

Burlington County

**NPHC**

National Pan-Hellenic Council, Inc.



# Virtual Healthcare Symposium

Sunday, November 20, 2022

2:00pm until 4:00 pm

## Prioritizing & Investing in Our #MentalWealth

[Michael D. Hannon, PhD, LAC, NCC](#)

Associate Professor, [Department of Counseling,  
Montclair State University](#)

Counselor, [The Center for MARCUS](#)

Co-Founder, [Greater Expectations Teaching &  
Advocacy Center \(GETAC\)](#)

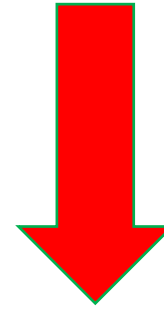


@drmdhannon





# What do I mean when I use the term, "mental health"?



Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community...[it] underpins our...abilities to make decisions, build relationships and shape the world we live in...and it is crucial to personal, community and socio-economic development.

(World Health Organization, n.d.)

**Why do I need  
to know this?**



# *How has C-19 affected our community?*

According to the [Centers for Disease Control & Prevention \(CDC\)](#), people of African descent in the United States, in comparison to White identified people:

- ✓ Are 1.1x more likely to be diagnosed with C-19
- ✓ Are 2.3x more likely to be hospitalized
- ✓ Are 1.7x more likely to die

[Reyes \(2020\) reported in the \*Health & Human Rights Journal\*](#), that the death rate for African-Americans was 97.9 per 100K, which was:

- ✓ a third higher than for Latinos (64.7/100K)
- ✓ more than double for Whites (46.6/100K) and Asians (40.4/100K)





Next Steps



# Three ways to prioritize and invest in your mental wealth

## Harness Your Courage!!

- ✓ Be courageous in acknowledging that something has you feeling/living in ways that aren't as healthy as you want



# Three ways to prioritize and invest in your mental wealth

## Identify an Accountability Partner!



- ✓ Mental health professionals believe in the transformative power of sharing (with someone) your victories, challenges, and the things in between.
- ✓ Tell someone you are struggling and allow them to help push you to get some professional support!



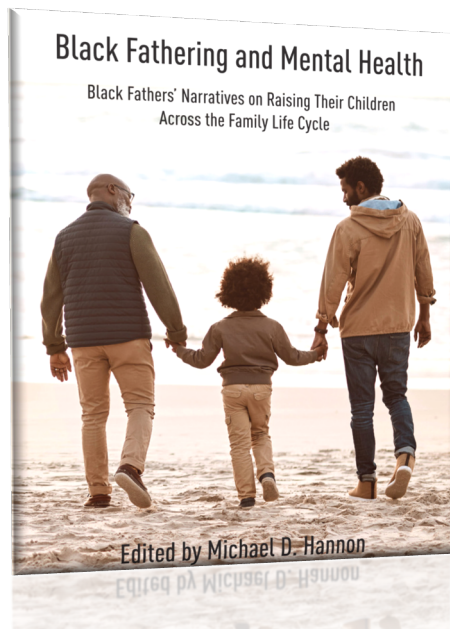
# Three ways to prioritize and invest in your mental wealth

## Do Your Homework and Seek Help!



- ✓ [NJ Clinicians of Color Directory](#) (developed from [Psychology Today](#))
- ✓ [Therapy for Black Girls](#)
- ✓ [Counselors for Social Justice-National Directory for Clinicians of Color & Other Minoritized Identities](#)

# *Let's Stay Connected!*



@drmdhannon

@blackfatheringandmentalhealth



@drmdhannon



@Michael Hannon



@Michael Hannon, PhD, LAC,  
NCC

## Email

hannonmi at montclair dot edu

mhannon at getac dot org

## Web

<https://bit.ly/HannonMSU> (Presentation handouts  
here, too)

<https://bit.ly/BlackDads> (Book info here)