

*Kentucky's 3rd Annual System of Care
Academy*

Presents

*Engaging African American Youth in
Treatment*

Presenter

Mark Sanders, LCSW, CADDC

Premises

- *Addiction and mental illness are best treated when the context in which they develop are taken into consideration.*

Premises Continued

The context for African American youth includes

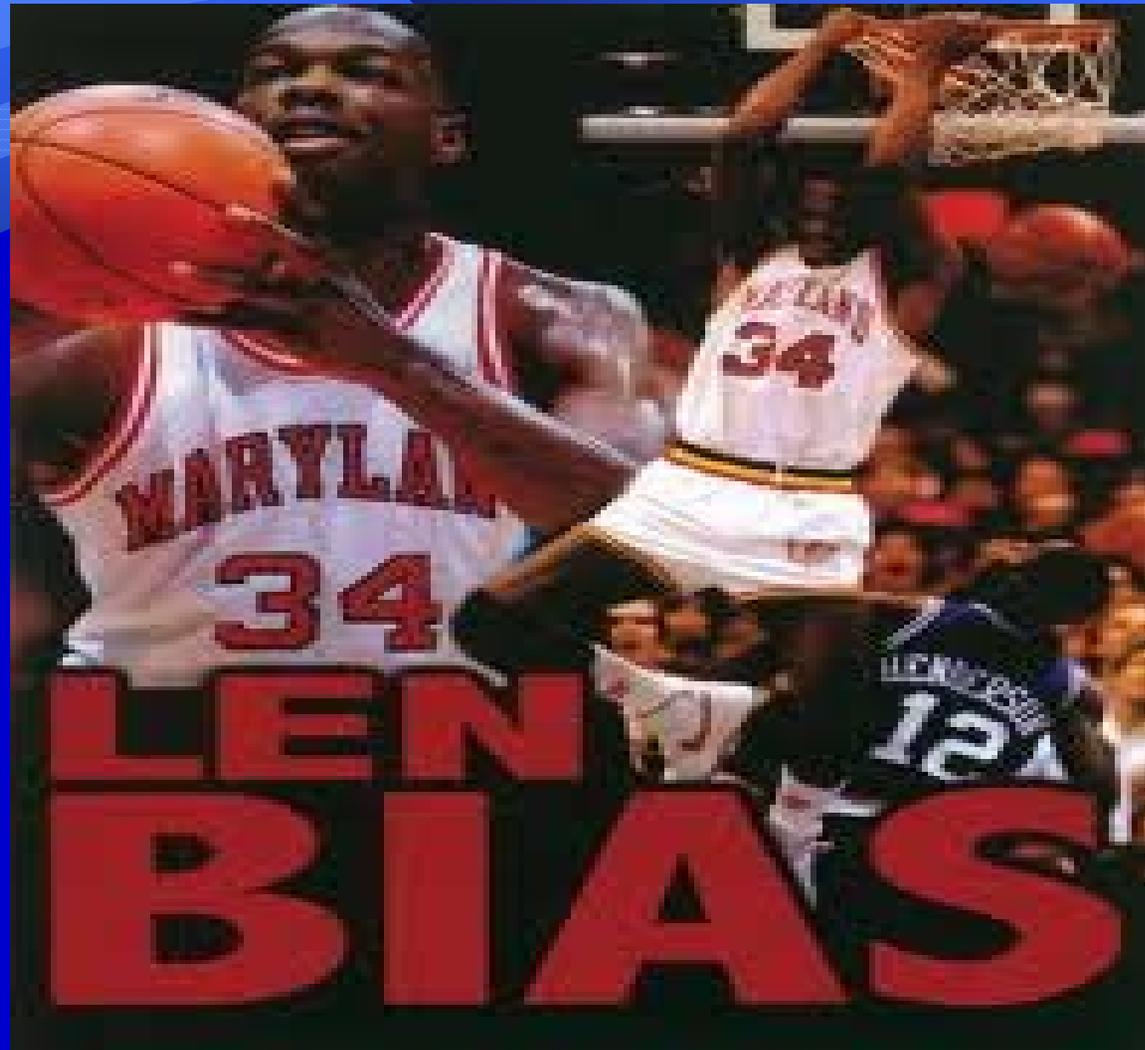
- *Historical trauma*
- *Loss of culture*
- *Unresolved grief – father hunger*
- *Discrimination*
- *Poorly performing schools*
- *High unemployment - STEMM*
- *Community trauma*
- *High arrest and imprisonment rates*

The image features a solid blue background with a stylized, layered wave graphic on the left side. The wave is composed of several curved, overlapping bands of varying shades of blue, creating a sense of depth and movement. The year '1986' is written in a bold, yellow, italicized serif font, positioned centrally over the lower part of the wave graphic.

1986



Richard Pryor



Prison Increase

<i>1985</i>	<i>–</i>	<i>400,000 inmates</i>
<i>1995</i>	<i>–</i>	<i>1 million</i>
<i>2005</i>	<i>–</i>	<i>2 million</i>
<i>Today</i>	<i>–</i>	<i>2.4 million</i>

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 reduce rates of substance use disorders and mental illness among African American youth.*

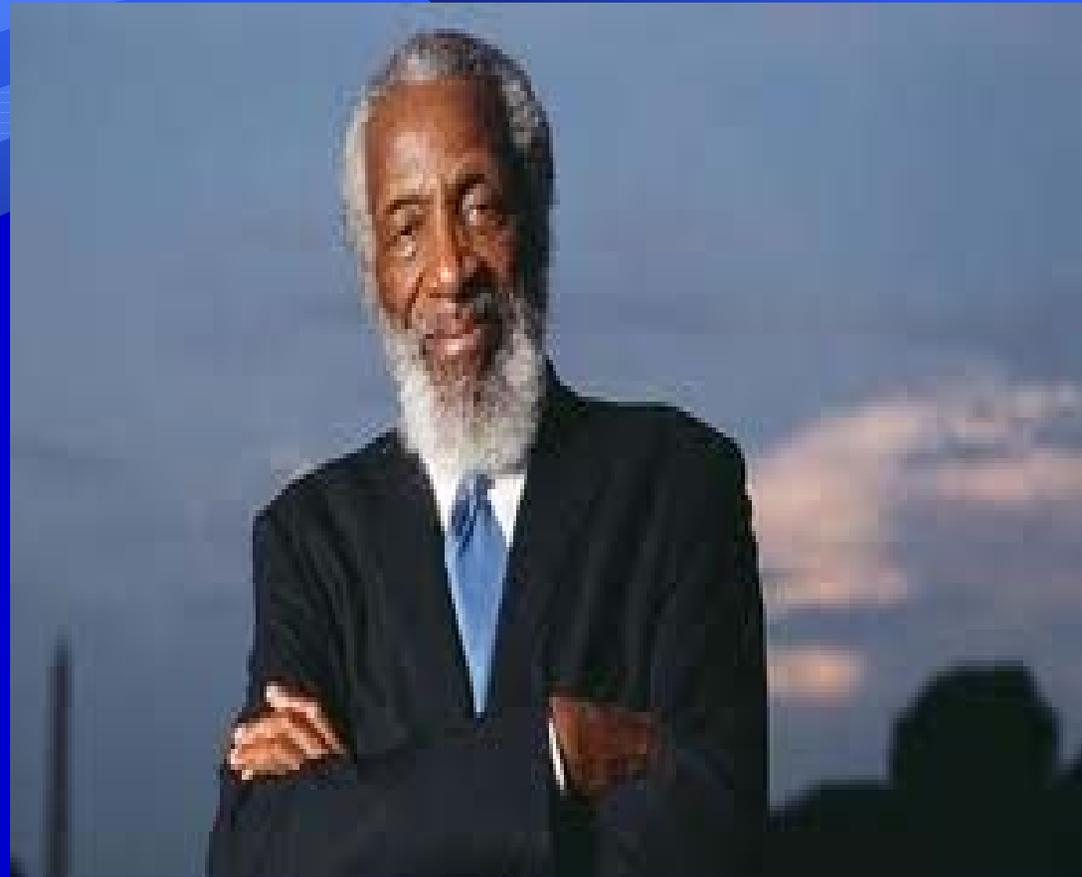
Question to Ponder

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

SAMSHA's reports also indicate that mental illness among African American youth is no greater than other communities.

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*



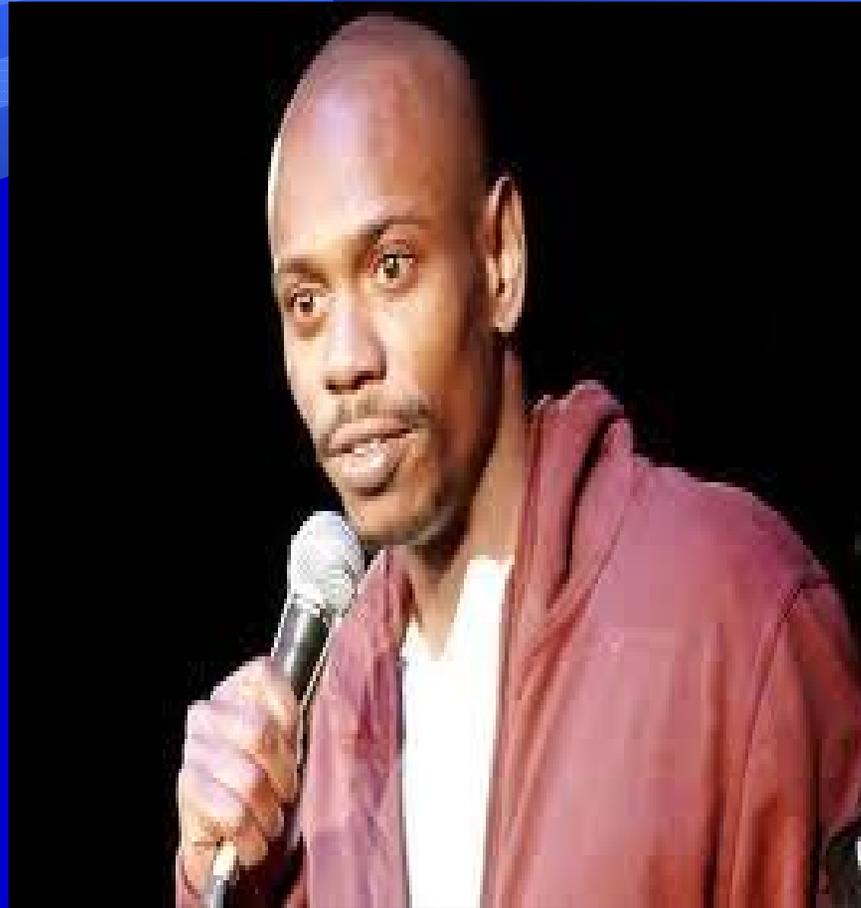
Dick Gregory



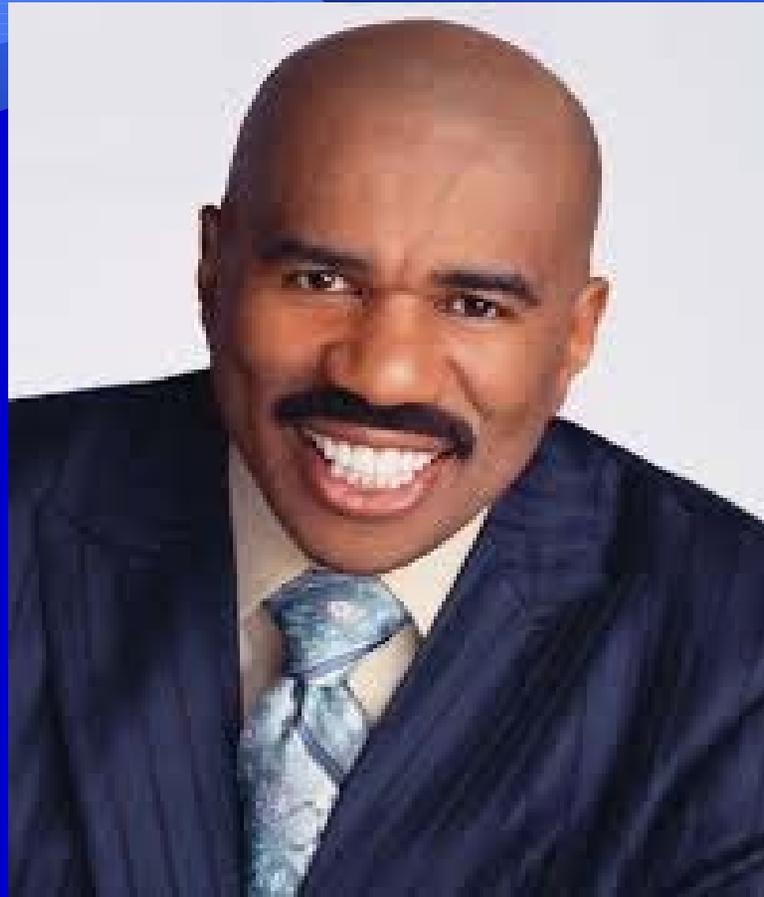
Richard Pryor



Eddie Murphy



Dave Chappelle



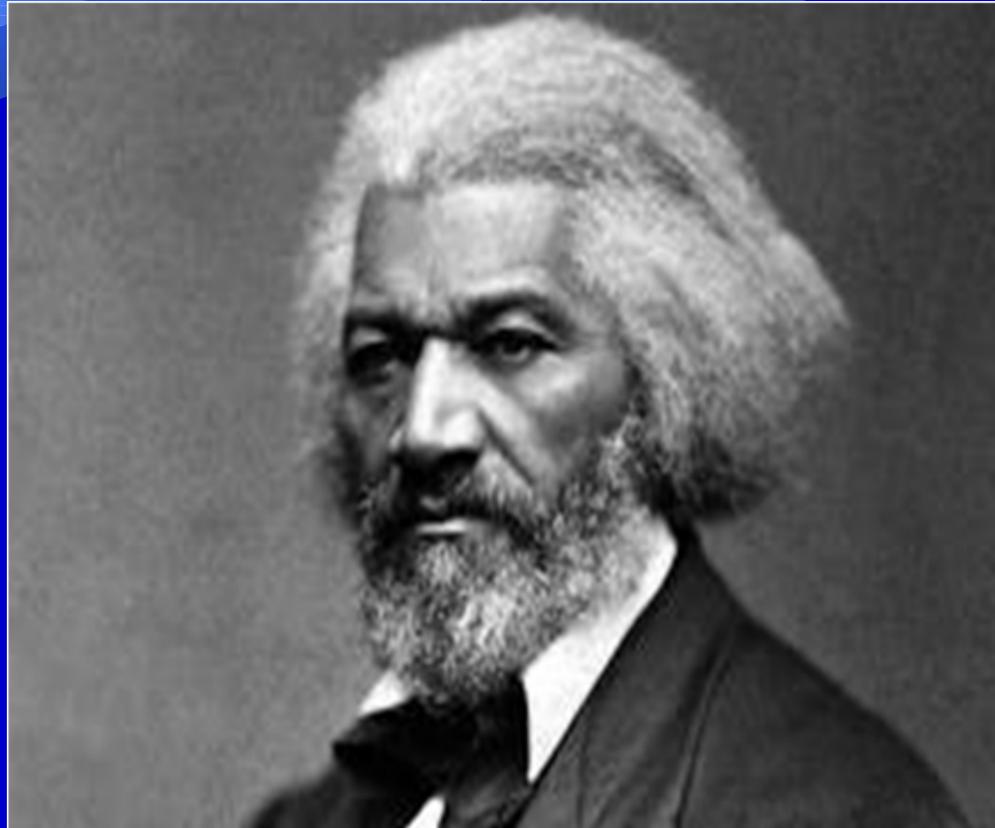
Steve Harvey



Cedric the Entertainer

Resilience Factors for African Americans Continued

- 5. First hand knowledge that drugs really do kill*
- 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*



Frederick Douglass

"We can't stagger to freedom."



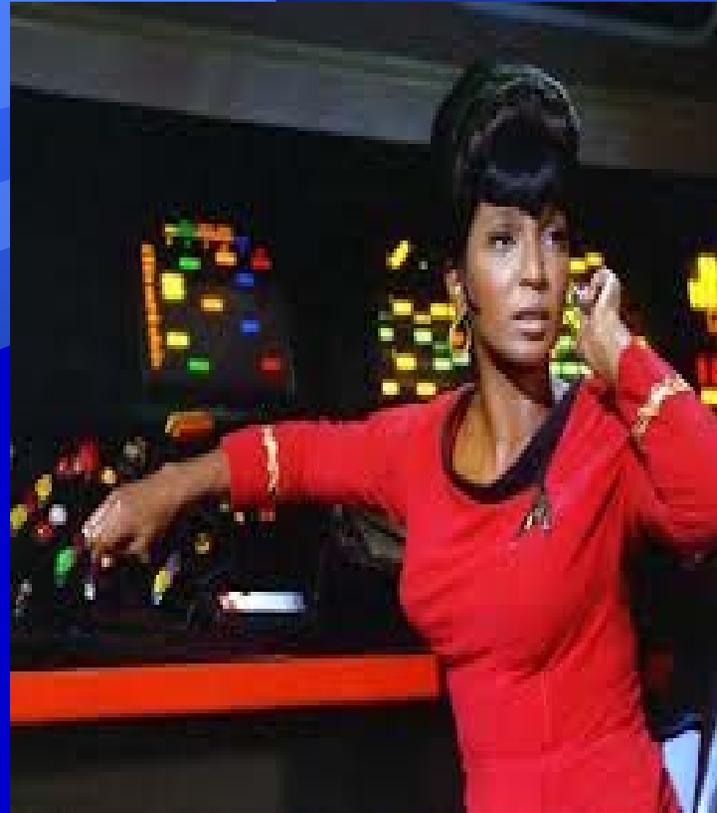
Jay Z



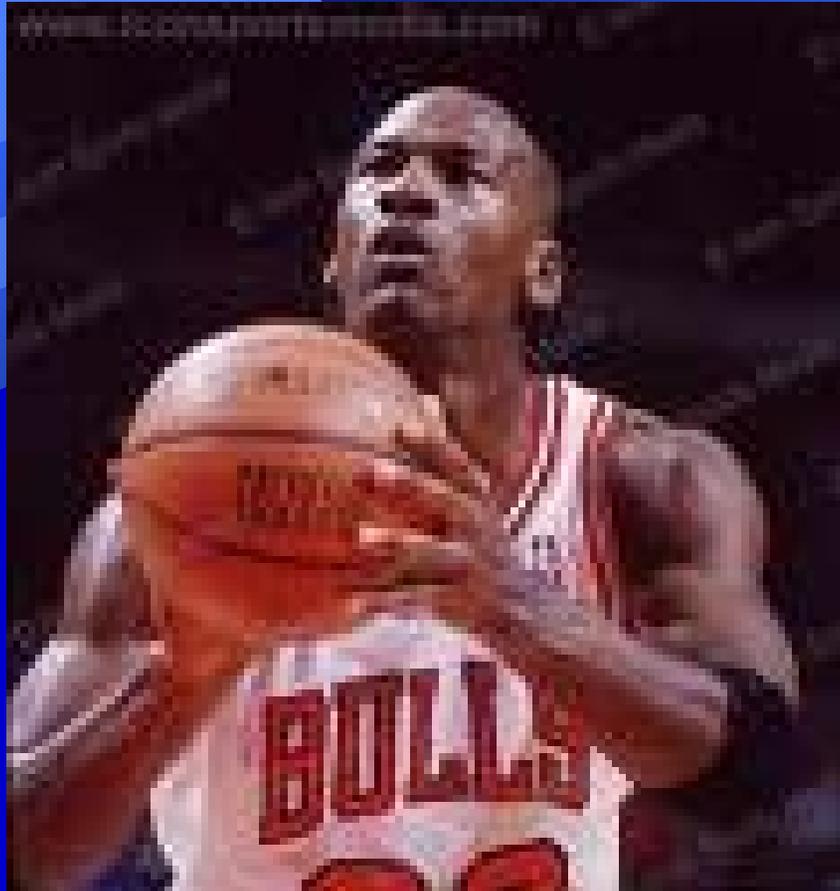
Beyonce



Dr. Mae Jamison



Lieutenant Uhura



Michael Jordan



Dr. Ben Carson



Colin Powell



Oprah Winfrey



Condoleezza Rice



Michelle Obama



President Obama and Jacob Philadelphia

Counseling African Americans With Substance Use Disorders

Engaging African American Youth Within the First Five Minutes of Contact

- *The greeting matters*
- *What do the pictures on the wall say?*
- *What do the magazines say?*
- *The length of the wait matters*
- *Provide positive service energy*
- *Joining – “small talk”*

Small Talk

- *Shoes*
- *Jerseys*
- *Hats*
- *Hand and arm tattoos*
- *Name*
- *Music*
- *Work*
- *School*
- *Aspirations for the future*

The background is a solid blue color with several curved, overlapping bands of varying shades of blue. A dark blue, almost black, shape is positioned in the upper right quadrant, partially overlapping the lighter blue bands. The text "Overcoming mistrust" is centered in the upper half of the image.

Overcoming mistrust



*The price that African
Americans pay for speaking
their truth*

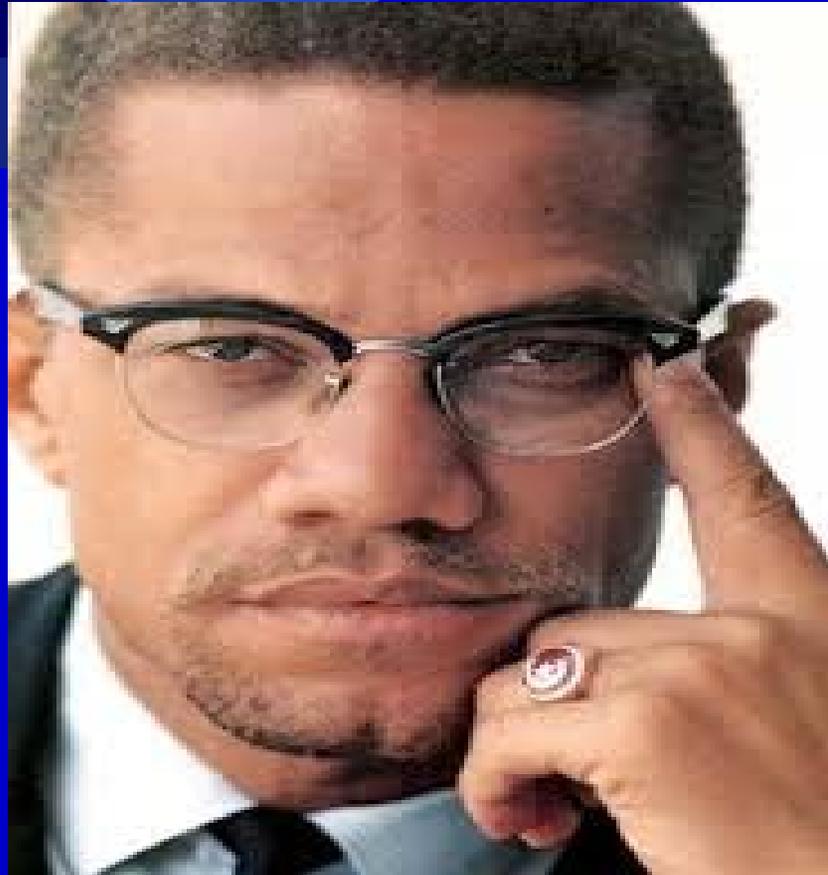
Dr. Martin Luther King

- *IRS investigation*
- *FBI wire tap*
- *Assassinated*



Malcolm X

- *CIA shadowing*
- *FBI wire tap*
- *Assassinated*



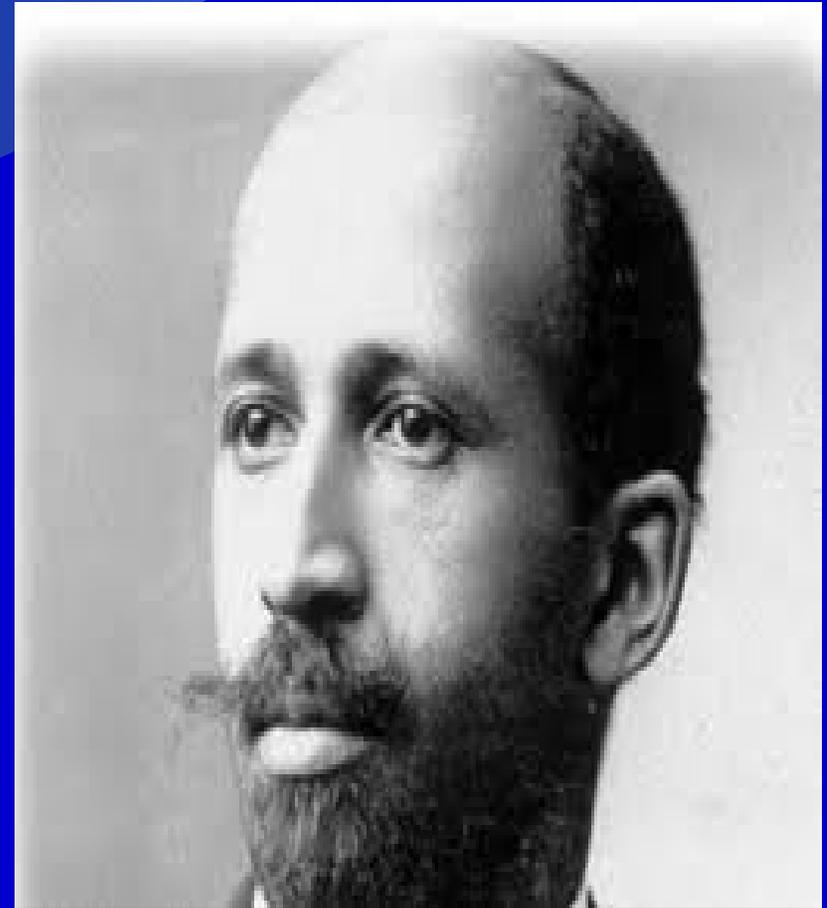
Angela Davis

- *Labeled "un-American"*
- *Fired for speaking her truth*



W. E. B. DuBois

- *Labeled a communist*
- *Un-American*
- *Exiled to Africa*



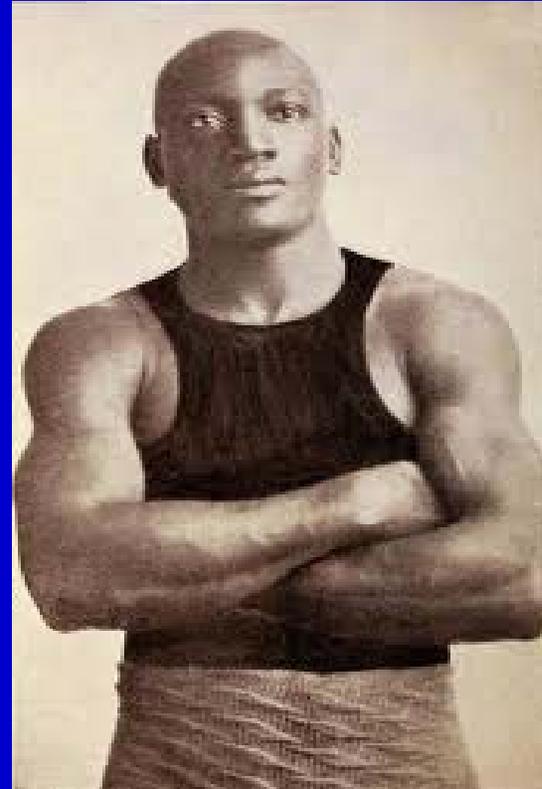
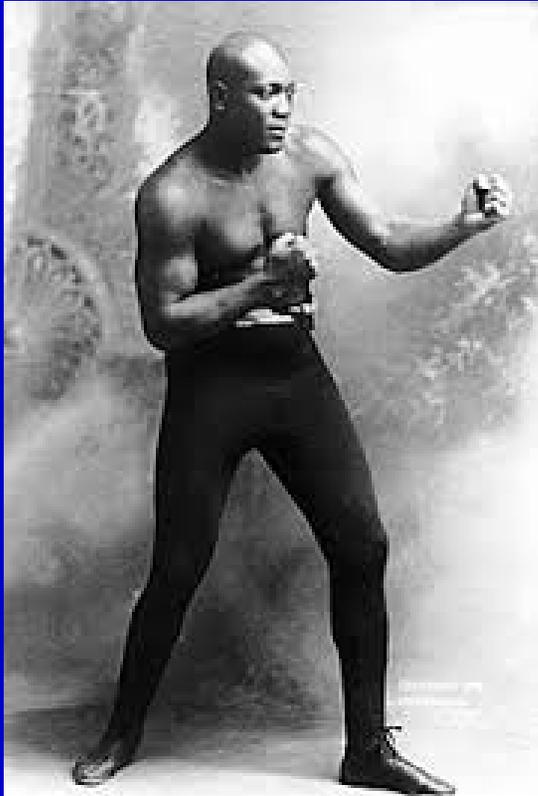
Paul Robeson

- *Exiled to Russia*



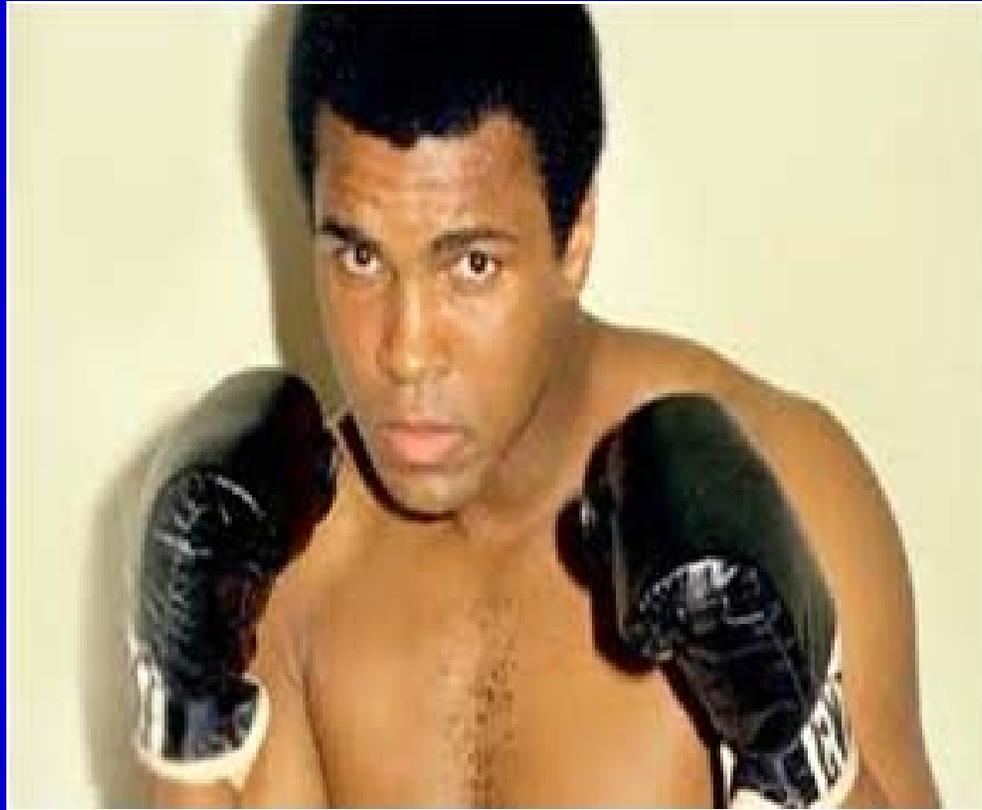
Jack Johnson

- *Indicted for "White Slavery"*



Muhammad Ali

Stripped of his title



Ice T

- *Investigated by the FBI*
- *Given a job as a tv cop*



Chuck D and Flavor Flav



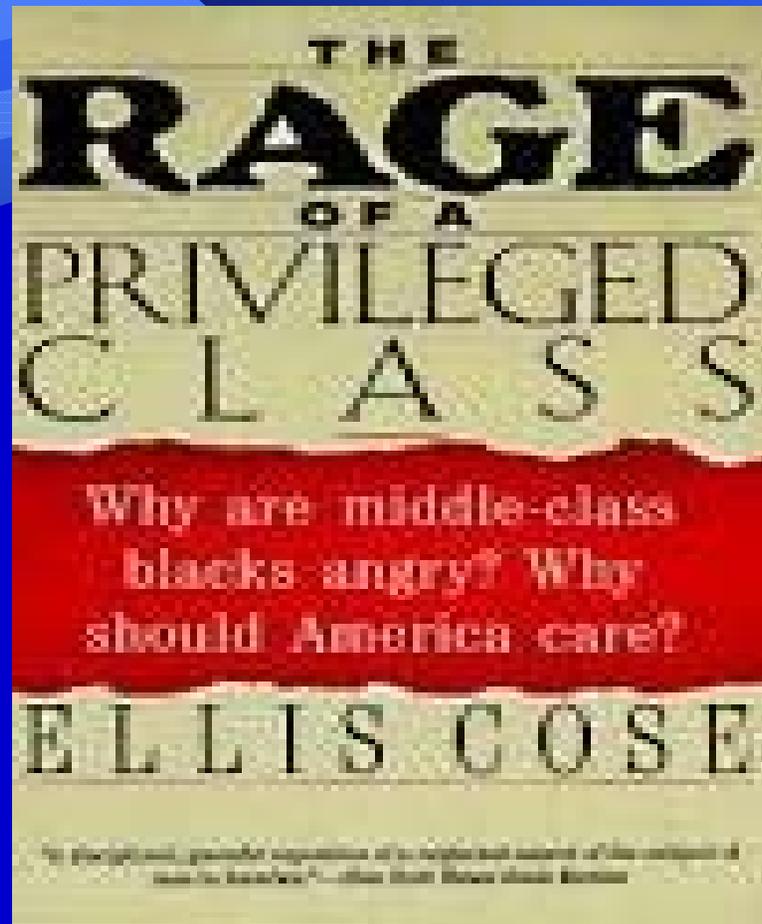
Loss of Endorsements



Ludacris



Nas



Demoted or Fired

President Barack Obama

- *He's "un-American"*
- *"He's not one of us."*
- *Gun sales increased*



Afeni Shakur

- *Followed by the F.B.I.*
- *Imprisoned*



Summary

If you speak your truth you can:

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

Counseling African American Youth Continued

Focus on Strength

- *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 have you learned from what you've gone through?*

Counseling African Americans With Substance Use Disorders Continued

- *Establish an egalitarian relationship*
- *Make sure the client has a voice in the treatment plan*
- *Be aware of microaggressions*
- *Be transparent and authentic*
- *Be open to multiple pathways of recovery*

The background is a solid blue color with several curved, overlapping bands of varying shades of blue, creating a sense of movement and depth. The text is centered in the upper half of the image.

Pathways of Recovery
Recovery for African Americans

Multiple Pathways of Recovery for African American Youth Continued

- *Religious styles*
- *A drug use vacation*

Multiple Pathways of Recovery for African American Youth Continued

- *12 Step*
- *Medication assisted*
- *Use of recovery coaches*
- *The use of motivational incentives*

Multiple Pathways of Recovery for African American Youth Continued

Rites of Passages

- *Group name, Logo, mission statement*
- *History of your own name*
- *Family tree*
- *Secure library card, Social Security card, State ID*
- *Community project*
- *Personal growth work*

4 Spiritual Dimensions

God

Father

Mother

Ancestors

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



Recovery Basketball



Pathways Continued

- *Combined pathways – treatment, 12 step, education, cultural exploration, nutrition, cultural revitalization*
- *Stage 2 Recovery – developing wholeness*

The background is a vibrant blue with several curved, overlapping bands of varying shades of blue. A dark blue, almost black, shape is positioned in the upper right quadrant, partially overlapping the lighter blue bands. The text is centered in the upper half of the image.

*King, Warrior, Lover,
Magician*

King

- *Blesses others*
- *They sacrifice their needs for the benefit of the group as a whole*



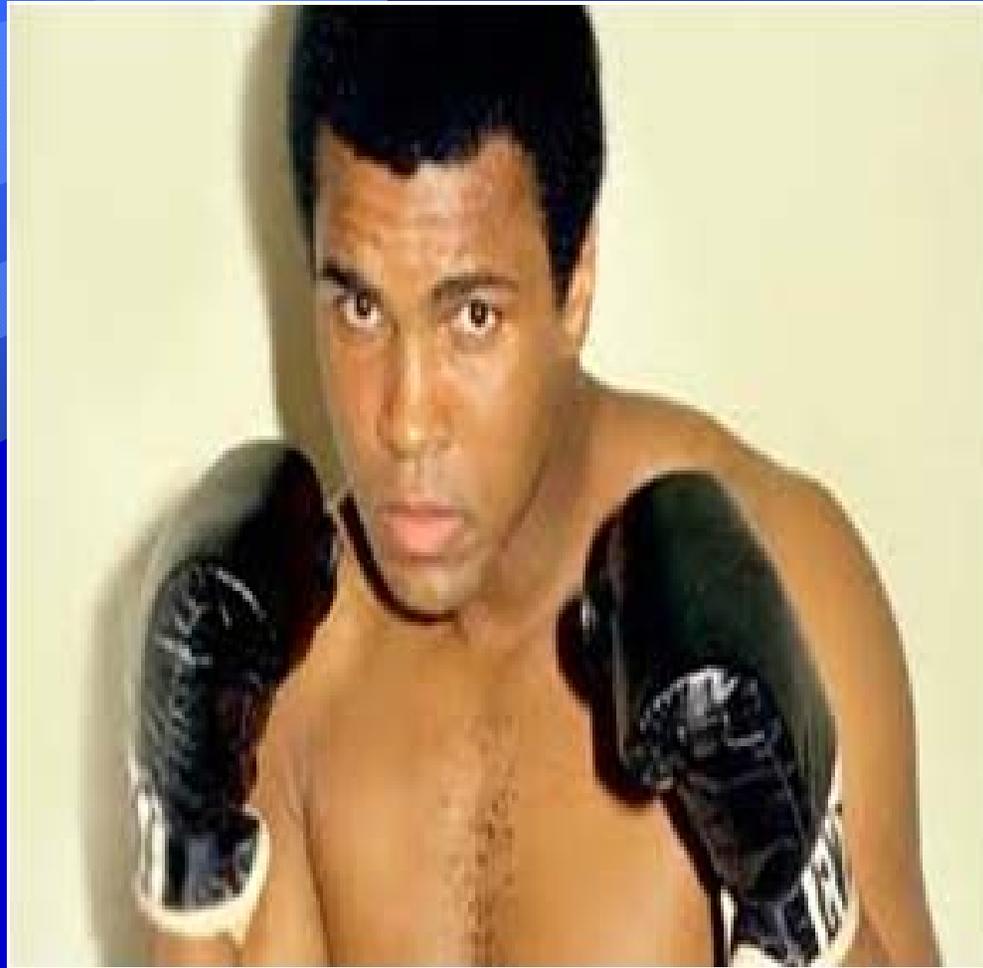
Nelson Mandela



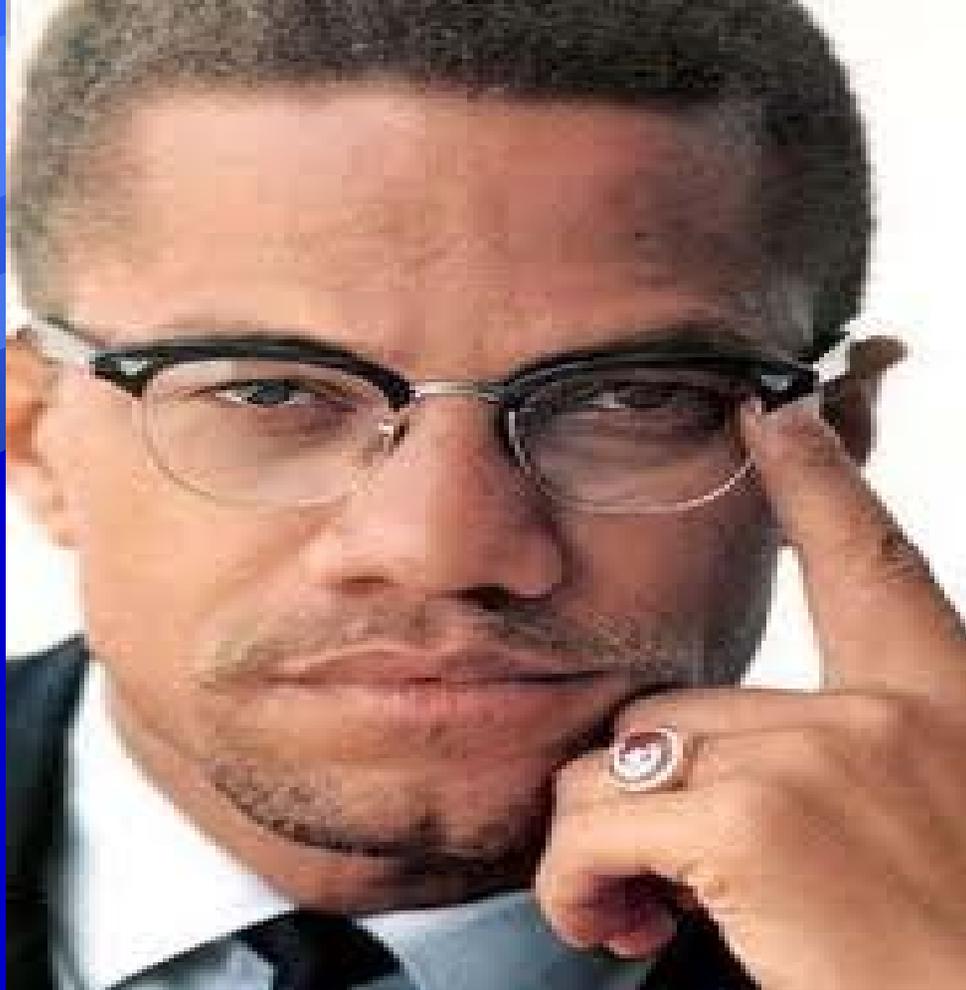
Dr. King

Warrior

- *Brings home the bacon*
- *Protector*
- *Courage*



Muhammad Ali



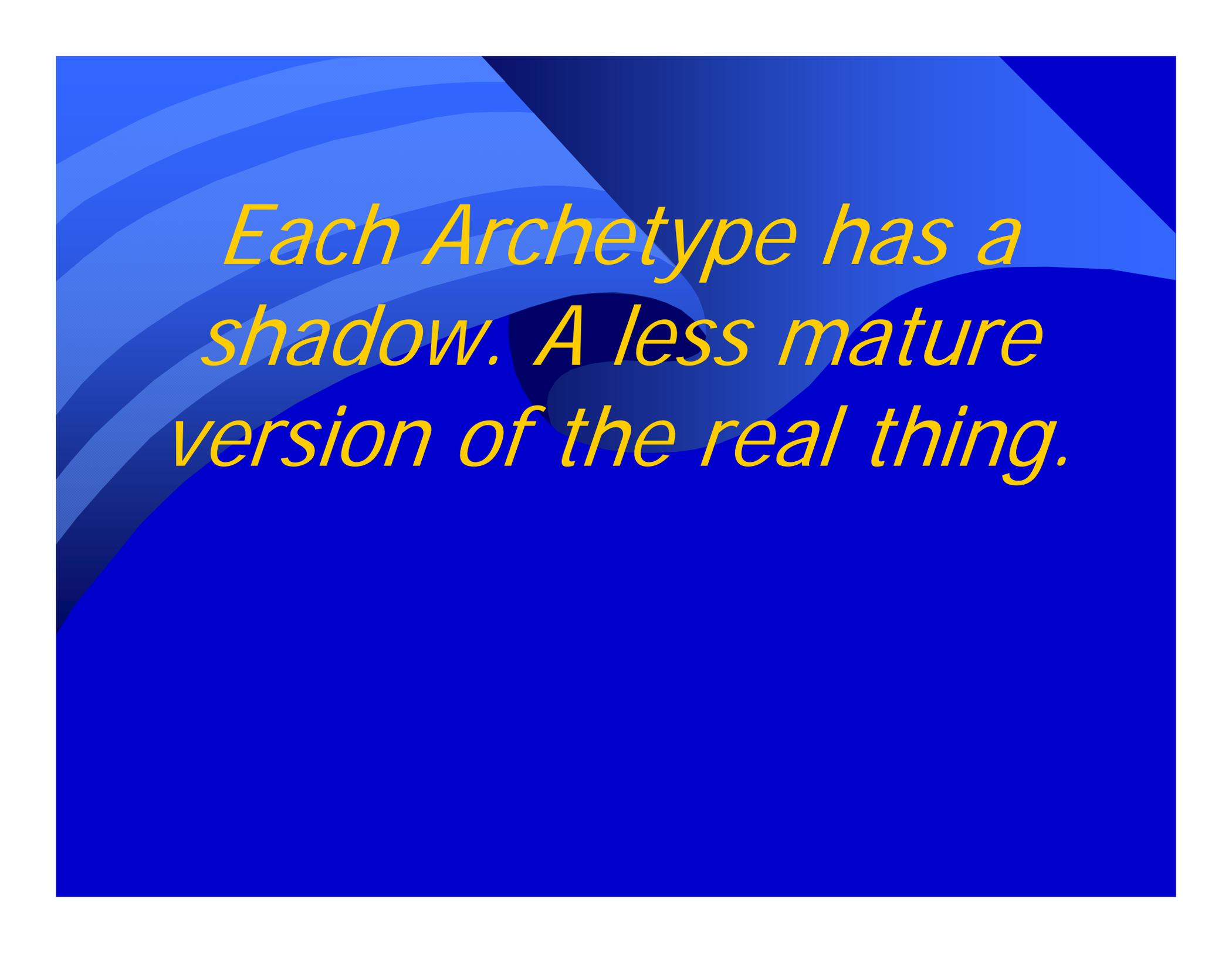
Malcolm X

Lover

- *Sensitive-can cry*
- *Vulnerable*
- *Kind*
- *Emotional*
- *Relationship builder*

Magician

- *Able to pull a rabbit out of a hat*
- *Great negotiator*



Each Archetype has a shadow. A less mature version of the real thing.

Shadow King

- *Corrupt minister*
- *Corrupt executive*

Shadow Warrior

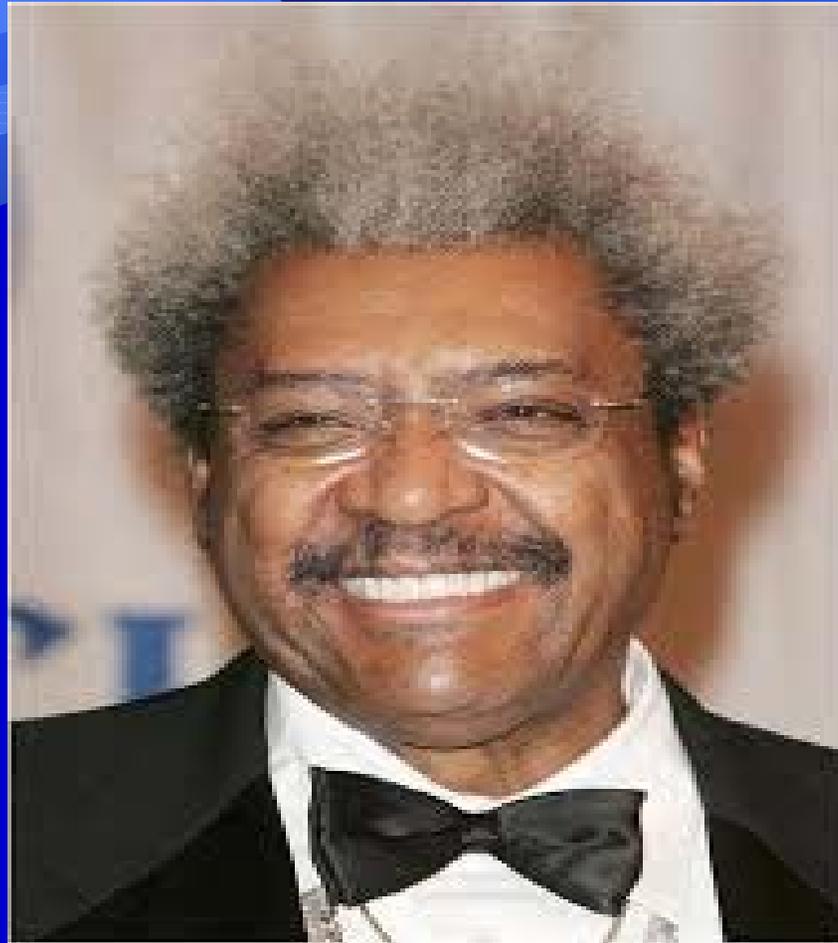
- *Thug*
- *Rage-a-holic*
- *Wife beater*

Shadow Lover

- *Pimp*
- *Player*
- *Womanizer*

Shadow Magician

- *Slickster*
- *Con artist*



Don King

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