

## Resources for Outreach to African Americans

April 17, 2001

This list highlights easily accessible resources on the subject of African Americans, including several recommended by Lonnie Snowden, Ph.D., a professor with the School of Social Welfare who serves as the director of the Center for Mental Health Services Research at the University of California at Berkeley. The list is not intended to be all-inclusive, and the contents of the Web sites have not been endorsed by NIMH; however, the Web sites and bibliographic resources may serve as a starting point for those interested in learning more about the issues involved in providing mental health outreach and education to the African American population.

### General Brochure on Outreach to African Americans:

*Strategies for Effective Health Outreach to African American Communities: Lessons Learned from the Healthy People 2000 Progress Review for Black Americans.* Office of Minority Health, U.S. Department of Health and Human Services. This brochure was provided to Outreach Partners prior to the April 2001 Annual Meeting. Additional copies are available through the Office of Minority Health, telephone (301) 443-5224.

### Federal Government Web Sites:

1. *Mental Health: A Report of the Surgeon General.* 1999.  
<http://www.surgeongeneral.gov/library/mentalhealth/>
2. The Office of Minority Health Resources has general health-related information available: <http://www.omhrc.gov/omhhome.htm>.  
  
Office of Minority Health Resource Center, *Closing the Gap*, "Mental Health and Minorities," September 1997. <http://www.omhrc.gov/ctg/full-mhm.htm>
3. Health Resources and Services Administration (HRSA) published a report on *Eliminating Health Disparities in the United States*, which can be accessed at:  
<http://www.hrsa.gov/omh/omh/disparities/>.
4. U.S. Census Bureau. Minority Links, *Facts on the Black/African American Population*, census 2000. <http://www.census.gov/pubinfo/www/afamhot1.html>.
5. McKinnon, Jesse & Karen Humes. 2000. *The Black Population in the United States: March 1999*. U.S. Census Bureau. Current Population Reports, Series P20-530. U.S. Government Printing Office. Washington, DC.
6. National Center for Health Statistics of the Centers for Disease Control and Prevention offers information on "State Health Statistics by Sex and Race/Ethnicity" at:  
<http://www.cdc.gov/nchs/default.htm>.

### Major Reviews:

7. *A Synthesis of the Literature: Racial and Ethnic Differences in Access to Health Care.* Prepared by the Morehouse Medical Treatment and Effectiveness Center for the Henry J.

Kaiser Foundation, October 1999. Cites utilization data for a variety of health conditions across several ethnic groups:  
<http://www.kff.org/content/1999/1526/SYNTHESIS%20OF%20LITERATURE.pdf>.

8. A report by the Kellogg Foundation on health care, *Key Facts: Race, Ethnicity, and Medical Care*, can be found at:  
<http://www.kff.org/content/1999/1523/KEY%20FACTS%20BOOK.pdf>.

#### **Additional Research Articles:**

9. Kessler, R.C., McGonagle, K.A., Zhao, S., Nelson, C.B., Hughes, M., Eshleman, S., Wittchen, H-U., and Kendler, K.S. (1994). "Lifetime and 12-Month Prevalence of DSM-III-R Psychiatric Disorders in the United States," *Archives of General Psychiatry*, 51:8-19.
10. Neighbors, H.W. (1997, Winter). "The (Mis)diagnosis of Mental Disorder in African Americans," *African American Research Perspectives*. Available online at:  
<http://www.isr.umich.edu/rcgd/prba/persp/win97/misdiagnosis.html>.
11. Neighbors, H.W., Jackson, J.S., Campbell, L., and Williams, D. (1989). "The Influence of Racial Factors on Psychiatric Diagnosis: A Review and Suggestions for Research," *Community Mental Health Journal*, 25(4): 301-311.
12. Robins, L.N., and Regier, D.A., eds. (1991). *Psychiatric Disorders in America: The Epidemiologic Catchment Area Study*. New York: Free Press.
13. Snowden, L.R. (1999). "Psychiatric Inpatient Care and Ethnic Minority Populations," J.M. Herrera, W.B. Lawson, and J.J. Sramek (eds.), *Cross Cultural Psychiatry*.
14. Snowden, L.R. and Cheung, F. (1990). "Use of Inpatient Mental Health Services by Members of Ethnic Minority Groups," *American Psychologist*, 45: 347-355.
15. Snowden, L.R. (in press). "Barriers to Effective Mental Health Services for African Americans," *Mental Health Services Research*. An online order form for this journal is available at: <http://www.vanderbilt.edu/VIPPS/CMHP/JOURNAL.html>.
16. Williams, D.R. (1995, Spring). "African American Mental Health: Persisting Questions and Paradoxical Findings," *African American Research Perspectives*. Available online at: <http://www.isr.umich.edu/rcgd/prba/persp/sp95/aamental.html>.

#### **Resources on African American Mental Health:**

17. Book detailing information on African American mental health, based on the National Survey of Black Americans data set: Neighbors, H.W. and Jackson, J.S. (1996). *Mental Health in Black America*. Sage Publications. Internet link to a brief abstract and table of contents page can be found at: <http://www.isr.umich.edu/rcgd/prba/about/mhsum.html>.
18. National Mental Health Association Web site detailing information on clinical depression and African Americans:

<http://www.intelihealth.com/specials/depression/htmDeprAfrAmer.html#Anchor-Know-2821>.

19. Book addressing African -American suicide: Poussaint, A., and Alexander, A. (2000). *Lay My Burden Down: Unraveling Suicide and the Mental Health Crisis Among African Americans*. Boston, Beacon Press. <http://www.afsp.org/education/poussaint.htm>

**General sites with links to a variety of information on African American culture, history, health, and other areas of information:**

20. Center for Afroamerican and African American Studies, at the University of Michigan, James S. Jackson, Director. <http://www.umich.edu/~iinet/caas/>
21. Center for Research on Ethnicity, Culture, and Health, University of Michigan. <http://www.sph.umich.edu/crech/links.html>.
22. General health Web site for African American women that includes information on mental health, depression, and suicide. <http://www.blackwomenshealth.com/depression.htm>
23. Information on racial/ethnic diversity in health care, addressing legal issues and legislation can be found at the DiversityRx Web site: <http://www.diversityrx.org/HTML/WEARE.htm#KAISER>.