

Communities of Color Behavioral Health Care

The U.S. Census Bureau projects that by 2050 racial and ethnic minorities will comprise a majority or 54 percent of the U.S. population. Reportedly, diverse communities have unique behavioral health needs, along with different rates of mental health disorders, substance misuse and treatment access.

Minorities tend to have poorer access to care, language and stigma barriers, as well as economic disadvantages. Age, gender and cultural beliefs are also important factors in patterns of behavioral health needs. More than 40% of youth ages 13 to 17 have experienced a behavioral health problem by the time they reach seventh grade.

According to the National Institute on Alcohol Abuse and Alcoholism within the National Institute of Health (NIH), “certain ethnic and racial minorities along with other underserved populations experience more negative consequences of illness such as cirrhosis and premature death than other groups.” The NIH notes these health disparities often affect Hispanics, African Americans, Native Americans and, rural and economically disadvantaged populations, disproportionately.

One way you can help to improve the mental health survival rates of minorities is to be trained in identifying signs of depression and/or substance use. ADAMHS offers Mental Health First Aid training to equip you with the tips, tools and language to identify signs and symptoms and to assist loved ones and others in the community who may be experiencing a mental health crisis