

Discrimination Stress & Mental Health

Charmain F. Jackman, PhD

Founder/CEO, InnoPsych, Inc.

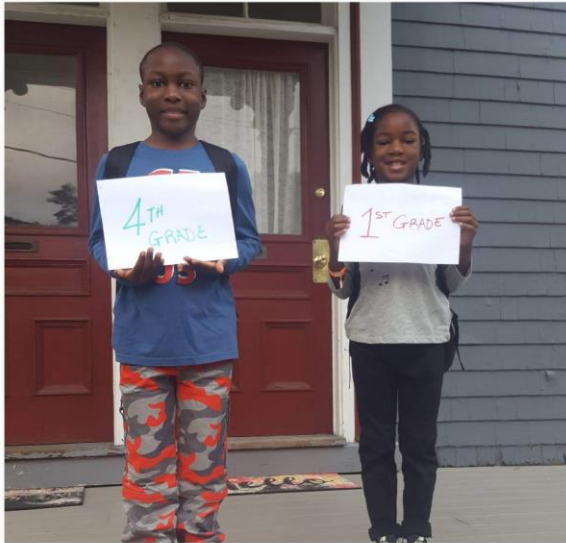
*Presented at NAMI Massachusetts Annual
Convention*

October 26, 2019



INNOPSYCH

My Why...



Discrimination

...it's in the air we breathe



Marginalization

“...a process that prevents individuals and groups from full participation in social, economic, and political life enjoyed by the wider society.” Niyara Alakhunova, et al (2015)*

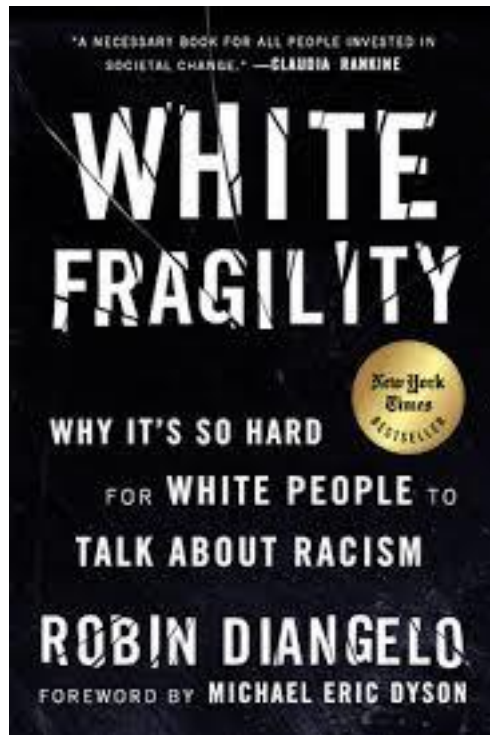
*Defining Marginalization: An Assessment Tool



Experience of Discrimination



Structural Racism & Discrimination



New Racism: The Binary

Racist = Bad

- Ignorant
- Bigoted
- Prejudiced
- Mean-spirited
- Old
- Southern

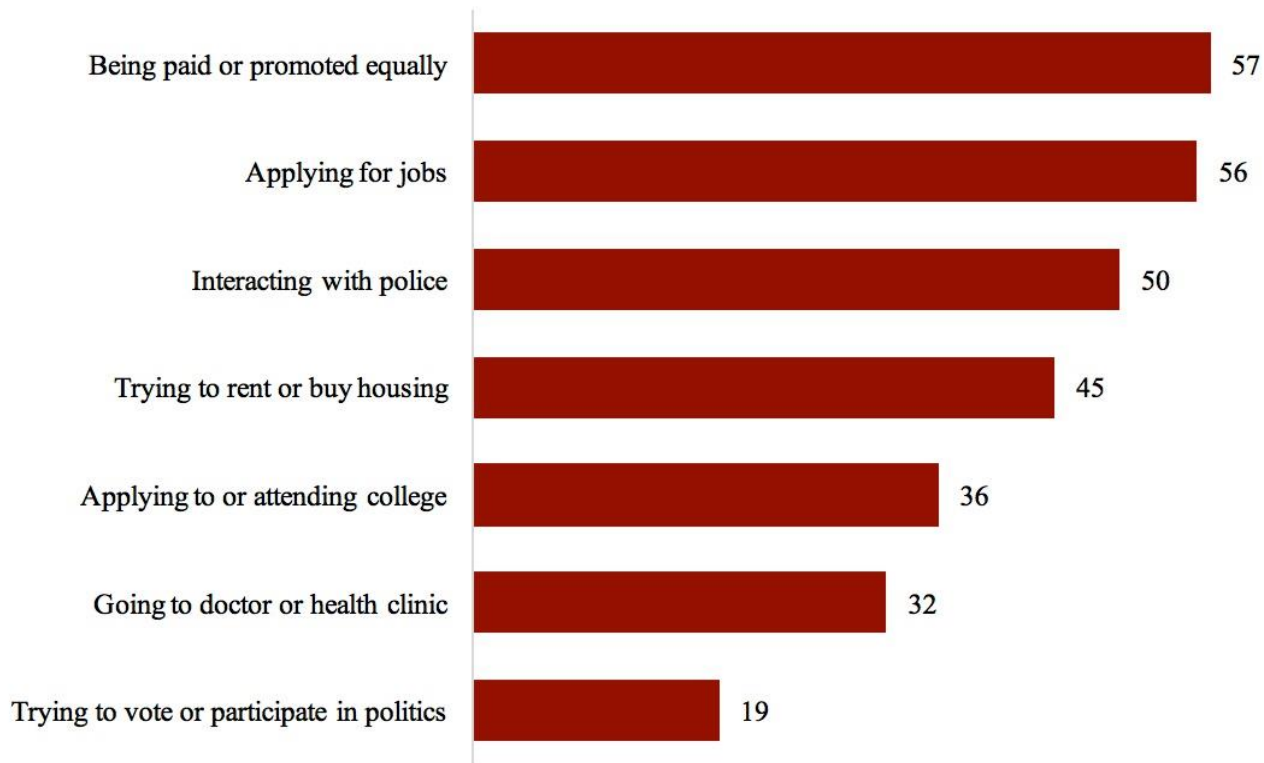
Not Racist = Good

- Educated
- Progressive
- Open-minded
- Well-intended
- Young
- Northern



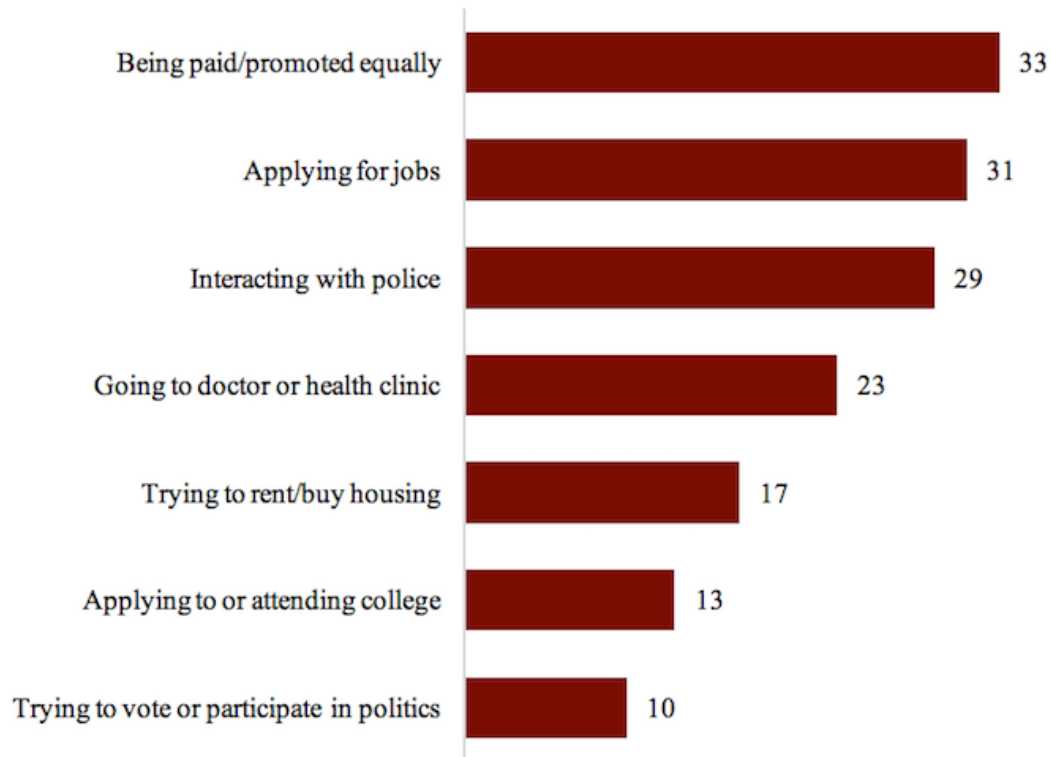
African Americans' Experiences of Discrimination

Chart 1:
Percent of Black Americans Saying They Have Ever Been
Personally Discriminated Against In Each Situation Because They Are Black



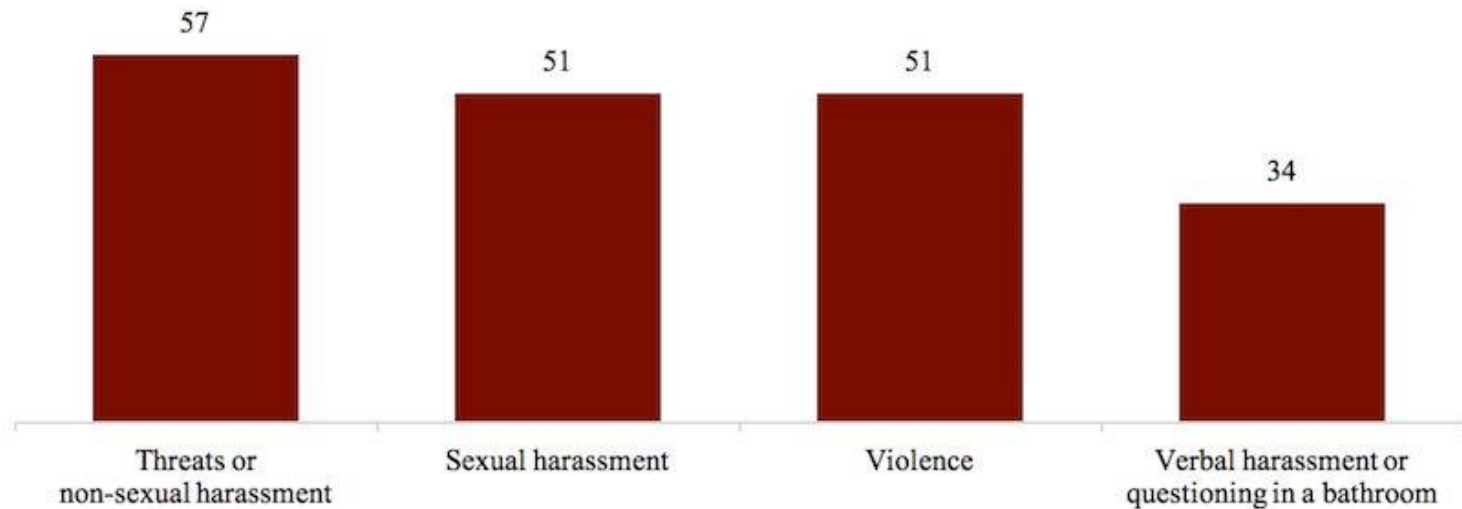
Native Americans' Experiences of Discrimination

Chart 2:
Percent of Native Americans Saying They Have Ever Been Personally
Discriminated Against In Each Situation Because They Are Native



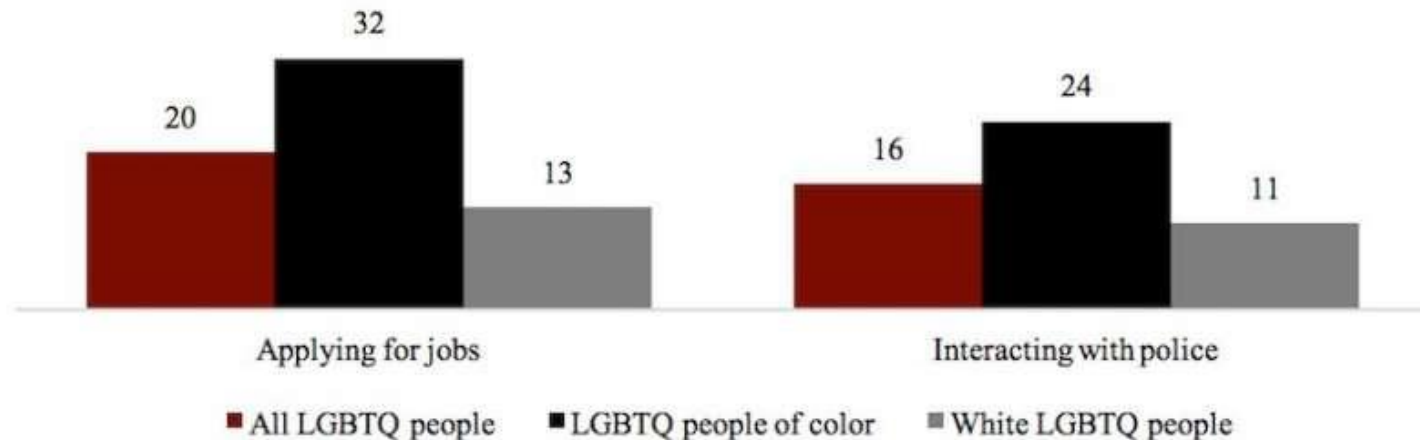
LGBTQ+ Experiences of Discrimination

Chart 1:
Percent of LGBTQ Americans Saying They or an LGBTQ Friend or Family Member Have Experienced Various Forms of Individual Discrimination Because They Are LGBTQ

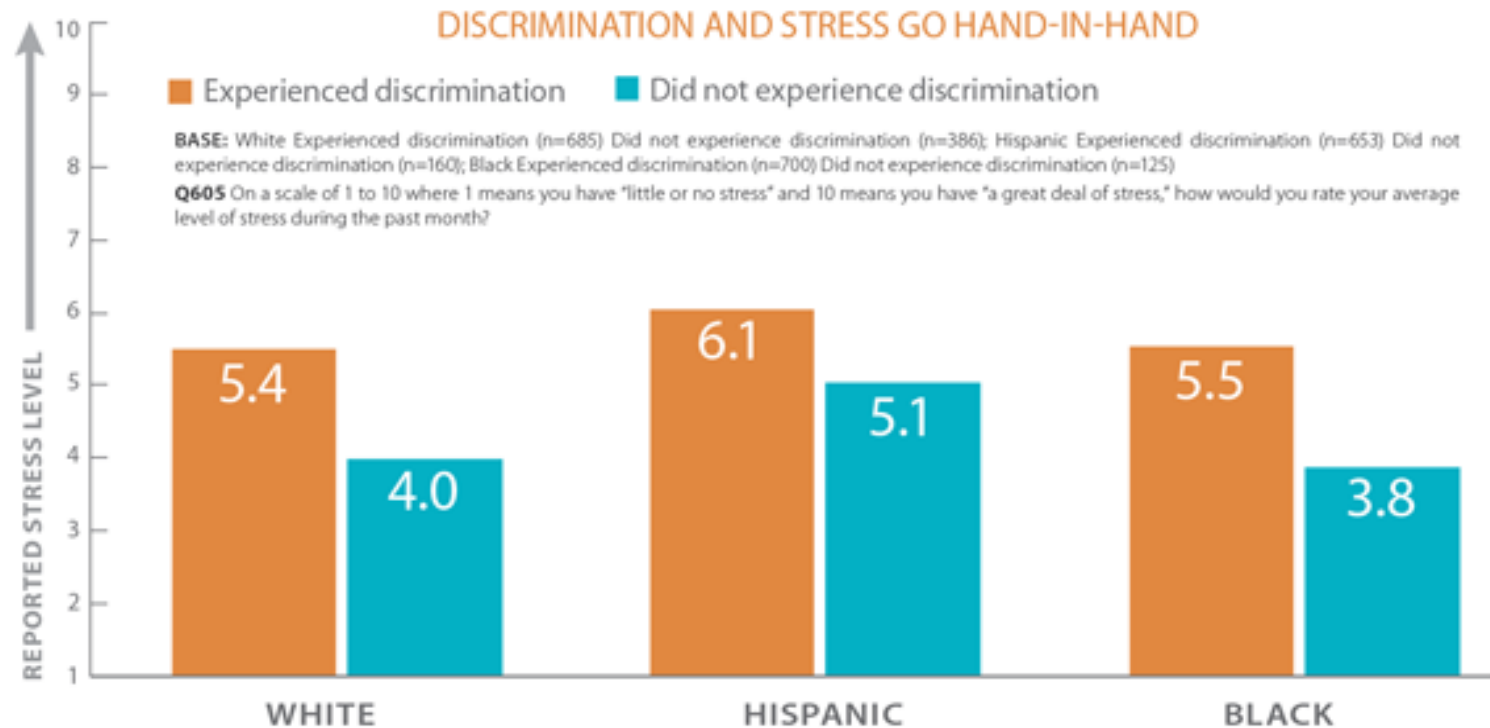


LGBTQ+ Experiences of Discrimination

Chart 3:
Percent of LGBTQ People, By Race, Saying They Have Ever
Been Personally Discriminated Against In Each Situation
Because They Are LGBTQ




Discrimination Stress




Impact of Discrimination Stress



Impact of Discrimination Stress

AMERICAN PSYCHOLOGICAL ASSOCIATION

SUICIDE RISK AMONG BLACK YOUTH



Risk Factors for Black boys

Although suicide risk has increased overall for black children under the age of 13, black boys are at even greater risk.

- Exposure to violence
- Incarceration
- Access to guns
- Lack of access or utilization of mental/ behavioral health services
- Mental health stigma
- Depression
- Anxiety
- Racism, prejudice, and discrimination
- Substance use

3rd

Leading cause of death among black males, ages 15-24.

1.2x

higher rates of attempted suicide by Black males than by White males.

2x

higher rates of suicide in black youth, ages 5-12 than white youth, ages 5-12.

<https://www.apa.org/pi/health-disparities/resources/race-sexuality-men-report.pdf>
Bridge, J.A., Horowitz, L.M., Fontanella, C.A., Sheftall, A.H., Greenhouse, J.B., Kelleher, K.J., Campo, J.V. (2018). Age-related racial disparity in suicide rates among U.S. youths between 2001 and 2015. JAMA Pediatrics.
<https://www.sprc.org/news/addressing-suicide-among-black-americans>
<https://www.nami.org/Find-Support/Diverse-Communities/African-Americans>



What is Allyship?

An **ongoing** and intentional process of reflecting on privilege and oppression, and taking **deliberate** steps to raise awareness about the impact on marginalized groups. It also involves **giving up** power and privilege in order to include marginalized voices.



Barriers to Allyship

FEAR OF...

- Appearing Racist → SILENCE
- Realizing One's Racism → INACTION
- Confronting White Privilege → REMAIN THE EXCEPTION
- Taking Responsibility to End Racism → MAINTAIN S OPPRESSION



Allyship = UNREST

- **UN**cover (hidden) history
- **R**eflect on your social identity
- **E**ducate yourself about the issues of others
- **S**acrifice your privilege
- **T**ake Action, Speak up!



Contact Information

Charmain F. Jackman, PhD

DrJ@InnoPsych.com

Tel: 617-942-0088

Insta: @DocJackman_Boston

Twitter: @DocJackman

Therapist of Color Directory:
www.InnoPsych.com

