

# **Mental Health Disparities Among African Americans**

## **Program Description**

African Americans have less access to mental health than their White counterparts, are less likely to receive needed care, and are more likely to receive poor quality care when they are treated. There are many barriers that contribute to these racial disparities in services. For instance, everyone has implicit (unconscious) biases that can influence our behaviors, decisions, and interactions with others. These biases, that we may not be aware of, often impact the services we provide and contribute to racial disparities in mental health. It is important that mental health professionals working with diverse populations be aware of the impact of implicit bias on client outcomes as well as other barriers preventing our African American clients from receiving quality care.

In this workshop participants will be provided with activities aimed to increase awareness of their unconscious biases. Case studies will be provided to practice cultural humility and to practice strategies to mitigate unconscious biases. Participants will develop a plan of action to build rapport, positive therapeutic relationships, and to provide more culturally appropriate services to African American clients.

## **Learning Objectives**

Upon completion of this workshop, participants should be able to:

1. Identify personal biases that may impact services provided to African Americans.
2. Describe factors contributing to mental health disparities.
3. Examine the role of culture in treatment.
4. Develop strategies for providing culturally appropriate services to African Americans.

## **Target Audience**

This workshop will be beneficial to social workers, counselors, mental health care providers, case managers, human service workers, and anyone who is interested in the topic.

## **Contact Hours**

3.0 credit hours

## **Program Agenda**

9:00 - 10:30 AM	Implicit Bias, Stigma, Mistrust, and Fear as Contributing Factors of Mental Health Disparities Among African Americans; Power and Privilege Activities
10:30 - 10:45 AM	Break
10:45 – 12:00 NOON	Cultural Humility, Culturally Appropriate Assessments, Case Study to practice skills
12:00 - 12:15 PM	Q/As

## **Faculty**

**Evi Taylor, Ph.D., LCSW**, is a Clinical Assistant Professor at the UNC-Chapel Hill School of Social Work, where she teaches courses in child and adolescent mental health; adult mental health; human development; and direct practice with individuals, families, and groups. Dr. Taylor received her Ph.D. in Psychology from Northcentral University, Master of Social Work from the University of Texas in Arlington, and Bachelor of Social Work from Baylor University. She is a licensed clinical social worker with over 25 years of clinical experience working with diverse populations in various settings such as alternative schools, juvenile justice programs, hospital settings, residential treatment centers, substance abuse programs, and private practice. Dr. Taylor's research interests include the impact of stereotypes and implicit bias on African Americans, systemic racism in education, and athletes' mental health.