

# African American Mental Health Training and Technical Assistance Program

## "No Rest for the Weary": Strategies for Promoting Mental Health Among Black Women During the COVID-19 Pandemic



Delane Casiano, MD



Karriem Salaam, MD

### Educational Goals:

The goal of this course is to enhance the overall professional growth and improve clinical skills to help support mental health in Black women who are at risk for negative mental health effects of social and economic stress, gendered racism, and health inequalities during the COVID-19 pandemic.

**Target Audience:** Staff of Alameda County Behavioral Health, and Mental Health and SUD provider staff from *contracted* Community-Based Organizations (CBOs).

### Measurable Learning Objectives:

- Identify one social and one economic factor that can increase risks of mental health problems among Black women during the COVID-19 pandemic.
- Participants will be able to give two examples of how gendered racism contributes to health inequities among Black women.
- State three ways that gendered racism can have direct negative mental health effects for Black women.
- Name 4 common barriers to seeking mental health treatment for Black women.
- List two examples of how implicit bias, directly and indirectly, contributes to mental health inequalities among Black women.
- Specify one training strategy to address implicit bias at the individual level and one training strategy to address implicit bias at the systems level.

### About the Presenters:

Dr. Delane Casiano is an adult psychiatrist in Philadelphia, Pennsylvania. With a specialization in cultural psychiatry and women's mental health, Dr. Casiano has worked with ethnically diverse populations in a multitude of health care settings. Through her work, she is helping women overcome challenges with depression and other mental health problems. Such professional and governmental organizations as the American Psychiatric Association and the National Institute of Mental Health have recognized her research examining cultural influences on mental health beliefs among African American women with depression. Clinical organizations herald Dr. Casiano's work as well. She collaborated with the Philadelphia Department of Behavioral Health to create a combined program of psychiatry and obstetrics/gynecology services for women. She also supervised multidisciplinary teams as associate medical director for the Princeton House Behavioral Health women's program. Dr. Casiano is a member of the American Psychiatric Association and Black Psychiatrists of America.

Dr. Karriem Salaam is a Board Certified in Adult and Child & Adolescent Psychiatry. He currently serves as the Medical Director of Adolescent Services at Friends Hospital in Northeast Philadelphia and as a Clinical Assistant Professor of Psychiatry at Drexel University College of Medicine in Philadelphia, from 2006 to present. Dr. Salaam has been a Fellow of the American Psychiatric Association since 2017. He is a founding member of Global Health Psychiatry, LLC. A company focused on decreasing the stigma of mental illness in communities of color, through education and community action, established in 2017. He has also served as a co-presenter with Dr. Casiano on several training's related to Mental Health and Wellness and Special Considerations for African American Women.

Friday, Apr 22, 2022

9:00am - 12:30pm

3.0 Hours CE Credit

(One 15-min break will not be counted toward CE time awarded)

To complete an ACBH sponsored virtual training, attendees must achieve a score of at least 70% on the post-test

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