



Magellan Healthcare Provides Resources in Support of BIPOC Mental Health Awareness Month in July

June 24, 2022

FRISCO, Texas – June 24, 2022 – [Magellan Healthcare](#), the behavioral and specialty healthcare segment of [Magellan Health, Inc.](#), today announced resources and programs in support of Black, Indigenous and People of Color (BIPOC) Mental Health Awareness Month in July.

One in five Americans has been diagnosed with a mental health or substance use condition.^[1] While BIPOC experience relatively similar rates of mental health conditions as white people,¹ they face unique stressors that increase mental health vulnerability. Racism and discrimination are consistently found to be associated with poorer mental health.^[2] BIPOC are less likely to receive treatment for mental health or substance use conditions.¹ In 2020, 5.7% of Asian Americans, 9.4% of Black people or African Americans, and 10.7% of Hispanic or Latino people received mental health services, compared to 21% of white people.¹

Several factors contribute to BIPOC being less likely to receive treatment for mental health or substance use conditions, including a lack of insurance or being underinsured, cultural stigma, a lack of diversity and cultural competence among mental healthcare providers, language barriers, and distrust in the healthcare system.^[3]

“Although we are making progress in breaking down mental health stigma and addressing other barriers to care, there is still much to be done to ensure BIPOC get help when it’s needed,” said Samuel L. Williams, III, M.D., MBA, FAPA, child and adult psychiatrist, Magellan Healthcare medical director. “Mental health professionals who are culturally competent and culturally humble are [available](#) along with a variety of ways to access [support](#). We encourage BIPOC to reach out about any mental health concerns to start feeling better.”

To learn more about how to access life-changing support, please join Magellan’s webinar, “Navigating mental healthcare: Unique challenges faced by the BIPOC community,” on July 20.”

Upcoming Virtual Event

Wednesday, July 20 at 2:00 p.m. ET: Join the webinar, “Navigating mental healthcare: Unique challenges faced by the BIPOC community,” which will explore different roles in behavioral healthcare and overcoming stigma to help BIPOC feel more knowledgeable and comfortable reaching out for help. Presenters include Dr. Samuel L. Williams, III, M.D., MBA, FAPA, child and adult psychiatrist, Magellan Healthcare medical director; Karen Zelaya-Kendall, PhD, psychologist, Magellan Healthcare senior care manager; Edna Richardson, MSW, LCSW, LFD, Magellan Healthcare senior care manager; and Deborah Price, CFPS, Magellan Healthcare family support coordinator. Visit [here](#) for more information and free registration.

Additional Mental Health Support Resources

For BIPOC Mental Health Awareness Month and throughout the year, Magellan shares its clinical and recovery and resiliency expertise through free [resources](#) in various formats for adults and youth in communities across the country.

Magellan has several resources available to all individuals, especially those who may be feeling stress or anxiety during these unsettling and increasingly polarized times:

- Visit our [BIPOC Mental Health Awareness Month website](#) to find downloads and other materials covering [racism](#), [stigma](#) and more.
- Stay tuned to Magellan Healthcare social media ([Twitter](#), [LinkedIn](#), [Facebook](#)) for information and tools addressing BIPOC mental health.
- Visit the [Magellan Health Insights blog](#) for posts in July and beyond.

About Magellan Healthcare: [Magellan Healthcare, Inc.](#), the healthcare business unit of Magellan Health, Inc., offers solutions for complex conditions in the areas of behavioral health and medical specialty treatment. Magellan Healthcare serves commercial health plans, employers, state and local governments, and the Federal government, including the Department of Defense. For more information, visit [MagellanHealthcare.com](#).

About Magellan Health: [Magellan Health, Inc.](#) is a leader in managing the fastest growing, most complex areas of health, including special populations, complete pharmacy benefits and other specialty areas of healthcare. Magellan supports innovative ways of accessing better health through technology, while remaining focused on the critical personal relationships that are necessary to achieve a healthy, vibrant life. Magellan’s customers include health plans and other managed care organizations, employers, labor unions, various military and governmental agencies and third-party administrators. For more information, visit [MagellanHealth.com](#).

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[1] [2020 SAMHSA National Survey of Drug Use and Health \(NSDUH\) Adult Mental Health Tables](#)

[2] [“Racism as a Determinant of Health: A Systematic Review and Meta-Analysis”](#), [“Self-Reported Experiences of Discrimination and Health: Scientific](#)

[Advances, Ongoing Controversies, and Emerging Issues”, “Discrimination and Subsequent Mental Health, Substance Use, and Well-being in Young Adults”](#)

[3] [“Mental Health Disparities: Diverse Populations” American Psychiatric Association](#)

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