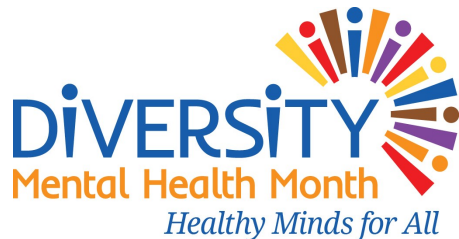


# A Listening Ear



On the evening of June 17<sup>th</sup>, 2015, a young man named Dylann Roof entered the Emanuel African Methodist Episcopal Church with nefarious purposes. Motivated by racial hatred, Dylann stepped into the church and proceeded to shoot upon the crowd, killing nine innocent churchgoers. His actions, examples of extreme hostility and racism, have again stoked the kindling embers of implicit racism and evoked conversations from clergyman, law enforcement, and top political figures.

Racial and ethnic prejudices are still prevalent even in the forward thinking 21<sup>st</sup> century, but what should be the reaction of the counseling field? The American Counseling Association's Code of Ethics (A.7.a) states that counselors have an ethical responsibility and calling to "advocate at individual, group, institutional, and societal levels to address potential barriers and obstacles that inhibit access and/or the

growth and development of clients" (American Counseling Association, 2014).

Although the incident in Charleston, South Carolina is a blatant example of the challenges faced by minorities in America, many individuals struggle with the quieter, more implicit barriers and obstacles that comes from a minority status.

The Office of Minority Health (2009) of the Department of Health and Human Services state that African Americans are 30% more likely to be diagnosed with mental illness than European Americans, and these diagnoses tend to be disproportionately more severe, causing a higher rate of hospitalization than the national average. The challenges faced by African Americans clearly impede the growth and development of minority clients and therefore are a decisive and ethical issue for multicultural counselors.

*Andrew Lightfoot*

## Staff Spotlight *Drew Lightfoot*



Drew Lightfoot is a master's level counseling intern at Daemion Counseling Center. He works with both individuals and couples dealing with issues such as anxiety, depression, and interpersonal conflicts, and has a specialty in

working with autism and intellectual disabilities. Drew is finishing up his graduate degree at Wilmington University and is hoping to eventually pursue doctoral studies in the field.

### **Services:**

#### ***Individual Counseling***

***Women***

***Adolescents***

***Men***

#### ***Couples Counseling***

***Groups***

***Drug & Alcohol***

***Evaluations***

***Anger Management***

***Evaluations***

***10- week Program***

**Depression**

**Anxiety**

**Relationship Issues**

**Effective Communication**

**Separation/ Divorce**

**Peer Relationships**

**Parenting Concerns**

**Academic**

**Underachievement**

**Grief and Loss**

**Identity Development**

**Self Esteem**

**Adjustment**

**Trauma**

**Coping Skills**

**Family Conflict**

**Career Counseling**

*Still a place to be heard after over 40 years!*  
Daemion Counseling Center is a grass-roots, community-based mental health counseling center operating continuously since 1970 to serve individuals (ages 14 and older), couples, and families in the Philadelphia metropolitan area. We offer evidence-based practices for clinical mental health counseling, Drug and Alcohol Evaluations, and an individualized Anger Management program. Our professional staff works closely with each individual to develop and achieve client-initiated goals.

## Stigma

### WHAT IT IS AND WHY IT MATTERS

One's racial or ethnic background is a factor in whether people seek help, what types of help they seek, what coping styles and social supports they have, and how much stigma they attach to mental illness.

What is stigma? Stigma is an attempt to label a particular group of people as less worthy of respect than others. It's a mark of shame that results in discrimination.

Stigma often leads to inadequate insurance coverage for mental health services and may also lead to fear, mistrust, and violence against people living with mental illness and their families. Family and friends may even choose to disassociate themselves with people they know who have mental illness.

<http://www2.nami.org/ContentManagement/ContentDisplay.cfm?ContentFileID=5148>

<file:///C:/Users/Reception/Downloads/Fact-Sheet---diverse-populations.pdf>

## Fast Fact:

**One national study, in 2008, found that African Americans, Latinos, and Asian Americans were all less likely than whites to receive any mental health treatment.**

**Among those with past-year depression, 69% percent of Asians, 64% percent of Latinos, and 59% percent of African Americans did not access any treatment, compared to 40% percent of whites.**

*American Psychiatric Association*

<file:///C:/Users/Reception/Downloads/Fact-Sheet---diverse-populations.pdf>

**Connection Call: 1 in 5 Americans live with a mental disorder. What percentage of people with a diagnosable mental illness do not seek treatment? 23% 45% 67%**

**Call 610-647-1431 to find out!**

<http://www2.nami.org/ContentManagement/ContentDisplay.cfm?ContentFileID=5148>

## Break the Stigma

*What can YOU do?*

### Use respectful language

Use person-first phrases like "a person with schizophrenia" instead of "a schizophrenic."

Never use terms like crazy, lunatic, psycho, retarded. Correct those who do.

**Provide professional development** opportunities for staff, regarding diversity and mental health issues.

**Speak out and challenge stereotypes** portrayed in the media.

**Take it upon yourself to inform** your community about the truth of mental illness.

**Spread understanding** that these are illnesses like any other.

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MENTAL HEALTH AWARENESS MONTH

## Daemion Counseling Center

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**We accept the following insurance: Amerihealth, Health Partners Essential, Highmark Blue Shield, Independence Blue Cross (FEP), Keystone Health Plan East, Keystone Health Plan East Children's Health Insurance Plan (CHIP), KIDZPartners (CHIP members), Personal Choice.**