



BARRIERS TO MENTAL HEALTH MEDICATION AND THE RISE IN OPIOID USE IN PEOPLE OF COLOR

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WHAT IS A HEALTH DISPARITY?



Health disparities are **preventable differences** in the burden of disease, injury, violence, or opportunities to achieve optimal health that are experienced by **socially disadvantaged populations**

Centers for Disease Control and Prevention



WHY IS THIS A DISPARITY?

POC are less likely to receive treatment for mental health even though they experience mental illness at similar rates as white people



OUR PERSONAL CONNECTION



+ WHAT ARE OPIOIDS +

Opioids are natural, semi-synthetic, or synthetic chemicals that interact with opioid receptors in the body and brain and reduce perception of pain. Opioids may be natural or derived in a lab.

WHAT IS 'BIPOC'?

Black, Indigenous, (and) People
of Color

Merriam-Webster

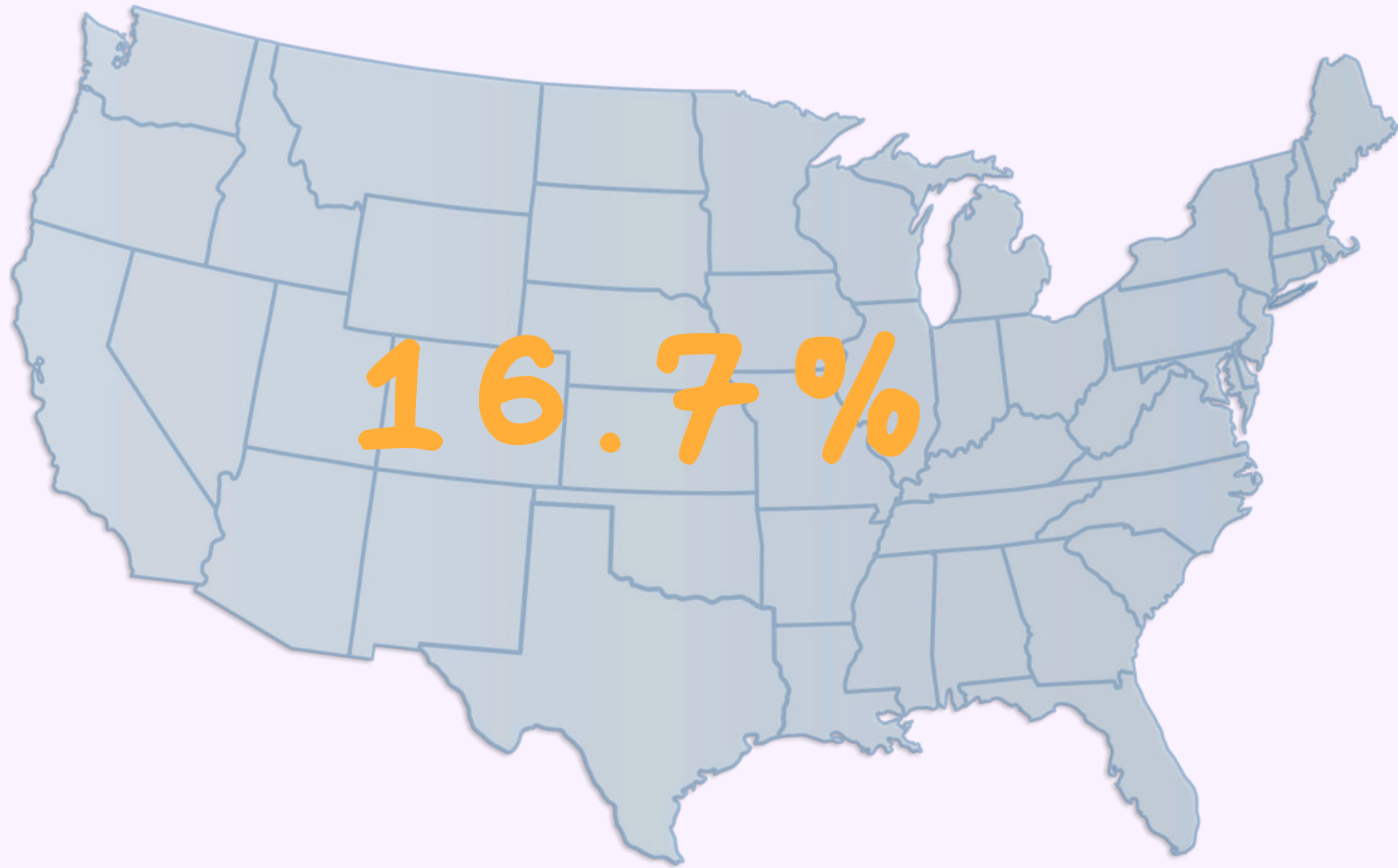
WHAT IS ADDICTION?

Addiction is when you have a strong physical or psychological need or urge to do something or use something.

**RAISE YOUR HAND IF YOU,
OR SOMEONE YOU'VE
KNOWN HAS EXPERIENCED +
ADDICTION?**

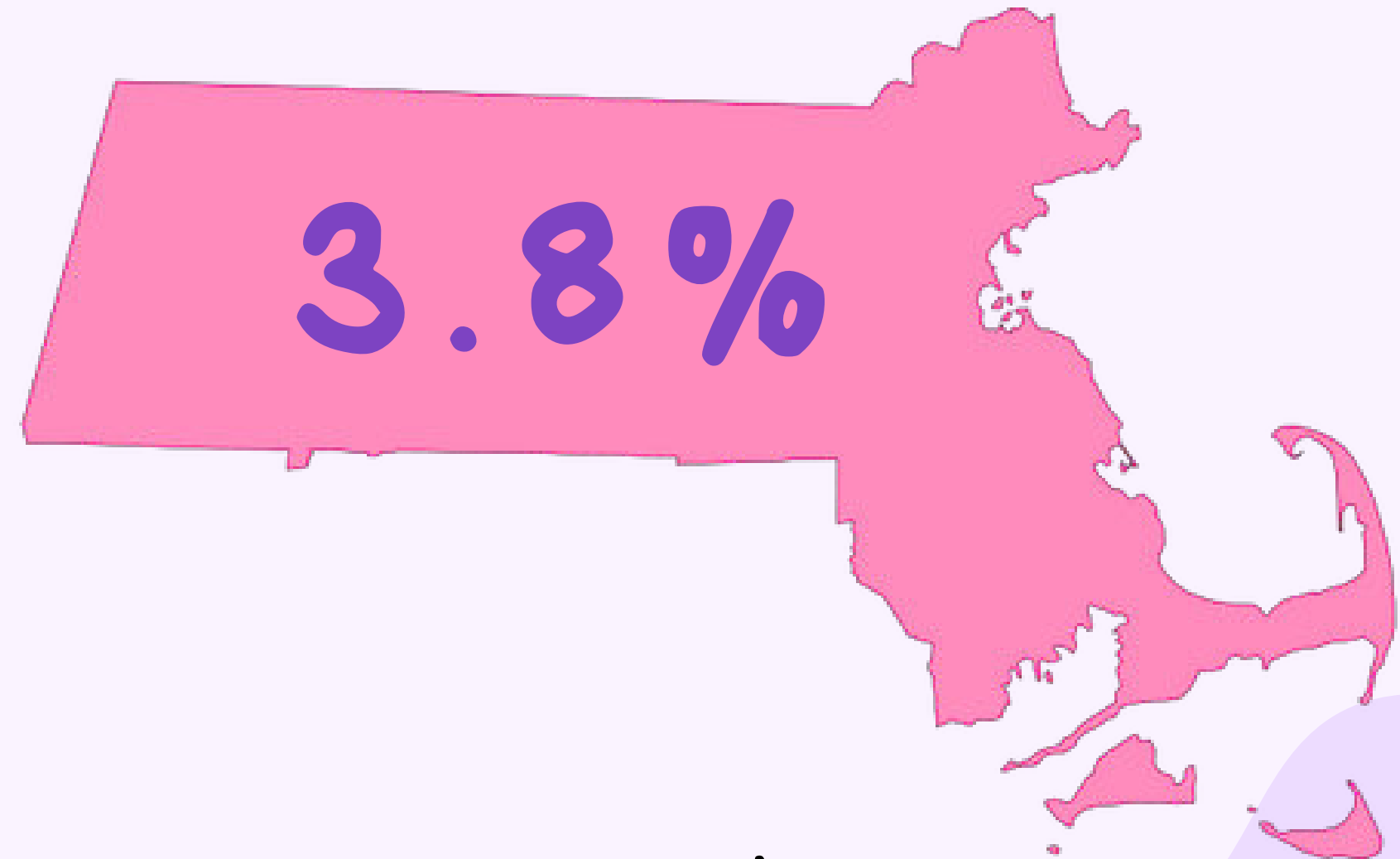
Addiction rates in the United States vs. Massachusetts

Population: 333.3 million



56 million people

Population: 7 million



266,000 people

HISTORY OF THE OPIOID CRISIS


1990s: Pharmaceutical companies began heavily marketing prescription opioids making the claim that they were effective and low risk. This led doctors to prescribe it for chronic pain.

2010's: The crisis intensified greatly especially with the rise of synthetic opioids and led to a surge in opioid death.


2000s: Reports of opioid deaths and addictions started to surface as the number of prescriptions continued to rise.



★ ★ APOLOGY FROM THE AMERICAN PSYCHIATRIC ASSOCIATION ★ ★



“Early psychiatric practices laid the groundwork for the inequities in clinical treatment that have historically limited quality access to psychiatric care for BIPOC. These actions sadly connect with larger social issues, such as race-based discrimination and racial injustice, that have furthered poverty along with other adverse outcomes.”



American Psychiatric Association

THE HISTORICAL ROOTS OF MISTRUST IN SCIENCE

The Tuskegee Syphilis Study of 1932 is commonly cited as a reason for mistrust due to the extent and duration of the deception and mistreatment of its subjects; however, the history of medical and research abuse of African Americans goes well beyond Tuskegee.

American Bar Association



COMMON MENTAL ILLNESSES IN BIPOC COMMUNITY

POST-TRAUMATIC STRESS
DISORDER

MAJOR DEPRESSIVE
DISORDER

GENERALIZED ANXIETY
DISORDER

Mental Health America Home

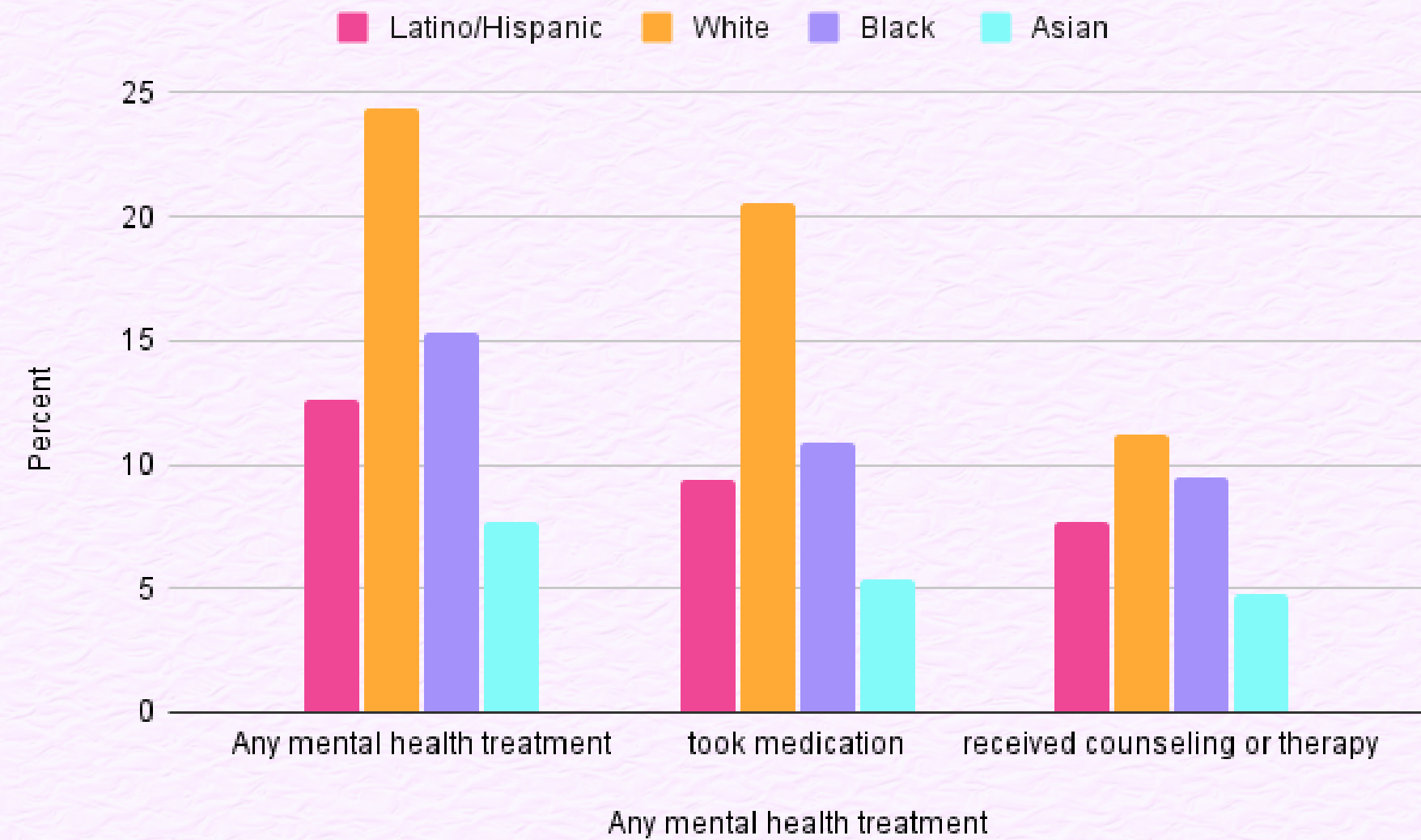
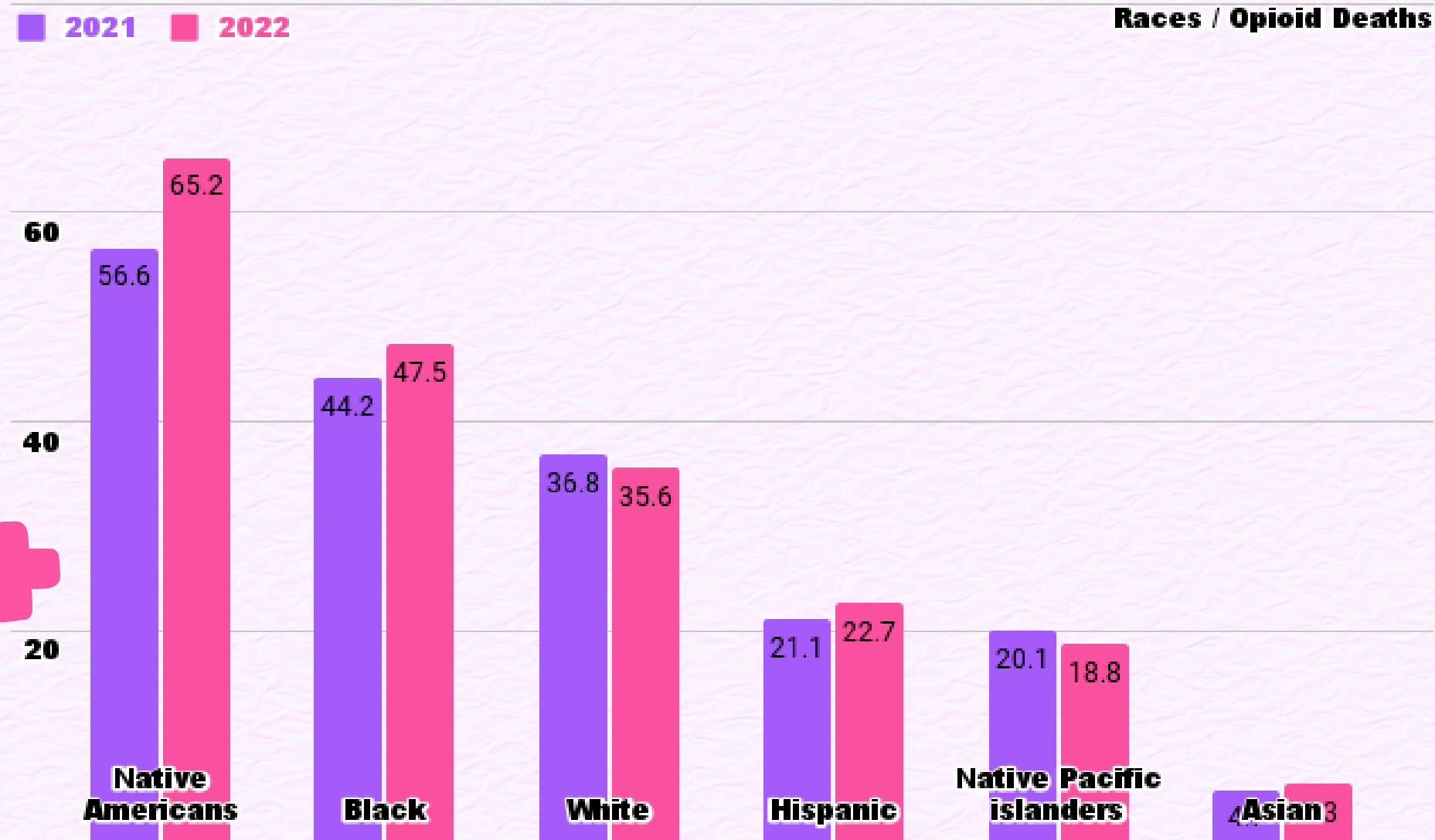
WHY MIGHT AN INDIVIDUAL TURN TO OPIOIDS?

- Mental health disorders can lead to substance abuse because of the need to self-medicate (coping mechanism) in order to cope with a specific situation.
- Taking substances may provide an escape from symptoms associated with mental illnesses but relief is temporary, but substance abuse is ongoing and cyclical in nature.
- 43% of Black people and 47% of Hispanic people try and deal with mental illnesses on their own rather than seeking a therapist, compared to 35% of white people.

DATA

OVERDOSE DEATHS BY RACE

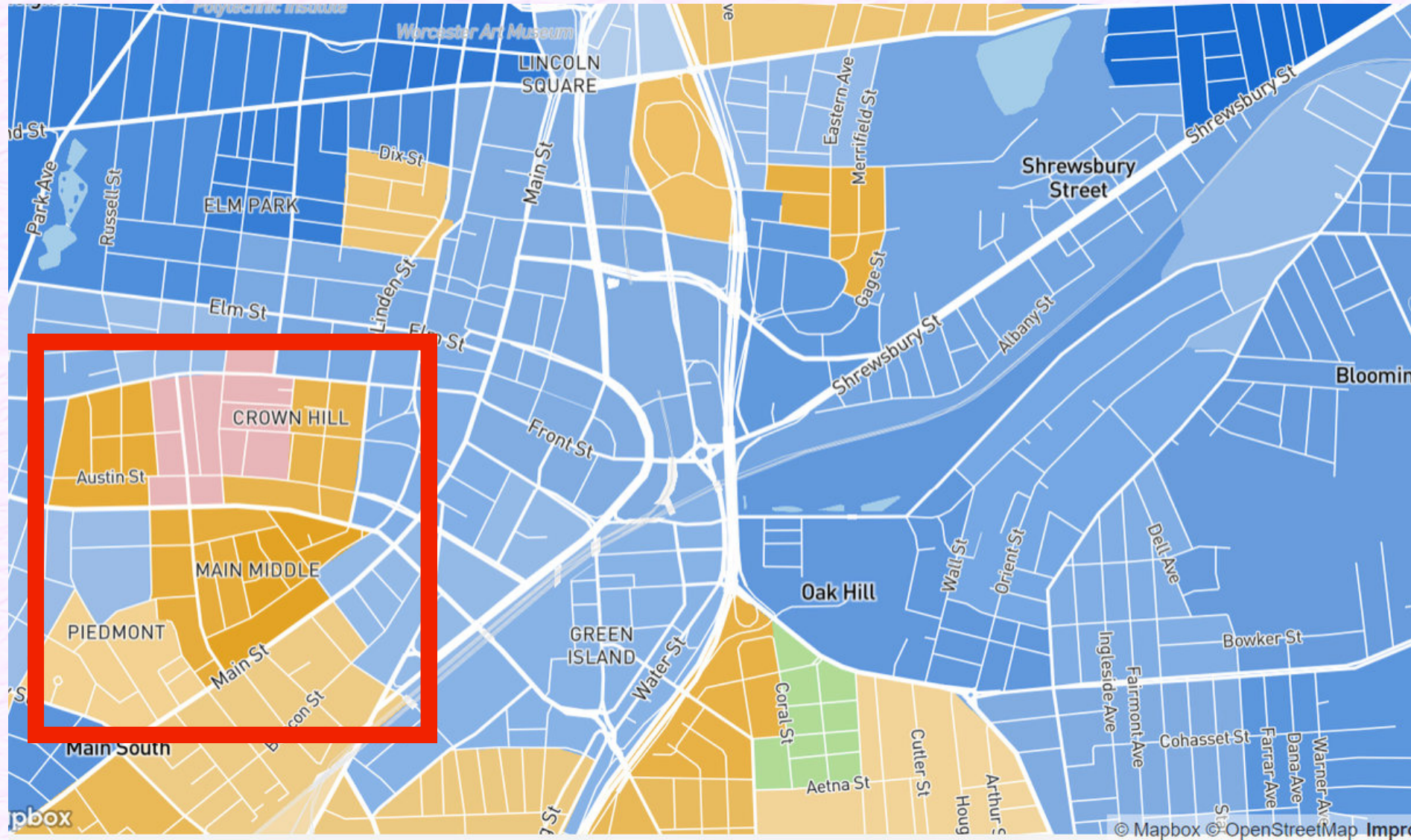
WHO RECEIVES TREATMENT



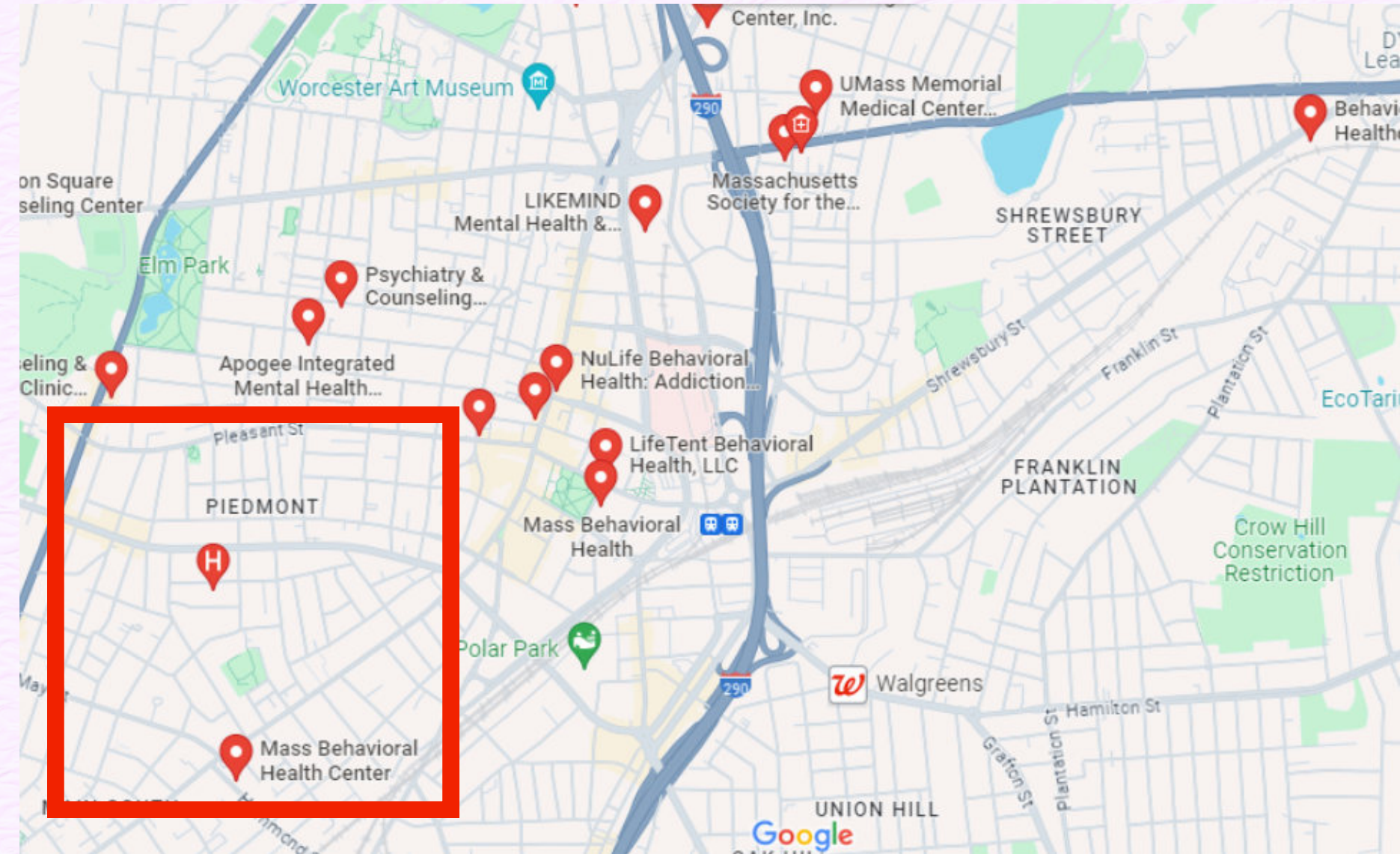
WHY IS IT HARD FOR BIPOC TO ACCESS MENTAL HEALTH SERVICES

- **Poverty**
 - **Lack of transportation**
- **Insurance**
- **Language barriers**

MASSACHUSETTS CONNECTION



Majority Race Key



STIGMAS

- "MANY LATINXS DO NOT SEEK TREATMENT BECAUSE THEY DON'T RECOGNIZE THE SIGNS AND SYMPTOMS OF MENTAL HEALTH CONDITIONS OR KNOW WHERE TO FIND HELP. OTHERS DO NOT SEEK TREATMENT FOR FEAR OF BEING LABELED AS "LOCOS" (CRAZY) "
- "IN SOME, IF NOT MANY, OF OUR FAITH TRADITIONS, MENTAL ILLNESS WAS SOMETIMES CHARACTERIZED AS EITHER A LACK OF FAITH ("GOD WILL FIX IT") OR A FUNCTION OF SPIRITUAL SICKNESS."

National Alliance on Mental Illness

RATE OF STIGMAS IN BLACK PEOPLE

63%

"... of Black Americans reported believing that a mental health condition is a sign of personal weakness".

QUALITY OF CARE

- LACK OF CULTURAL COMPETENCY
- UNDERREPRESENTATION OF BIPOC IN THE PSYCHIATRY FIELD
- DISCRIMINATION TOWARDS RACE



**HOW CAN WE HELP SOLVE
THIS PROBLEM ?**



FIGHTING THE STIGMAS



INMI envisions a future in which people freely seek the mental health services they need without fear of embarrassment or stigma.



SAMHSA envisions that people with, affected by, or at risk for mental health and substance use conditions receive care, thrive, and achieve wellbeing.

BRING THE ACCESSIBILITY

Implement government-based rehab programs

Hire more BIPOC Psychiatrists

Implement volunteer-based rehabs
(Washburn House & The Willing House)

Produce cheaper anti-overdose medications

Alcohol Rehab Guide

IMPLEMENTING BETTER QUALITY OF CARE

- Promote harmony among different racial groups.
- Implement comprehensive cultural competency training programs across the medical fields.

SUMMARY

In conclusion, there is a link between the opioid crisis and the lack of access to psychiatrists for BIPOC communities. As sad as the disparity is, there are many ways we can fix this issue.



**IF YOU OR A LOVED ONE IS
EXPERIENCING AN
ADDICTION, YOU DON'T HAVE
TO DO THIS ALONE CALL:**

888- 596-3088



THANK YOU

Questions?

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