1. Record Nr. UNINA9910506382303321

Titolo African Americans and mental health: practical and strategic solutions

to barriers, needs, and challenges // Mary Olufunmilayo Adekson.

editors

Pubbl/distr/stampa Cham, Switzerland:,: Springer,, [2021]

©2021

ISBN 3-030-77131-8

Descrizione fisica 1 online resource (159 pages)

Disciplina 616.89008996073

Soggetti African Americans - Mental health

African Americans - Mental health services

Afro-nord-americans

Salut mental
Psicodiagnòstic
Psicoteràpia
Relacions familia

Relacions familiars

Espiritualitat

Resiliència (Tret de la personalitat)

Llibres electrònics Estats Units d'Amèrica

Lingua di pubblicazione Inglese

Formato Materiale a stampa

Livello bibliografico Monografia

Nota di contenuto Intro -- Foreword -- Preface -- Endorsements -- Acknowledgments --

About the Book -- Contents -- About the Editor -- About the

Contributors -- Chapter 1: Who Are African Americans? -- Who Are African Americans? -- The History of African Americans (1500-1799) -- The History of African Americans (1800-1900) -- The History

of African Americans (1900-1949) -- The History of African Americans (1950-1999) -- The History of African Americans (2001-2016) -- An Analysis -- Who Are African Americans? -- References -- Chapter 2: Identifying Barriers and Access to Mental Health Care for African Americans -- Current Status of African Americans -- Early History

of African American Mental Health -- Racism -- Stigma -- Insurance Access and Socioeconomic Status -- Cultural Mistrust -- Implications -- Culturally Responsive Interventions -- References -- Chapter 3: Challenges Mostly Unique to African Americans -- Barriers to Equitable Education -- Interactions with Law Enforcement -- Inadequate Access to Health Care -- Low Employment Has Led to Modest Upward Mobility and Stagnant Generational Wealth -- References -- Chapter 4: African American Mental Health: Challenges and Opportunities -- African American Mental Health: Challenges and Opportunities -- Challenges -- Medical Distrust -- Institutional Racism -- Stigma -- Misinformation -- Opportunities -- Wellness -- Education -- Advocacy -- Conclusion -- References -- Chapter 5: Mental Health Challenges Unique to African American Children and Adolescents -- Introduction --Events Contributing to Psychological Challenges -- Racial Discrimination and Trauma -- Other Factors -- The Role of Poverty --Mental Health Issues Due to Trauma -- The Impact of Depression and Anxiety -- The Impact of Suicide -- Coping Mechanisms --Recommendations -- References -- Chapter 6: Diagnosis Issues with African Americans.

Prevalence of Diagnoses of African Americans -- History of Misdiagnosis and Racism -- Provider Bias and Inequality of Care Cause of Misdiagnosis -- Biological Causes -- Cultural Bias --Historical Trauma -- The Impact of Racism on Mental Health -- Mental Health Care for African Americans -- Conclusions -- References --Chapter 7: Culture of Family Togetherness, Emotional Resilience, and Spiritual Lifestyles Inherent in African Americans from the Time of Slavery Until Now -- African American Identity & amp -- Culture --Protective Factors -- Family Togetherness -- Emotional Resilience --Spiritual Lifestyles -- Historical Trauma -- Trauma-Informed Approach -- Mental Health Interventions -- Conclusion -- References -- Chapter 8: The Trauma of Being an African American in the Twenty-First Century -- Introduction -- Different Faces of Trauma -- A Long History of Racism -- Racial Trauma -- Importance of Recognizing Racial Trauma -- Preparing for Treating Racial Trauma in African Americans -- Setting the Table for Trust -- Cultural Competency Work --Choosing a Specific Model -- Conclusion and Recommendations --References -- Chapter 9: Training, Recruiting, and Retaining African American Mental Health Professionals -- Introduction -- Who Are These Professionals? -- What Is the Goal of Mental Health Treatment? -- Importance of Training, Recruiting, and Retaining African American Mental Health Professionals -- African American Mental Health --Training -- Self-Identity -- Belonging -- Mentorship -- Culturally Responsive Teaching -- Recruiting -- Retaining -- Be Authentic During Recruitment -- Encourage Conversation About Race -- Address Systemic Inequality -- Support Employee Congruence -- Combat Resistance to Diversity -- Summary -- References -- Chapter 10: The Mental Health Needs of Some Unique Groups Among African American Populations -- Introduction.

Stigma of Mental Health in the Black community -- Mental Health in the LGBTQ+ Community -- Mental Health in the Elderly Community -- Mental Health in the Single Parent Community -- Mental Health Needs of Those Incarcerated -- Mental Health in the African American Youth Community -- Conclusion -- References -- Chapter 11: Roads for African Americans to Live Enhanced and Improved Mentally Healthy Lives -- Introduction -- Disparities in Health Care -- Mental Health Disparities -- African Americans and the Mental Health Stigma -- Discussion -- Conclusion -- References -- Chapter 12: Solutions-Oriented Intervention Models for African American Mental Health --

Ecological Systems Model -- Cultural Broaching -- Multicultural and Social Justice Counseling Competencies -- Integrated Approach to Solutions-Oriented Interventions -- Counselor-Focused, Solutions-Oriented Interventions -- Client-Focused, Solutions-Oriented Interventions -- Community-Centered, Solutions-Oriented Interventions -- Profession-Centered, Solutions-Oriented Interventions -- Case Approach -- Conclusion -- References -- Chapter 13: Practical Strategic Improvements for African American Mental Health -- The Importance of the African American Church -- Barriers to Treatment and Access to Services -- Integration of Critical Race Theory -- Racism as Ordinary -- Racism Benefits White People -- Race Is Socially Constructed -- Intersectionality -- Voices of Color -- Integration of CRT in African American Mental Health -- Practical Strategies for Improving African American Mental Health -- Social Support --Mental Health Literacy -- Emotional Wellness -- Conclusion --References -- Chapter 14: Treatment Strategies and Healing Related to African American Mental Health -- Considerations -- African American Men and Women -- African American LGBTQI+ Community Affectional Orientation.

African American Children -- Socioeconomic Status -- Theoretical Strategies, Approaches, and Interventions -- Multicultural Counseling -- Person-Centered Therapy -- Cognitive Behavioral Therapy (CBT) -- Narrative Therapy -- Trauma-Informed Care -- Solution-Focused Therapy -- Spiritually Integrated Counseling -- Culturally Appropriate Intervention Strategies -- H.E.R.S. Model/H.I.S. Model -- Discussion -- References -- Epilogue: Where Do We Go from Here? -- What Can Act as Impediments for African Americans In Need of Mental Health Care? -- Improvements We Can Make -- So, What Works and How Can We Move Forward? -- References -- Index.