

Great Lakes ATTC

Presents

*Counseling African Americans With
Substance Use Disorders*

Presenter
Mark Sanders, LCSW, CADC

Premises

- Across cultures addiction is characterized by increased tolerance, loss of control and continued use of the drug (s) in spite of adverse consequences.*
- Addiction is best treated when the context in which it develops is taken into consideration.*

Premises Continued

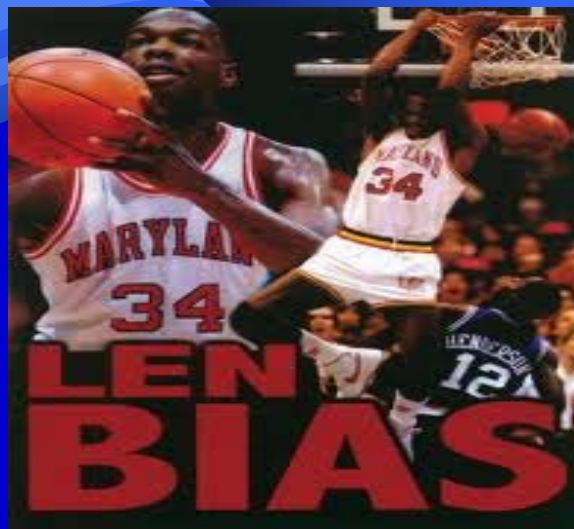
The context for African American includes

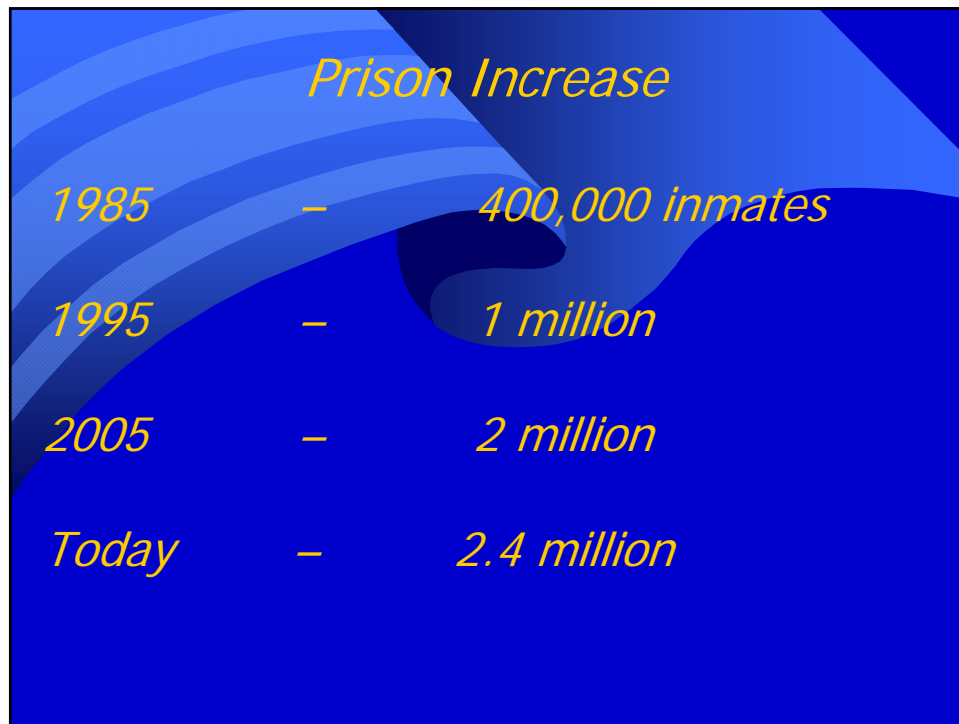
- *Historical trauma*
- *Loss of culture*
- *Unresolved grief*
- *Discrimination*
- *Poorly performing schools*
- *High unemployment - STEMM*
- *Community trauma*
- *High arrest and imprisonment rates*

1986



Richard Pryor





- ### *Premises Continued*
- Cross cultural tensions that exists outside of the counseling office can also exist within the office*
 - Intercultural tensions that exists outside of the counseling office can also exist within the office*
 - ❖ Age*
 - ❖ Gender*
 - ❖ Complexion*
 - ❖ Social economics etc.*

Premises Continued

- *There are many protective factors that reduces rates of substance use disorders among African Americans*

Question to Ponder

Year after year SAMSHA's annual drug use report by race and gender reveals that African Americans rank third or fourth in terms of the amounts of drugs used.

What are substance use protective factors for African Americans? How can treatment utilize these protective factors as a part of the recovery process?

Protective Factors for African Americans and Treatment Implications

- 1. Kinship like bonds – extended family orientation and taking in non-relatives*
- 2. Spirituality*
- 3. “A praying grandmother”*
- 4. A sense of humor – the shortest distance between two people is a good laugh*



Dick Gregory



Richard Pryor



Eddie Murphy



Dave Chappelle



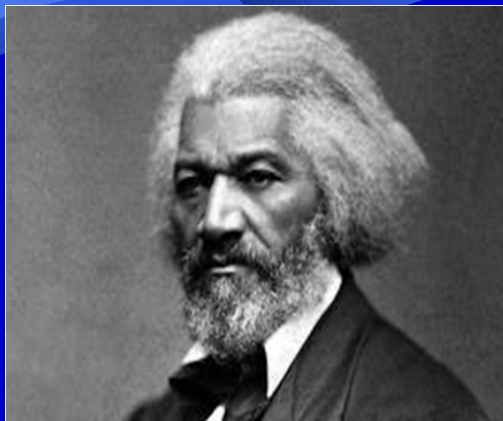
Steve Harvey



Cedric the Entertainer

*Resilience Factors for African Americans
Continued*

- 5. Collectivism – concern with survival of the group*
- 6. Music*
- 7. A sense of we'ness*
- 8. Resilience produced by survival of oppression*
- 9. Empathy as a result of oppression*
- 10. Individuals who can instill hope and prove success is possible*



Frederick Douglass
"We can't stagger to freedom."



John Lucas



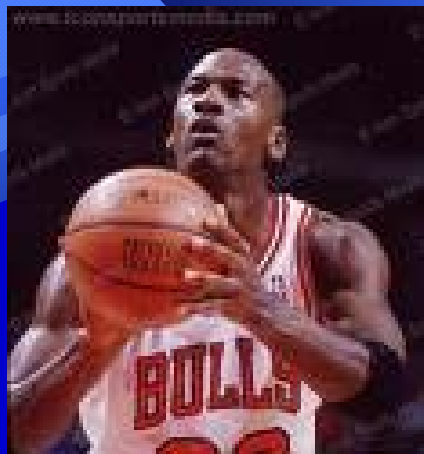
Natalie Cole



Dr. Mae Jamison



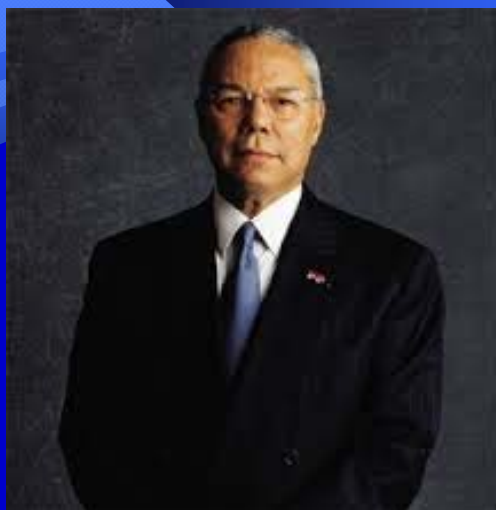
Lieutenant Uhura



Michael Jordan



Dr. Ben Carson



Colin Powell



Oprah Winfrey



Condoleezza Rice



Michelle Obama



President Obama and Jacob Philadelphia

Counseling African Americans With Substance Use Disorders

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

- *The greeting matters*
- *What do the pictures on the wall say?*
- *What do the magazines say?*
- *The length of the wait matters*
- *Provide positive service energy*

Overcoming mistrust

*The price that African
Americans pay for speaking
their truth*

Dr. Martin Luther King

- *IRS investigation*
- *FBI wire tap*
- *Assassinated*



Malcolm X

- *CIA shadowing*
- *FBI wire tap*
- *Assassinated*



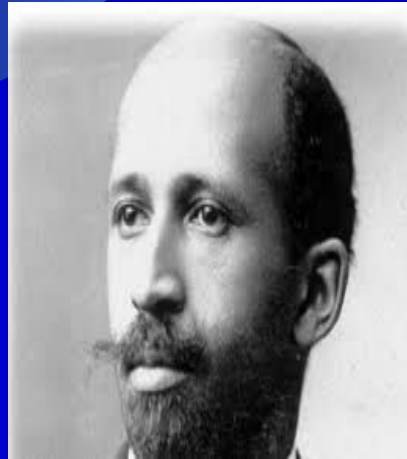
Angela Davis

- *Labeled "un-American"*
- *Fired for speaking her truth*



W. E. B. DuBois

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



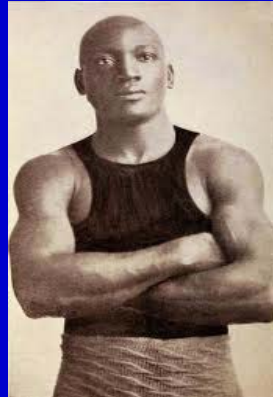
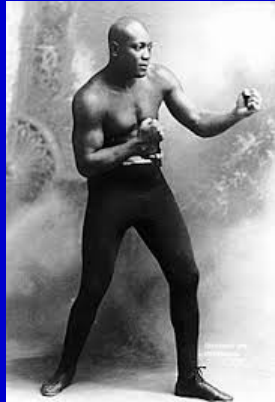
Paul Robeson

- *Exiled to Russia*



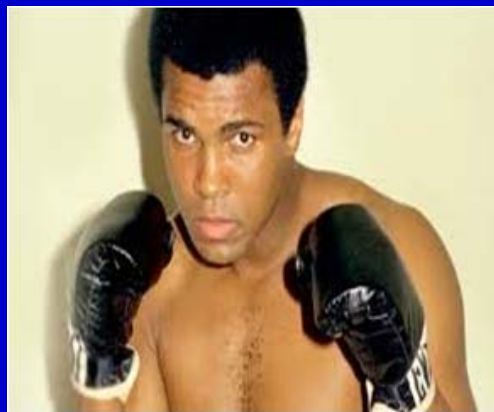
Jack Johnson

- *Indicted for "White Slavery"*



Muhammad Ali

Stripped of his title



Ice T

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



Chuck D and Flavor Flav



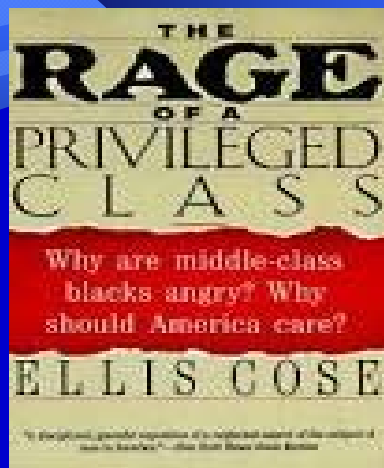
Loss of Endorsements



Ludacris



Nas



Demoted or Fired

President Barack Obama

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



Afeni Shakur

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



Summary

If you speak your truth you can:

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

Counseling African Americans With Substance Use Disorders Continued

Focus on Strength

- *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?*

Counseling African Americans With Substance Use Disorders Continued

- *Establish an egalitarian relationship*
- *Make sure the client has a voice in the treatment plan*
- *Be willing to have a sensitive discussion of race and other differences*
- *Be transparent and authentic*
- *Be open to multiple pathways of recovery*

Pathways of Recovery Recovery for African Americans

*Multiple Pathways of Recovery for
African American Clients Continued*

- *Religious styles*
- *Pastor Hilliard*
- *Salem Baptist Church*
- *One Church One Addict – Fr. George Clements*
- *Glide Church*



Cecil Williams

Glide Church

*Minimize anonymity, 16 generations, special
programming for women*

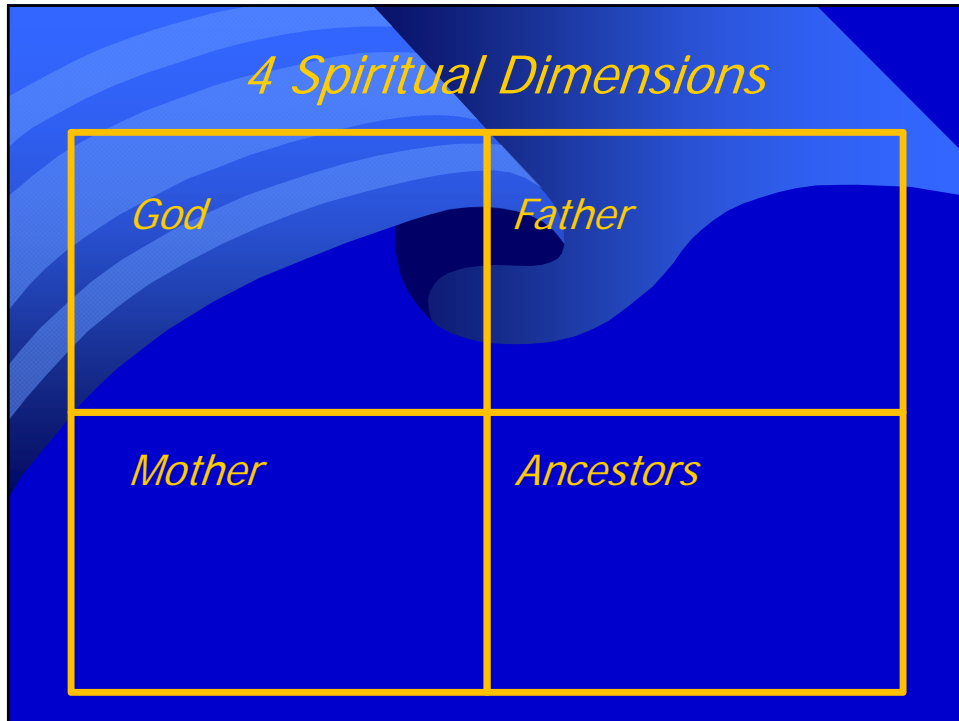
Multiple Pathways of Recovery for African American Clients Continued

- *12 Step*
- *Shifting allegiance*
- *Mature out*
- *Medication assisted*
- *Use of recovery coaches*


Multiple Pathways of Recovery for African American Clients Continued

Rites of Passages

- *Group name, Logo, mission statement*
- *History of your own name*
- *Family tree*
- *Secure library card, Social Security card, State ID*
- *Community project*
- *Personal growth work*



Pathways Continued



Malcolm X
Love of self (reading, what you wear, what you eat), love of culture

Pathways Continued



*Samuel L. Jackson and Spike Lee
Quantum Change*

Pathways Continued



Recovery Basketball



Pathways Continued

- *Combined pathways – treatment, 12 step, education, cultural exploration, nutrition, cultural revitalization*
- *Stage 2 Recovery – developing wholeness*

*King, Warrior, Lover,
Magician*

King

- *Blesses others*
- *They sacrifice their needs for the benefit of the group as a whole*



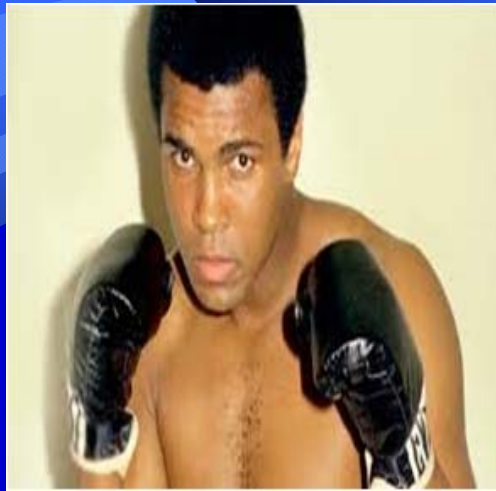
Nelson Mandela



Dr. King

Warrior

- *Brings home the bacon*
- *Protector*
- *Courage*



Muhammad Ali



Malcolm X

Lover

- *Sensitive-can cry*
- *Vulnerable*
- *Kind*
- *Emotional*
- *Relationship builder*

Magician

- *Able to pull a rabbit out of a hat*
- *Great negotiator*

Each Archetype has a shadow. A less mature version of the real thing.

Shadow King

- *Corrupt minister*
- *Corrupt executive*

Shadow Warrior

- *Thug*
- *Rage-a-holic*
- *Wife beater*

Shadow Lover

- *Pimp*
- *Player*
- *Womanizer*

Shadow Magician

- *Slickster*
- *Con artist*



Don King

