



“Your Blues Ain’t Like Mine” 2022 NAMI Michigan State Conference

A Presentation By The CNS Healthcare Anti-Stigma Program

The Presenters



The CNS Healthcare Anti-Stigma Team, l. to r., Andrew Parrish, Community Advocate Educator & CPSS, Malkia Newman, Team Supervisor, Cheryl LaFleur, Community Advocate Educator & CPSS.

About the Session

- ***Why Are We Having This Conversation?***
- ***The Melting Pot***
- ***Cultural and Inter-Generational Trauma***
- ***Barriers/Challenges to Accessing Culturally-sensitive Mental Healthcare that is Unique to Minorities or Black, Indigenous, and People of Color (BIPOC)***
- ***Strategies for Overcoming Some of the Barriers/Challenges***
- ***Resilience***

CNS Healthcare

CNS Healthcare is a non-profit, Certified Community Behavioral Health Clinic (CCBHC) with seven clinics and two clubhouses in Southeastern Michigan. CNS employs approximately 400 professionals, paraprofessionals, and support staff, delivering services to more than 7,000 people annually.

CNS provides comprehensive integrated health services in partnership with several community organizations, and uses a patient-centered approach to identify, support, and promote the overall health of children, adolescents, adults, and older adults.

Contact CNS Healthcare at 800-615-0411 or email, info@cnshealthcare.org or visit www.cnshealthcare.org

The Program

- We are people with lived experience with Mental Health Conditions
- Started in 2005
- Nationally recognized, award-winning program
- Funded in part by the MI Dept. of Health & Human Services & Oakland Community Health Network



Why We're Having This Discussion?

"Your Blues Ain't Like My Blues!"



The Melting Pot

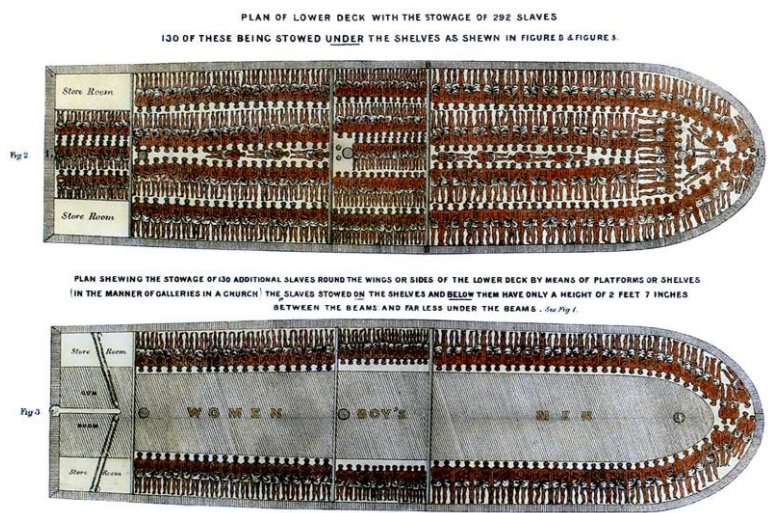


Why Can't We Just Get Over It?



<https://www.youtube.com/watch?v=vlqx8EYvRbQ&t=168s>

Cultural Trauma is the Product of Pain and Abuse



INDIAN LAND FOR SALE

GET A HOME
OF
YOUR OWN

EASY PAYMENTS



PERFECT TITLE

POSSESSION

WITHIN

THIRTY DAYS

FINE LANDS IN THE WEST

IRRIGATED
IRRIGABLE

GRAZING

AGRICULTURAL
DRY FARMING

IN 1910 THE DEPARTMENT OF THE INTERIOR SOLD UNDER SEALED BIDS ALLOTTED INDIAN LAND AS FOLLOWS:

Location	Acres	Average Price per Acre	Location	Acres	Average Price per Acre
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**WESTERN DEFENSE COMMAND AND FOURTH ARMY
WARTIME CIVIL CONTROL ADMINISTRATION**

**INSTRUCTIONS
TO ALL PERSONS OF
JAPANESE
ANCESTRY**

Living in the Following Area:

All that portion of the City of Los Angeles, State of California, lying generally south of an east-west line beginning at the point at which Jackson Street meets Elliott Bay; thence easterly along Jackson Street to Fifth Avenue; thence southerly on Fifth Avenue to Dearborn Street; thence easterly on Dearborn Street to Twenty-third Avenue; thence northerly on Twenty-third Avenue to Yester Way; thence easterly on Yester Way.

Pursuant to the provisions of Civilian Exclusion Order No. 18, this Headquarters, dated April 24, 1942, all persons of Japanese ancestry, both alien and non-alien, will be evacuated from the above area by 12 o'clock noon, P. W. T., Friday, May 1, 1942.

No Japanese person living in the above area will be permitted to change residence after 12 o'clock noon, P. W. T., Friday, April 24, 1942, without obtaining special permission from the representative of the Commanding General.

**The Police Killings
No One Is Talking About**

Native Americans are being killed by police at a higher rate than any other group in the country—but these deaths are rarely covered in the media. Now, Native groups are organizing for justice in a growing Native Lives Matter movement.

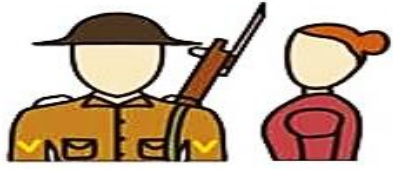
**A SPECIAL INVESTIGATION
by Stephanie Woodard**

Mexican Cession

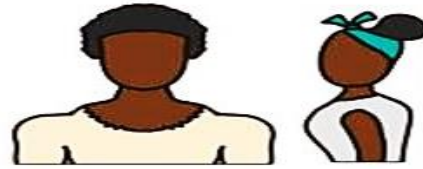


https://en.wikipedia.org/wiki/File:Mexican_Cession.png

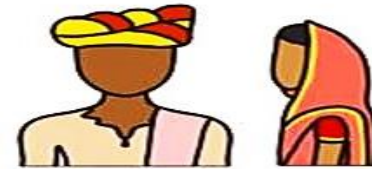
Inter-Generational Trauma



Surviving
European
Wars



Surviving
Slavery & Racial
Violence in the
American South



Surviving
famines and
oppression in
British India

Jane's great-great grandparents

Ashanti's great-great grandparents

Ashok's great-great grandparents

Traumas Passed
Through the Generations

Traumas Passed
Through the Generations

Traumas Passed
Through the Generations

Epigenetics

Epigenetics

Epigenetics

@Ayan_Mukherjee-

PTSD

Alcoholism

Sexual
Abuse

Emotional
Repression

Abandonment

Domestic
Violence

Low
Self-Esteem

CPTSD

Poverty
Consciousness

Suffocating Shame
Based Social Rules

Severe
Anxiety

Depression



Jane



Ashanti



Ashok

When you work on your trauma, you choose to not pass it on to the next generation.

Empathy vs. Sympathy with Dr. Brene' Brown



Barriers



People Often Don't Know Where to Go For Help

**DO YOU OR A LOVED ONE
NEED MENTAL HEALTH HELP?**



Diverse Ethnic Communities View Health and Illness Very Differently



Mistrust and Communication Barriers Exist Between People of Color and Medical Providers





Understanding the Disparities in Mental Healthcare



Mental Health Disparities Factors





In the Beginning.....

- **I Was Born Regina Elaine Hoover In the 1950s. I changed my name legally.**
- **This is the earliest photo that I have of myself. I was 18 months old.**

The Civil Rights Movement



Strategies for Overcoming Barriers/Challenges



Supporting Diversity, Equity, & Inclusion



Cultural Competency and Cultural Humility

https://www.youtube.com/watch?v=c_wOnJJExE&t=1s

BE BOLD

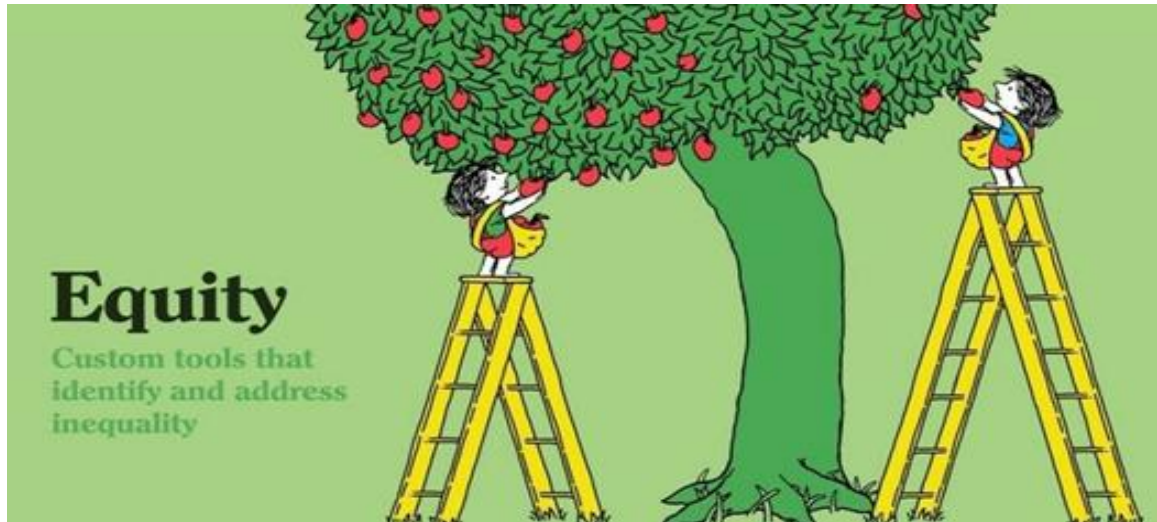
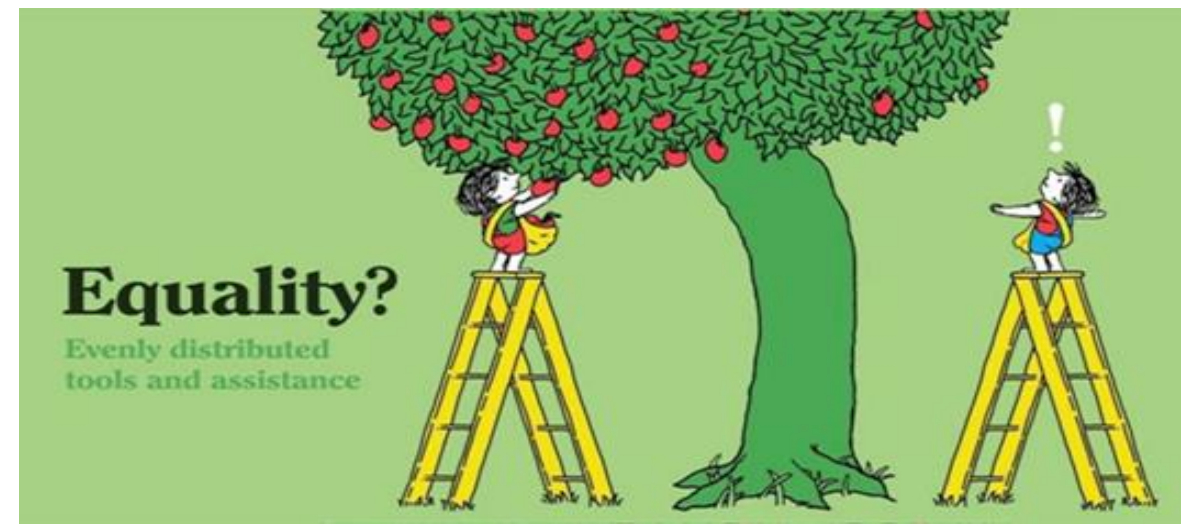
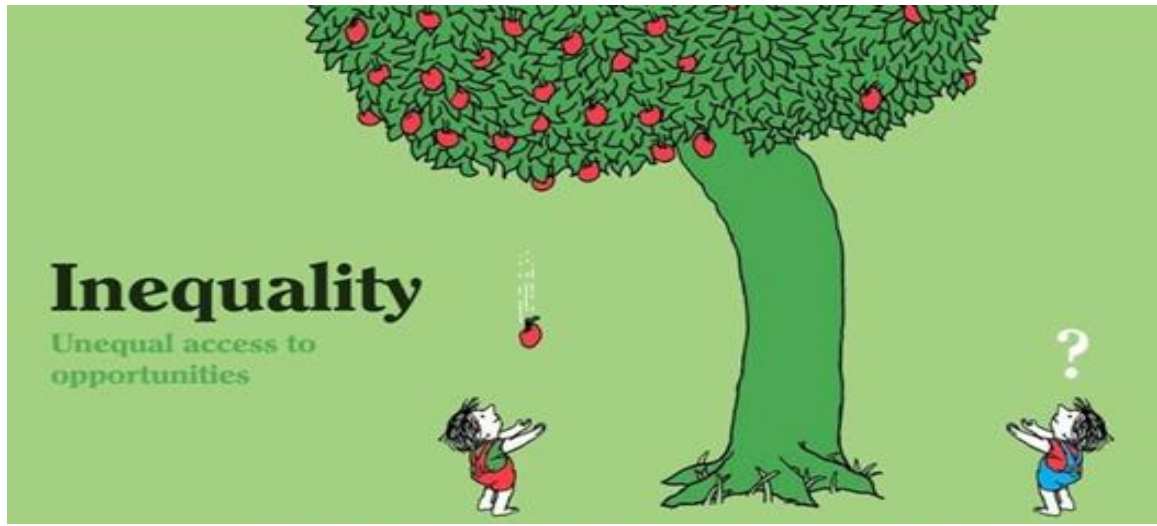




Listen More, Talk Less!

Nothing About Us Without Us!





Provide resources for Diversity, Equity, and Inclusion according to individuals' needs.

(Source [Tony Ruth's Giving Tree art of justice/equality/equity](#))

A long-exposure photograph of a night sky showing curved star trails in shades of purple and blue. In the bottom right corner, a rugged, reddish-brown rocky cliff face is visible.

**You can't change what happened. But you
can still change what will happen.**

Sebastian Vettel

resilience

noun

re·sil·ience | \ ri-'zil-yən(t)s \

Definition of *RESILIENCE*

1 : an ability to recover from or adjust easily to misfortune or change

Be like the bamboo, bend but do not break



Resilience



Emotional
wellbeing



Inner
drive



Future
focus



Relationships



Physical
health



UNSUNG HEROES



Final

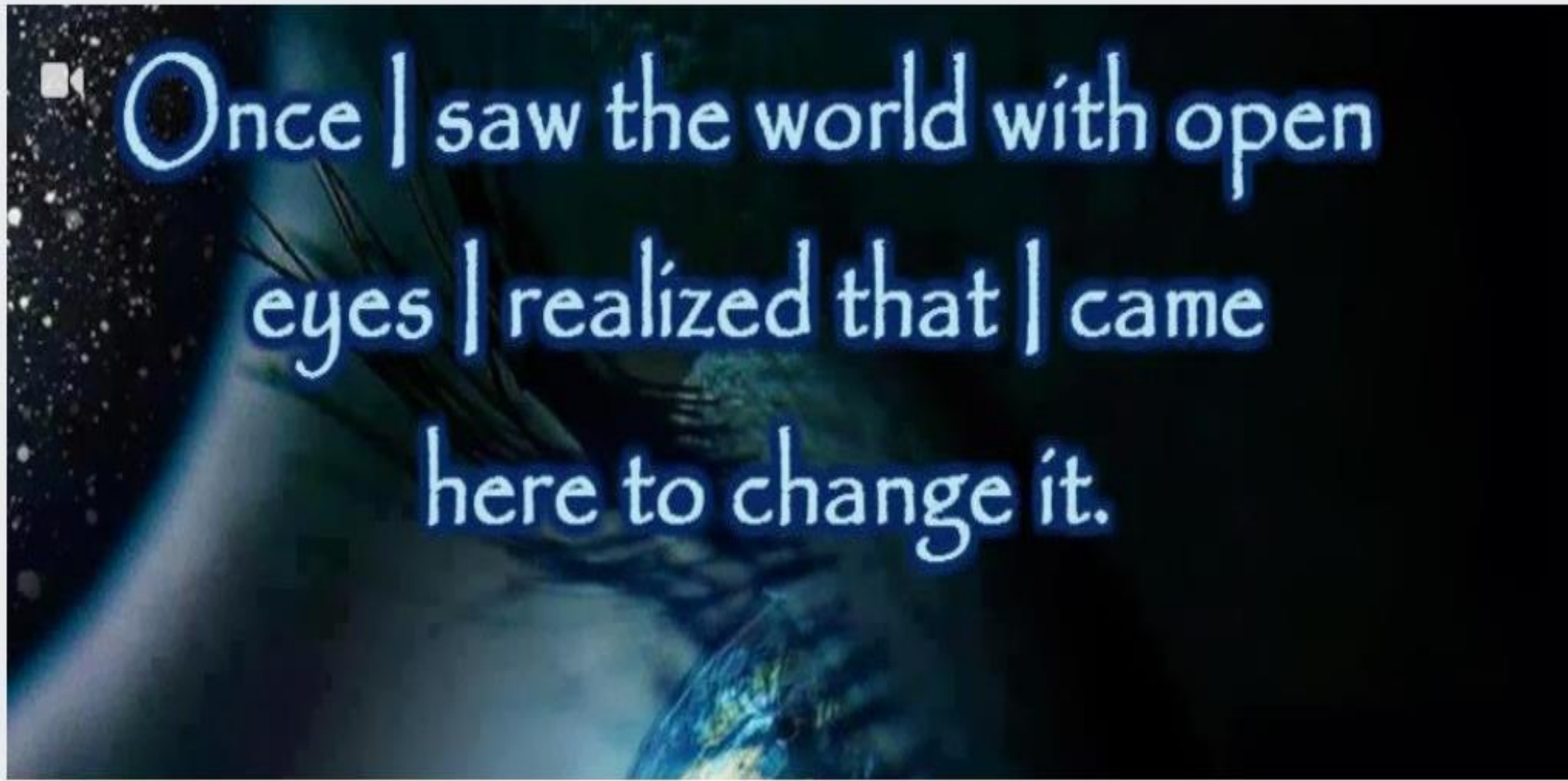
Thoughts

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CNS Healthcare
Anti Stigma
Program

@CNSHealthcareAntistigm
Program



***For More Information About the CNS Healthcare
Anti-Stigma Program***

Phone: 248-871-1482

Email: antistigma@cnshealthcare.org

***The CNS Healthcare Anti-Stigma Team
appreciates this opportunity to serve you!***

Thank you!