

University of Nebraska - Lincoln

DigitalCommons@University of Nebraska - Lincoln

Nebraska College Preparatory Academy Senior
Capstone Projects

Nebraska College Preparatory Academy

2020

The Lost Mind of a Culture

LaDaysia Smith

Follow this and additional works at: <https://digitalcommons.unl.edu/ncpacapstone>



Part of the [Bilingual, Multilingual, and Multicultural Education Commons](#), [Other Education Commons](#), and the [Secondary Education Commons](#)

This Article is brought to you for free and open access by the Nebraska College Preparatory Academy at DigitalCommons@University of Nebraska - Lincoln. It has been accepted for inclusion in Nebraska College Preparatory Academy Senior Capstone Projects by an authorized administrator of DigitalCommons@University of Nebraska - Lincoln.



The Lost Mind of a Culture

LaDaysia Smith

Nebraska College Preparatory Academy
Omaha North High Magnet School 2020
University of Nebraska- Lincoln

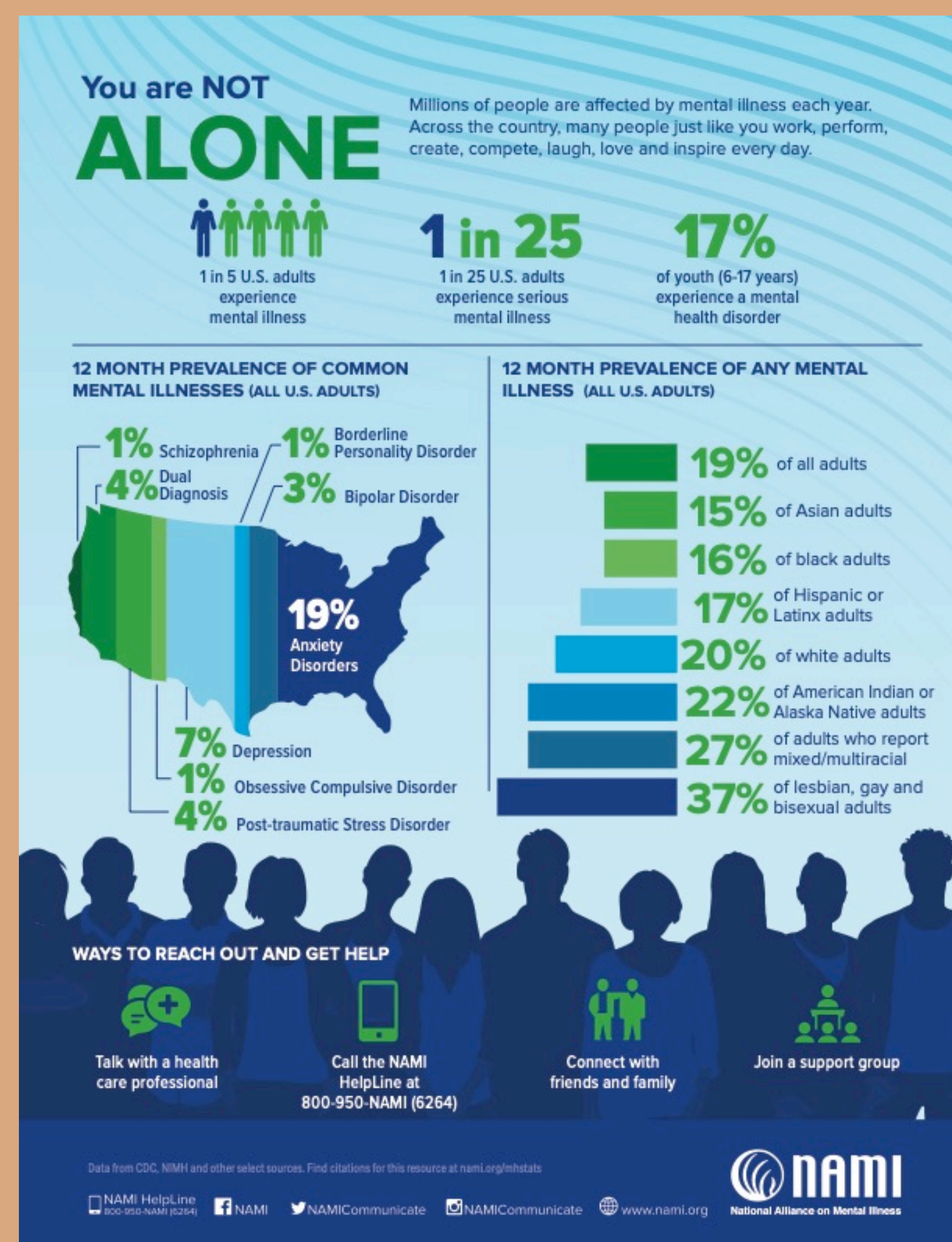


Abstract

The black community struggles with mental health just like every other community, group of people, or singular human beings but the difference because its rarely talked about. The black community has many generational traumas and silent codes that dictate what we discuss and who we discuss these things with. Suppressing your thoughts, emotions, illnesses, and issues is unhealthy and ineffective. As a whole community this research would like to find outlets to work on effective communication and iterating our emotions without creating traumatic experiences for other people wo look like them. This research will talk about generational trauma, the perception or role we take on of having to be strong, how bottling up emotions leads to substance abuse and suicide, and how it's difficult to open up to people who don't look like you and solutions. This topic was chosen because these are major issues seen in the black community that could be cleaned up or decreased if the black community start dealing with the issues that lie on the inside.

Key Points

- Generation Trauma and its continuous pattern
- Appearance Issues
- Opening Up to a Therapist that does not look like you
- Substance Abuse
- Suicide



Conclusion and Discussion

The world we live in today is filled with chaos and danger such as disease, murders, and terroristic events. With those being extremely important and urgent there is a battle within we need to fight. 60% of African Americans view mental health as weakness rather than illness. This means African Americans are less inclined to seek help professionally, socially or within their family. African Americans who suffer from depression are more inclined to suffer from a heart attack. The suicide rights in the black youth are also rising among other issues my research proves. The purpose of this dedicated time and research was to truly start the conversation most people in the black community are scared to bring to the table. I have personally seen the dangers of silence in my own family and seen it make rifts our environment. This research has given me a new profound purpose to not be afraid and advocate for mental health in my community.

Work Cited

Williams, Terrie M. *Black Pain: It Just Looks like We're Not Hurting: Real Talk for When There's Nowhere to Go but Up*. Scribner, 2009.

Hazzard, V., Picot, I., & Phillips, R. (2018). *The color of hope: people of color, mental health narratives*. Place of publication not identified

Latoya, Kirsty. Sinking in sorrow. 2016-2019. Painting, KirzArt <http://www.kirzart.com/portfolio>

Latoya, Kirsty. Mood. 2016-2019. Painting, KirzArt, www.kirzart.com/portfolio

Talks, T. E. D. (2018, October 18). Black Mental Health Matters | Phillip J. Roundtree | TEDxWilmington. Retrieved from <https://www.youtube.com/watch?v=meHVNJ5Y05g>.

Phillip J. Roundtree is a professional public speaker that has been public speaking since 2005.

Talks, T. E. D. (2018, November 2). Changing views on mental health in the Black community | Chante Meadows | TEDxKingLincolnBronzeville. Retrieved from <https://www.youtube.com/watch?v=czGblnXTx8M>.

John Head. (2005) *Black Men and Depression*.

