

# Engaging African Americans in Substance Use Disorder Treatment

Mark Sanders, LCSW, CADC

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11:00am CST



ATTC

Addiction Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



MHTTC

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# About Us

- The Great Lakes ATTC, MHTTC, and PTTC are funded by the Substance Abuse and Mental Health Services Administration (SAMHSA).



# Funding Statement

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# Webinar Format

- This webinar **will be recorded and available for viewing**, along with PPT slides, on our YouTube Channel and the Great Lakes PTTC website.
- Today's audio will be broadcast through your computer speakers. **Please make sure your speakers are turned on and up.** There is no call-in number available
- **Please use the chat box** feature throughout the webinar to ask questions or add comments. A Q&A session will be held after the presentation.

# Our Presenter

Mark Sanders,  
LCSW, CADAC



# Great Lakes ATTC

Engaging African Americans in  
Substance Use Disorders Treatment  
February 5, 2020  
11:00am CST

Presenter  
Mark Sanders, LCSW, CADDC



# Reasons African Americans Resist Substance Use Disorders Treatment

- Historical mistreatment/maltreatment leading to mistrust of institutions
- High rates of mandated treatment (the criminalization of addiction)
- Harmed in previous counseling relationships
- Misdiagnosis and overdiagnosis

# Reasons African Americans Resist Substance Use Disorders Treatment Continued

- Not feeling welcomed and discomfort with the counselor
- The counseling approach does not match problem solving approaches within the client's culture
- Substance use may be viewed as a coping mechanism and solution to life's challenges
- Historical knowledge of the consequences of talking and sharing your truth

# The Historical Price

- **That African Americans have paid for talking and sharing their truth**

# Dr. Martin Luther King

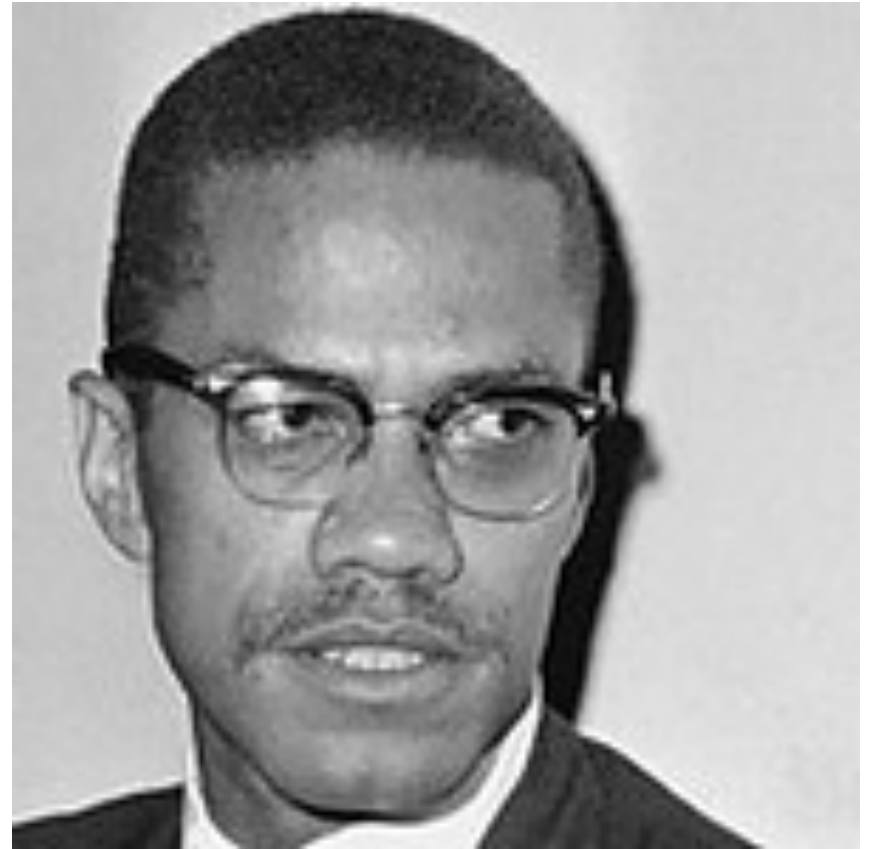
- IRS investigation
- FBI wire tap
- Assassinated



Source: Flickr Commons

# Malcolm X

- CIA shadowing
- FBI wire tap
- Assassinated



Source: Flickr Commons

# Angela Davis

- Labeled “un-American”
- Fired for speaking her truth



Source: Flickr Commons

# W. E. B. DuBois

- Labeled a communist
- Un-American
- Exiled to Africa



Source: Flickr Commons

# Paul Robeson

- Exiled to Russia

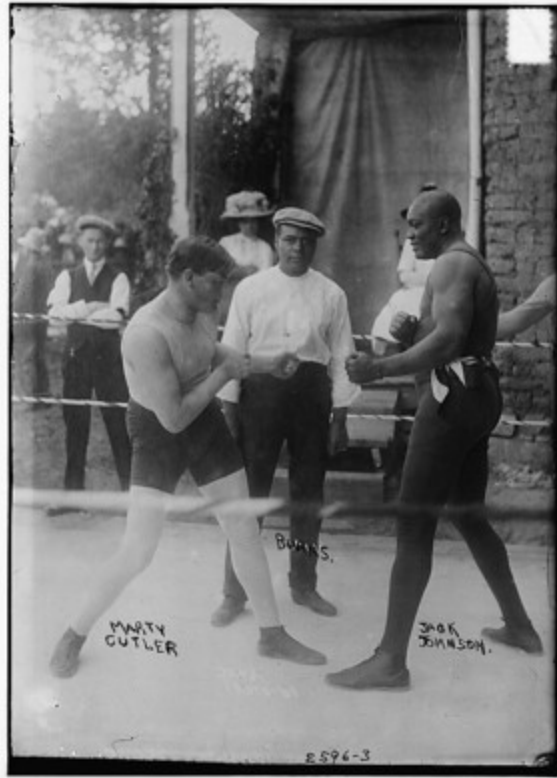


Source: Flickr Commons



# Jack Johnson

- Indicted for “White Slavery”



Source: Flickr Commons

# Billie Holiday

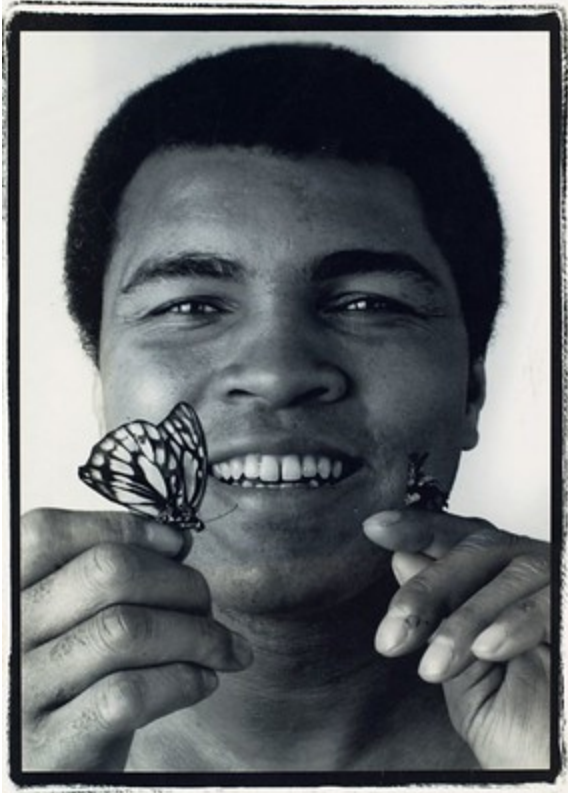
- Frequent arrests
- Persecuted by the Federal Bureau of Narcotics
- Stripped of her right to sing



Source: Wikimedia  
Commons

# Muhammad Ali

Stripped of his title



Source: Flickr Commons

# Ice T

- Investigated by the FBI
- Given a job as a tv cop



Source: Flickr Commons

# Chuck D and Flavor Flav



Source: Flickr Commons

# Loss of Endorsements



Ludacris

Source: Flickr Commons



Nas

# President Barack Obama

- He's "un-American"
- "He's not one of us."
- Gun sales increased



Source: Flickr Commons



# Afeni Shakur

- Followed by the F.B.I.
- Imprisoned



Source: Flickr Commons



# Summary

If you speak your truth you can:

- Get assassinated
- Exiled
- Fired
- Labeled communist or un-American

# Engaging African American Clients With Substance Use Disorders Within the First 10 Minutes of Contact

## Creating a welcoming environment

- Voice tone matters
- Lessons from doctors offices – increased first session attendance by 30%
- The greeting matters
- What do the pictures on the wall say?

# Engaging African American Clients Continued

- An inviting waiting room
- What do the magazines say?
- The length of the wait matters
- Provide positive service energy

# What African Americans Seeking Recovery Need From Helpers

Helpers who are able to discuss intersectionality and micro-aggressions. This can be particularly helpful in the cross cultural counseling relationship with African American clients.

Intersectionality includes the ways in which the life of the counselor and African American client are similar and different.

# Types of Micro-aggressions Experienced by African Americans

- Assumptions of:
  - intellectual inferiority
  - second class citizenship
  - lack of patriotism
  - violent tendencies
  - criminality
  - inferiority
  - homogeneity of experiences, beliefs and interpretations

# Examples of Microaggressions

- I know you'll be late for the next session.
- Do you play basketball?
- You speak good English.
- We're having fried chicken for lunch next week at the agency.

# What African Americans Need From Helpers Continued

Helpers who understand his or her own diverse identities, examine their own ism's, strives to practice cultural humility, and is in touch with their own history of trauma. If the helper does not do this work no training in EMDR, DBT, prolonged exposure therapy will allow them to do their best work with African Americans seeking recovery.

# What African Americans Need From Helpers, Continued

## Helpers that Focus on Strengths

- What do you do well?
- How have you been able to endure so much?
- What do you like to do in your leisure time?
- What is the best thing you ever made happen?
- What are the best 3 moments you can recall in your life?
- What have you learned from what you've gone through?



# What African Americans Need From Helpers Continued

- Helpers that establish an egalitarian relationship
- Helpers that make sure the client has a voice in the treatment plan
- A willingness to have a sensitive discussion of race and other differences
- Transparency and authenticity
- An openness to multiple pathways of recovery

# Learn More

## Online Museum of African American Addictions, Treatment and Recovery

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<a href="#">Home</a>	<a href="#">Museum History</a>	<a href="#">Free Scholarly Articles</a>	<a href="#">Historical Pioneers</a>	<a href="#">Books</a>	<a href="#">Podcasts</a>	<a href="#">Free Workbooks</a>
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**WELCOME** The purpose of this website is to serve as a single location where individuals who are interested in information about addictions, treatment, and recovery among African Americans can be found. The site contains historical data, scholarly articles, educational videos, music and DVDs.

## The Online Museum of African American Addictions, Treatment, and Recovery

[www.museumofafricanamericanaddictionsrecovery.org](http://www.museumofafricanamericanaddictionsrecovery.org)