

Black Women and Addictions

- “The choice an individual makes in regard to exercise, nutrition, smoking, alcohol consumption, use of drugs, and sexual behavior can negatively or positively influence their health in both the short and long term. For Black people, their choices may involve a negative coping mechanism to deal with feelings of frustration, helplessness and low self-esteem that comes from their everyday experience of systemic discrimination”
- Relationships between stressful life events and risk behaviors may be intensified in low-income, ethnic minority groups. Psychological factors for women using drugs include: self-esteem, depression, anxiety and suicidal behaviors
- Addictions can become central to the lives of Black women when they experience life-altering stress

Black Women and Addiction in the African American Community

- 3 main issues that impact on the use of illicit drugs and alcohol in the African American community are: living in the urban environment as a condition of extreme stress, the general availability of alcohol and drugs in the African American community, and the impact of the media and the projection of “taking something” to solve problems
- For Black women, multi losses resulted in an escalation of drug use
- Inner city drug users are at a high risk for having experienced trauma and women crack users are especially vulnerable to trauma
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