



DC Zeta Male Network Helps Men Manage Depression, Mental Health

Zeta Phi Beta Sorority, Incorporated, Omicron Phi Zeta Chapter, in partnership with its Zeta Male Network, hosted two events to bring awareness to the impact of men's mental health. On June 10, 2021, Jayson Green, ZMN member, moderated an insightful discussion with Dr. Daniel Upchurch on this topic. Dr. Daniel Upchurch is an experienced professor and psychologist at the University of Louisiana, and the founder and owner of Positivity, An Affordable Telemental Health Service, where he and his team provide coaching, therapy, and assessment to collegiate students. Dr. Upchurch has authored several publications focusing on disparities in the Black community. He has received scholarly recognition for his book entitled "Pyrrhic Victory: The Cost of Integration" and will be releasing his next text entitled "Before You Remove the Knife" in the fall of 2021.



During the discussion, Dr. Upchurch educated attendees about the causes of depression and the challenges of diagnosing men of color with this mental illness. Dr. Upchurch explained that for men of color, the biological factors is often the predominate factor which causes depression. Dr. Upchurch further opined that depression increases the likelihood of developing comorbidities, such as but not limited to, alcoholism, chronic heart disease, diabetes, major organ failure, substance abuse, and stroke. He concluded the discussion by providing advice on how to prevent and/or lessen depressive episodes such as creating a prayer life, exercising, eating healthy, engaging in social justice activities, maintaining a stable home environment, and participating in counseling or therapeutic services.

The ZMN took Dr. Upchurch's advice to heart and gathered at Top Golf for an afternoon of brotherly bonding. ZMN members Victor Bosier, Jayson Green, Willie Jennings, and Richard Johnson attended. The group recruited two new members, and expressed a commitment to engage in physical and spiritual activities that would foster healthy mental health.