



PERSPECTIVES

The Challenge of Providing Mental Health Services and Resources at HBCUs: How Can Faculty and Staff Become More Culturally-Competent to Meet the Unique Needs of Students?

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ABSTRACT

College is a time of swift transition and inevitable change. In turn, college students are more susceptible to psychological distress, depression, anxiety, and other mental health problems. Past literature has reported scarcities in representation of African Americans and HBCU students in regards to mental health. The literature that does include minority and diverse populations suggests that African Americans and other minorities are less likely to receive appropriate mental health care in a timely manner (Alden, 2013). With regard to this information, HBCUs have indicated a desire to become more competent and to learn more about culturally-centered treatment in an effort to meet the unique needs of their student populations. Specific program implementation and mental health services provided at HBCUs are put into perspective and evaluated. The goal of this perspective article is to bring awareness to behavioral health models implemented at three HBCUs in an effort to encourage other institutions to find creative alternatives to adequately service the unique needs of their students.

Key Words: mental health; culture; cultural competency

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