

when they SEE US VOICE



EPISODE 6 TOOLKIT & RESOURCE PACKAGE

**“Black Mental Health,
Spirituality, Resilience and Joy”**





About #WTSUV

At a critical time in American history with a tumultuous census, a national election and an atmosphere of both heightened activism and racist backlash, *When They See Us Vote* is a limited series talk that seeks to engage and educate the many people who are becoming politically conscious and active in this moment with an analysis of how we build resilience and Black political power at the voting booth and beyond. The show is co-hosted by Bree Newsome Bass and Ajamu Dillahunt. The accompanying toolkit can be used to deepen individual understanding around the issues discussed and serve as a guide for hosting conversations and study groups.

EPIISODE SYNOPSIS

- Ajamu and Bree speak with Dr. Gina Newsome Duncan, a psychiatrist in private practice in Charlotte, NC
- They discuss mental healthcare in the Black community
- They also examine the importance of spirituality and joy in developing resilience and managing trauma

QUESTIONS:

- Why is it important that we end the stigmas surrounding mental healthcare and seeking treatment for mental illness?
- What is the connection between caring for our minds, bodies and spirits and organizing for our liberation? What can you do to improve your overall health and well-being?
- What are some ways you can practice self-care? What are some healthy ways to manage stress and anxiety?
- Apart from protesting, what are some other forms of activism that you personally can engage in where you are?

DID YOU KNOW?

Mental health conditions are more common than many think. 1 in 4 people will meet the criteria for a mental health condition over the course of their lifetime. Black Americans are 20% more likely than the general population to experience serious mental health problems. The vast majority of incidents that police respond to involve people experiencing a mental health or substance abuse crisis and nearly half of the people killed by police have a mental illness or disability.

• NOTES

KEY QUOTE

“As a Black person in this country if you are not experiencing some form of sadness, trauma, rage or depression when you look at what is going on and what has gone on... I would be more concerned about your mental health if you’re not feeling some level of inner turmoil.”

- Dr. Gina Newsome Duncan

KEY TERMS

- **Depression** - a mental health disorder characterized by persistently depressed mood or loss of interest in activities, causing significant impairment in daily life.
- **Anxiety** - A mental health disorder characterized by feelings of worry, anxiety, or fear that are strong enough to interfere with one’s daily activities
- **PTSD** - post-traumatic stress disorder; a disorder in which a person has difficulty recovering after experiencing or witnessing a terrifying event
- **Cultural Competence** - the ability to understand, communicate with and effectively interact with people across cultures based on an awareness of and sensitivity to cultural differences
- **Cognitive Dissonance** - when an individual engages in behavior that is inconsistent with their thoughts, beliefs, or attitudes
- **Emotional Suppression** - when an individual tries to avoid or escape unpleasant or unwanted feelings
- **Self-care** - the practice of taking an active role in protecting one’s own well-being and happiness, in particular during periods of stress
- **Emotional Emancipation Circles** - a form of self-help support groups for Black people that is rooted in Black culture and experience focusing on healing from the trauma of racism

NEXT STEPS

- Read **The Extra Stigma of Mental Illness for African-Americans** by Dana Givens
- Read **The Fight for Healthcare Has Always Been About Civil Rights** by Vann R. Newkirk II
- Read **Disability is a Hidden Side of the Police Violence Epidemic** by S.E. Smith
- Read **Rights Are Not Justice** by Talia “TL” Lewis
- Watch and discuss **Reimagining Mental Health Discourse Among African Americans** by Shaun J. Fletcher, PhD

MENTAL HEALTH RESOURCES:

- [Online Self-Assessment for Depression, Anxiety, Insomnia, Sleep Disturbance and Substance Abuse](#)
Source: Michigan Medicine
- If you are concerned that you are experiencing depression, anxiety or another mental health issue, please be proactive and reach out for help.
- You can start by contacting your primary care doctor who can prescribe medication if needed and make a referral to a therapist or psychiatrist. Alternatively, you can look online or call your insurance company to locate therapists and psychiatrists in your area and make an appointment directly.
- If you are uninsured or need to find a treatment facility that is low-cost, please go to the SAMHSA (Substance Abuse and Mental Health Services Administration) Treatment Locator <https://findtreatment.samhsa.gov/> or contact SAMHSA at (800) 662-HELP (4357).
- If you are having thoughts of harming yourself, please call the toll-free National Suicide Prevention Lifeline at 1-800-TALK (8255) to be connected with a trained counselor at a crisis center in the U.S. They are available 24 hours a day, 7 days a week, 365 days a year.

Gina Newsome Duncan

EPISODE 6 - GUEST

Dr. Gina Newsome Duncan is an adult psychiatrist in private practice in Charlotte, NC. Dr. Duncan earned a B.S. in Chemistry from Hampton University and went on to complete medical school at the University of North Carolina School of Medicine in Chapel Hill. She is board certified in General Psychiatry and is a Fellow of the American Psychiatric Association. Dr. Duncan's clinical work focuses on the treatment of mood and anxiety disorders using medication management and psychotherapy. Her other areas of interest involve affecting change in minority communities that are disproportionately impacted by inequalities in healthcare.



THE #WTSUV TEAM



BREE NEWSOME BASS

is an award-winning activist and artist best known for her historic act of civil disobedience in 2015 when she scaled a 30-ft flagpole at the statehouse grounds in South Carolina to lower its confederate flag in protest following the racially-motivated shootings at Emanuel AME church in Charleston. Bree currently resides in North Carolina where she works as an artist while organizing for housing justice. She is a nationally-recognized public speaker on topics of racial and economic justice as well as the intersection of art and activism.



AJAMU DILLAHUNT

is the Outreach Coordinator at the North Carolina Justice Center in Raleigh, N.C. Before joining the Justice Center in 2004, Ajamu served as President of the Raleigh Area Local of the American Postal Workers Union (APWU) for 18 years, where he was also Director of Research and Education for the North Carolina Council of the APWU.



NATALIE BULLOCK BROWN

is an award-winning and Emmy-nominated producer, a Teaching Assistant Professor in Interdisciplinary Studies at North Carolina State University, and a producer on award-winning filmmaker Byron Hurt's upcoming PBS documentary, *Hazing*.

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