



The Well-Being Model for Young Black Adults

The Well-Being Model is a person-centered, social justice model for supporting Black mental health. This means everyone can and should consider what the domains presented mean in their own lives, how these domains apply, and tailor the model to meet their needs, preferences, and lived experiences. At the same time, the Model acknowledges the impact of historical, structural, systemic, interpersonal, and internalized racism and trauma on health and well-being. What is possible to attain in each domain may be limited by these shared experiences. Still, we have strengths and resiliencies to support the intersecting areas represented in the Model.

This is not a one-size-fits all approach to well-being, but a lens that offers ideas for thinking about domains that contribute to your personal well-being; and how we can each attain access, safety, and security across the areas. When applicable, this Model also encourages people to consider the impact of medications on each of these domains, and to engage in self-directed and shared exploration of medication side effects to enhance overall well-being. Medications and non-medication related distress may shift an individual's priorities, focus, needs, or interests at any given time. Each of these areas overlaps and influences others. None are mutually exclusive; all are aspirational.

Community + Connection

Accessing like-minded people, in-person and digitally, to explore places, ideas, and experiences with and to nurture emotional and authentic relationships with. This includes feeling safe in community, in relationships, and with others, e.g., chosen or birth family, coworkers, peers, friends; having the skills to communicate, to be vulnerable, and to grow with others; role modeling and being a positive influence on others and community; as well as having opportunities to invest in, build, and strengthen your community.

Creativity

Establishing opportunities to engage in creative pursuits that integrate your purpose and passion. This includes dedicating time to creative projects or ideas without expectations, e.g., for money, with time constraints; exposure to learning opportunities and to new ideas, people, places, and things; as well as dedicating time for rest.

Culture

Embracing and having pride in your culture, unapologetically, and feeling safe to connect with your culture. This includes liberation and self-identified wellness and well-being in all areas, and understanding how your culture influences your well-being and mental health, e.g., identifying externalized racism and racial trauma.

Health

Experiencing optimal mental, physical, emotional, and sexual health. This includes having access to trusted, culturally responsive practitioners, medications and treatments, and healthcare of choice; as well as self-directed health education.

Money

Managing finances, accessing money and resources, and having the ability to spend money on essential needs. This includes financial planning for self-sufficiency, financial education and practice, savings, asset accumulation, and debt management, e.g., loans, credit.

Purpose

Loving what you do and creating the life you want while having your basic needs met, bringing hope and joy into your life. This might include being involved in activities that fuel your passion and sense of purpose, like volunteering, work, school or other educational opportunities, creative pursuits, spiritual practices, and much more.

Self-Empowerment

Feeling empowered to pursue educational and experiential opportunities to support your well-being. This includes feeling empowered to advocate for yourself and others in your communities, as well as to engage in social justice activities in ways that are meaningful and accessible to you.

Sexuality

Understanding and feeling safe in your sexual identity. This includes having access to peers (agencies, organizations, and individuals) who represent, serve, or support sexual-diversity of the Black LGBTQIA2S+ community.

Spirituality

Having hope and believing in something larger than yourself. This includes finding your meaning for your life. This may or may not include religious affiliation and related activities.