

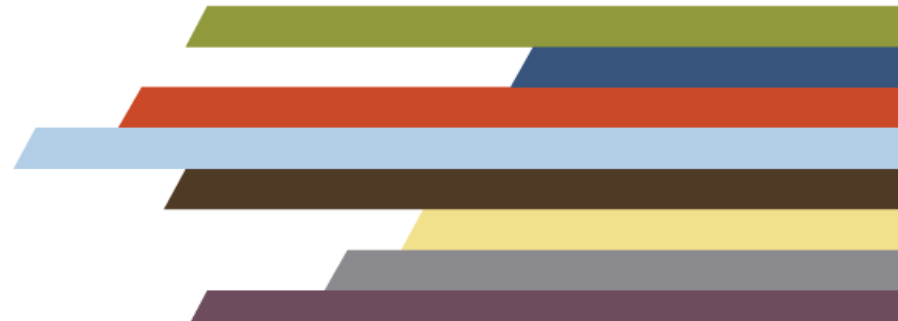
# Southeast ATTC

## Presents

# Counseling African Americans With Substance Use Disorders

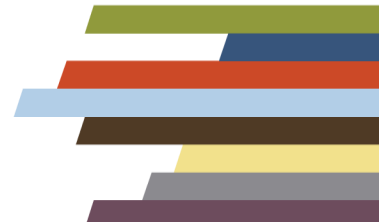
## Presenter

# Mark Sanders, LCSW, CADAC



# Premises

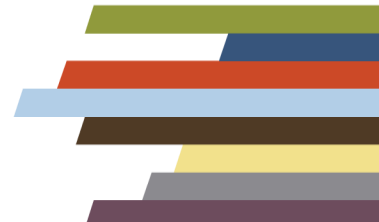
- Across cultures addiction is characterized by increased tolerance, loss of control and continued use of the drug (s) in spite of adverse consequences.
- Addiction is best treated when the cultural context in which it develops is taken into consideration.



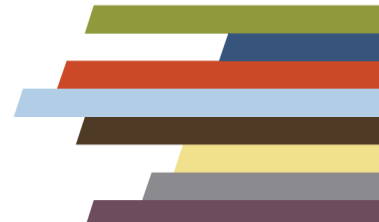
# Premises Continued

The context for African American includes

- Historical trauma
- Police brutality
- Culture taken away
- Unresolved grief
- Discrimination
- Poorly performing schools
- High unemployment - STEMM
- Community trauma
- High arrest and imprisonment rates

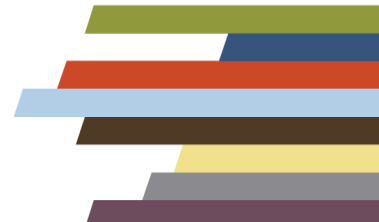


1986



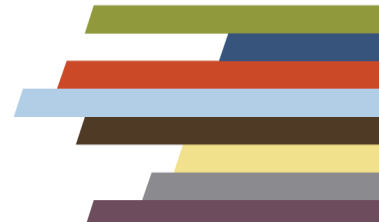
# *Prison Increase*

1985	–	400,000 inmates
1995	–	1 million
2005	–	2 million
Today	–	2.4 million



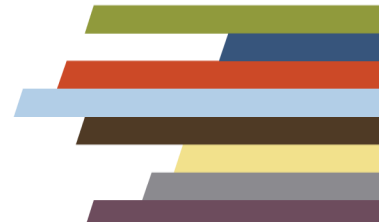
# Premises Continued

- Cross cultural tensions that exists outside of the counseling office can also exist within the office
- Intercultural tensions that exists outside of the counseling office can also exist within the office
  - ❖ Age
  - ❖ Gender
  - ❖ Complexion
  - ❖ Social economics etc.



# Premises Continued

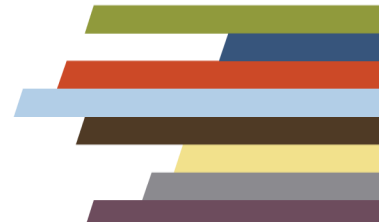
- There are many protective factors that reduces rates of substance use disorders among African Americans



# Question to Ponder

Year after year SAMSHA's annual drug use report by race and gender reveals that African Americans rank third or fourth in terms of the amounts of drugs used.

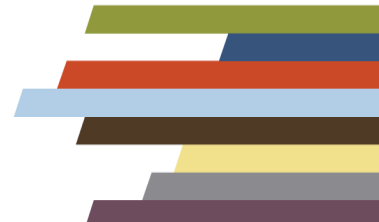
What are substance use protective factors for African Americans? How can treatment utilize these protective factors as a part of the recovery process?





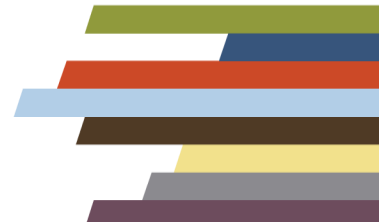
# Protective Factors for African Americans and Treatment Implications

1. Kinship like bonds – extended family orientation and taking in non-relatives
2. Spirituality
3. “A praying grandmother”
4. A sense of humor – the shortest distance between two people is a good laugh

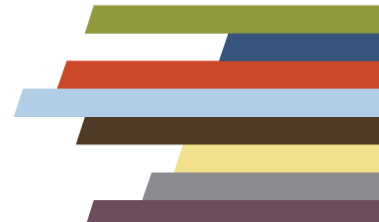


# Resilience Factors for African Americans Continued

5. Collectivism – concern with survival of the group
6. Music
7. A sense of we'ness
8. Resilience produced by survival of oppression
9. Empathy as a result of oppression
10. Individuals who can instill hope and prove success is possible



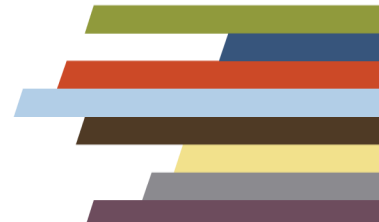
# Overcoming Mistrust



# *Reasons African Americans Often Mistrust Behavioral Healthcare Services*

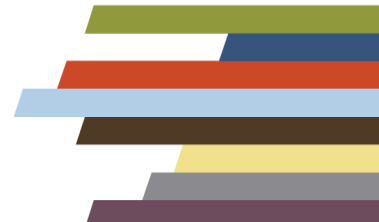
## Misdiagnosis

- Drapetomania 1851  
(Dr. Samuel Cartwright)
- Dysuethesia Aethiopica  
“A mental health condition that makes the slave lazy.”



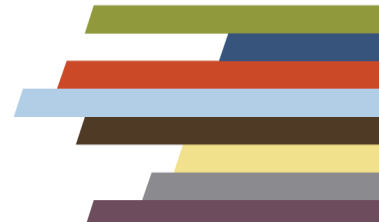
# *Reasons African Americans Often Mistrust Behavioral Healthcare Services Continued*

- Experimentation
- Tuskegee Experiment

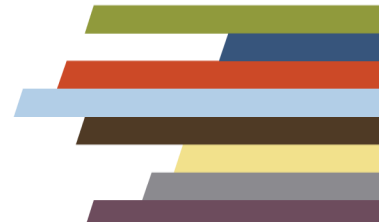


# *Reasons African Americans Often Mistrust Behavioral Healthcare Services Continued*

- Withholding of pain medication
- More chronic diagnosis early
- Disproportionately diagnosed with conditions that are often views as incurable
- Greeted by security
- Low service energy
- A history of paying a price for talking



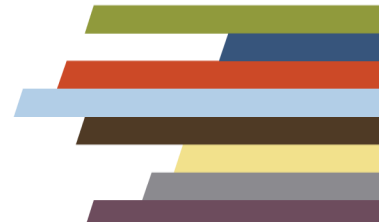
The price that African  
Americans pay for speaking  
their truth



# Summary

If you speak your truth you can:

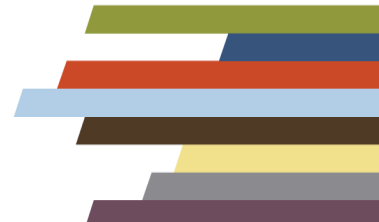
- Get assassinated
- Exiled
- Fired
- Labeled communist or un-American





# Engaging African American Clients Within the First 10 Minutes of Contact

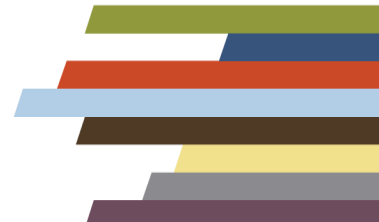
- Engage with your



# Engaging African American Clients Within the First 10 Minutes of Contact Continued

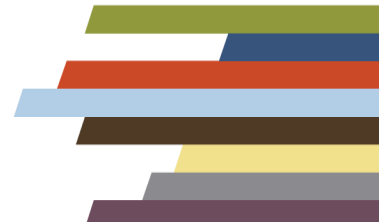
## Creating a welcoming environment

- Voice tone matters
- Lessons from doctors offices – increased first session attendance by 30%
- The greeting matters
- What do the pictures on the wall say?



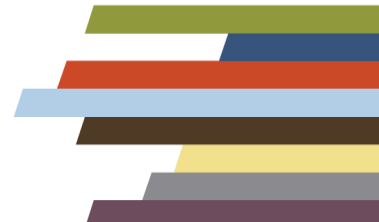
# Engaging African American Clients Continued

- An inviting waiting room
- What do the magazines say?
- The length of the wait matters
- Provide positive service energy

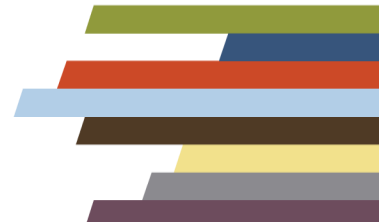


# Above and Beyond Creating a Welcoming Environment for African Americans

- The receptionist
- Walk-in Center Model
- A tour
- The decor



# Counseling African Americans With Substance Use Disorders



# Counseling African Americans Continued

The importance of joining.

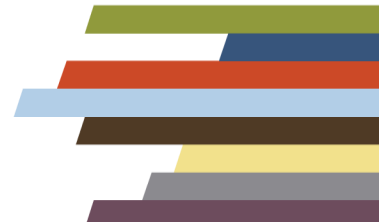
“Small talk.”

“Only equals engage in small talk.”

Maya Angelou

Source: flickr

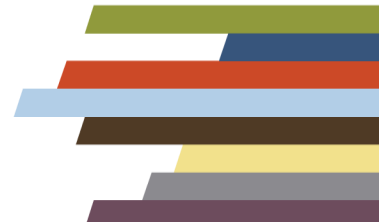
common



# Counseling African Americans Continued

## Joining

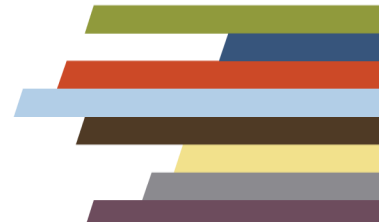
- Work
- School
- Interests
- Travel to the agency
- Hobbies



# Joining With Mandated Adolescent African American Males With Substance Use Disorders

- Shoes
- Hats
- Jerseys
- Hand and arm tatoos
- Music
- Aspirations for the future
- Work

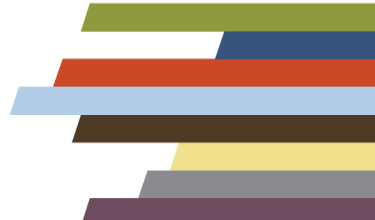
Source: flickr common





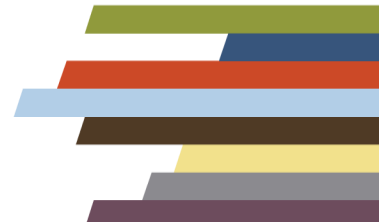
# Counseling African Americans Continued

The importance of an effective opening statement.



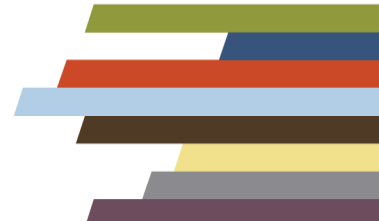
# Opening Statement

I know I cannot make you stop getting high. I will honor whatever decision you make concerning your use.



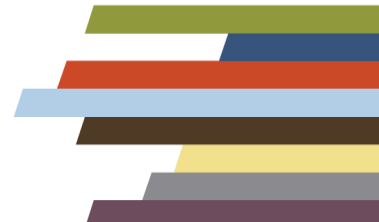
# Focus on Strengths as Soon as Possible

- What do you do well?
- How have you been able to endure so much?
- What do you like to do in your leisure time?
- What is the best thing you ever made happen?
- What are the best 3 moments you can recall in your life?
- What is your previous life suffering preparing you to do with the rest of your life?

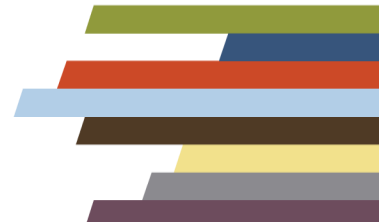


# Focus on Strengths Continued

- What have you learned from what you have gone through?
- What sources of strength did you draw from?
- Which of your experiences has taught you the most about your own resilience?



# Honor Multiple Pathways of Recovery for African Americans



# Multiple Pathways of Recovery for African American Clients Continued

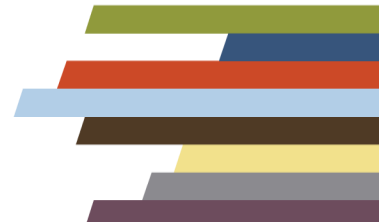
- Religious styles

Pastor Hilliard

Salem Baptist Church

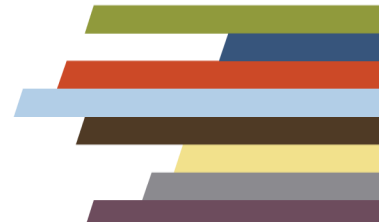
One Church One Addict – Fr. George Clements

Glide Church



# Multiple Pathways of Recovery for African American Clients Continued

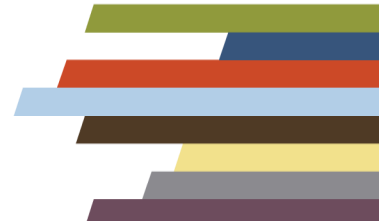
- Treatment assisted
- 12 Step
- Shifting allegiance
- Mature out
- Medication assisted
- Use of recovery coaches



# Pathways Continued

Malcolm X

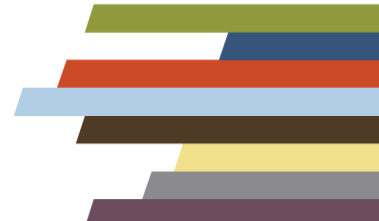
Love of self (reading, what you wear, what you eat),  
love of culture





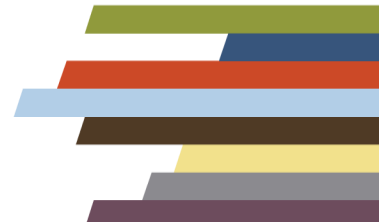
# Pathways Continued

Samuel L. Jackson and Spike Lee  
Quantum Change

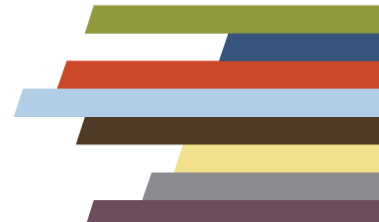


# Pathways Continued

- Combined pathways – treatment, 12 step, education, cultural exploration, nutrition, cultural revitalization



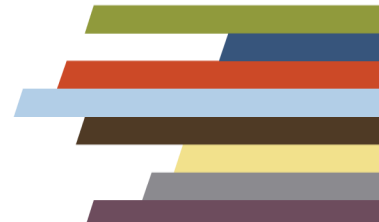
# Effective Cross Cultural Counseling With African Americans With Substance Use Disorders



# Cross Cultural Counseling: What's Important to Know About African Americans

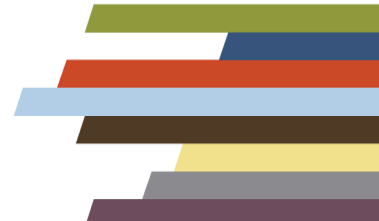
## History and Historical Trauma

- Before 1619
- Slavery
- KKK terror
- Jim Crow
- Lynchings, bombings and burning
- Riots



# Trauma Continued

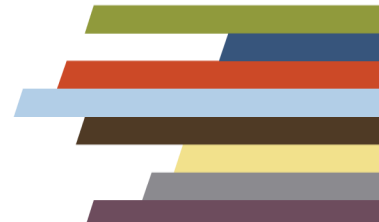
- Medical trauma - Tuskegee
- Police brutality
- Gang violence
- Gun violence



# Cross Cultural Counseling Continued

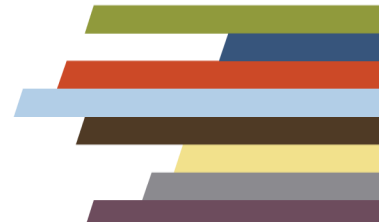
Impact of interacting with different systems

- Hospitals
- Education
- Behavioral Health Systems
- Criminal Justice System
- Child Welfare System



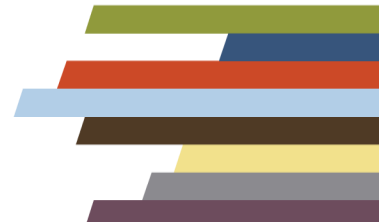
# Cross Cultural Counseling Continued

- How racism, discrimination, socioeconomic and migration can impact drug use patterns
- Family structure – extended family orientation, taking in non-biological relatives
- How to address micro-aggressions in counseling
- How to address intersectionality in counseling
- The importance of examining biases, assumptions and stereotypes



# Biases

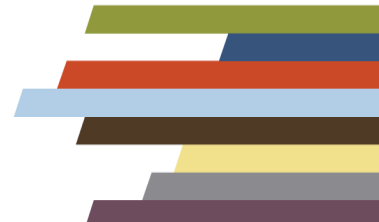
- When you were growing up what biases did your family and community hold about African Americans?
- Which if any of these biases did you internalize?
- How do these biases effect your relationships with African American Clients?
- What actions will you take to help assure that these biases do not negatively impact the cross cultural counseling relationship?





# Assumptions

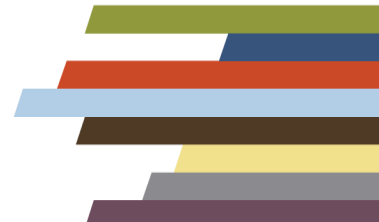
- What assumptions if any do you make about African Americans?
- What are the origins of these assumptions?
- How will you challenge these assumptions so that they do not show up in your work with African American Clients with substance use disorders?



# Stereotypes

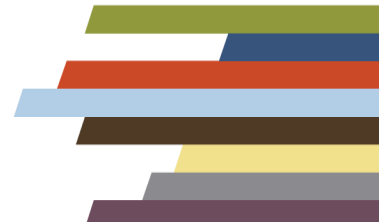
List any stereotypes you have regarding African Americans.

- How did you develop these stereotypes?
- How do these stereotypes effect your work with African American Clients?
- What strategies will you use to decrease, or eliminate these stereotypes so that they won't negatively effect your work with African American Clients?



# Cross Cultural Counseling Continued

- The importance of religion and spirituality

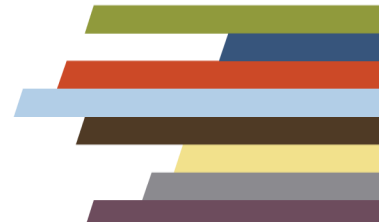


# Cross Cultural Counseling Continued

## <sup>t</sup> The Diversity of African American Culture Sub-cultures Within African American Communities

- Culturally Elite
- Biracial
- Middle Class
- Emergent
- The Abandoned

(Source: The Splintering of Black America  
by Eugene Robinson)



# Trainers' Contact Information

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# Online Museum of African American Addictions, Treatment and Recovery

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<a href="#">Acknowledgments</a>	<a href="#">Non-African American Contributors</a>	<a href="#">Contact Us</a>				

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**WELCOME** The purpose of this website is to serve as a single location where individuals who are interested in information about addictions, treatment, and recovery among African Americans can be found. The site contains historical data, scholarly articles, educational videos, music and DVDs.

[www.museumofafricanamericanaddictionsrecovery.org](http://www.museumofafricanamericanaddictionsrecovery.org)