

The Neighborhood Healers Project:

A Population Health Pilot

Funded by Substance Abuse and Mental Health Services Administration (SAMHSA)

Presented by

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What is the Neighborhood Healers Project?



**Images throughout depict members of the first and second cohorts of The Neighborhood Healers: Training Black Community First Responders in Mental Health First Aid Project

Neighborhood Healers Project: Training Black Community First Responders in Mental Health First Aid (NHP)

Neighborhood Healers Fellowship

- Train 5 cohorts of 20 (N = 100) community first responders in Adult Mental Health First-Aid (MHFA)

Black Mental Health Public Education Campaign

- Targeted public education campaign to reduce mental health stigma among Black Lexingtonians

Annual Black Mental Health Survey

- An annual evaluation method for the impact of Neighborhood Healers Fellowship (NHF) and Black Mental Health Public Education Campaign's (BMHPEC)
- Approximately 500 Black Lexingtonians complete a survey and 25-35 are interviewed about their mental health status and attitudes, service initiation and utilization, and appraisal of NHF and BMHPEC

What is Community-Based Participatory Research?

A collaborative research approach that equitably involves community members, researchers, and other stakeholders in the research process and recognizes the unique strengths that each brings (Fine, 2015; Collins et al., 2018)

In our research we:

- Honor intersectionality within communities
- Address social determinants of health
- Combine knowledge production and action equitably



Note of Importance

It takes years to establish good relationships with communities and organizations.

Don't ask for their service or participation without being in right relationship.

Inaugural Community Advisory Board (CAB)

Chester Grundy

Dr. Shambra Mulder

Pastor Michael Robinson

Rodney James

Shawn Ka'Ron Bumpasse

Honorable James Brown

David Cozart

Renee Mitchell

Russell Allen

Kacy Allen-Bryant

Process for Initiating Fellowship

1) Complete University of Kentucky Institutional Review Board (IRB)

2) Identify, Interview, and Invite Community Members to Participate as Fellows

3) Train and Certify Selected Participants (Fellows/Healers)

- Adult Mental Health First-Aid (MHFA) 8-hour training by Natalie Malone

4) Complete Bi-Weekly Check-ins with Fellows/Healers

- Questions related to well-being, number of interactions and referrals, suggestions to improve project, current events, and additional needs

5) Quarterly Psychoeducation and Support Sessions

- Provide fellowship opportunities in "Breaking Bread" Sessions

6) Graduate the Cohort of Fellows

- Highlighting the effort and work of the Fellows through community-facing celebration ceremony

Year 1- Inaugural Cohort

Successes and Accomplishments

Number of Interactions: 3,295

Number of Referrals: 1,306

"It's always the ability to have information ready to hand out for those who ask who they can go and talk to."

"In my heart I want to be the person that provides mental health care because I have that close relationship with them, and I know mental health is a new road for them. But having to let go and pass them on to the trained professionals can be tough at times."

"Being able to help normalize black men discussing and prioritizing their mental health. This week I actually got asked to speak on a panel about Black men's mental health for March."

Year 2 - Second Cohort

Successes and Accomplishments

Number of interactions: 3,000 (Feb - Current)

Number of Referrals: 608

"The fact that my job is starting to do more training regarding mental health awareness and they have increased accessibility to employees. My coworkers know that I've have been trained and they feel comfortable coming to me with questions"

"Helping a friend ask for a black therapist - she felt very guilty doing so and I helped her understand that she was not doing anything wrong"

"Listening to people say they want help but being unwilling to make changes to better their situation."

"One of the most meaningful moments was when I gave someone a referral for a therapist and they took the time to schedule an appointment. Shortly, afterwards they thanked me for taking the time to help them."

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Black Mental Health Public Education Campaign



Reduce the mental health stigma of
Black Lexingtonians

- Local community outreach and service prior to NHP launch
- Ongoing community outreach and service
- Provide mental health resources for the community

Community Engagement Events

- Fatherhood Initiative
- The Gospel of Mental Health Conference
- Community Center Wellness Event
- Kentucky Black Pride Festival
- Sister Circle Forum
- Lexington Juneteenth Celebration
- Gospel Celebration, Julietta Market
- Total Grace Church



Sustainable & Meaningful Impact

- Providing community members with skills and an outlet
- Placing emphasis on their capabilities and dedication
- Building and maintaining self-efficacy for community members



Consistent Stakeholder Engagement



- Quarterly meetings
 - Community Advisory Board (CAB)
 - Neighborhood Healers Fellows
- Monthly Meetings
 - Co-Investigators
- Bi-Weekly Check-ins
 - Neighborhood Healers Fellows
- Weekly Meetings
 - Research Team

Data Collection and Project Evaluation



- Neighborhood Healers Project (NHP)
 - Annual Black Mental Health Survey (ABMHSI)
 - Bi-weekly Check Ins
 - Breaking Bread Sessions
 - Monthly Co-I Meetings
- Mental Health First-Aid
 - Bi-weekly check ins

Lessons Learned

Data collection

- Security measures
- Provide clear, explicit language in consent forms
- Additional screening processes
- Inequities and inequalities (e.g., internet, devices, locations)

Recruitment

- Expand recruitment areas
- Utilize community partners

Community Connections

- An understanding of the differential experiences that Black Americans have with mental health, diagnoses, and crises
- A critical analysis of the MHFA training content informed by inclusivity, social justice, and cultural relevance

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Feel Free to Contact Us If You Have Any Questions



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