



TRULY Reimaging a System of Care

Riana Elyse Anderson, PhD, LCP | @rianaelyse

University of Michigan School of Public Health

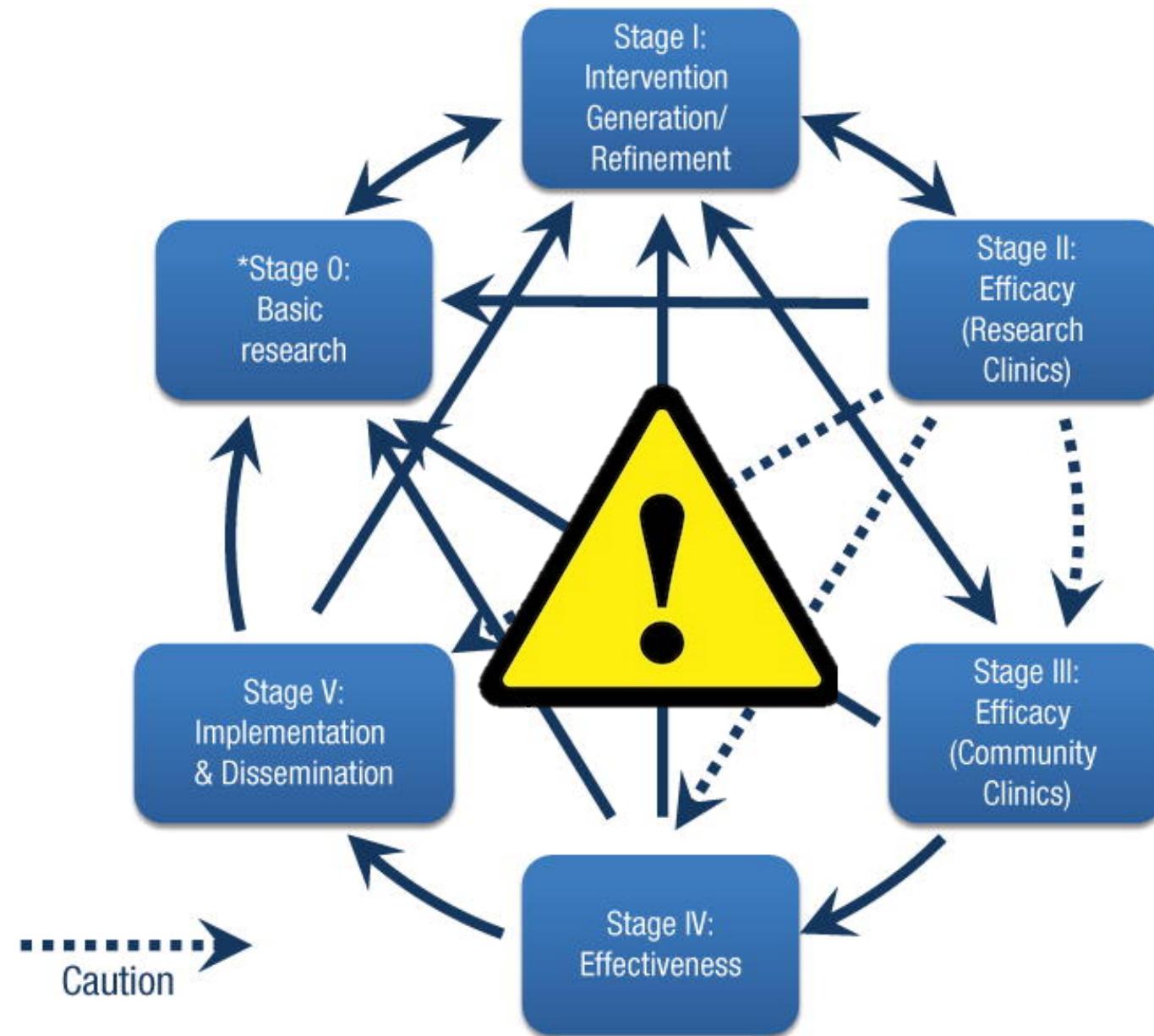
Department of Health Behavior and Health Education

A Bold Question

If we seek to **truly** reimagine a system of care through behavioral and public health approaches, we must first ask ourselves a bold question:

Are we aiming to
habituate or **innovate**?

NIH Stage Model



Racial Discrimination

In **children**, discrimination is associated with:

Body mass index		Externalizing
	Family functioning	Psychological well-being
	Anxious symptoms	
Avoidant coping	Insulin resistance	Depressive symptoms
		Juvenile delinquency
Stress + Trauma	Academic achievement	Alcohol consumption
Academic engagement	Disruptive behaviors	Self-esteem
	Marijuana use	HIV-risk sex behaviors
Posttraumatic stress symptoms		Allostatic load

The Problem

- Systemic problems require systemic solutions
 - Residential segregation → purpose-built communities
 - Time, money, resources, expertise
 - But most importantly, empathy

“Why don't similar interventions happen more often? In part, it is because of...’an empathy gap...for most Americans, we do not care’ what happens to Black people.”

-David Williams

The Problem

- Systemic problems require systemic solutions
 - Residential segregation → purpose-built communities
 - Time, money, resources, expertise
 - But most importantly, empathy
- Scholars try to “fix” the community without acknowledging their functioning

“We approach the issues from a very different perspective. Our question is, ‘Given the structural impediments that they face, why do Black people do so well?’”

-James Jackson

The Proposal

- How do we create stopgaps in the meantime?
 - Consider structural **and** interpersonal systems
 - Uphold the cultural strengths and strategies already undertaken
 - Capitalize on COVID-19 + racial uprising as the **turning point**
 - Empathy [or BLM support] is at an all-time high

A Solution

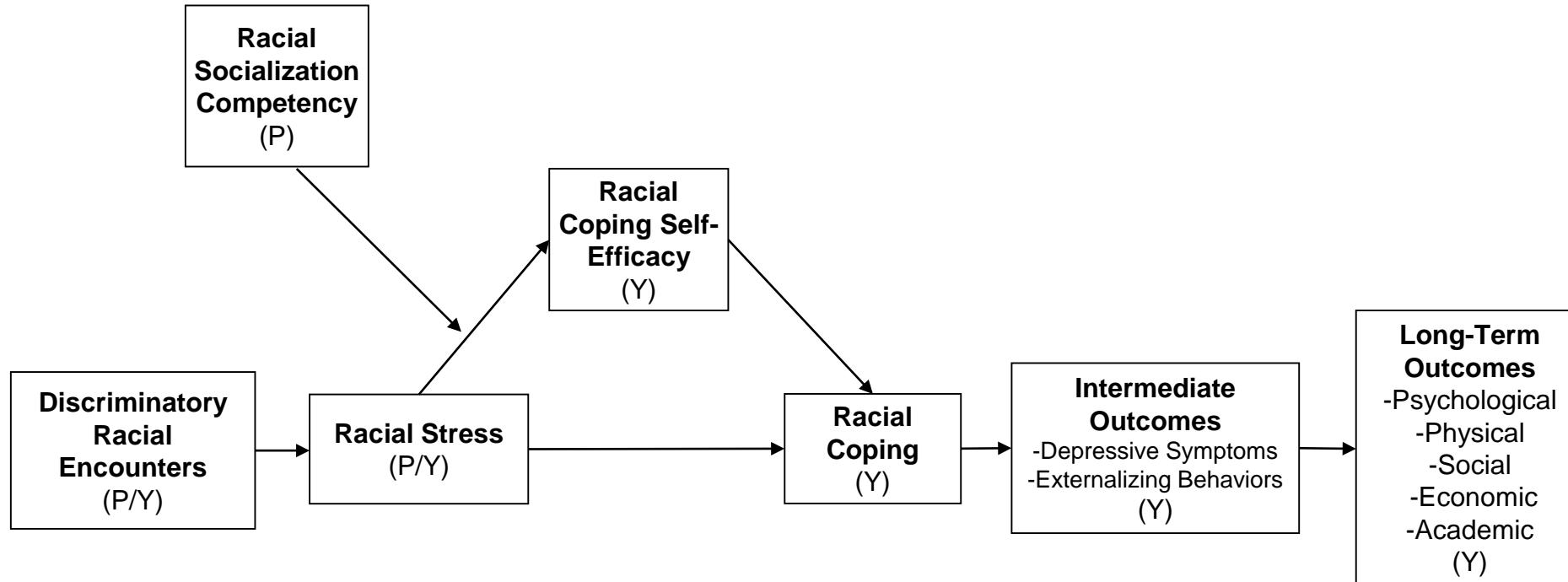
- As we are doing for COVID, expedite clinical trials for **this** virus
- A vaccine: “The Talk”
 - Racial socialization: the communication between parent* and child about racial issues
 - Strategies to combat racism can be embedded in the family and used to fight against interpersonal and systemic racism





Why does it work?

The Racial Encounter Coping Appraisal and Socialization Theory (RECAST)

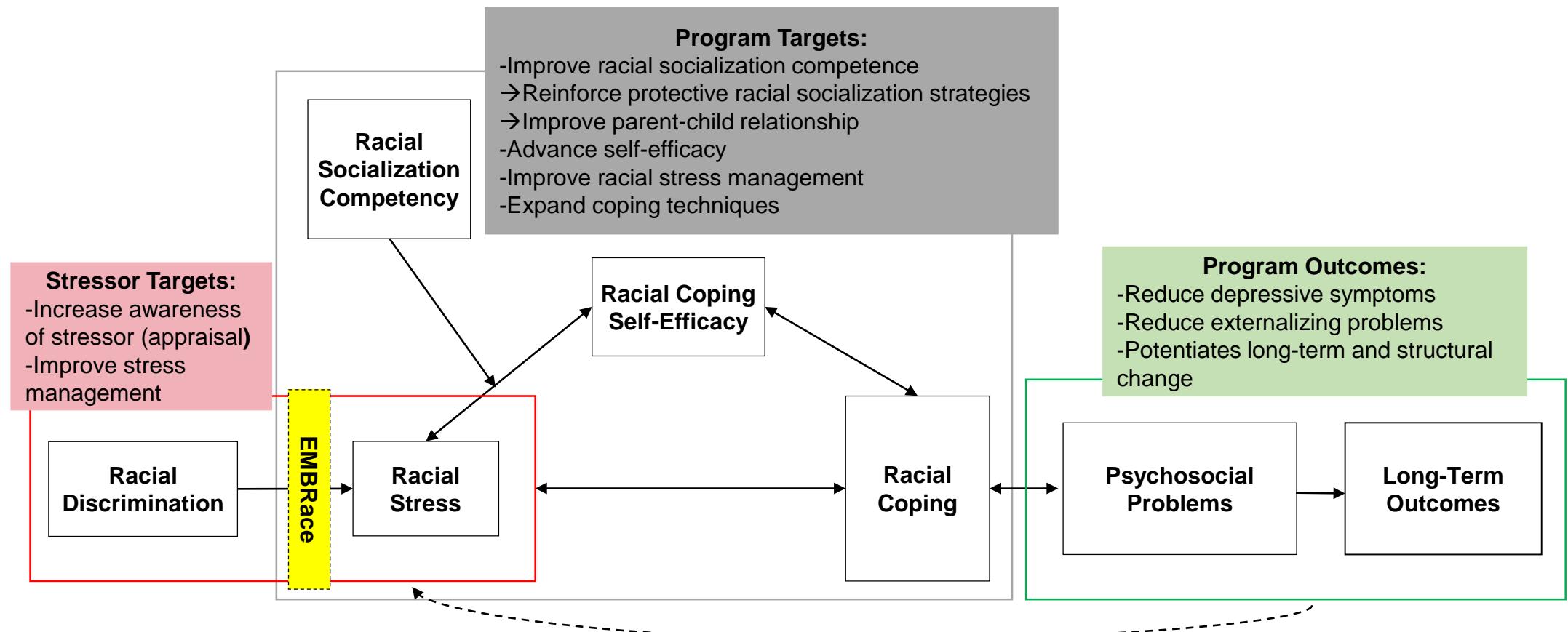


Note: P = Parent; Y = Youth

A photograph of a young boy and a woman sitting on a dark couch. The boy, on the left, is wearing a teal polo shirt and dark jeans, looking directly at the camera with a serious expression. The woman, on the right, is wearing a yellow sleeveless top and a long, beaded necklace, looking off to the side. They are in a living room setting with a wall decorated with framed pictures and a small tree decoupage.

How do we apply
this knowledge?

Engaging, Managing, and Bonding through Race (EMBRace)



Kinetic Energy = The Talk as a Buffer



Individual + Interpersonal Work Creates Changes Externally and Systemically



Considerations for Innovation

Racism-Based Interventions

- Funding
 - Earmark money explicitly for Stage II and III trials
- Mentorship Models
 - Facilitate sustained connections between those identifying and working towards solving the problems at different career points
- Better Connections between Scholars in Varying Phases
 - Incentivize connecting basic and applied researchers
- ...and, most importantly, act now
 - COVID exposed fault lines and will only continue to fissure

GET IN TOUCH



rianae@umich.edu

[@rianaelyse](https://twitter.com/rianaelyse)

rianaelyse.com

