



Welcome to the SIG University Webinar Series  
**The Impact of Racial Trauma  
on Mental Health:  
A Real Perspective**

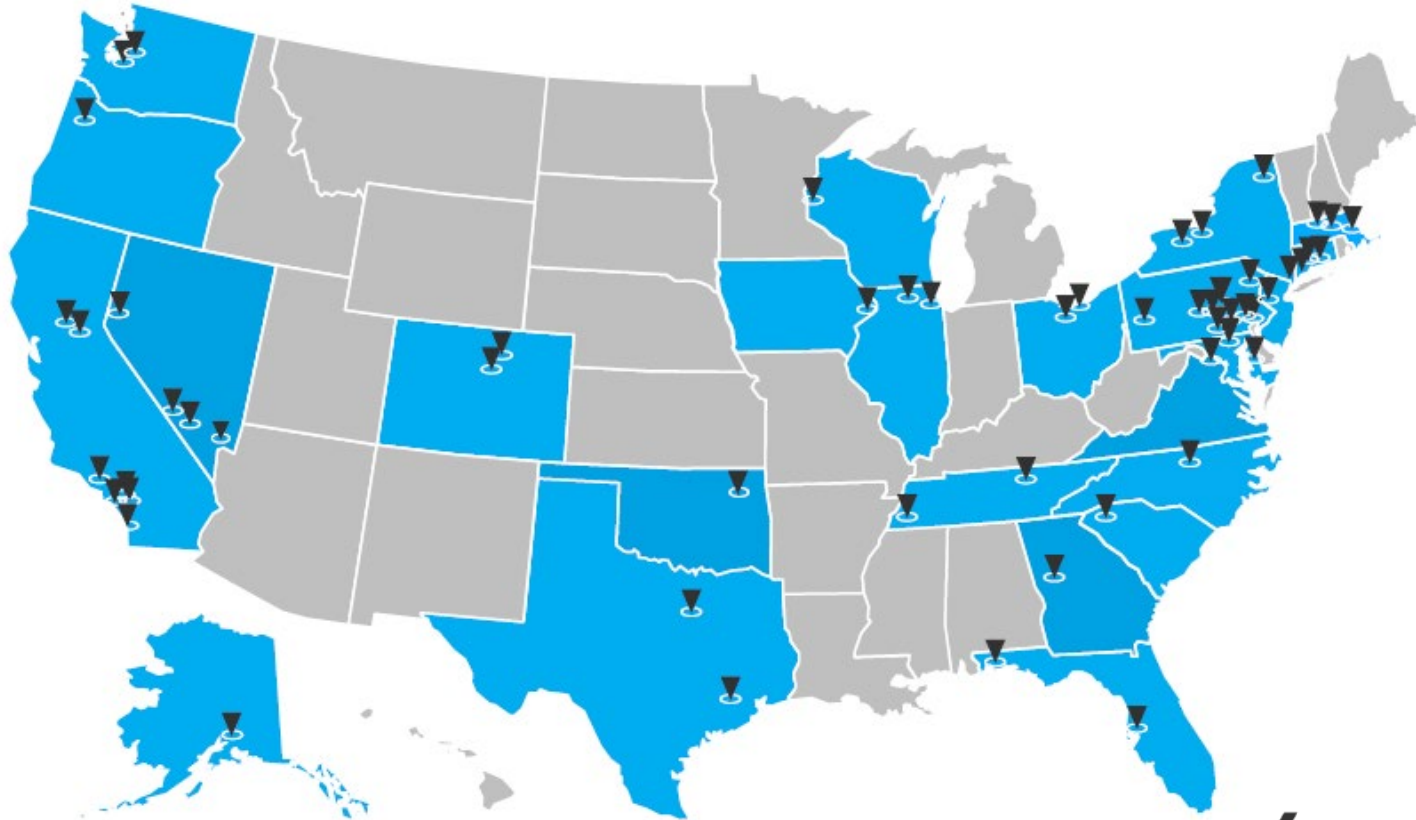
*Kerry Graves | NAMI Metro Baltimore*

*Tevis Simon | NAMI Volunteer*

**June 16, 2021**



# Welcome to Our Regional Alera Partner Firms!





# Questions?

During the webinar if you have any questions, please feel free to...

- 🗨 Zoom Chat: Enter questions via the “Chat” feature in the Zoom meeting

# Reminders

1. Slides and resources will be emailed after the webinar and are available on

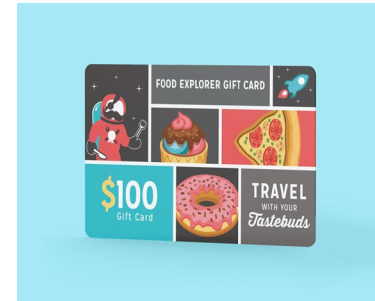
[silbs.com/events](https://silbs.com/events)

2. Complete our 2-minute post webinar [SURVEY](#)\*\* All completed surveys will be entered to win a \$100 Goldbelly gift card!

**Congratulations to the winners from our last webinar!**

**Lauren Moeser, Whitebox**

**Charisse Ash, American Association of Colleges!**



## UPCOMING

### Workforce Dynamics: Workplace Violence Prevention and Diversity & Inclusion Culture

June 22<sup>nd</sup>, 1 PM – 2 PM EST

**Presenters:** Bobbi Kloss, *BAN* and Tenesia Benjamin, *HRprimed*

### Workplace Wellness Programs and Compliance with DOL & EEOC Rules

July 14<sup>th</sup>, 12 PM – 1 PM EST

**Presenter:** Stacy H. Barrow, Esq., *Marathas, Barrow, Weatherhead, and Lent, LLP*

### Employer Update – Returning to the Office After COVID-19

July 22<sup>nd</sup>, 11 AM – 12 PM EST

**Presenter:** Doug Desmarais, Esq., *Smith & Downey, P.A.*

# Webinars



A close-up photograph of a woman with dark hair tied back, looking down with a somber and stressed expression. She is wearing a light-colored button-down shirt. The background is a blurred indoor setting with warm lighting and a brick wall.

# Mental Health Solutions from Alera Group

Many people are feeling a little stressed or anxious. Taking care of your health is top priority and mental health is physical health. We have some great solutions to help manage stress and anxiety.

- ▶ Our Mental Health whitepaper offers many resources from apps to web resources to find care.
- ▶ Check out our [Mental Health whitepaper here!](#)



# NAMI's “I Will Listen” Campaign

NAMI Metropolitan Baltimore's I Will Listen Campaign is a comprehensive campaign tailored to fit the needs of your workforce. NAMI Metro offers a wide variety of workshop options delivered by NAMI Baltimore staff and volunteers with lived experience.

To learn more click [here!](#)

If you are interested in becoming a corporate sponsor click [here!](#)



# Welcome

Kerry Graves, *NAMI Metro Baltimore*

Tevis Simon, *NAMI Volunteer*





Metropolitan  
Baltimore

# The Impact of Racial Trauma on Mental Health: A Real Perspective

**Kerry Graves, Executive Director  
NAMI Metropolitan Baltimore**

**&**

**Tevis Simon, NAMI Metro Baltimore Volunteer**

## What is Mental Health?

Mental health can be defined as the way we think, feel and how we relate to others. Genetics, the way our brain functions, environment and lifestyle all play a role in our mental health.

Mental health conditions, sometimes referred to as mental illnesses, are common and treatable.

## Mental Health Conditions Are Common

- 1 in 5 adults (1 in 25 lives with a serious mental illness)
- Depression (6.9%)
- Bipolar Disorder (2.6%)
- Schizophrenia (1.1%)
- Anxiety Conditions (18.1%)

# The Need for Mental Health Care is Overwhelming



Metropolitan  
Baltimore

- Only about 40 percent of those diagnosed get treatment
- Life expectancy of people with a serious mental illness is up to 25 years shorter than those without
- The need is greater in communities of color and in the LGBTQ communities

# MENTAL HEALTH AND RACE

- NAMI estimates Black Americans are 20 percent more likely to be diagnosed with a serious mental health issue than the general population.
- Mental Health America (MHA) estimates 8.9 million Latinx or Hispanic identifying people in the U.S. are diagnosed with a mental illness every year.
- MHA predicts over 2.2 million Asian Americans and Pacific Islanders live with mental illness, and over 21% of the entire U.S. Indigenous population is diagnosed with a mental illness.
- In 2017, suicide was the second leading cause of death for African Americans aged 15 to 24.
- 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%, as compared to 120% for non-Hispanic whites.

# MENTAL HEALTH AND RACE

- Only 1 in 3 African Americans who need mental health care receive it.
- African Americans often experience more severe forms of mental health conditions due to unmet needs and other barriers.
- Approximately 50 –75% of youth in the juvenile justice system meet criteria for a mental health disorder.
- Minority youth with behavioral health issues often referred to the juvenile justice system instead of specialty primary care, compared to non-minorities.

# Mental Illnesses often present as physical ones



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Baltimore

## Common complaints

- Fatigue/feeling tired
- Migraines or chronic headaches
- Abdominal pains or digestive problems
- Chest pains
- Difficulty focusing/concentrating
- Having trouble sleeping
- Change in appetite
- Change in sex drive/performance
- Change in weight (gain or loss)
- Unexplained aches or pains

## Mental Health and COVID-19

It's common to feel stressed or anxious during this time. It may be especially hard for people who already manage feelings of anxiety or emotional distress.



Recognizing how you're feeling can help you care for yourself, manage your stress and cope with difficult situations.



# COVID-19 & RACIALIZED COMMUNITIES

- The restrictions imposed by COVID-19, while preventative and necessary, have social consequences and have created many subsequent stressors. This includes job loss, which leads to financial stress and food insecurity both of which have disproportionately affected people of color (POC).
- History proves that severe illness and death rates tend to be higher for racial and ethnic minority populations during public health emergencies than for other populations.
- These higher rates are due to pervasive systemic and structural health and social inequities experienced by racialized communities. Currently, hospitalization rates are highest among non-Hispanic American Indian or Alaska Native and non-Hispanic Blacks/African Americans, followed by Latinx.

# COVID-19 & RACIALIZED COMMUNITIES

*The disproportionate impact of COVID –combined with the protests against police brutality and racial injustice – are bringing to the surface decades of trauma.*



**TEVIS SIMON**

**NAMI METROPOLITAN BALTIMORE VOLUNTEER**

**&**

**MENTAL HEALTH ADVOCATE**

We don't know when this will end, we are worried about our health, we don't have control, we have financial concerns...all of this can lead to feeling grief over the loss of "normal".

*You are not alone.  
Others are feeling this as well.*



## Tips and Strategies for Managing Mental Health

- Take breaks from news consumption
- Be cognizant of social media use
- Follow daily habits and routines as much as possible
- Create boundaries between home and work life

## Tips and Additional Resources for Managing Mental Health

- Take care of yourself through exercise and movement
  - Try free YouTube exercise classes
  - Walk, stretch, get outside
- Practice meditation and mindfulness
  - Free and subscription-based apps:
    - Calm
    - Headspace
    - Simple Habit
    - White Noise



**nami**

National Alliance on Mental Illness

Metropolitan  
Baltimore

# What NAMI Metro Baltimore can provide

## Connect with Peers: NAMI Support Groups

- Free, Confidential, Online Support Groups
- Weekly groups available for individuals living with a mental illness, as well as for families
- Led by trained volunteers who live with a mental health condition, or who are caregivers to someone who does.



# NAMI Online Support Group Schedule

## Connection Recovery Support Group

- Every Saturday, 10:30am-12pm
- 1<sup>st</sup> & 3<sup>rd</sup> Wednesdays, 6 – 7:30 pm

*Open to any adult living with a mental health condition*

- 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays, 6:00-7:30

*Open to any young adult (18-39) living with a mental health condition*

## Family Support Group

- Every Thursday, 7:00-8:30pm

*Open to any adult family member, caregiver, or friend of someone living with a mental health condition*

More information and registration details available at [www.namibaltimore.org](http://www.namibaltimore.org)

- HelpLine
- A resource for employees and their loved ones
- 410-435-2600
- M-F, 9-5
- Information about NAMI programs, mental health resources and resources for housing and legal aid.

# Crisis Services

If you or someone you know is in crisis or needs immediate assistance, contact your local crisis hotline.

Baltimore City: 410-433-5175

Baltimore County: 410-931-2214

Mobile Crisis Teams can meet you at your home, and provide an assessment and intervention.

It's time to stand up, take a stand and  
make a difference.

**TOGETHER,**  
we can make mental  
health a priority and  
be part of the  
solution to solving  
one of the biggest  
problems we face as  
a nation and a world.



# Thank You for Attending

Complete Your [Survey](#) – We Value Your Feedback!

Check your email for your HRCI/SHRM Certificates.

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