



CHILD & YOUTH MENTAL HEALTH CRISIS

RACISM & MENTAL HEALTH

NATIONAL ACADEMY FOR ENGINEERING SCIENCE AND MEDICINE

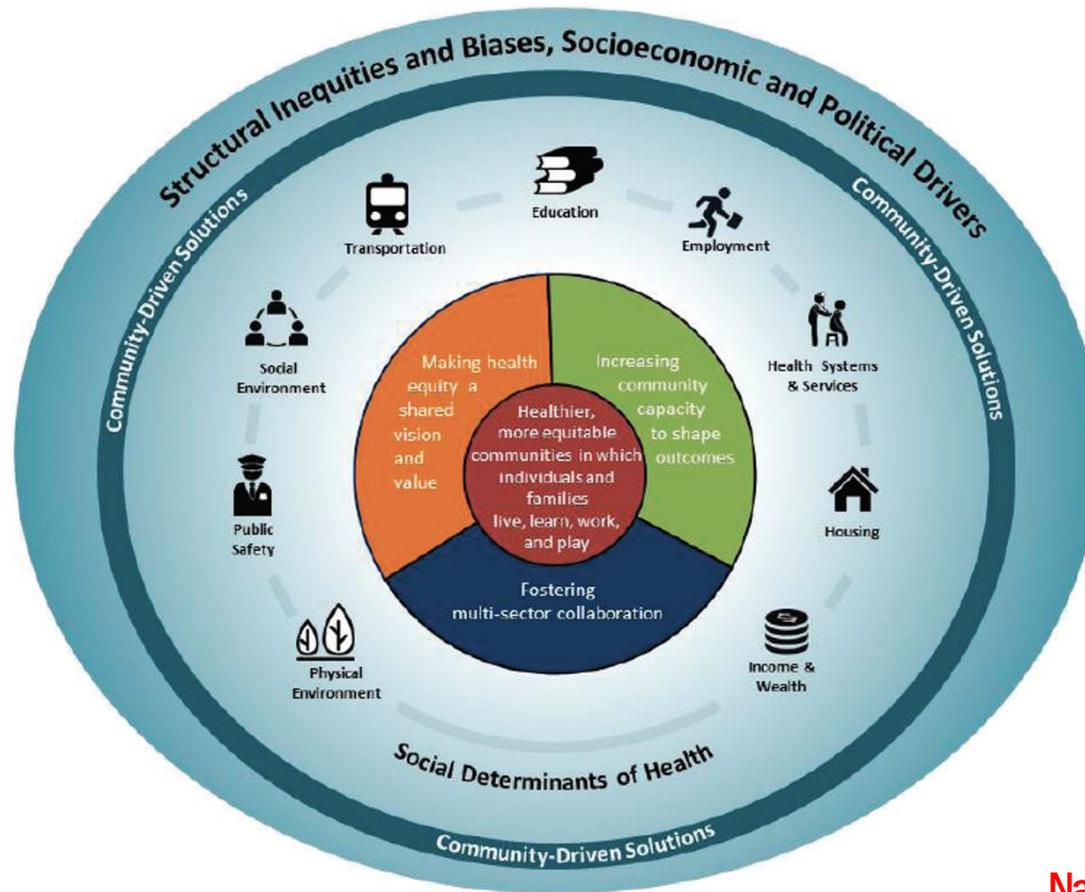
MAY 4, 2022

RACISM AND HEALTH

- Where we live, work, play and pray determines our health status
- **Health Inequity:** systematic differences in the health status of different population groups. These inequities have significant social and economic costs both to individuals and societies.

Sources: National Council Behavioral Health, World Health Organization

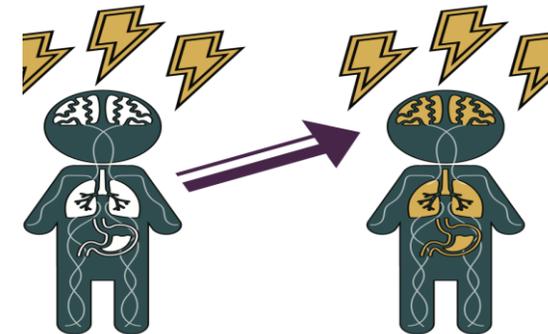
RACISM AND SOCIAL DETERMINANTS OF HEALTH



National Academies: Pathways to Health Equity

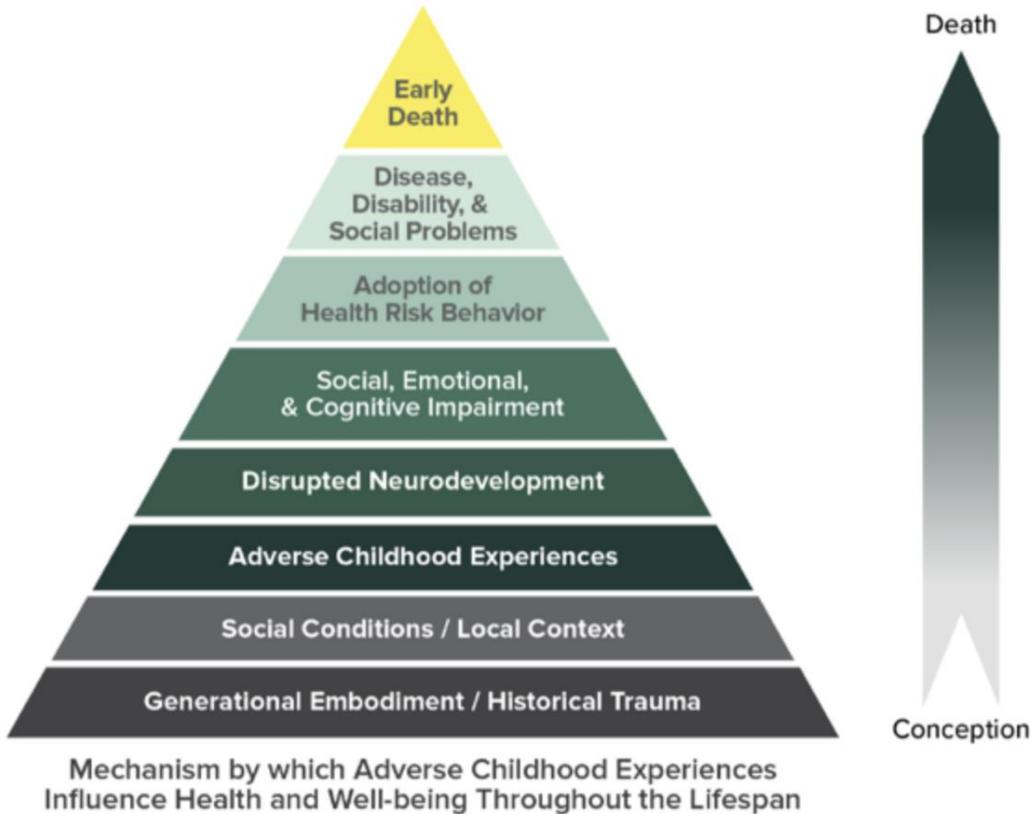
HOW RACISM AFFECTS CHILDHOOD DEVELOPMENT

- Racism causes stress
- Long-term stress causes wear and tear on brain & body (under the skin)
- Weathering: chronic exposure to social & economic disadvantage
- Weathering & stress have lifelong effects on behavior, physical development & mental health



Sources: Harvard University: Center on the Developing Child
A.T Forde et al

ADVERSE CHILDHOOD EXPERIENCES (ACES)



Source: National survey of children's Health

- Weathering and toxic stress leads to ACEs: Adverse Childhood Experiences
- Experiencing multiple ACEs triggers all the interacting stress response systems causing problems in the immune, metabolic and cardiovascular systems
- Leading to developmental delays, poor academic development, diabetes, heart disease, substance abuse

Sources: Harvard University: Center on the Developing child
A.T Forde et al

PUBLIC HEALTH CRISIS

- In 2018, the rate of suicides for Black Children ages 5-12 exceeded that of white children.
- More than a third of elementary school-aged suicides involved Black Children.
- In 2021, 9% of Black youth reported major depression but less than half (40%) sought treatment compared to 46% of white youth

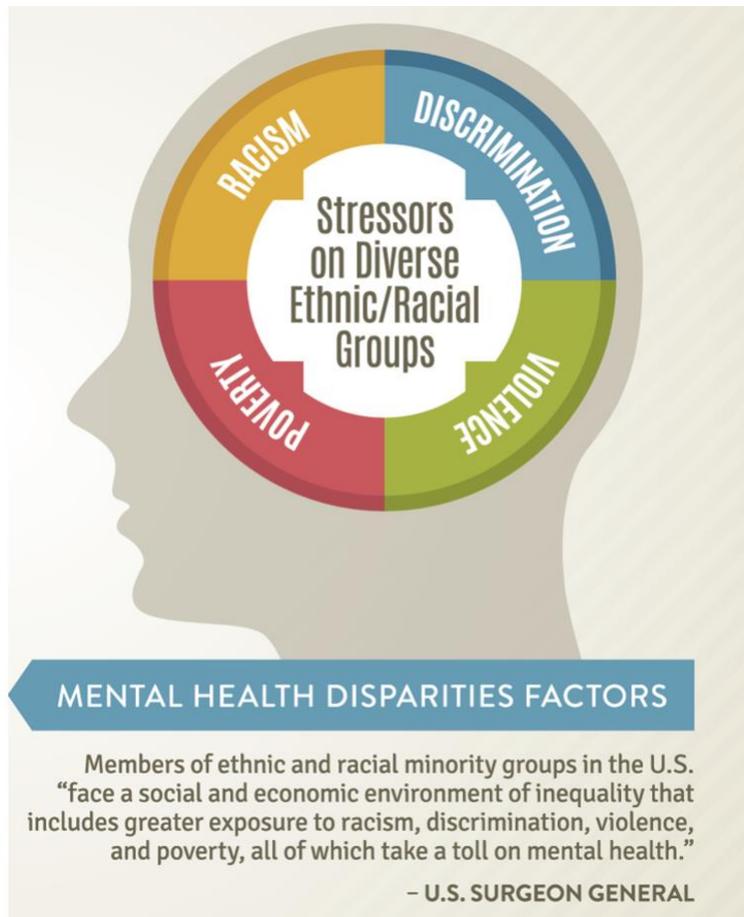
Sources: Black Mental Health Alliance

TRAUMA

*Individual trauma results from an **event**, series of events, or set of circumstances that is **experienced** by an individual as overwhelming or life-changing and that has profound effects on the individual's psychological development or well-being, often involving a physiological, social, and/or spiritual impact.*

Source: SAMSHA

RACISM & TRAUMA



Racism,
in all
its forms,
is trauma.

INTERGENERATIONAL TRAUMA

“Cumulative emotional and psychological wounding, over the lifespan and across generations, emanating from massive group trauma experiences.”



Genocides



Slavery



Pandemics



Massacres



Prohibition/destruction of cultural practices



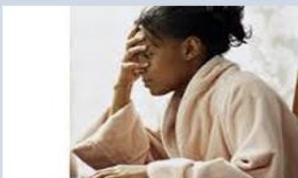
Discrimination/Systemic prejudice



Forced relocation

Sources: National Council on Behavioral Health, Rethinking Historical Trauma: Narratives of Resilience
Aaron R. Denham, 2008

EFFECTS OF CHILDHOOD TRAUMA

Effects of Childhood Trauma			
			
Behavioral	Physical	Psychological	Emotional/Social
<ul style="list-style-type: none"> Defiance Need to control Aggression Avoidance Smoking Alcoholism Drug use Criminal offenses 	<ul style="list-style-type: none"> Improper brain development Sleep problems Headaches Stomachaches Sensory sensitivity Heart, lung and liver diseases Obesity Cancer High blood pressure High cholesterol 	<ul style="list-style-type: none"> Depression Disrupted Mood Anxiety PTSD Dissociation 	<ul style="list-style-type: none"> Hyper arousal Guilt Shame Mistrust Anger Fear Frustration Persistent irritability Difficulty forming relationships Low self-esteem

National Council on Behavioral Health

BARRIERS

- Lack of access to mental health services nationwide
- Lack of mental health providers nationwide
- Lack of trust in health care providers,
- Lack of trust and fear of law enforcement
- Cultural barriers, stigma
- Lack of culturally appropriate mental health services
- Intergenerational trauma

FAMILY VOICES UNITED TO END RACISM AGAINST CYSHCN & THEIR FAMILIES (FamU)

ANTI RACISM TOOLKIT



Build Competence by learning about the history of race in the U.S. and racial disparities in healthcare



Foster Connectedness by creating opportunities to connect and engage in raw, honest, uncomfortable conversations necessary to bring about change



Encourage confidence to act with the creation of materials and guidance to equip network members to start, lead and sustain conversations to dismantle racism in healthcare of children and youth with special healthcare needs (CYSHCN)

BREAKING BARRIERS: THE FAMU TOOLKIT

**How does
this relate
to your
work ?**

- According to the American Academies of Pediatrics (AAP): "Racism is a core social determinant of health that is a driver of health inequities."
- In order to serve Black families, you need to understand their history and who they are as a people
- Learn how systemic racism affects the healthcare of Black families and Black Children and Youth with Special Health Care Needs (CYSHCN) and disabilities
- Learn how you can meaningfully engage with Black families by partnering with them to address mental health challenges
- Learn how you can develop programming in partnership with Black families that is reflective and speaks to their lived experiences

WEBSITE BY BLOCK

UNDERSTANDING
BLACK CULTURE
&
HISTORY TO DISMANTLE
RACISM

TOOLS
TO GET YOU STARTED
&
IMPLEMENT IN YOUR STATE

FAMU
YOUTH LEADERSHIP
ENGAGING
INVITING & CHAMPIONING
YOUTH LEADERSHIP

EXPLORE
MORE RESOURCES

TOOLS

CULTURAL
AWARENESS TOOLS

CULTURAL GROWTH
TOOLS

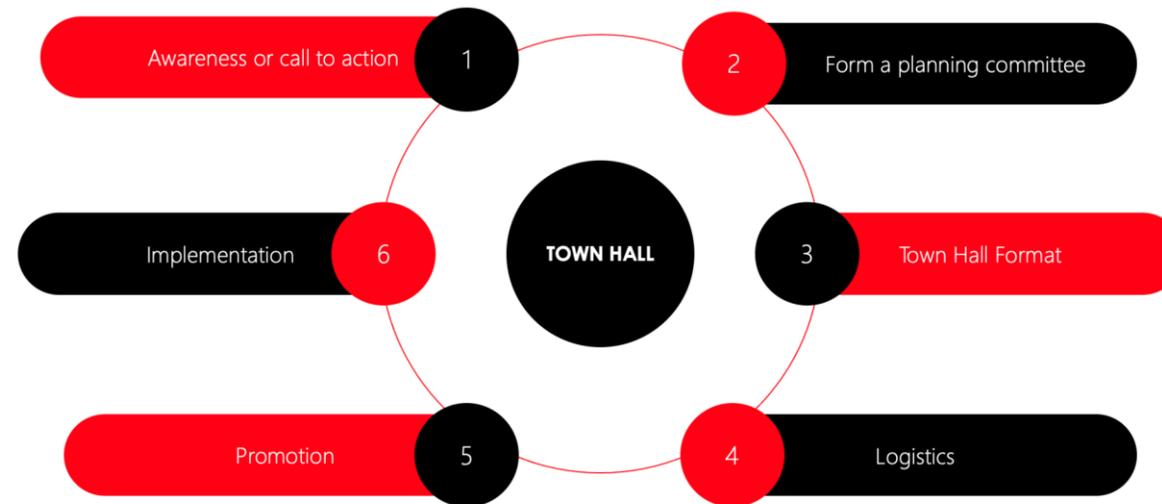
IMPLEMENTATION
DOCS

ALLYSHIP

BREAKING BARRIERS: DIFFICULT CONVERSATIONS

Find ways to lead difficult and sometimes contentious conversations that bring awareness to issues such as mental health

Town Hall Planning



FAMU TOOLKIT: MENTAL HEALTH RESOURCES

FAMILY VOICES®

Families Voices United to End Racism Against
CYSHCN and Families
Town Hall #5: Resources to "Dip your Toes"

MULTI MEDIA  Mental Illness In Black Community  Therapy for Black Girls Podcast by Dr. Joy Harden Bradford	TV/VIDEO SERIES  Changing views on mental Health In the Black Community.  Mental Health Channel TV
READINGS  Black Teens and Mental Health Treatment Taraji P. Henson's Youth Mental Health Initiative Therapy for Black Girls Online Therapy Directory	MOVIES  BET Her Presents 3 Mental Health Films Everything is Fine Baby Blue Bricked 
JAMS 1-800-273-8255 by Logic ft. Alessia Cara & Logic (2017) So many Tears by Tupac (1995) Apple Music Spotify Pandora	www.familyvoices.org   

Townhall Toe Dip & Deeper Dive Docs



HOW RACISM CAN AFFECT CHILDHOOD DEVELOPMENT

MASS INCARCERATION, STRESS AND BLACK INFANT MORTALITY

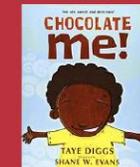
TALKING TO KIDS ABOUT RACE

RACIAL STRESS AND SELFCARE

TRYING TOGETHER COMMUNITY TOOLS

RACIAL EQUITY TOOLS

Books on resilience
Amazon/Goodreads



FAMU TOOLKIT: YOUTH FACING RESOURCES

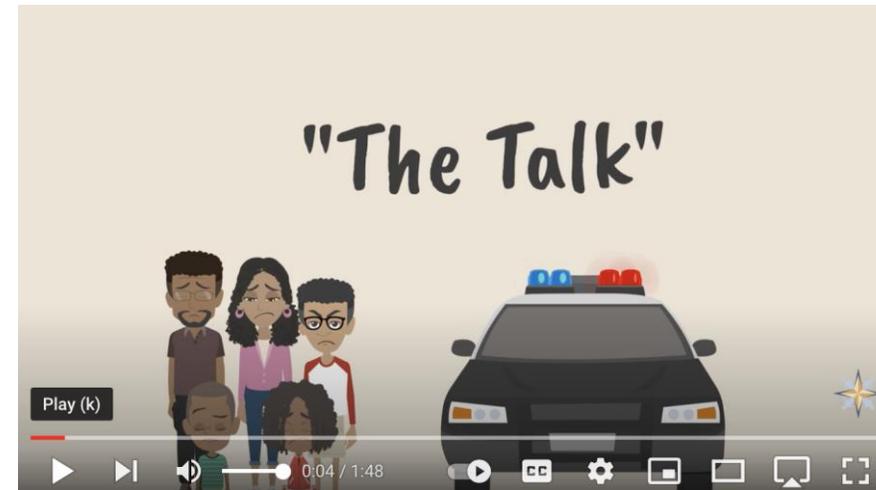
Animated Social Injustice Video



Social Story of "The Talk"



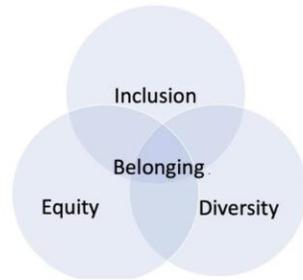
Animated Video on "The Talk"



COMING SOON:

DEIB RESOURCES

Diversity Equity Inclusion & Belonging



- How to: Develop & Implement a DEIB strategy
- How to: Develop SMARTIE Goals (Specific, Measurable, Achievable, Timely, Inclusive, Equitable)
- How to: Incorporate racial equity in evaluations

FAMILY VOICES®

RACIAL DISPARITIES IN HEALTHCARE



- Access to Healthcare
- Medical gaslighting
- Dismissals in health
- Disparities in pregnancy

FAMILY VOICES®

BLACK MENTAL HEALTH

Resources for Black Indigenous People of Color (BIPOC)

BLACK MENTAL HEALTH MATTERS

- Books, Articles
- Fact Sheets
- Directories of Black Therapists/Doctors
- Podcasts

FAMILY VOICES®