



DART Prevention Coalition

Taking Aim at Substance Use in Ocean County

JULY IS



MINORITY MENTAL HEALTH AWARENESS MONTH

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July is Minority Mental Health Awareness Month!

Want to help spread awareness and share on your own social media?
Make sure to keep an eye out on the DART Facebook page for our posts and feel free to repost or share with your family, friends, and groups! If you want to share elsewhere, great!

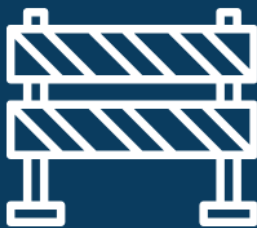
MINORITY MENTAL HEALTH AWARENESS

Minority Mental Health Awareness



Mental health includes our emotional, psychological and social well-being. It affects how we think, feel, act, handle stress, relate to others, and make choices.

Impacts & Barriers for Minority Groups



Discrimination
Violence
Stress
Trauma
Poverty

All of these factors can contribute to poor mental health.

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Source: <https://www.cdc.gov/healthequity/features/minority-mental-health/index.html>



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[Minority Mental Health Awareness](#)

OBSTACLES TO MENTAL HEALTH CARE FOR MINORITIES

Obstacles to Mental Health Care for Minority Groups



Cost of Services



Lack of Health Insurance Coverage



Cannot Find a Provider from One's Racial or Ethnic Group



Stigma or Negative Ideas about Mental Health Care

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[Obstacles to Mental health Care for Minority Groups](#)

SOCIAL VULNERABILITIES AND SUBSTANCE USE

Social Vulnerabilities and Substance Use



The prevalence and negative consequences of substance use are generally greater among groups characterized by marginalized social status.

Social stressors, such as early and ongoing exposure to socially toxic environments, racism and discrimination, can be seen as foundational factors that create vulnerability to substance use in a community.



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Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8126433/>



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[Social Vulnerabilities and Substance Use](#)

MULTIPLE LEVELS OF INFLUENCE

Multiple Levels of Influence

Substance use has multiple levels of influence including individual, interpersonal, community and societal levels.



Genetics and Biological Factors

Quality of Parent–Child Relationships

Prevalence of Substance Use Disorder
in the Community

Availability of Alcohol and Other Substances



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Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8126433/>

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[Multiple Levels of Influence](#)

MULTIPLE LEVELS OF INFLUENCE & SUBSTANCE USE

Multiple Levels of Influence & Substance Use



Socioeconomic Position

Cultural Identities

Social Networks or Family and Peer Norms

Prevalence of Violence and Criminal Activity

Exposure to Discrimination from Others

Regional or National Norms about Substance Use

Access to Resources

Structured Discriminatory Policies or Practices

Community Norms Regarding Substance Use

Community-Level Structured Discrimination



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[Multiple Levels of Influence and Substance Use](#)

WHAT CAN WE DO?

What Can We Do?



- Ensure mental health programming incorporates perspectives, ideas and decision-making from people from racial and ethnic minority groups at all stages of programming – from planning to evaluation.
- Consider the data on mental health, as well as historical, social and cultural factors impacting racial and ethnic minority groups, when developing organizational priorities and programs.
- Prioritize action on and/or account for structural and social determinants of health when designing mental health programs.
- Partner with other organizations to fill gaps in expertise and representation from racial and ethnic minority groups.
- Monitor and evaluate mental health programs for progress towards health equity and elimination of racial disparities.
- Incorporate and develop best practices for reducing racism in programs and policies to improve mental health equity.



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[What Can We Do?](#)

RESOURCES

National Minority Mental Health Awareness Toolkit

>>Toolkit from the U.S. Department of Health and Human Services, Office of Minority Health.

Prioritizing Minority Mental Health

>>CDC webpage with information and resources.

Social Vulnerabilities for Substance Use: Stressors, Socially Toxic Environments, and Discrimination and Racism

>>Research article from the National Library of Medicine.

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Please note: If you click "unsubscribe" below, you will be removed from all prevention email lists, including all DART Coalition, Communities That Care (CTC), and SOCIAL Network emails. If you wish to unsubscribe from just one of the above groups, please email us directly for assistance.

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