

Racism & Mental Health

EDLD Leadership Symposium

January 30, 2021

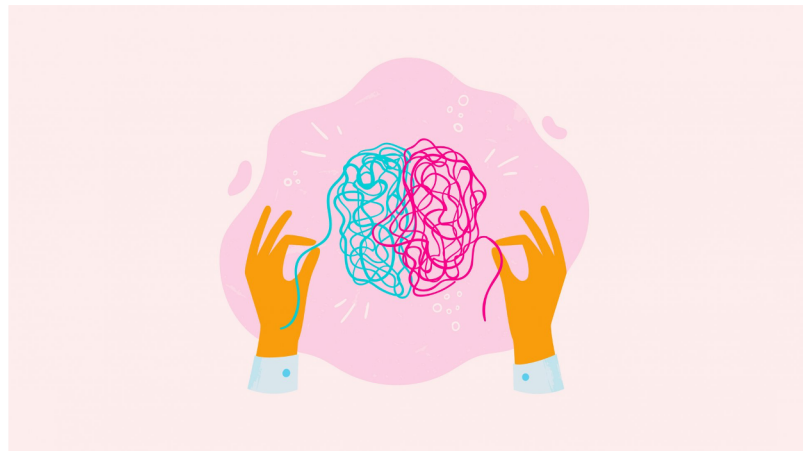
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Overview

1. Community Guidelines
2. Current State of Nation
3. Effects on Black & Brown Communities
4. Barriers to Mental Health Access
5. Where do we go from here?





Session Community Guidelines

Given the nature of today's discussion, we hope to embrace a safe and brave approach to dialogue. In efforts to support this notion, we hope for all attendees to adhere to the following community guidelines.

COMMUNITY GUIDELINES



1. Use “I” statements.
2. This is a brave space to have honest dialogue.
3. Challenge ideas, not the person.
4. Acknowledge the diversity in the space.
5. Embrace discomfort.
6. Acknowledge this is a learning environment.

Concept Overview

- Black Indengious
People of Color
(BIPOC)
- Imposter Syndrome
- Systemic Racism
- Anti Blackness
- Racism
- Reinforcement
Theory
- Mental Health
- Microaggressions

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National Civil Unrest

Overview



3 Minute Discussion:

1. What do you think I felt when I saw her “Make America Great Again” hat?
1. What do you think she felt when she saw me in my “Black Lives Matter” mask?
1. What do you think drove us to feel this way about one another when we did not know each other?





The Role of the Media

Social Media has allowed for the *immediate* and *widespread* distribution of images, messages, videos etc. For example: #alllivesmatter and #blacklivesmatter.

This has allowed for attention and support to grow for both belief systems, which has intensified the debate over racial equity. Why?

Reinforcement theory explains that the spread of these messages- via social media- does not convince people of a belief, it reinforces and intensifies what a person already beliefs to be true.



The Black & Brown Experience

Black and Brown communities have been marginalized by those in power and experience life differently from those whose lives have not been devalued. They experience ***overt racism, bigotry and violence*** causing extreme mental health burdens.



2

Racism & Mental Health

Impact within the Community

“What are the different ways
that Black and Brown
communities experience
racism?



The Black & Brown Experience

- Oppression
- Stereotypes
- Hidden identities
- Upward mobility – not the “right fit”
- Appearance

These are common and often conveyed as microaggressions.

“ *How do Black and Brown communities respond to mental health issues?*

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Mental Health Access

Barriers in the Community



69%

...of Black adults with mental illness received no treatment in 2018.

42%

...of Black adults with serious mental illness received no treatment in 2018.

88%

...of Black adults with substance use disorders reported receiving no treatment in 2018.



Barriers to Mental Health Access



Capitalist Culture

The idea that “we will get to it” making seeking support another number on the to-do list. The culture of “business as usual” when nothing is “as usual.” Ex: BLM

Representation

Lack of representation in the mental health fields creates a disconnect.

Stigma

Although mental health has risen in importance over the years, there is still work to be done regarding the stigma. Especially amongst Black and Brown men.

Language/Marketing

Using language that does not resonate with Black and Brown communities may deter them from seeking support. Language that does not validate the Black and Brown experience.

Cultural Barriers

Cultural norms prohibit the discussion of mental health in several spaces. Lack of understanding of mental health due to cultural differences.

Financial

Healthcare access is critical and often a key barrier to obtaining mental health support for Black and Brown communities.



Where do we go from here?



Call out Racism

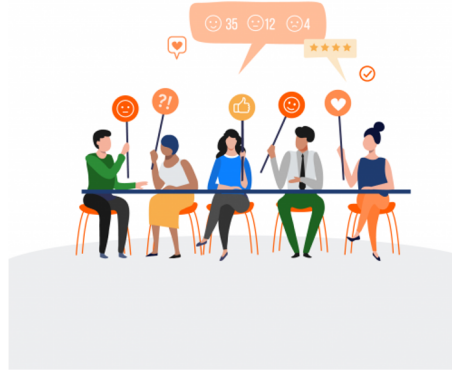
Calling out racist acts allows for people to know what is said/done is harmful. It is a key step to creating change, by bringing awareness.

Educate Yourself

We need to unlearn behaviors that contribute to racism. There are several books, articles and spaces to learn how to be an anti-racist and understand how we perpetuate racism in spaces. It is not the role of our Black and Brown friends, colleagues, peers or community to educate others.

Question Practices

Systemic racism is prevalent and dismantling practices will take time. We can question practices as we become aware of how they harm and target our Black and Brown students.



THANK YOU

Please use the link in the chat to provide us feedback on this experience. We appreciate it!