



Sisters Mental Mobilized (SMM): A Community-Defined Evidence Based Practice (CDEP) and Intervention to Decrease Mental Health Stigma, Anxiety, and Isolation in Black Women powered by California Black Women's Health Project (CABWHP)

Expanded CDEP Highlights and Conclusions

Black women in the U.S. face disproportionate barriers to high-quality, affordable, and culturally responsive mental health care. The lack of culturally specific resources and societal factors that raise depressive disorder risk deepen a mental health crisis affecting Black women.

In response, the Sisters Mentally Mobilized CDEP was grounded in the intersecting factors affecting Black women's mental health, including, but not limited to institutional and systemic racism, intergenerational trauma, misogyny, economic disenfranchisement, community and interpersonal violence, ongoing stress and abuse, and over-reliance on faith alone.

The evaluation confirmed Sisters Mentally Mobilized as a highly effective intervention to counter the mental health stressors impacting Black women and to reduce to mental health stigma, isolation, and anxiety that Black women experience.

Recommendations

- The results from Sisters Mentally Mobilized:
- ✓ Validates the effectiveness of community-defined, evidenced based practices as a critical intervention to fill the gaps traditional programs that are not specifically designed to address the needs of Black women
 - ✓ Calls for continued public and governmental investments to replicate and scale CDEP's for Black women, children, youth, families, and communities
 - ✓ Underscores the need for county behavioral health departments to integrate SMM and other CDEPs as models of culturally responsive care

Acknowledgements

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Learn more about CABWHP and SMM: visit bit.ly/SMM-ATP or scan the QR code below



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CDEP Background and Description

Sisters Mentally Mobilized (SMM) is a group-level, gender specific, prevention and early intervention designed to reduce mental health stigma, anxiety, and isolation in Black women.

Designed to address the lack of culturally specific resources and societal factors that raise depressive disorder risk deepen a mental health crisis affecting Black women, the SMM CDEP consisted of two core program intervention components

- ❖ The **SMM-Advocate Training Program (SMM-ATP)**, a 10-12 week culturally specific mental health knowledge, advocacy, and empowerment training program
- ❖ The formation of culturally responsive and supportive **SMM-Sister Circles** focused on mental health outreach, education, and mobilization in the community

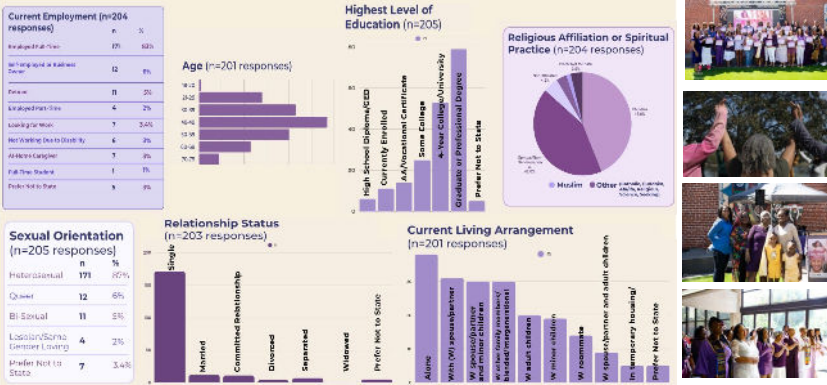


The Power of Community and Culture

- ❖ 200+ Black Women recruited
- ❖ Ages 19-99
- ❖ Los Angeles,
- ❖ Alameda/Bay Area
- ❖ Sacramento
- ❖ Inland Empire

SMM CDEP Cultural Elements

- Black-women staff and facilitators with lived experiences
- Black and African Ancestral Rituals
- Afro-Centric Art, Music, Dance, Literature, Poetry, and Curriculum Design
- Storytelling and Oral Tradition



SMM CDEP Mixed-Method Evaluation Design and Results:

Select CDEP Results:

- ❖ 98% of SMM Sisters reported that SMM was a culturally affirming experience for Black women
- ❖ 95% of SMM Sisters agreed that SMM helped them to have a greater understanding of mental health risk factors and symptoms affecting Black women and communities
- ❖ 94% of SMM Sisters expressed feeling more at ease to seek professional help for any mental health concerns they may have or develop
- ❖ 94% of SMM Sisters expressed feeling more empowered to address mental health stigma, isolation, and anxiety in their family or community

The Sisters Mentally Mobilized CDEP showed statistically significant ($p < .05$, one tailed) pre-to-post quantitative results related to: 1) gains in mental health knowledge, 2) reductions in mental health stigma, and 3) increases in confidence to talk about mental health