

# Advancing Mental Health Equity

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Mount Sinai Health System Echo Lecture Series

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Icahn  
School of  
Medicine at  
**Mount  
Sinai**

# Thank You

- Anitha Iyer, PhD
- Jade Bettine
- Mount Sinai Echo Lecture Series Team
- Institute for Health Equity Research (IHER)

# Today's Agenda

1. Stressors Linked to Depression
2. Disparities in Depression care
3. Partnered Community Engagement
4. Preventing Black Youth Suicide
5. Strategies for Sustainability



**Depression**  
is the #1  
cause of disability







42  
Street

42 Street  
To Grand Central  
Times Square  
100%

Grand Central  
Station  
Times Square  
100%



# Work demands





# Isolation



# Risk Factors for Major Depression

Risk Factor	Association
Gender	2 times more likely in women
Age	Peak age of onset is 20 to 40 years
Family history	1.5 to 3.0 higher risk
Marital status	Higher in separated, widowed, divorced



# Other Risk Factors for Major Depression

- Chronic stress
- Severe traumatic events in childhood
- Life transitions (grief, job loss, relationship break-up)
- Chronic pain

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# “Depression Paradox”

## Racial Differences in Depression Prevalence

National Epidemiologic Survey on Alcohol and Related Conditions (n = 32,752)

	African Americans	Non-Hispanic Whites
Lifetime	<b>8.9</b>	<b>14.6</b>
12-Month	<b>4.5</b>	<b>5.5</b>





Depressed African Americans  
have **more severe symptoms**  
and are **sicker longer**

**African Americans and  
Mexican Americans  
have the lowest rates  
of depression  
treatment  
in the  
United States**

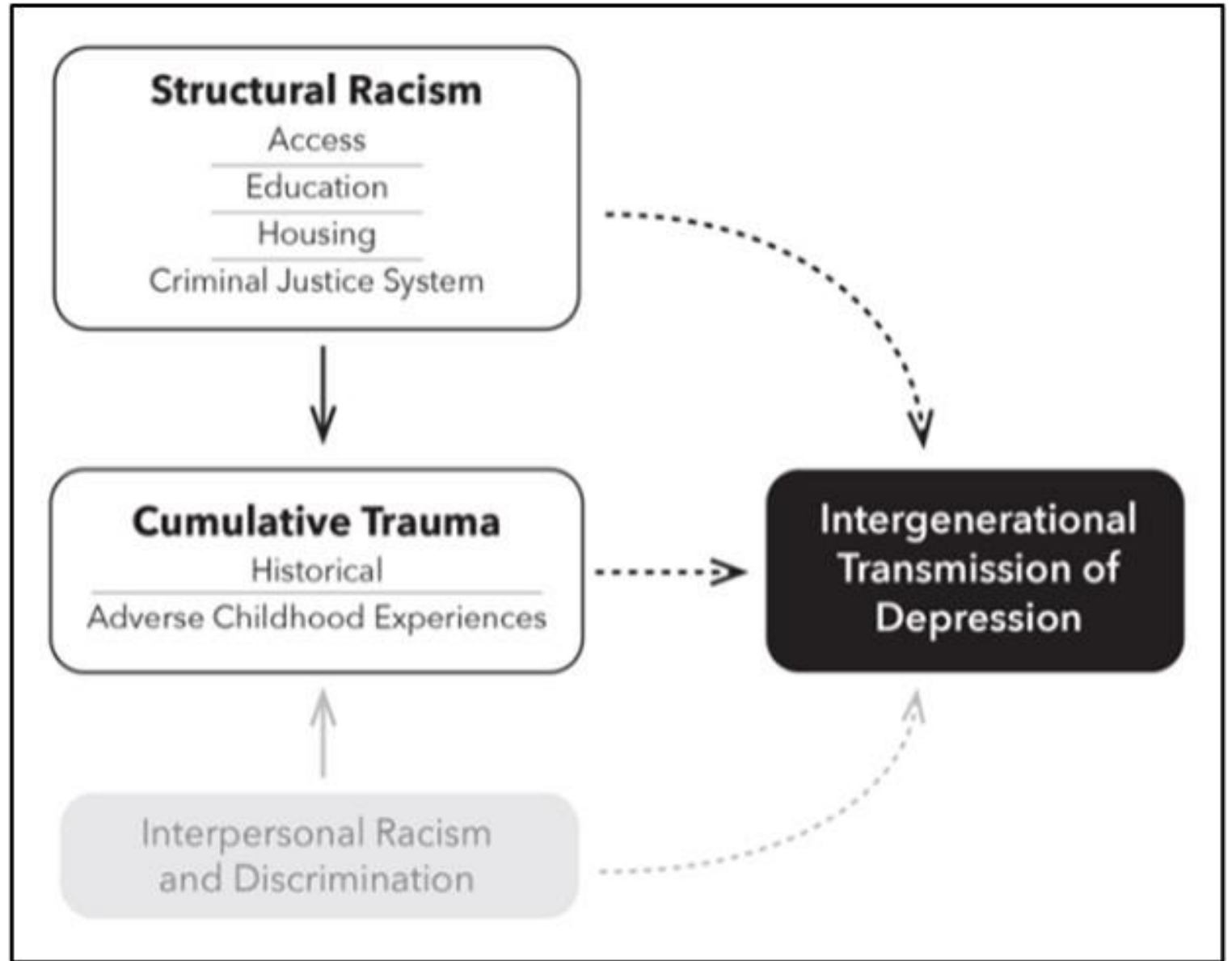


Hankerson et al. *Journal of National Medical Association*. 2011.

Gonzalez et al. *Archives of General Psychiatry*. 2010.

Bridge et al. *JAMA Pediatrics*. 2015

**Structural Racism** is a  
key driver of inequities  
in mental health care







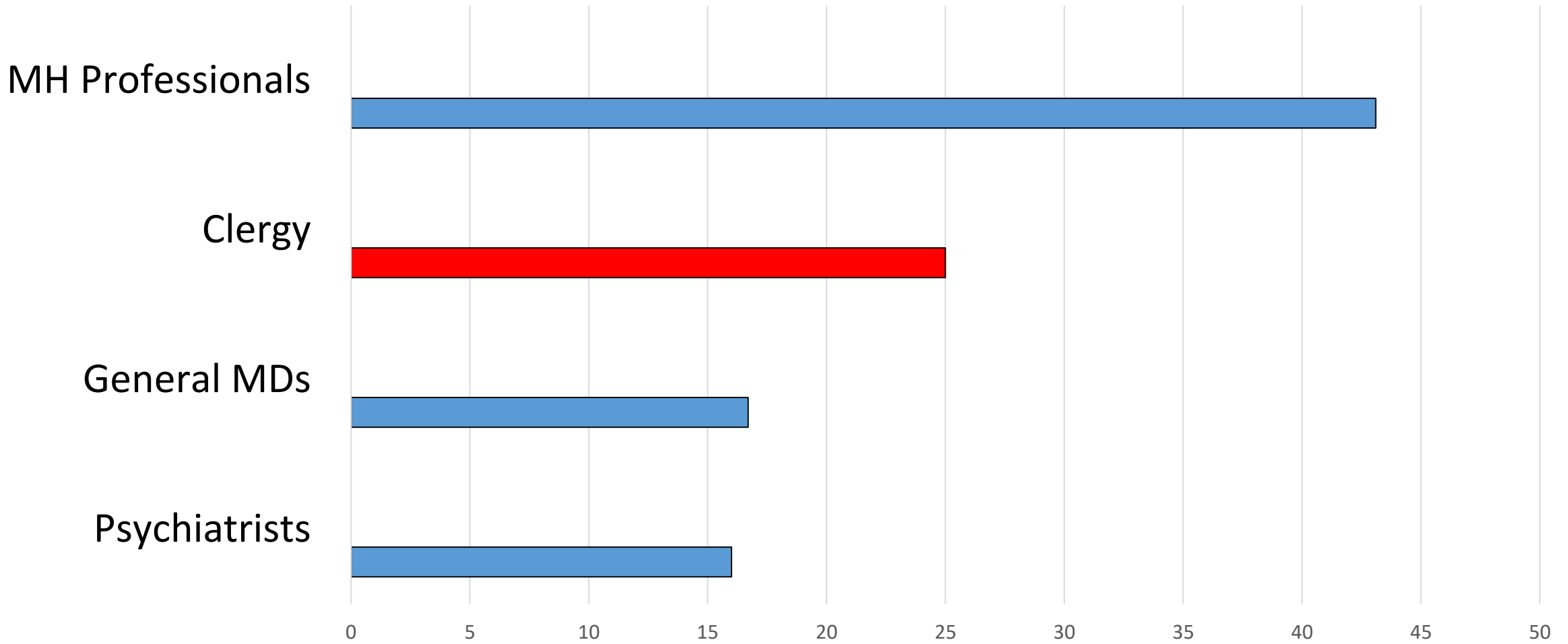
**What Happens in  
this House,  
Stays in this House**

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# More People in U.S. Initially Seek Mental Health Care from Clergy than Psychiatrists





A silhouette of a person in profile, looking upwards with hands clasped in prayer. The background is a dark, stormy sky with rain falling. The person is positioned on the left side of the frame, with their head tilted back and hands held together in front of their chest.

# Clergy Focus Group Finding

“As African Americans, we just never get help, and we think that **counseling is not for us.**”



# Clergy Focus Group Finding

“There has to be **partners within**  
so it’s not like outsiders coming and  
using us as guinea pigs.”





EQUITY



# Community Coalition Action Steps

Activities	Goals
Icebreaker	Deepen relationships and provide chance for everyone to share
Elect Community & Academic Co-Chairs	Promote 2-Way Power Sharing within the group
Create & Sign Partnership Agreement (i.e., MOU)	Formalize partners' commitment
Identify Mission & Values	Create clarity around the work

# Community Coalition Impact

Outcomes	Impact
Hosted a mental health symposium for “contact” anti-stigma efforts	Over 400 NYC residents attended symposium
Expanded focus of NIMH-funded K23 Award	Trained over 300 people in Mental Health First Aid
Supported the work of First Corinthian Baptist Church	Church created a free-standing mental health clinical called the HOPE Center



**HOPE CENTER**

**HEALING  
ON  
PURPOSE &  
EVOLVING**

#HOPEINNOVATION



HONORING  
**BLACK  
HISTORY**

**SUPPORTING MENTAL HEALTH IN BLACK COMMUNITIES**

**PIX 11**

5:47 51°



# HOPE Center Impact

## Innovator (Client) Demographics

- Ages 16 to 76
- 90% Black
- 85% Women
- 30% LGBTQ



HOPE CENTER HARLEM PRESENTS

# THE PRIDE ROOM

A 6 WEEK SERIES FOR THE LGBTQ+ COMMUNITY

THE PRIDE ROOM IS A SAFE SPACE WHERE YOU FEEL  
COMFORTABLE TO BE YOUR TRUE AND AUTHENTIC  
SELF WITHOUT THE CONCERN OF BEING JUDGED.

# WEDS 12PM ET

SERIES BEGINS WEDNESDAY 3.16.2022

QUESTIONS?

EMAIL JAMES

[JPeele@HOPECENTERHARLEM.ORG](mailto:JPeele@HopeCenterHarlem.org)

SIGN UP ON OUR WEBSITE

[WWW.HOPECENTERHARLEM.ORG](http://WWW.HOPECENTERHARLEM.ORG)





THE HOPE CENTER PRESENTS  
**HEALING CONVERSATIONS**

MEN & MENTAL HEALTH  
**PART 2**

02.08.24 | 6:30PM

**DOORS OPEN @ 5:30PM**

**REGISTER**



FCBC | 1912 ADAM CLAYTON POWELL JR. BLVD.  
NEW YORK, NY 10026

HOSTED BY:  
DR. LENA GREEN



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[INFO@HOPECENTERHARLEM.ORG](mailto:INFO@HOPECENTERHARLEM.ORG)



PASTOR MIKE



RAWLE ANDREWS



DR. SIDNEY HANKERSON



The Akira Center, Inc.  
Keeping Family First





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# RING THE ALARM

THE CRISIS OF BLACK YOUTH SUICIDE IN AMERICA





**Brothers=Connect**





# Brothers=Connect

Suicide prevention program developed specifically for Black males ages 13 – 19 in partnership with

- **YMCA Basketball leagues**
- **Boys & Girls Clubs**

Strengths-based

Builds on natural social-networks

# Brothers=Connect

“Connect” training modules

Community Coalition will tailor  
“Connect” with a focus on

- **Trauma**
- **Racial discrimination**



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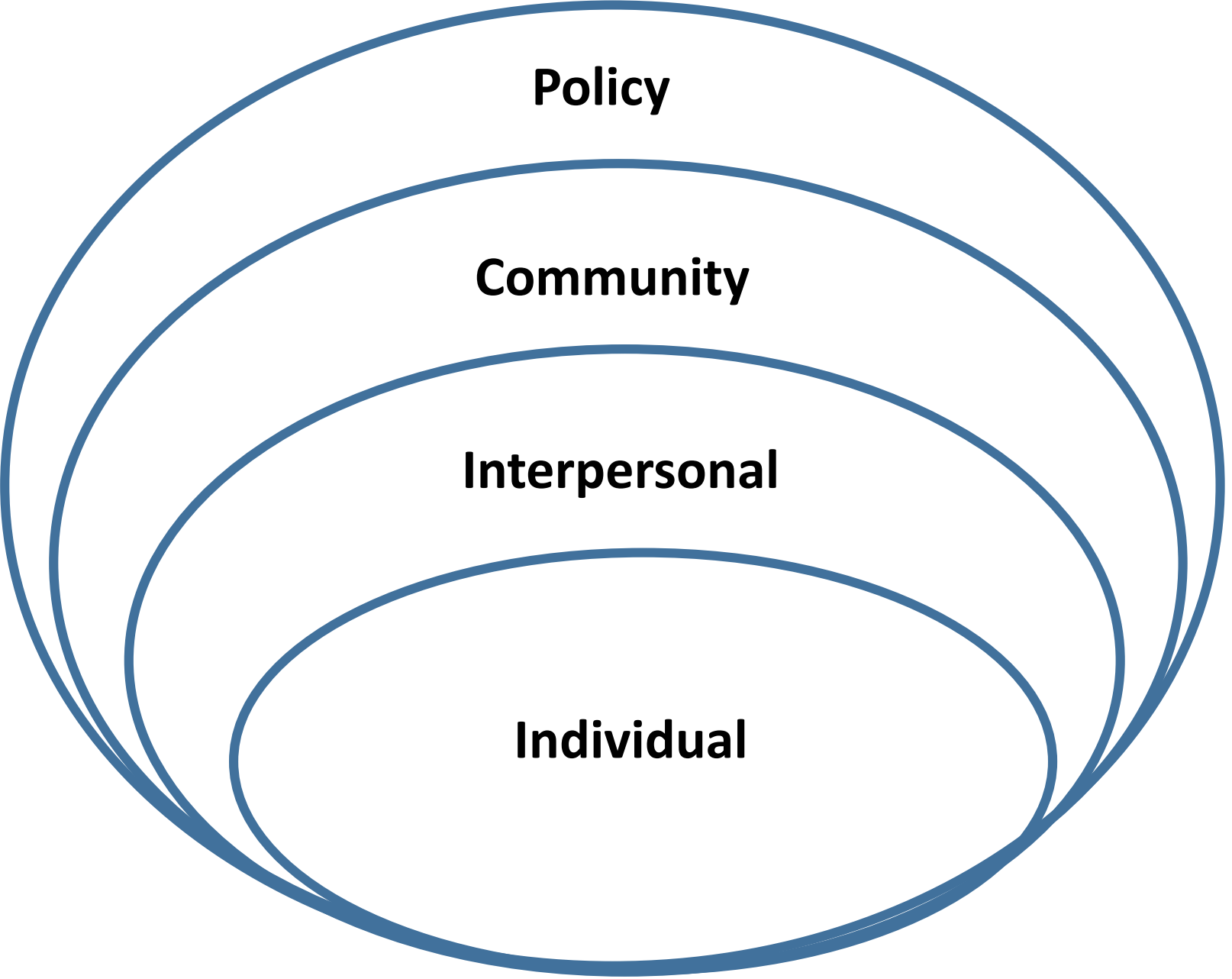




# Community Engagement

“the process of **working collaboratively with and through** groups of people affiliated by geographic proximity, special interest, or similar situations to address issues affecting the well-being of those people...”

**Test multi-level interventions**



# Factors Affecting Intervention Sustainability

- Level of engagement of key stakeholders / end-users
- Cultural fit with the organization
- Policies to support uptake
- Reimbursement



# Summary

- Depression is a leading cause of disability and causes greater impairment among African Americans
- Partnering with community-based organizations is critical to reducing mental health inequities
- Implementing multi-level interventions can increase sustainability