

Logic Model

Outcomes

- Clients reported feeling less anxious, depressed, etc.
- Clients and community members discovered healthy ways to take care of themselves

Outputs

- Black women and girls report improved mental health due to increased access to culturally relevant care

Activities

- Sister support groups for Black women once a month
- Free counseling services in-person and virtually

Inputs

- Technology to communicate with clients, team members, and schedule appointments (email, phone, text message, SimplePractice software, Slack etc.)
- Weekly individual supervision for an hour and group supervision with other members of the team once a month (1.5 hrs.)
- Participated in community events held by us and those where we were invited (once or twice a month)
- ~ 20 hours of counseling a month; 1 hour per individual session and ~30 minutes of documentation/notes

Introduction

Mental health is embedded in our everyday lives; the challenges we face and our ability to cope are more common than we realize. This is especially true for Black women and girls, so this project aimed to raise awareness of and support the mental and holistic health for that population, while also working towards increasing the number of Black and Brown clinicians.

- 1 in 5 American adults live with a mental disorder and even with recent advances in diagnosis and treatment, Black/African American women are less likely to seek mental health treatment compared to their White counterparts.
- Although stigma has been identified as the most significant concern for seeking mental health treatment, research also shows that limited opportunities to work with clinicians that look like them is a major barrier for Black/African American women.
- Black girls and teens outnumber both White and Hispanic teenage girls in suicide attempts, with 15.2% of Black 14-18 year old girls reporting a suicide attempt in comparison with 9.4% of White teenage girls and 11.9% of Hispanic teenage girls (APA, 2021).

American Psychological Association. (n.d.). *Effective therapy with black women*. Monitor on Psychology. Retrieved April 6, 2023, from <https://www.apa.org/monitor/2021/11/ce-therapy-black-women>

Ward, E. C., Clark, L. O., & Heidrich, S. (2009). African American Women's beliefs, coping behaviors, and barriers to seeking mental health services. *Qualitative Health Research*, 19(11), 1589-1601. <https://doi.org/10.1177/1049732309350686>



Community Teen Summit: Suicide Prevention on November 5, 2022

Impact

I addressed the mental health needs of Black women and girls through counseling services, monthly sister support groups, tabling events, and events in the community. The goal was to inform people of ways to take care of their mental health and create spaces where they feel safe to do so.

We provide over 100 hours of counseling services a month in the local Birmingham area and 14 cities and 9 counties throughout the state of Alabama. Much of the impact with clients directly has been self reported, with symptoms of mental health concerns decreasing and improvements in other areas of their life. Also, the list of those seeking mental health services has increased, and our team of clinicians are primarily Black/African-American women. The organization received a \$30,000 donation on March 1, 2023, which will aid in our efforts to continue those services and other initiatives within the organization.

Critical Assessment

The most significant barrier was finding time with busy schedules to meet with mentors. Also, there were times when things didn't go as planned and moments where I was unsure of where to start or go with the project. I had to be flexible, learn to be okay with moments of "failure," and ask for help when I needed it.

In doing this project, I have learned that creating and implementing a community service project is harder than most people think, but it is highly rewarding. I have also learned that things will sometimes not go as planned. So, trusting the process, revisiting my "why" in moments of doubt and fear, and having the courage to speak up and ask questions is a great way to navigate challenges. This will all impact my continued work towards health equity.



BWMI Luncheon on March 1, 2023; Took place during the official relaunch week of the organization

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