



Trap Therapy: A Solution to the Emerging Mental Health Needs

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Your Presenter

Tarsha Wiggins is the founder of Speak Wellness Behavioral Health Consulting, LLC. and has 14 plus years of experience in the field of Behavioral Health.

Tarsha is a graduate from the University of Wisconsin Madison where she acquired a Masters in Social Work in 2009 and completed additional training in 2012 at Aurora University, where she earned a certificate as an Alcohol and Drug Counselor. One of Tarsha's greatest strengths is being comfortable having uncomfortable conversations and this has helped her immensely. Tarsha began her journey in the field of Social Services as a Child Protective Worker and moved on to work with individuals in clinical settings. Tarsha has worked with children and adults in several levels of care: Inpatient Hospitalization, Partial Hospitalization, Intensive Outpatient Treatment, and Individual Therapy. During her years of providing direct care Tarsha often witnessed the ravaging effects of untreated mental illness and realized the need to abolish the stigma of mental illness, particularly within communities of color. As a result, in April 2020 Tarsha began working to reduce the stigma of mental illness by partnering with community leaders, utilizing social media outlets and providing training regarding mental illness. Tarsha is dedicated to evoking positive change in families and communities.





TRAP Therapy is the use of urban music to drive meaningful and dynamic conversation around various behavioral health conditions. TRAP Therapy is similar to traditional psychoeducation/group therapy.

However, TRAP Therapy merges traditional psychoeducation with music, energy, inclusivity, and cultural relevance.



Minority Mental Health Facts

Perception that Blacks and other minorities don't have mental health needs.....

*We don't have the **luxury** of being _____.*

Historical and family beliefs that mental illness doesn't exist.

American Psychiatric Association in 2017 showed that while African Americans are just as likely as the general population to have a mental illness, only 1 in 3 will receive mental health care, including medication or outpatient services due to concerns about being discriminated and mistreated.

Recent research by Mental Health America revealed African Americans are more likely to have feelings of sadness, hopelessness, and worthlessness than Whites.



Youth Mental Health Facts

Mental Health by the Numbers (2022):

-1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year in 2020

According to Centers for Disease Control and Prevention (CDC) WISQARS Leading Causes of Death Reports:

- In 2020 Suicide was the second leading cause of death for people ages 10-14

Children aged 3-17 years, in 2016-19:

- ADHD 9.8% (approximately 6.0 million)
- Anxiety 9.4% (approximately 5.8 million)
- Behavior problems 8.9% (approximately 5.5 million)
- Depression 4.4% (approximately 2.7 million)
- Bitsko et al. 2022

Pandemic + Mental Health: increase in depression, anxiety, self coping and substance usage



Black Youth Mental Health Facts

In 2019, the Congressional Black Caucus (CBC) established the Emergency Taskforce on Black Youth Suicide and Mental Health (Watson, 2019)

In *Ring the Alarm* (Waston, 2019):

- Suicide death rate for Black youth rose from 2.55 per 100,000 in 2007 to 4.82 per 100,000 in 2017
- The Black suicide death rate increased faster than other racial/ethnic group in America
- Black youth 13 years and younger were twice as likely to die by suicide compared to their white peers.
- Suicide rate for Black girls and women ages 10 to 24 increased more than 30% in 2020, and by 23% among Black boys and men in the same age group



Best Practices & Trap Therapy



Strength Model



Motivational
Interviewing



Cognitive
Behavioral Therapy



Music Therapy



TRAP THERAPY

Engagement



TRAP THERAPY

Engagement





**TRAP THERAPY
CBT**

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Questions