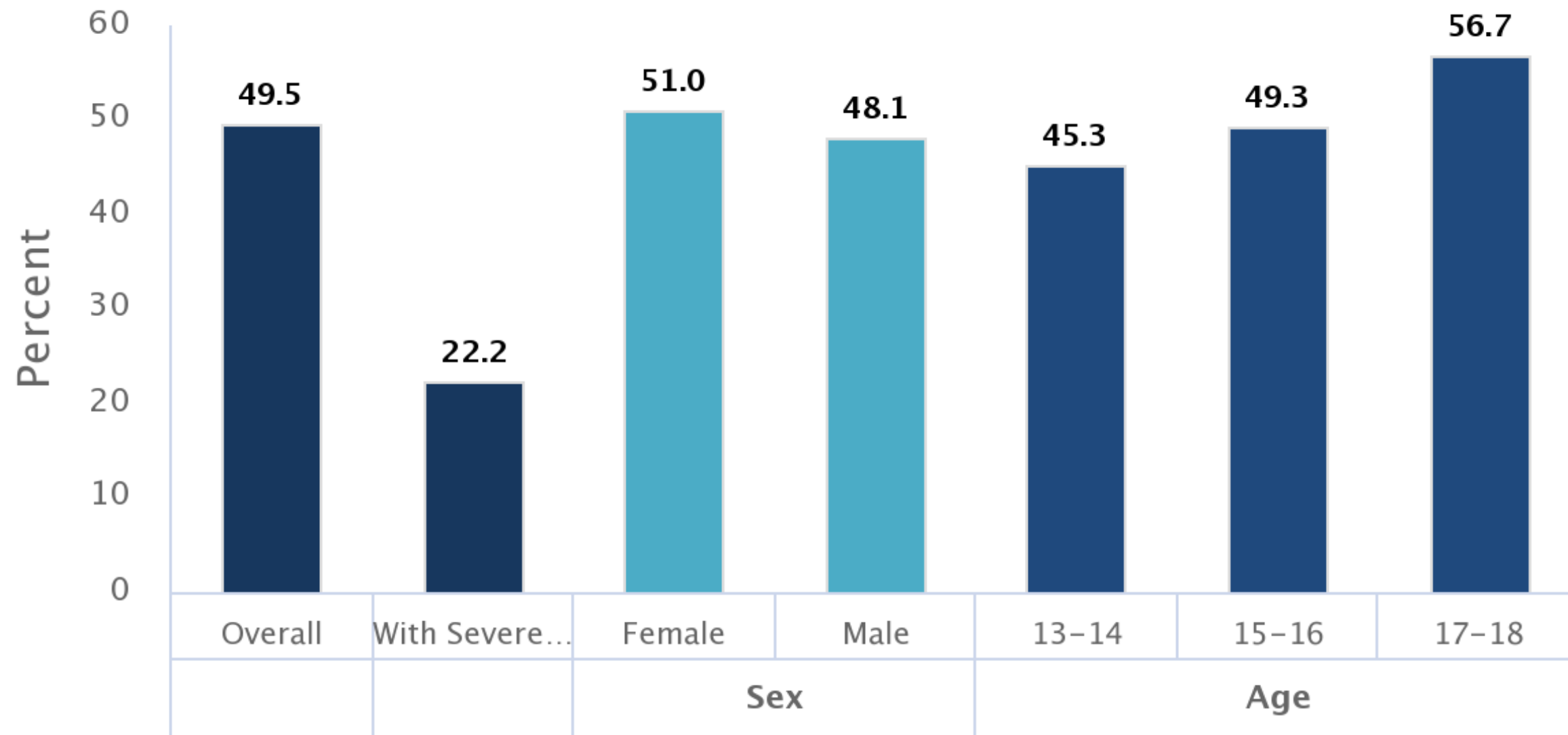
Data Courtesy of SAMHSA



Mental Health Statistics, USA (NIH)

Lifetime Prevalence of Any Mental Disorder Among Adolescents (2001–2004)

Data from the National Comorbidity Survey Adolescent Supplement (NCS-A)





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Mental Health & the African American Community

"African American men are as likely as anyone else to have mental illness, but they are less likely to get help. Depression and other mental illness can be deadly if left untreated. Suicide is the third leading cause of death among African Americans 15 to 24 years old. Untreated mental illness can also make African American men more vulnerable to substance abuse, homelessness, incarceration, and homicide" (NIMHHD, 2022).

-- NIMHD & Omega Psi Phi Initiative

Mental Health & the African American Community

- In 2019, suicide was the second leading cause of death for blacks or African Americans, ages 15 to 24.1
- The death rate from suicide for black or African American men was four times greater than for African American women, in 2018.
- The overall suicide rate for black or African Americans was 60 percent lower than that of the non-Hispanic white population, in 2018.
- Black females, grades 9-12, were 60 percent more likely to attempt suicide in 2019, as compared to non-Hispanic white females of the same age.

(OMH, 2022)

Mental Health & the African American Community

- **Poverty level affects mental health status. Black or African Americans living below the poverty level, as compared to those over twice the poverty level, are twice as likely to report serious psychological distress.**
- **A report from the U.S. Surgeon General found that from 1980 - 1995, the suicide rate among African Americans ages 10 to 14 increased 233 percentage, as compared to 120 percent of non-Hispanic whites.**

(OMH, 2022)

Mental Health & the African American Community

"Black And African American Communities And Mental Health"

(MHA, 2002)



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Resources

1. "Mental illness." National Institute of Mental Health. 2022. www.nimh.nih.gov/health/statistics/mental-illness.
2. "Brother, You're On My Mind." National Institute on Minority Health and Health Disparities. 2022. www.nimhd.nih.gov/programs/education/byomm/index.html.
3. "Mental and behavioral health -- African Americans." Office of Minority Health. 2022. <https://minorityhealth.hhs.gov/omh/browse.aspx?lvl=4&lvlid=24#1>.
4. "Black mental health: statistics, resources and services for the black community." Wake Forest University. 2022. <https://counseling.online.wfu.edu/blog/black-mental-health-resources/>.
5. "Black and African American communities and mental health." *Mental Health America, Inc.* 2022. www.mhanational.org/issues/black-and-african-american-communities-and-mental-health.

Resources

1. "Let's talk about it." *US Dept of Health and Human Resources. 2022.*
www.mentalhealth.org.
2. "Mental health." *Centers for Disease Control and Prevention. 2020.*
www.cdc.gov/mentalhealth/index.htm.
3. "Mental health and mental disorders." *Office of Disease Prevention and Health Promotion. 2021.* www.healthypeople.gov.
4. "What is mental health?" *Indian Health Service. 2022.*
www.ihs.gov/mentalhealth/what-is-mental-health/
5. "Mental health." *Pan American Health Organization.*
www.phao.org/en/topics/mental-health.

Thank You!

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