The COVID-19 pandemic is taking a heavy toll on mental health, finances, and mobility of people around the world, with more than 38,000 deaths in the United States since March 2020. The U.S. Service General V. Mark Madnick said this week that mental health problems are rising along with the number of people experiencing them.

Flurin Marty released a 42-page report on the mental health of the American people in the U.S. They say they now experience mental health issues that are more pronounced compared to the period between 2014 and 2019. This represents a 40% increase from previous years.

“By focusing on the mental health and well-being of our citizens, we can help create a culture of resilience that will help us emerge stronger from this crisis,” said Flurin Marty.

According to the report, existing programs lack support for the people in need, especially those in rural areas, and record shows that mental health issues are more prominent among professionals within the behavioral health field.

For example, the access to services that need to be used in White communities to combat mental health problems cannot be made available to Black communities, according to Calvera.

The pandemic has also changed the way people think about drug and substance abuse in America, according to the report. In the past, drug and substance abuse were typically seen as a problem to be solved by other people. But now, drug and substance abuse are recognized as a problem that needs to be solved by everyone, including those who are struggling with it.

The pandemic has also heightened awareness of the impact of mental health on financial stability, as well as the need for increased support for mental health care providers. The report notes that mental health care providers are facing an increased demand for their services, as more people are seeking help for their mental health needs.

In the United States, the pandemic has had a significant impact on mental health. According to a report by the American Psychological Association, almost everyone on the planet has experienced a mental health crisis in the form of flexible aid for mental health care.

Recently, a panel of experts released a 42-page report on the mental health of the American people in the U.S. They say they now experience mental health issues that are more pronounced compared to the period between 2014 and 2019. This represents a 40% increase from previous years.

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Which is why the North Carolina Education Lottery is proud to have provided more than $602 million in funding for scholarships and grants to help make college opportunities a reality. Because we believe every student deserves the chance to see their dreams come true.
Research suggests that the adult Black community is susceptible to serious mental health problems, such as Major Depressive Disorder or Generalized Anxiety Disorder. Additionally, Black emerging adults (ages 18-25) are more likely than older age groups to report rates of mental health problems and lower rates of mental health service utilization compared to White emerging adults, and older Black adults. The existing literature suggests that these mental health disparities among race and socioeconomic status are often exacerbated and mostly unaddressed. Further, research on mental health disparities for Black emerging adults is underdeveloped. Despite the limited research, there is a growing awareness of the mental health challenges faced by Black community members, and the importance of addressing mental health challenges in the Black community.

Addressing Mental Health in the Black Community

As noted, mental health is an essential part of overall physical health and satisfaction. The Black community suffers from an increased rate of mental health concerns, including anxiety and depression. The increased prevalence of psychological difficulties in the Black community is related to the lack of access to appropriate and culturally responsive mental health care, prejudice and racism inherent in the daily environment of Black individuals, and historical trauma enacted on the Black community by the medical field. Moreover, given that the Black community exists at the intersection of racism, classism, and health inequity, their mental health needs are often exacerbated and mostly unfulfilled. Issues related to economic insecurity, and the associated experiences, such as violence and criminal injustice, further serve to compound the mental health disparities in the Black population.

Research Surrounding the Black Community and Mental Health

By Thomas A. Vance, PhD

Mental Health Concerns

The Stigma Associated with Mental Health Concerns

The stigma surrounding mental health concerns is often difficult acknowledging and even discussing. Mental health issues, such as pastoral guidance and prayer often are the most preferred coping mechanisms. Desilgazinating mental health can be achieved by helping people, especially in the Black community, to understand that mental health is an essential part of overall health—just as healthy diet, sleep, and exercise.

These ideas often lead people to believe that a mental health condition is a personal weakness due to negative stereotypes of instability and attitudes of rejection. Because of the lack of information about mental health issues in the Black community, it is not always clear when one may need it or where to find help. There is also a need for improved cultural awareness and corresponding responsiveness in the health care and mental health workforce. Research has found that the lack of cultural responsiveness among health care providers, financial burden, and potential negative views of the therapeutic process may impact the provision of mental health services to the Black community. Luckily, with the rise of recognizing improved awareness related to mental health, the development of and funding for culturally responsive mental health treatment is increasing.

Culturally Responsive Mental Health Treatment

Culturally responsive mental health treatment is one way of addressing the disparities in psychological wellbeing in the Black community. Culture, a person’s belief, norms, and behaviors, plays a vital role in every aspect of our lives, including mental health. Being culturally responsive is a mental health provider’s ability to recognize and understand the role of culture, both the client and clinician’s and the ability to adapt the treatment to meet the client’s needs within their cultural framework. When meeting with providers, it is essential for clients to ask questions to gain a sense of their level of cultural competency. Many people often feel nervous or guilty about asking these hard questions, but providers usually expect and welcome questions as this helps them better understand the patient and their circumstances. Here are three tips clients could do to improve their cultural responsiveness:

A. Ask the provider about their treatment approach and if they provide care including ones’ culture.

B. Seek permission from someone who is aware and affirming of your intersecting identities (social categorizations such as race, class, and gender) that are overlapping and independent systems of discrimination or disadvantage) and your cultural background.

C. Be mindful that some providers do not use methods that involve a cultural treatment framework, so ensure your provider is culturally responsive and respectful of your needs and how to infuse these beliefs into treatment.

A mental health provider will play an essential role in treatment, and it is vital to work and communicate well with this person. It is important to know that each client’s social justice among the Black community will remain incomplete until mental health disparities among the group are addressed and that seeking mental health treatment is a part of overall health. The Black community has a long history of social change and progress, and mental health is not a sign of weakness, but an act of strength.

Thomas A. Vance, PhD is a Postdoctoral Clinical & Research Fellow at the Gender Identity Program at Columbia University Irving Medical Center.
HEAVY TOLL Continued from Front Page

Front-line health care workers are reaching Black providers, but they number just short of about 7% of all physicians in the U.S. According to data from the A.M.A., a report released in October 2021, Black physicians have not had the same access to the same level of educational resources, financial support, or professional networks. In addition, Black physicians are more likely to work in rural and underserved areas, where they may face additional challenges and barriers to success.

As a result, Black people suffer higher rates of certain health conditions. For example, Black people are more likely to have higher rates of heart disease, high blood pressure, and diabetes. They are also more likely to die from these conditions compared to white people.

NCORC Continued from Front Page

A school district's decision to ask that the Black History Month initiative be held during April instead of February will have far-reaching consequences for students and educators alike. While there is a growing recognition of the importance of Black History Month, there are still many challenges to overcome in order to make it a true celebration of Black culture and history.

A recent study by the National Center for Education Statistics found that less than 20% of U.S. public schools had a teacher of color in every grade level. This lack of diversity in the teaching workforce has been linked to lower student achievement and higher dropout rates. As a result, there is a need for greater investment in teacher education programs and for policies that support teacher diversity.

Mental Health

Mental Health

Several new programs and initiatives have been launched in recent months to address the mental health crisis. For example, the National Alliance on Mental Illness (NAMI) has launched a new campaign called “Because Everyone Has a Story,” which aims to reduce stigma and promote understanding of mental health conditions.

Another initiative is the National Suicide Prevention Lifeline, which provides 24/7 support to those in crisis or who are thinking about suicide. The lifeline offers confidential support in English and Spanish through trained counselors who can provide immediate support and guidance.

A hospital grant to expand mental health services at a rural hospital will make a significant difference in the lives of many people in the community. By providing access to mental health services, the hospital is taking an important step towards addressing the mental health needs of the community.

Gross receipts reported on the expanded list of tax forms can be used to calculate an economic loss for Phase 2, making the IRC very broad. Goodwill industries, see (tax forms, and other non-profit groups that gross receipts on Form 990. This may also provide a larger grant to organizations that primarily provide services.

On June 2, eligible businesses are still able to apply to Phase 2 online at nccc.gov. More detailed information and answers to Frequently Asked Questions are available on the agency’s or call 800-898-1100.
Main Americans watched in disbelief as former president Donald Trump, in an almost every rule established to define the boundaries of presidential power. While Democrats attempted to hold Trump accountable for his myriad misadventures, in October the Republican-led Senate, twice, to discipline the president. In Trump’s blatant disregard for the Constitution resulted in norm-busting practices which, if left to stand, may signal a failed democracy. While the executive and legislative branches of our government were obviously failing Americans, the judicial branch continued to safeguard our democracy by ruling against transnational norms. Many courts across the country continue to stand in the watchtower to protect our freedoms... but not always.

As chaos overrides every part of the American political system, the Supreme Court is required to buck the weight of partisan politics. The nation’s foundations have been shaken by this week’s revelation that Supreme Court Justice Clarence Thomas may have biased judicial decisions. While both the executive and legislative branches of our government were obviously failing Americans, one group was obvious. The judicial branch continued to safeguard our democracy by ruling against transnational norms.

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From The Origins of Brutality, Captivity and Barbarism

From the origins of brutality, captivity and barbarism that marked the arrival of Africans in the United States; to the generations of manipulation and oppression that imprisoned their pursuit of freedom and security to the dystopian institutional and cultural factors that continue to impede quality of life at disproportionately high rates, we can argue that trauma is an integral part of the Black Male American experience, as baked in as the very fabric of the subjugation that continues to impact their community and others where trauma is an integral part of the Black Male American experience.

Ironically, one of the glaring paradoxes of our current national health is a fundamental inequality is a fundamental disparity in health care and trauma and mental illness that exists. Understanding and addressing mental health issues in African American males requires a look at their historic collective experience. After generations of impacts their current life and the inability to access and access disparity can that change the trajectory of their health.

It also requires addressing an alarming mistrust (https://www.ahajournals.org/doi/10.1001/jamasychron.2007.07.015).

Data reported by Columbia University indicates that the adult Black community is 44% less likely to experience serious mental health problems, such as Major Depression or Major Anxiety Disorders (https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4744214/). It also experience higher rates of recent problems and lower rates of mental health service utilization compared to White American men and Black women.

Some of the everyday lived-experience factors that contribute to these disparities is a high level of Motivated Discrimination and motivation to protect oneself. Motivated Discrimination and mistreatment from institutional and interpersonal violence may offer guidance toward improving mental health and accessing the care they need.

Data from SAMHSA indicates that 10 percent of the adult Black American population (ages 18-25) with serious mental illness are 20 percent more likely to experience serious mental health problems, such as Major Depression or Major Anxiety Disorders (https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4744214/). Black Americans struggle with serious mental health and substance use disorders.

Racial Ethnic Disparities of Care: To provide care, patients need to have a sense of comfort and trust. In the current climate, care and access disparity can that change the trajectory of their health.

Black Men Matter


Mental Health Resources for Black and African American Men

Mental Health includes but by no means limited to: Black Emotional and Mental Health (https://www.bemh.org/); Black Men’s Fellowship Project (https://www.blackmenfellows.org/); Black Men Unleashing Mental Health (http://www.blackmenunleashingmentalhealth.org); Black Men Matter: Mental Health including but by no means limited to: Black Emotional and Mental Health Resources (https://www.blackmenmatter.org); BMEWM (https://www.blackmenwhomatter.org); The Brownies Nursing Foundation; Boris Lawrence Henson Foundation (https://www.bhlf.org); and, Paul Quinn College Women’s Center (https://www.suppbcspa.com). The American Psychiatric Association indicates that Black and African American people are more commonly diagnosed with mood disorders compared to white people who present with identical patterns. Addressing these issues and access- ible care is imperative to reversing course on this public health issue.

Mental Health Resources for Black and African American Men

Mental Health Matters

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Mental Health Resources for Black and African American Men

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The Living Word

John 16:25-33

New International Version

25 "Though I have spoken to you figuratively, a time is coming when you will no longer use this kind of language; 26 In that day you will ask in my name. Whatever you ask me you will get. 27 But the Father, who lives forever, will be with you. 28 You may ask for anything in my name, and I will do it.

33 "I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart; I have overcome the world."
ATTENTION: DRES – WRE – MRES

Barrington Construction Company will accept sealed bid proposals on the following project: On or before May 11, 2022. Wear rests internal discussion will start with any quotations from your company on this project.

Project: NCGDCOM RFQ SCIF-1
1800s, Gravett Road, New Bern, NC 28560
Bid Date: May 11, 2022, @ 2:00 PM

For bidding operations, we need to know how many of your own hauling vehicles will be utilized in your proposal. This information will be utilized in our Kinston office. Please call for an appointment.

Barrington Mechanical, Inc. Seeking Diversity (MBE/WBE) participation for the construction of the Carolina Hauling & Moving & Storage Phase V located in New Bern, NC 28560.

NOTICE TO CONTRACTORS

BIDDER PRE-QUALIFICATION REQUIREMENTS

Barrington Construction Company &seeks to seek the participation of MBE/WBE Subcontractors for this project. The Construction company and its participating minority suppliers to meet the cash-flow requirements and terms of the minority participation for the construction of the Carolina Hauling & Moving & Storage Phase V located in New Bern, NC 28560.


MORE ABOUT BIDDE...
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I.M. Korr Contracting requests bids for the NCDOT-CORNER CYCLE PATH Thiết KITTY HILL CAMINO project. Please fax bids to 336.866.2142. Plans and specifications are available for review at: City of Kinston, Public Works Department, 400 S. Wilson St., Kinston, NC 28501. No construction bond or performance bond is required. Bids must be submitted to the City of Kinston, Public Works Department, 400 S. Wilson St., Kinston, NC 28501 by 2:00 P.M. on Tuesday, May 10, 2022. Complete plans and specifications can be obtained by contacting the City of Kinston Public Works Department at 252-202-6229.

ADVERTISEMENT FOR BIDS

I.M. Korr Contracting requests bids for the 8-lane bridge project in Albemarle, NC. Bids must be submitted to the City of Albemarle, CAPO, 100 East Main Street, Albemarle, NC 28001 by 2:00 P.M. on Tuesday, May 10, 2022. Bids are not to be opened until 2:00 P.M. on Tuesday, May 10, 2022. Complete plans and specifications can be obtained by contacting the City of Albemarle Public Works Department at 704-666-2142.

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I.M. Korr Contracting requests bids for the Gravel Parking & Parking Lot project located in Hillsborough, NC. Plans are available by contacting the City of Hillsborough Public Works Department at 919-648-4488. Bids are not to be opened until 2:00 P.M. on Tuesday, May 10, 2022. Complete plans and specifications can be obtained by contacting the City of Hillsborough Public Works Department at 919-648-4488.

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YOUR FUTURE IS WAITING TO BE WRITTEN.

International Paper, a major pulp and paper producer, is seeking its next generation of top Maintenance Mechanics for the Ridgeland, NC Mill. We are looking for dependable, hard-working women and men with excellent problem-solving, communication and teamwork skills to fill our challenging positions. International Paper offers competitive salaries and excellent benefits including health care, disability income, 401K and pension.

Interested applicants should apply on-line at www.internationalpaper.com for the Maintenance J1-Electrical, J1-Instrumentation or J1-Millwright positions between Monday, April 25th through Friday, May 6th, 2022.

Experienced Journeyman (J1) Maintenance Mechanics - Electrical, Instrumentations and Millwrights (Must have 3-5 years experience as a first class journeyman in chosen craft.)

Rate of Pay - $31.63 with opportunity to advance to wages in excess of $35.40.

J1 – Electrical - Must be proficient in 5 kV, 1 kV, and 480 V electrical distribution systems and related equipment; relay based & distributed control systems; programmable logic controllers; lighting systems; AC variable speed drives, be able to troubleshoot all of the above.

J1 – Instrument - Must be proficient in instrument (pressure, temperature, analytical, etc.) calibrations, installation & repair; control valve; distributed control systems; programmable logic controllers, combustion control & burner management systems be able to troubleshoot all of the above.

J1 – Millwright - Must be proficient in millwright skills. Must be able to perform maintenance on equipment including pumps, gaskets, turbines, fans, bearing housings, etc. Must be able to align rotating equipment through rim & face or optical methods. Must be proficient in equipment rigging techniques. Should be capable of laying out equipment installations from engineered drawings.

Minimum qualifications:
- High School Diploma or GED
- Basic computer skills
- Able to function in a team environment
- Must be able to pass hands on demonstrated skill test and written tests.
- Prefer paper industry or related heavy industrial maintenance background experience

PLUS: Must be willing to meet the following requirements:
- Unlink a dog season for legal use of drugs as condition of employment
- Submit to periodic drug screens as a condition of employment
- Willing and capable of working all shifts in a 24/7 operations
- Work overtime with last minute notification
- Work holidays and/or weekends
- Wear required safety equipment
- Operate or work in industrial conditions (i.e. warm/hot, dusty/dirty, around hazardous chemicals, noise, heavy machinery or elevated working surfaces with proper safety training and safety protection)
- Successful completion of New Hire Orientation (NHO) Orientation and subsequently the Probationary period after.

Equal Opportunity Employer - Minorities, Females/Individuals with Disabilities/Veterans

YOUR FUTURE IS WAITING TO BE WRITTEN.

Greater Diversity News (GDN) is a digital and hardcopy newspaper that focuses on providing communities with business, economic opportunities, is looking for an independent contractor that can work from home to set-up and design ads for our classified section. This is an excellent position for someone interested in working to supplement income.

Responsibilities required:
- Excellent communication skills to interact with advertisers to confirm their advertisements were received, the cost to advertise and any other issues concerning their advertising.
- Efficient writing skills to effectively communicate to advertisers via email whenever needed.
- Inform management of any special requests, changes or needs that will affect advertisers.
- Must be able to work independently, without distractions and with minimum supervision.
- Profound knowledge and provide proofs for advertisers via email before ads are published.
- Proficient customer-service and people skills.

Qualifications:
- BS degree in Marketing/Business
- Experience in equipment installations from engineered drawings.
- Excellent writing skills to effectively communicate to advertisers via email.
- Experience in equipment installations from engineered drawings.
- Efficiency in Word, InDesign and Excel
- BS degree in Marketing/Business
- Excellent communication skills to interact with advertisers to confirm their advertisements were received, the cost to advertise and any other issues concerning their advertising.
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- Profound knowledge and provide proofs for advertisers via email before ads are published.
- Proficient customer-service and people skills.

Starting Pay:
$300.00 per week. 20 hours. No weekend duties required.

Submit resumes to:
Greater Diversity News
Attn: PT Ad Developer Position
Post Office Drawer 1679
Wilmington, NC  28402
Or email: Kgrear@greaterdiversity.com

Please do not call concerning employment for this vacancy.
Only individuals of interest will be contacted.