

JULY, 2021

THE PULSE

EnRICHing the lives of individuals we serve and keeping a pulse on healthcare integration at RBHA

Minority Mental Health

Mental disorders do not discriminate.

Know the signs. Get help.



July is Minority Mental Health Awareness Month. Mental Health impacts people of all races, ethnicity, culture, and gender. Unfortunately, statistics show that some populations face barriers that make it more difficult to get help for mental health or substance use disorders. According to the 2014 U.S. Census Bureau 13.2% of the U.S. population identify themselves as African American. Another 2.5% identify as multiracial. By 2060 31% of the U.S. population will be Hispanic. One in five adults in the U.S. experience a mental health condition. African American adults are 20% more likely to report serious psychological distress than their counterparts. Spanish speaking Latinos are the least likely group to use mental health services. According to the U.S. Office of Minority Health, African American adults living below the poverty line are three times more likely to report serious psychological distress than those living above the poverty line. Approximately 30% of LGBTQ individuals abuse substances compared to their counterparts. Language barriers make it difficult for Asian Americans to access mental health services. To help bring attention to the need for minority mental health resources and awareness, in 2008 the U.S. House of Representatives proclaimed July as Bebe Moore Campbell National Minority Mental Health Awareness Month. For additional information, visit the National Institute of Mental Health website at <https://content.govdelivery.com/accounts/USNIMH/bulletins/2922accmonth>

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MENTAL HEALTH AND MINORITIES



By 2044 more than half of all Americans are projected to belong to a minority group



Mental Health is colorblind: most minority groups suffer from similar mental disorders



Asian-Americans report that they have higher levels of self-stigma



Latinos are more likely to conceal a potential mental health problem from coworkers or classmates than Whites.



Spanish speaking Latinos are the least likely group to use mental health services



Racial & Ethnic minorities are significantly more likely to delay needed mental health care and drop out of mental health care services

RATE OF DEPRESSION IN:



34.7%
Whites



24.6%
Blacks



19.6%
Hispanics

ikr.com/#Clie



Depression in minorities is likely to be more persistent



People with two or more races are the most likely to report and seek help for mental illness



White Americans are more likely to die by suicide than any other racial/ethnic group.



Happy 7th Birthday RICH Recovery Clinic!

In July of 2014 the RICH Recovery Clinic opened it's doors and began providing Primary Care to RBHA clients. Since that time it has seen **over 3,300 people served!** It is equipped with an on-site Pharmacy and provides basic and ongoing health screenings, chronic disease monitoring and management, immunizations, peer support/health care navigation, Office-Based Opioid Treatment (OBOT) program, as well as a Person-Centered and Trauma Informed Care approach. In 2019 the RICH Recovery Clinic was awarded a new SAMHSA grant to expand it's services to both children and the community. During the 2020 COVID-19 pandemic the phenomenal staff at the RICH Recovery Clinic helped clients by providing telehealth services and assist with temperature checks at the Main Campus. This year, construction is set to begin adding extra examination rooms and to expand the waiting area to better serve patients. The RICH Recovery Clinic staff has gone above and beyond to support RBHA and all its' clients throughout this public health pandemic.

**Thank you to the Amazing
RICH Recovery Clinic Staff!!!**



W h a t y o u n e e d
t o k n o w a b o u t

O B O T

- OBOT stands for the Office-Based Opioid Treatment
- The RICH Recovery Clinic provides treatment services for individuals diagnosed with Opioid Use Disorder
- Participants must be a RBHA client and participate regularly in weekly counseling sessions
- It provides Medication Assisted Treatment in order to assist clients in abstaining from the use of opiates
- Currently over 250 RICH Recovery Clinic clients receive services from the OBOT program
- Must submit a referral to Substance Use Disorder (SUD) services to be admitted in the OBOT program

RBH RICHMOND
BEHAVIORAL
HEALTH

RICH  Recovery