



The Importance of Culture and Diversity in Mental Health

How NAMI is Paving the Way

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Introduction

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1 in 5 U.S. adults experience mental illness each year.



187,000 adults in Hawaii have a mental health condition.



That's more than **4X** the population of Hilo.

Mental Health Facts in Hawaii



More than half of Americans report that **COVID-19** has had a **negative impact** on their mental health.

In February 2021, **37.6% of adults in Hawaii** reported symptoms of **anxiety or depression**.
17.9% were unable to get needed counseling or therapy.



1 in 20 U.S. adults experience serious mental illness each year.

In Hawaii, **41,000 adults** have a **serious mental illness**.



1 in 6 U.S. youth aged 6–17 experience a **mental health disorder** each year.

10,000 youth in Hawaii age 12–17 have depression.

People in Hawaii struggle to get the help they need.



More than half of people with a mental health condition in the U.S. **did not receive any treatment** in the last year.

Of the **31,000 adults in Hawaii who did not receive needed mental health care**, **15.6%** did not because of cost.

4.1% of people in the state are uninsured.



People in Hawaii are over **1.5x more likely to be forced out-of-network** for mental health care than for primary health care — making it more difficult to find care and less affordable due to higher out-of-pocket costs.

516,703 people in Hawaii live in a community that **does not have enough mental health professionals**.



High school students with depression are more than **2x more likely to drop out** than their peers.

68.9% of youth in Hawaii age 12–17 who have depression **did not receive any care** in the last year.



6,458 people in Hawaii are homeless and **1 in 4 live with a serious mental illness.**

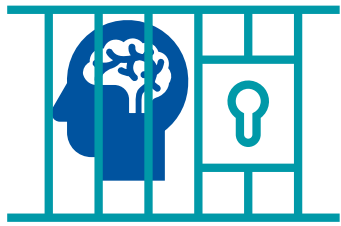


On average, 1 person in the U.S. **dies by suicide every 11 minutes.**

In Hawaii, **176 lives were lost to suicide** and 49,000 adults had thoughts of suicide in the last year.

It is more important than ever to build a stronger mental health system that provides the care, support, and services needed to help people build better lives.

A Broken System



~**2million**

Times each year people with serious mental illness are booked into jails



Average delay between symptom onset and treatment is

11 Years



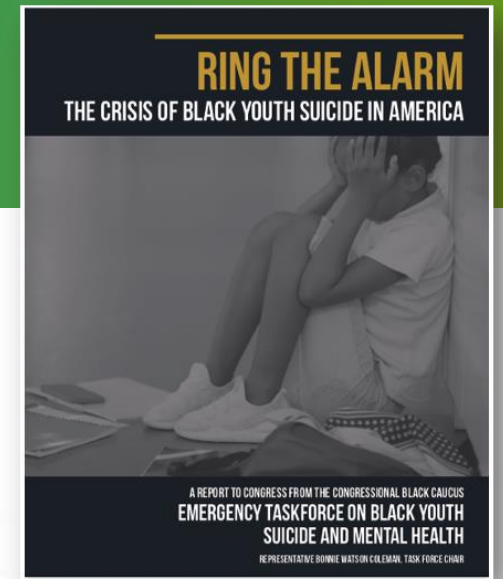
Every 11 Minutes

Someone in the U.S. dies from suicide

Nearly **1 in 4 people shot and killed by police** officers between 2015–2020 had a mental health condition (1 in 3 were people of color)

Inequities

- Only 1 in 3 **Black adults** who need mental health care receive it
- Suicide rates for **Indigenous youth** are over double the rate of white youth
- The **LGBTQ+ community** is 2-4x as likely to experience a mental health condition compared to heterosexual adults
- **Adults with disabilities** report experiencing frequent mental distress almost 5x as often as adults without disabilities



The Barriers



Stigma



Distrust



Bias



Cost



Representation

How NAMI is Paving the Way

Our Vision

NAMI envisions a world where **ALL** people affected by mental illness live healthy, fulfilling lives supported by a community that cares.

Our Mission

NAMI provides advocacy, education, support and public awareness so that **ALL** individuals and families affected by mental illness can build better lives.

Our Values

- **Hope:** We believe in the possibility of recovery, wellness and the potential in **ALL** of us.
- **Inclusion:** We embrace diverse backgrounds, cultures and perspectives.
- **Empowerment:** We promote confidence, self-efficacy and service to our mission.
- **Compassion:** We practice respect, kindness and empathy.
- **Fairness:** We fight for equity and justice.

NAMI's Philosophy

*We meet people
where they are,
not where we
want them to be.*





FROM SILENCE TO RECOVERY

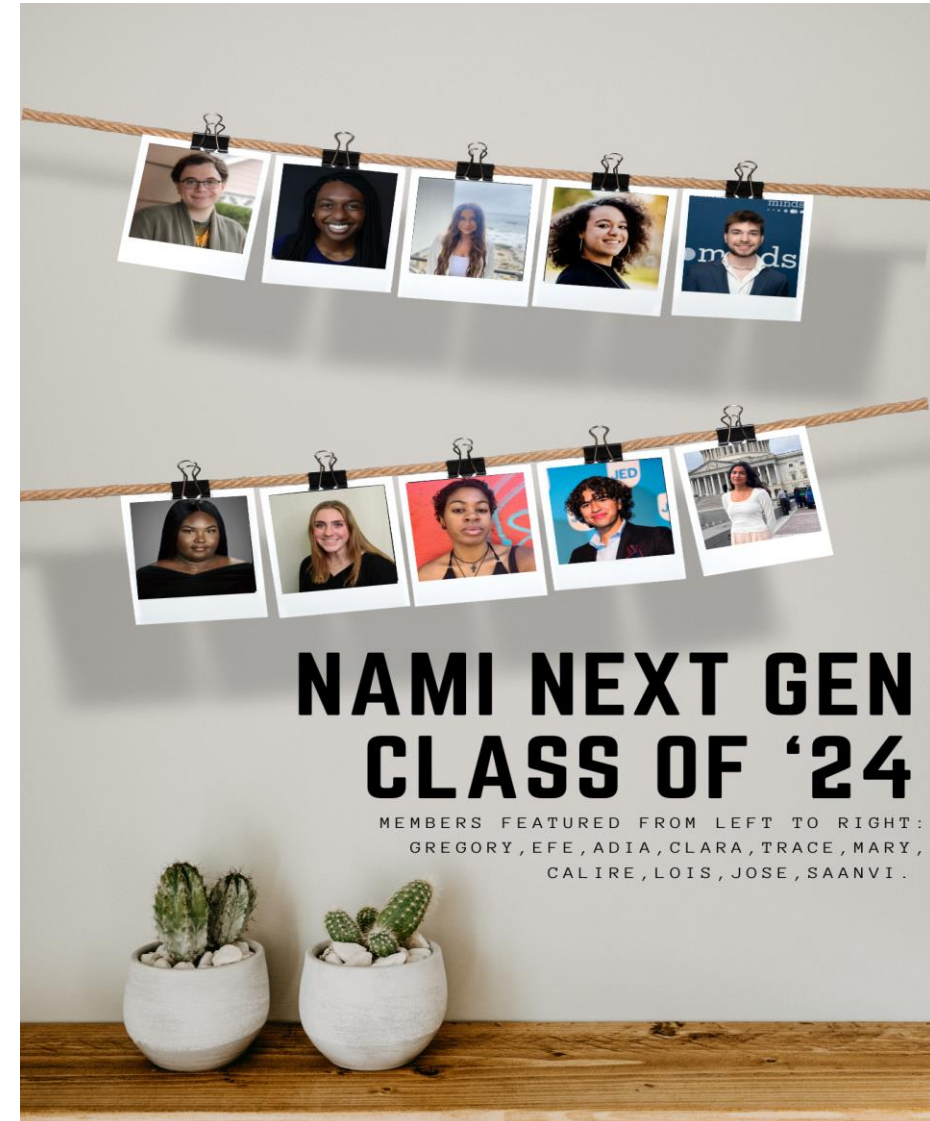
Sharing Hope Through Community Conversations

- **NAMI Sharing Hope:** an initiative on mental health and wellness in Black/African Ancestry communities through community conversations grounded in sacred storytelling and guided dialogue
- **NAMI Compartiendo Esperanza:** created for Hispanic/Latin American communities (available in English & Spanish)



nami.org/sharinghope
nami.org/compartiendoesperanza

- More than 400 applicants for 10 spots
- Continued engagement with 2022 & 2023 NAMI Next Gens
- Community of Practice welcoming youth & young adults
- Informing NAMI's work, future & beyond



Specialized Community Resources



- Asian American & Pacific Islander
- Black/African Ancestry
- Hispanic/Latin American
- Indigenous
- Youth & Young Adults
- LGBTQI
- People with Disabilities

Select full programs also offered in Spanish & Mandarin

BIPOC Male Mental Health



Created to support BIPOC/immigrant men in Black/African Ancestry and Hispanic/Latin American communities.

Community conversations on the impact of stigma, racism and inequities and sharing support for mental health and wellbeing.

Faith Communities

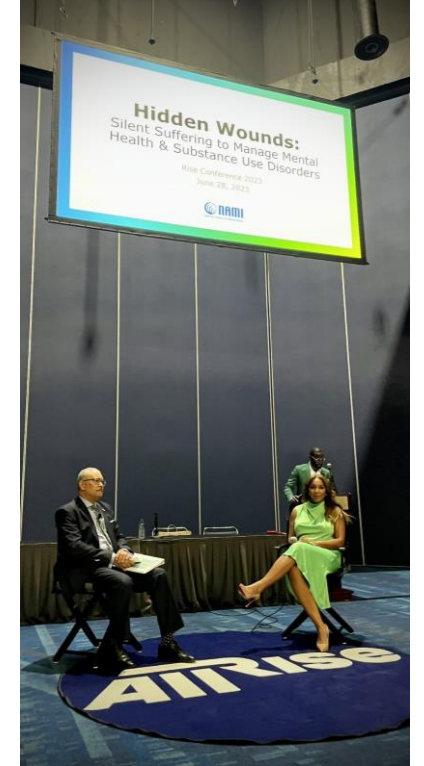
- **First Responders** for many individuals and families
- **NAMI Faith Net** - resources focused on mental wellness in faith communities of all traditions (nami.org/faithnet)
- **Pathways to Hope** – annual conference bridging the intersection of faith and mental health (nami.org/pathwaystohope)



HBCU Engagement



Sharing Our Message

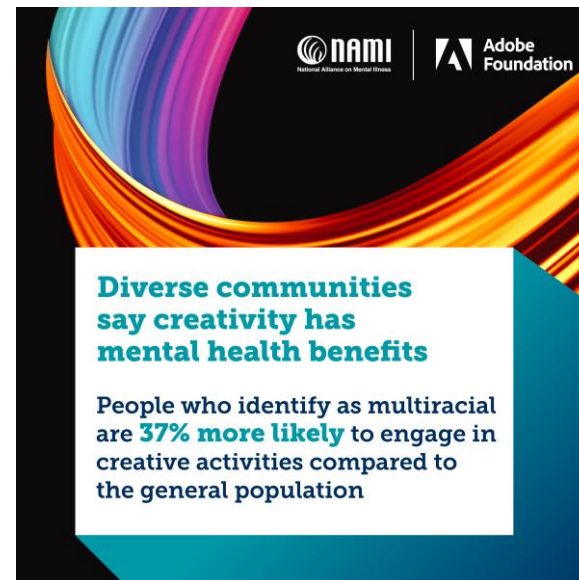


Innovative Partnerships



Delta Sigma Theta Sorority, Inc. and NAMI Collaborate to Promote Mental Health Awareness

www.deltasigmatheta.org | [f](#) [t](#) [@](#)

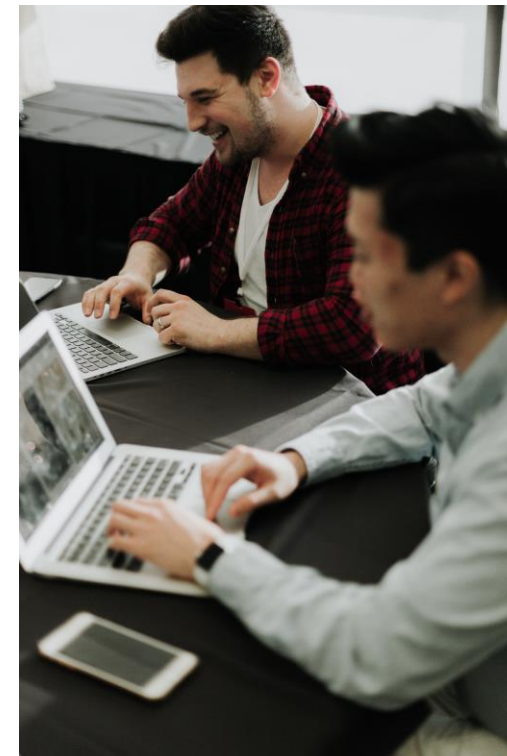



Diverse communities say creativity has mental health benefits

People who identify as multiracial are **37% more likely** to engage in creative activities compared to the general population



Corporate Partnerships



nami.org/StigmaFree



STIGMA*free*

NAMI Workplace Mental Health Annual Survey

- Data collected on key issues
- Major media coverage

Expanding and Engaging

- **NEW** Welcome Kit for StigmaFree partners released
- **NEW** high-impact workplace presentations, fact sheets & other resources for NSONAs released
- Contact us: stigmafree@Nami.org

1 in 3

Only one in three¹ Black adults with mental illness receives treatment.

People in the Black/African Ancestry community² are also:

- Less likely to receive guideline-consistent care
- More likely to use emergency rooms or primary care (rather than mental health specialists)
- Less frequently included in research

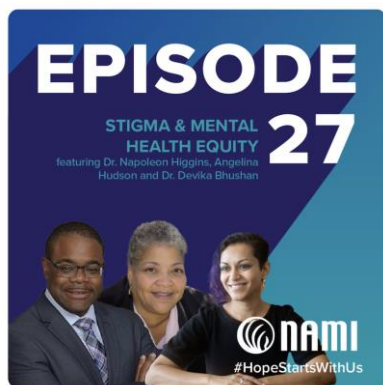
- Community-informed solutions to address serious mental illness (SMI) care at the state and local levels for Black/African Ancestry communities
- CHEA brings together organizations and thought leaders in mental health advocacy, faith, civic, and healthcare professional services.

Advancing mental health equity solutions for Black/African-Ancestry adults with serious mental illness (SMI)

Delivering community-informed solutions to improve access to care and the pursuit of equitable mental health care.



Amplifying Marginalized Voices



Navigating Trauma as a Refugee

[Read More >](#)



Embracing Hip-Hop Music in Mental Health Treatment

[Read More >](#)



 nami.org/videos



A Cultural Experience of Recovery

[Read More >](#)



Barriers to Mental Health: The Middle Eastern Experience

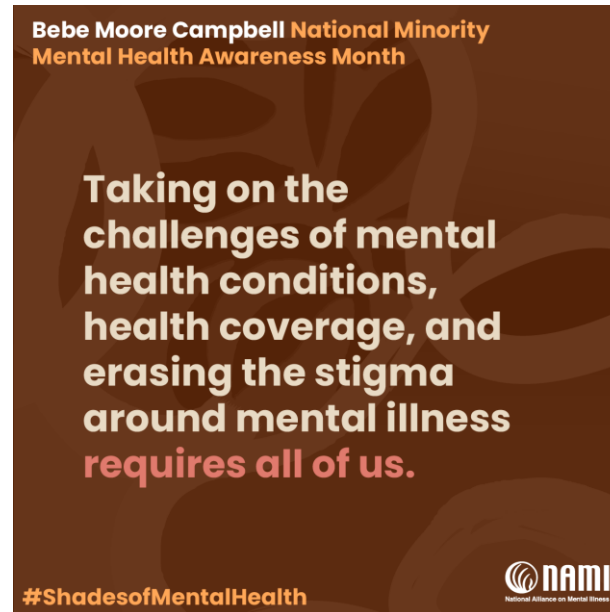
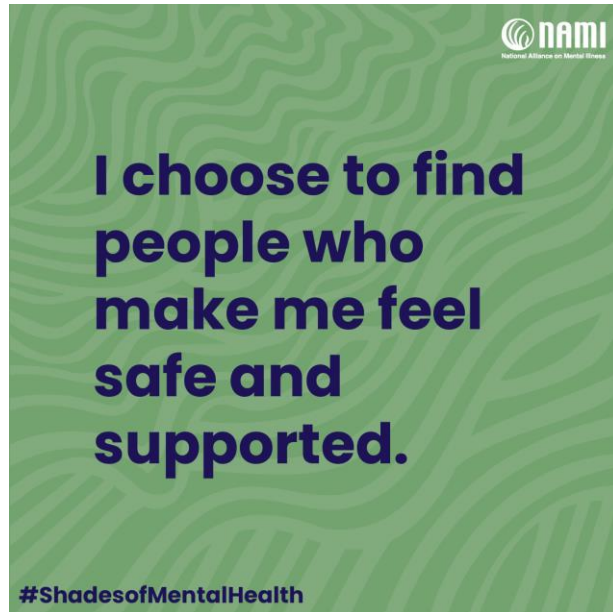
[Read More >](#)



 nami.org/podcast

nami.org/blogs

Creative Campaigns







**Bebe Moore Campbell
National Minority Mental Health
Awareness Month**

#ShadesOfMentalHealth

Advocating for Change



NAMI Helpline

-  Call 1-800-950-NAMI (6264)
-  Text "Helpline" to 6264
-  Email helpline@nami.org
-  Web Chat at nami.org/help

Support Groups



Classes and Presentations



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nami.org/Support-Education



If you want to go fast, go alone.

But if you want to go far, go together.



**YOU ARE MAKING
A DIFFERENCE
EVERY**
day



Thank You!