“Barriers African Americans Experience When Considering Mental Health Treatment”

2022 Theme: Black Health and Wellness

Tuesday, June 21, 2022
6:00 PM – 7:30 PM CST

Dr. Lester E. Blue, Jr., Ph.D., is a Clinical Psychologist in private practice. He treats adults with various mental health concerns; he also works with clients on personal growth. Dr. Blue earned a B.A. in Psychology from Rice University in Houston Texas and a M.A. and Ph.D. in Clinical Psychology from the University of Missouri at Columbia. Dr. Blue will address the obstacles which inhibit African Americans from seeking mental health treatment. These include the belief that African Americans don’t seek treatment. Cultural beliefs, such as “Don’t put your business in the street” are cited as reasons not to enter treatment. Some assume that psychotherapists will denigrate their faith; others believe that people of faith shouldn’t need therapy. Many fear that therapy can’t fit into their budgets. These and other barriers will be addressed.

A life-long Kansas City resident, Dr. Blue has served on several non-profit boards, including the boards of Bishop Hogan High School (his alma mater), Project Equality, and High Aspirations. One of his greatest joys is teaching an adult Sunday School class at Friendship Baptist Church.