

African American Mental Health Training and Technical Assistance Program

Promoting Mental Health Among African American Youth During the Pandemic:

Addressing Depression, Anxiety, and Other Common Mental Health Disorders



Delane Casiano, MD



Karriem Salaam, MD

Description:

This training is to enhance overall professional growth and improve clinical skills to help support mental health in African American youth during the COVID-19 pandemic. Participants will learn how depression, anxiety and other mental health conditions are impacting this population.

Measurable Learning Objectives:

- List three common mental health conditions among all youth during the COVID-19 pandemic.
- Summarize three ways in which pandemic biopsychosocial stressors contribute to depression and anxiety among many African American youth.
- Discuss two examples of how lack of access to quality education disproportionately affects African American youth with Attention Deficit Hyper Activity Disorder and Learning Disorders during the COVID-19 pandemic.
- Describe two strategies in which schools, health care providers, and families can help to increase mental health awareness and reduce stigma among many African American youth during the COVID-19 pandemic.

About the Presenters:

Dr. Delane Casiano is an adult psychiatrist in Philadelphia, Pennsylvania. With specialization in cultural psychiatry and women's mental health, Dr. Casiano has worked with ethnically diverse populations in a multitude of health care settings. Through her work she is helping individuals overcome challenges with depression and other mental health problems. Dr. Casiano earned her medical degree from Morehouse School of Medicine. She completed her residency at the Hospital of the University of Pennsylvania. Dr. Casiano is a member of the American Psychiatric Association and Black Psychiatrists of America. She provides academic presentations and educational events for healthcare professionals and community members. The American Psychiatric Association and the National Institute of Mental Health have recognized her research examining cultural influences on mental health beliefs among African American men and women with depression. She collaborated with the Philadelphia Department of Behavioral Health to create a combined program of psychiatry and obstetrics/gynecology services for women. She also supervised multidisciplinary teams as associate medical director for the Princeton House Behavioral Health women's program.

Dr. Salaam earned his medical degree from Robert Wood Johnson Medical School in 2000, he completed a residency in General Psychiatry at Temple University in Philadelphia, Pennsylvania where he served as Chief Resident in 2004. Dr. Salaam completed a fellowship in Child & Adolescent Psychiatry at Thomas Jefferson University also in Philadelphia in 2006. Dr. Salaam currently serves as the Medical Director of Adolescent Services at Friends Hospital in Northeast Philadelphia and as a Clinical Assistant Professor of Psychiatry at Drexel University College of Medicine in Philadelphia, from 2006 to present. Dr. Salaam has been a Fellow of the American Psychiatric Association since 2017. He is Board Certified in Adult and Child & Adolescent Psychiatry since 2007. He is a founding member of Global Health Psychiatry, LLC. A company focused on decreasing the stigma of mental illness in communities of color, through education and community action, established in 2017.

**Friday, Oct 22, 2021
9:00am - 2:30pm**

4.5 Hours CE Credit

(30 min lunch break and two 10-min breaks will not be counted toward CE time awarded)

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