
Black Star Defense INDY- Psychological Self Care

Dr. Randal Horton
Clinical Psychologist
Master Addiction Counselor

Basic Firearm Statistics

- Guns are deeply ingrained in American society and the nation's political debates.
- The Second Amendment to the U.S. Constitution gives Americans the right to bear arms
- Though gun collecting has been around since the dawn of firearms in the 1400s and 1500s – gun collecting started to take off around the 1930s, as more Americans began to have the kind of disposable income that allowed them to buy for pleasure, not just for immediate need.
- Men are more likely than women to say they own a gun (39% vs. 22%). And 41% of adults living in rural areas report owning a firearm, compared with about 29% of those living in the suburbs and two-in-ten living in cities
- 22% of American adults are gun owners, according to a new survey of gun ownership produced by researchers from Harvard and Northeastern universities. In the new survey, conducted in 2015, about half of all gun owners fall into Rich's previous demographic: they own a single gun, maybe two. Another third of American gun owners own between three and seven guns.
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- Indiana 44% of adult residence have at least one firearm
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- That top 14% of gun owners – a group of 7.7m people, or 3% of American adults – own between about eight and 140 guns each. The average is 17 due to being an enthusiast, inheritance, fear of loss of availability due to political/legal changes, and pandemic fears.
- Gun ownership among Black Americans is up 58.2% and more than any other race.
- Many of these new gun owners are finding support and community from several gun rights organizations including The National African American Gun Association better known as NAAGA. It boasts 45,000 members nationwide since its inception in 2015.

Basic Mental Health Statistics

- **In 2019, just prior to the COVID-19 pandemic, 19.86% of adults experienced a mental illness**, equivalent to nearly 50 million Americans.
- **Suicidal ideation continues to increase among adults in the U.S.** 4.58% of adults report having serious thoughts of suicide, an increase of 664,000 people from last year's dataset. The national rate of suicidal ideation among adults has increased every year since 2011-2012. This was a larger increase than seen in last year's report and is a concerning trend to see going into the COVID-19 pandemic.
- **Over half of adults with a mental illness do not receive treatment, totaling over 27 million adults in the U.S. who are going untreated. The percentage of adults with a mental illness who report unmet need for treatment has increased every year since 2011.** In 2019, 24.7% of adults with a mental illness report an unmet need for treatment.
- **Rates of substance use are increasing for youth and adults, even prior to the COVID-19 pandemic.** 7.74% of U.S. adults and 4.08% of youth had a substance use disorder in the past year. Substance use increased 0.07% for adults and 0.25% for youth over last year's report.

Substance Use

- 1/12 Adults in the US have a Substance Use Disorder
- Men are 2x more likely to struggle with addiction than women
- SUD 3x more likely to occur later experiencing a trauma

- **Health Related**
 - • Physical health problems, including kidney damage, liver damage, heart problems and cancer.
 - • HIV, hepatitis, and other infectious diseases.
 - • Pre- and postnatal effects, including low birth weight and cognitive delays in children.
 - • Mental health problems, such as depression and anxiety.

- **AA vs Other Racial Groups**
 - 6.9% of African Americans have a substance use disorder compared to a rate of 7.4% among the total population.
 - • 3.4% of African Americans have an illicit drug use disorder compared to a rate of 3% among the total population.

Substance USE/Marijuana USE Impact

- Inappropriate and naive perception of harm
- Research on marijuana is variable and hard to control variables because there are a variety of plants
- over 400 biological chemicals involved
- over 2000 toxins involved
- the growth process utilized
- impact of pesticides
- Today's Marijuana is not your Great grand dad's marijuana

Substance Use Cont

- most commonly utilized drug by AA
- increase in testicular cancer
- hyperemesis (severe nausea and vomiting during pregnancy with weight loss)
- Co-occurring substance use is more frequent among African Americans with mental illness
 - Among African Americans, use of one substance—alcohol or other illicit substances— is strongly correlated with polysubstance use and with major depressive episode
 - Substance use disorders are associated with increased risk for suicidality among African Americans

Firearm Safety & MJ Use Don't Mix- Why?

- ⦿ Keep in mind what one typically thinks about when preparing to manage a firearm such as but not limited to concentration, planning, calm, limiting distractions, attention to detail and following verbal and non verbal directions
- ⦿ Compromised emotions, cognition (thought process) and impulse control along with access to an item that can Kill, Disable or Mame instantly
- ⦿ increase seizure susceptibility or frequency
- ⦿ decrease IQ by 8 pts; decrease GPA by 1 point
- ⦿ decreased ST memory; impaired concentration
- ⦿ decreased balance
- ⦿ anxiety/paranoia/irritability
- ⦿ sedation
- ⦿ increased HR
- ⦿ decreased REM sleep
- ⦿ structural brain damage
- ⦿ dependence occurs with 2-3 joints per day for several weeks/ abstinence will cause physical withdrawals which typically occur within 8 hours-----irritability, sleep issues, headaches, depression, sweats, chills, pain, tremors. Withdrawal Sx's last a
- ⦿ about 10 days but can go to 45 days

Self Care Management

Spiritual Self Care

- ⦿ Activities that nurtures your spirit and allows you to think bigger than yourself.
- ⦿ Attend In person or On-line church; volunteer your time at human or animal shelters/food banks; read the Bible or your religion's books
- ⦿ Walk and appreciate nature.
- ⦿ Check in with friends and offer to pray for or with them

Physical Self Care

- ⦿ Activities you do that improve the well-being of your physical health.
 - ⦿ Home exercise (30 minutes)... push-ups/ sit ups/ get outside to walk/ run; Plenty of body weight You Tube and App exercises to choose from. “Tabata”.
 - ⦿ Drink water vs pop; energy drinks
 - ⦿ **Annual physical with PCP**- germane for prevention, early detection of health issues (blood , hormones, anatomical assessment) Maintain decent bedtime: Proper growth and healing requires appropriate sleep otherwise hormonal levels are unbalanced and stress hormones are released which cause irritability, weight gain, poor appetite and eating habits. The vicious circle.
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- ⦿ **PRESCRIPTION MEDICATION NOTE:**
 - ⦿ Be mindful of side effects (groggy, fatigue, impact on concentration, jitteriness)
 - ⦿ Alert your physician you are participating in training with a firearm and inquire about options (ie., not take it, take earlier or later in the day to offset potential side effects, partial dose, etc)

Practical Self Care

- ◉ Tasks you complete that fulfill core aspect of your life.
- ◉ **House/Your Room presentation:** A chaotic home can lead to a chaotic mind. A chaotic mind can be reflected in a chaotic home.
- ◉ keep the inside organized, predictable and clean. Setting up mental zones for daily activities can be helpful to organize your day.
- ◉ For example, try not to eat in bed or work on the sofa; compartmentalize and eat at the kitchen table and work at your desk.
- ◉ Additionally, a cluttered home can cause you to become uneasy and claustrophobic of your environment- so keep it tidy.

Social Self Care

Social Self-Care: Activities that nurtures and deepens the relationship with people in your life. **Increase capacity for EMPATHY.**

It doesn't just benefit someone else; you reap the rewards too. According to research, when you do something nice for someone else, your brain's pleasure and reward centers light up. It's called the "helper's high."

Start a new ritual-; Suggest to Family card/board game night/google games to play at home (you have the time); family walk

Share something good. Even if it's something small or mundane, like a funny meme or picture. Letting someone else in on it, amplifies the good feelings you got from it.

Screen Time/Social Media Note



Screen Time/Social Media Note

Continued

- Adolescents who reported more screen time also reported suffering in other areas of their lives, said lead study author Dr. Jason Nagata, assistant professor of pediatrics at the University of California in San Francisco.
- Researchers found the children spent an average of 7.7 hours a day in front of a screen, up from pre-pandemic estimates of 3.8 hours .
- The negative correlation could be due to "doomscrolling," That's when people scroll on social media looking at negative news for long periods of time. Higher hours of screen time could have also given children less time to participate in activities that help support resilience during difficult times, including sleep, mindfulness, or physical activity.
- Conversely, participants who reported less screen time were found to have stronger family and friend relationships and more coping behaviors.
- As the pandemic subsides, higher screen times won't be going away anytime soon.
- Since ending COVID precautions, Academic and social activities are beginning to transition to in-person again, but the increased availability of online options means "screen usage is likely to remain higher than pre-pandemic levels
- Set screen-time limits/encourage avoidance of screen time before bedtime.
- Show initiative by Modelling proper behavior for family members/friends

Emotional Self Care

- ⦿ Activities that help you connect, process, and reflect on a full range of emotions.
- ⦿ **-Acknowledge what's happening, and that it's stressful.** Because it is. **DON'T DENY** your EMOTIONS. However, there are proper ways to acknowledge them. You may be angry/frustrated (emotion) about what is going on but you are not entitled to be aggressive (behavior) about it.
- ⦿ **-Manage your news intake.** Stick to “reliable” news outlets (local tv news, national news, Indianapolis Star/Recorder; **Not** Tick Tock or Snap Chat. Rumors spread quickly.
- ⦿ **- No more than 1 hour of** news per day (inclusive of phone; radio; tv, on-line)

Mental Self Care

- ⦿ Any activity that stimulates your mind or your intellect.
- ⦿ **Change your expectations.** You add to your own stress levels by creating goals that are unrealistic and unnecessarily negative.
- ⦿ Change self talk and limit musturbations (should, have to, ought, must)
- ⦿ Doing one productive thing per day can lead to a more positive attitude. Set your sights on long-avoided tasks, reorganize, or create something you've always wanted to. Approaching this time with a mindset of feeling trapped or stuck will only stress you out more. This is your chance to slow down and focus on yourself.
- ⦿ Learn a new skill (read up on African-American History); **Journal/draw/sketch/poetry.**

Seeking education

- ① What is psychotherapy?
- ① Psychotherapy refers to a variety of treatments that aim to help a person identify and change troubling emotions, thoughts, and behaviors.

Psychotherapy Misperceptions

- -The general public holds many psychological misconceptions that are difficult to correct (Lilienfeld, 2011)
- -Inconsistent and misleading media coverage which tends to highlight rare events in therapy or rare unethical behaviors by the health care provider (news, tv shows or movies)
- -Confusion about the different providers of mental health services and mostly likely are hesitant to engage in mental health services.
- -Western healthcare philosophy that acknowledges physical and mental health but views them as separate entities. We are still in the infant stages of doing integrated/holistic healthcare

Cultural Aspects/Stigmas that Inhibit Seeking Treatment

- -African Americans ministers both inadvertently and intentionally act as gatekeepers and impediments to their congregation seeking professional mental health services outside of the church.
- -Dearth of education on which type of mental health provider to seek
- -Transportation limitations and access to provider
- -Child care
- -Finances or limited health insurance coverage to offset fees: Nearly 1 in 4 African Americans is uninsured, compared to 16% of the U.S. population. Rates of employer-based health coverage are just over 50% for employed African Americans, compared to over 70% for employed non-Hispanic whites. Medicaid covers nearly 21% of African Americans.
- -Prior bad experience with providers and generalizing such experience to all providers or health care -industry which impacts perceived credibility of provider and individuals' ability to trust person
- -Observation of family dynamics and health expectations
- -Past Trauma and avoidance of wanting to acknowledge issues AND recognizing that health provider will want to discuss issues which the person may fear being MORE traumatized or RE-traumatized.
- Learned helplessness/hopelessness/ limited self-efficacy
- -Reactive approach to mental and physical health care vs being proactive in education and health care behaviors.
- -African Americans are more likely to use emergency services or to seek treatment from a primary care provider than from a mental health specialist. Moreover, they may use alternative therapies more than do whites.

Self-Growth Questions

- ⦿ How do I want to grow?
- ⦿ What are at least 3 realistic steps I will do to make this happen?
- ⦿ Who is someone (may not be best friend/family member; does not have to be reciprocal; focus is on you and your goal) I can share this with to help me stay accountable by checking in with me at a certain day, certain time, etc?

RESOURCES FOR MENTAL HEALTH

- *Indiana Mental Health and Addiction Hotline at 800-662-HELP.*
- Call 988 Mental Health/Suicide Hotline
- Indiana Association of Black Psychologists-Facebook page
- Association of Black Psychologists-
<https://abpsi.org>

Questions

