



# THE HEALTH EQUITY NEWSLETTER

**Nassau County Department of Health**

*Lawrence Eisenstein, MD, MPH,  
FACP, Commissioner*

*Carolyn V. McCummings, MPH,  
PhD, Director*



## **Mental Health Status, Use of Services, and Disparities**

*From:*

<https://www.psychiatry.org/File%20Library/Psychiatrists/Cultural-Competency/Mental-Health-Disparities/Mental-Health-Facts-for-African-Americans.pdf>

Racial/ethnic, gender, and sexual minorities often suffer from poor mental health outcomes due to multiple factors including inaccessibility of high quality mental health care services, cultural stigma surrounding mental health care, discrimination, and overall lack of awareness about mental health.

The following information provides a snapshot of the current state of mental health of minority populations and some factors that may contribute to mental health disparities among African Americans.

### IN THIS ISSUE

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**A WORD FROM THE DIRECTOR  
OF HEALTH EQUITY DR. C.  
MCCUMMINGS**

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**MENTAL HEALTH STATUS,  
USE OF SERVICES, AND  
DISPARITIES**

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**NATIONALSTROKE  
AWARENESS MONTH 2022**

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**A HEALTHY AND HAPPY  
MOM IS A BETTER MOM  
TOP 10 HEALTH TIPS FOR  
BUSY MOMS.**

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**EARLY INTERVENTION**

- Rates of mental illnesses in African Americans are similar with those of the general population. However, disparities exist in regard to mental health care services. African Americans often receive poorer quality of care and lack access to culturally competent care.
- Only one-in-three African Americans who need mental health care receives it.
- Compared with non-Hispanic whites, African Americans with any mental illness have lower rates of any mental health service use including prescriptions medications and outpatient services, but higher use of inpatient services.

Compared with the general population, African Americans are less likely to be offered either evidence-based medication therapy or psychotherapy.

- Compared with whites with the same symptoms, African Americans are more frequently diagnosed with schizophrenia and less frequently diagnosed with mood disorders. Differences in how African Americans express symptoms of emotional distress may contribute to misdiagnosis.
- Physician-patient communication differs for African Americans and whites. One study found that physicians were 23% more verbally dominant, and engaged in 33% less patient-centered communication with African American patients than with white patients.

- Black people with mental health conditions, particularly schizophrenia, bipolar disorders, and other psychoses are more likely to be incarcerated than people of other races.

### **Barriers to Care**

Despite recent efforts to improve mental health services for African Americans and other minority groups, barriers remain regarding access to and quality of care. The barriers include:

- Stigma associated with mental illness
- Distrust of the health care system
- Lack of providers from diverse racial/ethnic backgrounds
- Lack of culturally competent providers
- Lack of insurance, underinsurance

Other common barriers include: the importance of family privacy, lack of knowledge regarding available treatments, and denial of mental health problems. Concerns about stigma, medications, not receiving appropriate information about services, and dehumanizing services have also been reported to hinder African Americans from accessing mental health services.

To learn about best practices for treating diverse populations and to get answers to your questions by leading psychiatrists, please visit APA's Cultural Competency webpage at <https://www.psychiatry.org/psychiatrists/cultural-competency>.

## **A WORD FROM THE DIRECTOR OF HEALTH EQUITY**

This month we acknowledge Mental Health Awareness, from May 1-31. For many years' health professionals have understood the importance of educating residents on how to recognize signs of mental instability, which is often triggered by stress. Over the past 2 1/2 years, the stress and uncertainty in all our lives has increased tremendously thus increasing the number of people who are reporting to have mental health challenges. In the African American community, mental health issues are often intensified by other disparities including but not limited to living conditions, financial instabilities and general medical health. As a result, African American adults are 20 percent more likely to report serious psychological distress than white adults. Unfortunately, seeking mental health care is stigmatized within many black communities, and just one in three African Americans who struggle with mental health issues will ever receive appropriate treatment. Please join me this month and beyond to raise awareness about mental health and work together to break stigmas and re- shape the approach to mental health in a new, positive way. Check in on family, friends, neighbors and colleagues. Ask if you can help. Acknowledge their challenges and help, even if it is just to listen. Remember, we are in this together as a team, as a community, as one.

## NASSAU COUNTY'S 24/7 BEHAVIORAL HEALTH HELPLINE

### ***Nassau County Mobile Crisis Team*** ***The Team comes to you!***

- The Mobile Crisis team consists of licensed professional social workers and nurses who are specially trained to help individuals, and their families, with mental health problems.
- If you or a family member is experiencing a mental health crisis call the Team. Social workers and nurses travel to homes, schools, work-sites and other locations in Nassau County.
- The Team responds in the same day and provides supportive crisis intervention for children and adults who are experiencing an emotional disturbance, interpersonal crisis or psychiatric emergency.
- Calling the Team is an alternative to calling the police or driving to a psychiatric emergency room when an individual is in crisis.
- Team members assess individuals in their environment and evaluate their psychological condition.
- The Team will make a referral to the most appropriate program, resource or facility to ensure the safety and wellbeing of the individual.
- In addition, the Team will follow up on all referrals to ensure that they took place, and to assist with any barriers or obstacles to getting treatment.
- To access the Mobile Crisis Team call 227-TALK (227-8255). A social worker will take some information and a member of the Team will call you back for a brief telephone intake.
- The Mobile Crisis Team responds seven days a week from 10:00am to 11:00pm.
- From 11:00pm to 10:00am crisis counselors are available to speak with on the phone and the Mobile Crisis Team will follow up with callers the next day.





## National Stroke Awareness Month

National Stroke Awareness Month is an annual event held within the United States. The aim of National Stroke Awareness Month is to make Americans aware that they may be able to 'Save A Life' of a person experiencing a stroke.

The National Stroke Awareness Month is run by the National Stroke Association who help individuals 'Save A Life' by educating them about:

- stroke risk factors
- stroke symptoms
- stroke preventative measures

National Stroke Awareness Month is also a timely reminder of stroke survivors and how organizations such as the National Stroke Association supports stroke survivors through their lifelong journey of recovery.

The National Stroke Awareness Month program places emphasis on making the public aware about Acting FAST.

According to the National Stroke Association, a person experiencing a stroke can be treated if people have acted FAST - 80% of strokes can also be prevented.

**FAST** being an acronym for things to check in a suspected stroke victim:

- **F - Face** / Does the face droop on one side when the person smiles?
- **A - Arm** / After raising both arms, does one of the arms drift downwards?
- **S - Speech** /After repeating a simple phrase, does the persons speech sound slurred or strange?
- **T - Time** / If any or all of the above are observed call for 9-1-1 (if in US ) and ask for medical assistance.



## A Healthy and Happy Mom Is a Better Mom

### Top 10 health tips for busy moms.

from:

<https://www.psychologytoday.com/us/blog/the-heart/201406/healthy-and-happy-mom-is-better-mom>

If you're a mom, your world most likely revolves around your children. Being a parent definitely brings incredible joy and is one of the most rewarding jobs in the world, but it's also very exhausting. Moms are on duty 24/7, with no weekends or sick days off. Our kids are the most important things in our lives, but sometimes we can get so caught up and focused on them that we forget to take care of ourselves.

Self-neglect and ignoring your personal needs can then make you feel tired, stressed, worn out, and unhealthy. In fact, the less you focus on your needs, the less vibrant and healthy you will feel plus the more difficult it becomes to deliver on your kids' needs. When you take the time to focus on yourself and your needs, you will not only have more energy, but you will also be healthier and happier, and have better interaction with your children hence become a better mom.



So how do you stay healthy and happy when you're struggling to manage a million tasks and be the best mom possible as well? Here are some simple and realistic ways you can become healthier—no matter how busy you are:

1. **Don't skip breakfast.** You're vigilant about making sure your kids get a healthy breakfast every morning, but what about you? A simple cup of coffee is not the perfect healthy way to start your day. Breakfast is the most important meal of the day because it sets the tone for your entire day.

2. **Snack Smartly.** Cut up veggies (celery, bell peppers, cucumbers, etc.) and fruits in advance and place in individual Ziploc bags in the refrigerator so you can grab an easy, healthy snack when you're on the go. Healthy snacks and mini meals throughout the day are a great way to keep energy levels high.

3. **Eat right.** Avoid highly processed and fast foods, stay away from excess sugar, and focus on a healthy diet comprised of wholesome fresh foods. Increase your consumption of vegetables, fruits, and whole grains and, if possible, eat organic.

4. **Don't buy foods you know you shouldn't be eating.** Avoid buying junk foods such as chips, cookies, sodas, and/or ice cream. You know it's harder to resist these foods when they're in the house; and if you're buying them for the kids, just stop—they don't need them either.



5. **Exercise.** Don't let your workout get pushed off. Schedule your exercise just like you would an important work meeting or a parent-teacher conference. Try scheduling your exercise at the same time every day either first thing in the morning or in the evening when you have the most time.

6. **Stay hydrated.** Drink plenty of water throughout the day to avoid dehydration. Mild dehydration can affect your body even before you know you're thirsty, and it may leave you with a headache, fatigue, or lack of energy.

7. **Get enough sleep.** Getting adequate sleep is not only important for your health, but it also helps boost your mood and reduces stress.

8. **Relax.** Take the time to relax and de-stress. Stop and breathe (slowly and deeply), refocus and regroup. Perhaps try yoga or meditation.

9. **Find some time for yourself.** You deserve a break every once in a while. Plan for at least three hours a week for some alone time, walk around the mall, cuddle up somewhere quiet and read a book, give yourself a facial, or take a long relaxing bath.

10. **Be positive.** Change your thinking from negative to positive and you can drastically change your life with appreciation and gratitude.



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## RECIPE OF THE MONTH

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### Strawberry Spinach Salad

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#### Ingredients

2 tbsp. fresh lemon juice  
1/2 tsp. Dijon mustard  
1/4 c. extra-virgin olive oil  
Kosher salt  
Freshly ground black pepper  
5 c. packed baby spinach (5 oz.)  
2 rotisserie chicken breasts, cut into  
1/2" pieces  
2 c. thinly sliced strawberries  
3/4 c. chopped toasted pecans  
1/4 small red onion, thinly sliced  
5 oz. feta, crumbled

#### Directions

- In a large bowl, whisk the lemon juice with the mustard. While whisking, slowly pour in the oil until the dressing is combined. Season with salt and pepper.
- Add spinach, chicken, strawberries, ½ cup pecans, and onion to the bowl with the dressing and toss to combine.
- Pile salad onto plates and top with the remaining pecans and a generous crumbling of feta.

<https://www.delish.com/cooking/recipe-ideas/a27077746/easy-strawberry-spinach-salad-recipe/>



**BRUCE A. BLAKEMAN**  
NASSAU COUNTY EXECUTIVE

## SERIE “VAMOS A CONVERSAR ACERCA DE SALUD MENTAL”

*Rompiendo el Ciclo, Sanando  
a Nuestra Comunidad.*



Únase a nosotros mientras  
nos reunimos para crear  
conciencia acerca de salud  
mental, disminuir el estigma, y  
así aumentar el conocimiento  
sobre el acceso a recursos en  
nuestra comunidad.

### PRESENTADORES:



**CLAUDIA M. BOYLE, LMHC**  
*Directora Ejecutiva del  
Hispanic Counseling Center*  
Tema: Salud Mental en los adultos



**YVETTE DIAZ-SCANNAPIECO, LCAT**  
*Terapista de salud mental en el  
Hispanic Counseling Center*  
Tema: Salud Mental de nuestros jóvenes

**Jueves 19 de Mayo de 2022**  
**6:00pm-7:30pm**



Hispanic  
Counseling  
Center

Haga clic en el enlace de registro  
a continuación: Haga Click Aquí



Escanear  
código QR



Nassau County Department of Health  
Office of Health Equity

**OFFICE OF MENTAL HEALTH, CHEMICAL DEPENDENCY AND  
DEVELOPMENTAL DISABILITIES SERVICES**

60 Charles Lindbergh Boulevard, Uniondale | 516-227-7057





## ADELPHI NY STATEWIDE BREAST CANCER HOTLINE & SUPPORT PROGRAM

*invites you to join us for a free online educational forum*



### Screening and Diagnosing Breast Cancer

**Tuesday, May 3, 2022 (4:00 - 5:00 pm)**

**This forum will be held on Zoom in Spanish but will be translated in English.**



In this forum, we will be discussing current breast cancer screening recommendations for women. Dr. Reyes will guide you through the diagnostic workup for breast cancer and what to expect after a breast cancer diagnosis.



**Sylvia A. Reyes, MD, MBS**  
Breast Surgical Oncologist,  
Mount Sinai Union Square

#### **REGISTRATION:**

To register, visit <https://bit.ly/3Nuz9ZY>

For more information call Adriana Valencia at 516.877.4371.

#### **LOGIN INFORMATION:**

The zoom meeting login information will be sent to you upon registration.  
Using the link we send to you, please log on by 4 pm. Make sure your microphone is on mute.

*The 2022 educational forums are sponsored by  
The Junior Coalition of the Manhasset Women's Coalition against Breast Cancer  
and Northwell Health Cancer Institute*

**[breast-cancer.adelphi.edu](https://breast-cancer.adelphi.edu)**

# Returning to Cancer Screening

Virtual Forum with the Experts

On Zoom and Facebook



Don't miss the date!

**May 12, 2022**

6:00 PM-7:30 PM



**Carolyn McCummings**

Director of the Office of  
Health Equity

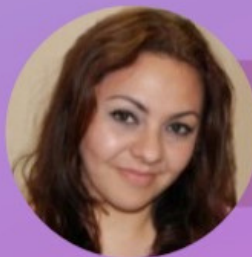
**Sara Parise**

Director of the Cancer  
Services Program of Nassau  
County



**Angelica Medina**

Outreach Program Supervisor  
Adelphi NY Statewide Breast  
Cancer Program



Nassau County Department of Health  
Office of Health Equity



Nassau

**Cancer Services Program**

Your partner for cancer screening, support and information



**SISTERS UNITED IN HEALTH**  
An initiative for breast health

# JOIN THE CONVERSATION

WE WANT TO HEAR FROM YOU!



**Stony Brook Cancer Center is conducting Focus Groups throughout Nassau and Suffolk Counties and NYC to address the needs of the community regarding Prostate Cancer**

**TO QUALIFY YOU MUST:**

- Be a person with a prostate
- Be age 40 + years
- Have not been diagnosed with prostate cancer in the past/ currently
- Identify as Black, African American or Afro-Caribbean
- Live in New York City, Nassau, or Suffolk County
- Be fluent in English

**Gift cards will be provided to all participants.**

**Groups will be held virtually due to Covid guidelines.**

**Groups will be facilitated by Stony Brook Medicine Physicians**



**Dr. Jedan Phillips**



**Dr. Yuri Jadotte**

**To sign up please contact:**

**Giuseppina: (631) 456-9418**

**Jackie: (631) 459-9289**

**COE@stonybrookmedicine.edu**



**Stony Brook  
Cancer Center**

Program supported by: Pfizer Inc., Walmart, Whole Foods Market





# Maternal Mental Health Matters

A Wellness Workshop for New and Expecting Parents

**Saturday, May 14th, 2022**

10:00 AM - 1:00 PM via Zoom

Register here:



Self-care  
Education  
Creative expression  
Movement  
Mindfulness  
Support

Facilitated by graduate interns  
Becky, Audrey and Helena

Featuring guest speakers:



Te-Ana  
Souffant  
Lead Doula,  
Founder/CEO  
of The Arch



Angela  
Williams-  
Hunte,  
LCSW



Hosted by Helping Hands  
Psychotherapy in  
collaboration with the  
Postpartum Resource  
Center of New York

## Nassau County DOH Information

### EARLY INTERVENTION

Early Intervention (EI) is a voluntary developmental evaluation and services program offered by New York State and administered locally by the Nassau County Department of Health Office for Children with Special Needs. The County Early Intervention Program is subject to State regulations (see New York State's publication "A Parent's Guide to the Early Intervention Program" for more information). To be eligible for EI services, children must be under 3 years of age and have a confirmed disability or established developmental delay, as defined by New York State, in one or more of the following areas of development: physical, cognitive, communication, social-emotional, and/or adaptive. Evaluations are conducted to determine eligibility. A variety of therapeutic and support services are offered to eligible infants and toddlers with disabilities and their families.

The journey of your child's early years includes many developmental milestones for how he or she plays, learns, speaks, and acts. Talk with your child's doctor about these milestones. Not reaching these milestones, or reaching them much later than other children, could be a sign of a developmental delay.

**For more information call 516-227-8661**



Major provisions of the program include:

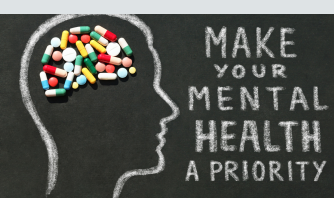
- Identification and referral of children at risk or suspected of disability by primary referral sources
- Periodic developmental screening and tracking of at risk children
- Service coordination for eligible children and families
- A multidisciplinary evaluation provided at no cost to parents to determine eligibility
- Individualized Family Service Plans (IFSPs) for eligible children and families
- Provision of early intervention services in the IFSP at no cost to parents
- Delivery of services in natural settings in the community where children of the same age are typically found, to the maximum extent appropriate



## FAST FACTS

**Percent of African Americans with Mental Illness: 17%**

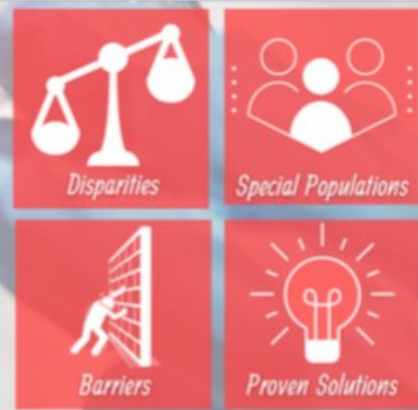
**Percent of Hispanic Americans with Mental Illness: 15%**





# VACCINE EQUITY

## Lunch & Learn Series



**May 11th, 2022**

### Vaccine Equity and the Faith Community: Exploring Vaccine Uptake and Initiatives Within the Muslim Community

Understand the role of faith communities and collaborations in addressing vaccine equity within the Muslim community with **Dr. Ghada Khan, MPH, DrPH, Executive Director of American Muslim Health Professionals.**

**REGISTER**



**June 15th, 2022**

### Vaccine Equity: Lessons Learned from the COVID-19 Pandemic

Learn about disparities in vaccine uptake and identify strategies to reduce them with **Dr. Rachael N Reed, DrPH, MPH, Chair and Assistant Professor of Dillard University School of Health and Wellness.**

**REGISTER**



## MORE SESSIONS TO COME!



## References

Mental Health Status, Use of Services, and Disparities:

From: <https://www.psychiatry.org/File%20Library/Psychiatrists/Cultural-Competency/Mental-Health-Disparities/Mental-Health-Facts-for-African-Americans.pdf>

A Healthy and Happy Mom Is a Better Mom

Cynthia M. Thaik M.D.

Top 10 health tips for busy moms.

from: <https://www.psychologytoday.com/us/blog/the-heart/201406/healthy-and-happy-mom-is-better-mom>

Strawberry Spinach Salad

from: <https://www.delish.com/cooking/recipe-ideas/a27077746/easy-strawberry-spinach-salad-recipe/>

Fast Fact: Black Women's Maternal Health:

A Multifaceted Approach to Addressing Persistent and Dire Health Disparities

<https://www.nationalpartnership.org/our-work/health/reports/black-womens-maternal-health.html>

Early Intervention

from:

<https://www.nassaucountyny.gov/3899/Early-Intervention>

Nassau County Mobile Crisis

from: <https://www.nassaucountyny.gov/1690/Mental-Health-Chemical-Dependency-Develo>

from: <https://www.nassaucountyny.gov/1711/Mental-Health>