



## Magellan Healthcare Hosts Webinar on BIPOC Mental Health Awareness & Relationships

June 21, 2023

*The webinar will feature a panel of Magellan's mental health experts  
in support of July's BIPOC Mental Health Awareness Month*

**FRISCO, Texas – June 21, 2023** – July is Black, Indigenous, and People of Color (BIPOC) Mental Health Awareness Month, which is also known as National Minority Mental Health Awareness Month. [Magellan Healthcare Inc.](#), the behavioral health division of [Magellan Health, Inc.](#), today announced it will host a webinar on **Wednesday, July 26, from 2:00–3:00 p.m. ET** focused on BIPOC mental health and relationship impacts from trauma. The discussion will cover the state of BIPOC mental health, understanding traumas and triggers, and setting healthy boundaries to protect important personal, familial, co-worker, and healthcare provider relationships. Presenting will be Magellan psychiatrists and medical directors Rake! Beall-Wilkins, M.D., MPH, and Candice Tate, M.D., MBA. For more information and to register, [visit here](#).

While BIPOC experience relatively similar rates of mental health conditions as white people,<sup>1</sup> they are at risk of experiencing unique trauma due to mental and emotional injury from a variety of causes.<sup>2</sup> Racism and discrimination are consistently found to be associated with poorer mental health.<sup>3</sup> BIPOC are less likely to receive treatment for mental health or substance use conditions.<sup>1</sup> In 2021, 8.3% of Asian Americans, 12.9% of Hispanic or Latinx people, and 13.5% of Black people or African Americans received mental health services, compared to 22% of white people.<sup>1</sup>

“Too often, BIPOC communities deal with mental health obstacles without the necessary education, support, and healthy coping strategies. We must start addressing these challenges by building cultural competency and strengthening community mental health education, trust, and access,” said Dr. Tate. “At Magellan, we are committed to increasing awareness about BIPOC mental health, wellbeing, and the importance of recognizing and addressing concerns.”

Additional free resources are also available:

- Visit [com/BIPOC-MH](#) for event information, new 2023 tip sheets and mental health awareness campaign toolkit, and access to BIPOC provider directories from across the country.
- Visit the [Magellan Health Insights blog](#) for articles on mental health including, [13 BIPOC Mental Health Tips for Managing Relationships](#).
- Stay tuned to Magellan Healthcare's social media channels ( [LinkedIn](#), [Facebook](#)) for information and tools addressing mental health.

**About Magellan Health:** [Magellan Health, Inc.](#) 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](#).

**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. Magellan Healthcare and its subsidiaries serve commercial health plans, employers, state and local governments, and the federal government, including the Department of Defense. For more information, visit [MagellanHealthcare.com](#).

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<sup>1</sup> [2021 SAMHSA National Survey of Drug Use and Health Releases](#)

<sup>2</sup> [Mental Health America Racial Trauma](#)

<sup>3</sup> [“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”](#)

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