

2022 Black History Month: Mental Health Matters

General Daily Facts

February 1 - The 13th amendment abolishing slavery was signed on this day in 1865, however due to rampant racism and stigma allowing slavery to continue in many places, the actual adopted “holiday of freedom” by many African-Americans is June 19th, also known as Juneteenth.

February 2 - Black history month was created in 1926 by Carter G. Woodson, and was initially only a week long, called “Negro History Week”. It was created as a way to celebrate the contributions of Black people in the United States. (history channel)

February 3 - According to the Trevor Project, 59% of Black and African-American nonbinary and transgender youth have seriously considered suicide in the past year, as of a study done in 2020.

February 4 - Marian Wright Edelman founded the Children’s Defense Fund and was counsel for the Poor People’s Campaign that Dr. Martin Luther King, Jr. began organizing. The Albert Schweitzer Humanitarian Prize is one of many awards she has received.

February 5 - A popular problem for the Black community is a distrust of the medical field that stems from racism and bigotry. An example of this is the Tuskegee Study.*

February 6 - Black people seeking help for symptoms associated with mood disorders are much more often diagnosed with schizophrenia than white people with the same symptoms; via MHN.org.

February 7 - According to several psychoanalytic studies, the mental health of Black people tends to suffer in a different/greater way than white people because of several different factors, all of them being related to the societal pressure on top of other issues plaguing most people.

February 8 - Dr. Joycelyn Elders was the first African American U.S. Surgeon General. She served in that position in 1993 and 1994.

February 9 - There are even preconceived notions about African-American people being “able to handle more”, due to dehumanization and caricaturization of Black people. This is especially a problem for new mothers in childbirth.

February 10 - Dr. Charles Drew was the first African American to receive a Doctor of Medical Science degree from Columbia University. His discovery of how to store blood by separating out plasma led to the first blood banks

February 11 - Mental Health Nation states that, specifically, a majority of Black Americans with bipolar disorder are going untreated and undiagnosed.

February 12 - 63% of LGBT Black youth report major symptoms of depression.

February 13 - Self harm was reported in 44% of Black LGBT youth.

February 14 - February was chosen by creator Carter G. Woodson for Black History Month to coincide with birthdays of Frederick Douglass, whose birthday is often celebrated today, the fourteenth, and the birthday of Abraham Lincoln on the 12th. (britannica)

February 15 - Black and African-American people are overrepresented in the United States Prison System, and Black and African-American people with mental health issues, particularly those having to do with psychosis, are more likely to be currently imprisoned, and imprisoned in general.

February 16 - Dr. Daniel Hale Williams performed the world's first successful heart surgery in 1893. He also opened the first interracial hospital and nursing school in the country and helped organize the National Medical Association for Black professionals.

February 17 - Suicide consideration rates in Black/African-American transgender or nonbinary youth were 59.5% higher than than cisgender LGBT youth.

February 18 - Suicide attempt rates in Black/African-American transgender or nonbinary youth were 85.7% higher than than cisgender LGBT youth.

February 19 - Today, W.E.B Du Bois organizes the "Pan-African Congress", an organization for equality of life and economic opportunity, and against imperialism.

February 20 - In a study done by the Trevor Project, Black LBGT youth were asked why they were unable to get the mental health care that they wanted. 56% of transgender or nonbinary participants, and 49% of cisgender participants stated that they couldn't afford it.

February 21 - Nearly 25% of Black LGBT youth in foster care attempted suicide in the past year (2020).

February 22 - Today, Frank E. Peterson was named the first Black general in the United States Army.

February 23 - According to the CDC, Black mothers die at nearly four times the rate as white mothers during or as a result of childbirth.

February 24 - President Barack Obama signed the 2010 Healthy, Hunger-Free Kids Act into law. This program, championed by Michelle Obama, led to lunches with better nutritional quality for millions of children.

February 25 - Black people in the US are the least likely to be included in research studies in recent years. This, no doubt, is a testament to a lack of representation in the medical field.

February 26 - Recently, anatomical artist and medical student Chidiebere Ibe has been revamping the medical field by drawing almost exclusively African-American bodies in anatomical drawings. This is significant because many skin conditions can look different on darker skin, and simply due to the humanisation of Black people that has been denied in the medical field for centuries.*

February 27 - Affecting most minorities, including especially Black and African-Americans, RBST (Race Based Traumatic Stress) is a recently coined umbrella term referring to mental and emotional injury brought on by racist encounters of all and any sorts. According to MHA Nation, African-American people and BIPOC are currently at the highest risks of the condition in the United States

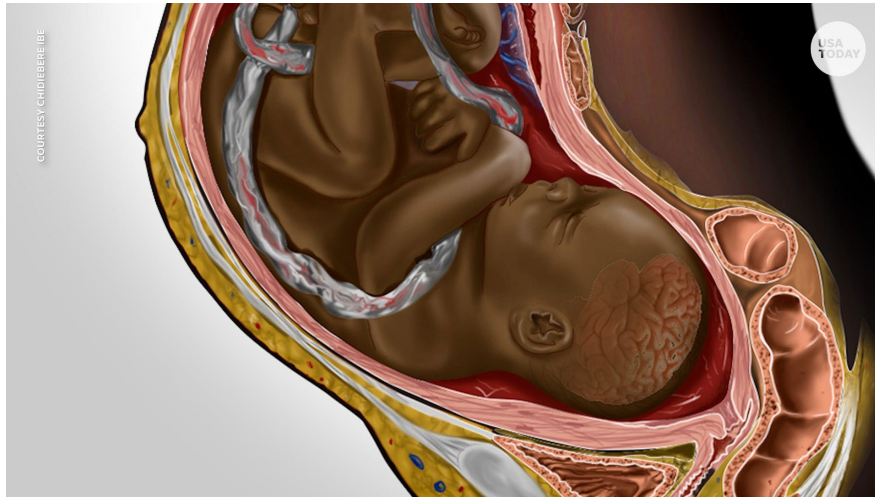
February 28- If you or someone you know is suffering due to systemic racism, homophobia, or the trials of everyday life, click the link below for an informational card of resources made by and for Black and African-American people.
<https://Blackmentalhealthmatters.carrd.co/#resources>

Daily Fact Extended Versions* and Additional Facts/Resources Used

NOTE: Studies used overwhelmingly took place in the year 2020, including the studies done by MHAN, The Trevor Project, and the CDC.

February 5 - A popular problem for the Black community is a distrust of the medical field that stems from racism and bigotry. An example of this is the Tuskegee Study, which targeted Black men as a subject for a study on syphilis, in which the subjects were treated with disrespect, their consent was not collected, payment was in the form of free meals and burial rights, and the surviving men were not treated for the illness after a treatment had been discovered a decade later. It wasn't until three decades later that the survivors were contacted and another decade later that treatment was extended to their families. There were 600 men involved in the study, 200 of which did not have the illness at all.

February 26 - Recently, anatomical artist and medical student Chidiebere Ibe has been revamping the medical field by drawing almost exclusively African-American bodies in anatomical drawings, as pictured below. This is significant because many skin conditions can look different on darker skin, and simply due to the humanisation of Black people that has been denied in the medical field for centuries.



(above art by Chidiebere Ibe)

<https://youtube.com/playlist?list=PL8dPuuaLjXtNYJ08JWpX02JP0ezgxrJJ>

<https://www2.census.gov/programs-surveys/sis/resources/bhm-ff.pdf>

<https://www.mhanational.org/issues/Black-and-african-american-communities-and-mental-health>

<https://mhanational.org/bipolar-disorder-and-Black-americans>

<https://www.thetrevorproject.org/research-briefs/all-Black-lives-matter-mental-health-of-Black-lgbtq-youth/>

https://www.nrcs.usda.gov/Internet/FSE_DOCUMENTS/nrcs141p2_015471.pdf

<https://www.cdc.gov/tuskegee/timeline.htm>

<https://www.npr.org/2017/12/07/568948782/Black-mothers-keep-dying-after-giving-birth-shalon-irvings-story-explains-why>

<https://youtu.be/56gqCXlUCoE>

<https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/Black-African-American>

<https://www.nbcnews.com/news/nbcblk/meet-student-bringing-Black-illustrations-medical-field-rcna8277>

<https://www.mhanational.org/racial-trauma>

<https://www.childrensdefense.org/>

<https://www.hhs.gov/surgeongeneral/about/previous-surgeon-generals/index.html>

<http://www.columbia.edu/cu/charlesdrewsociety/history.html>

<https://columbiasurgery.org/news/daniel-hale-williams-and-first-successful-heart-surgery>

<https://sph.washington.edu/news-events/news/obama-era-school-nutrition-policy-led-better-diets-students-faces-changes>