School Mental Health Virtual Learning Series
July 2020-June 2021

Addressing Racial Stress & Trauma

Cultural Responsiveness and Equity Specialty Track
National Center for School Mental Health
Facilitators

Dana Cunningham, Ph.D.
She/her/hers

Brittany Patterson, Ph.D.
She/her/hers

Perrin Robinson, M.S.
He/him/his
Technology Support

- Slides will be posted on the NCSMH website ([www.schoolmentalhealth.org](http://www.schoolmentalhealth.org)) and emailed after the presentation to all registrants

- Use chat box for sharing resources, comments, and responding to speaker

Web

Mobile App
School Mental Health Webinar Series

Description
The Central East MHTTC in collaboration with the National Center for School Mental Health is hosting a school mental health webinar series with a focus on advancing high quality, sustainable school mental health from a multi-tiered system of support, trauma sensitive, and culturally responsive and equitable lens.

Objectives
• Gain increased awareness of high quality, sustainable multi-tiered system of school mental health supports and services
• Support trauma-informed systems in schools
• Discover the impacts of social determinants of health on student academic and social-emotional-behavioral success
• Learn to provide more culturally responsive and equitable services and supports
• Hear perspectives on school mental health from school, district and state levels
• Obtain insight into how youth, families, schools and communities can best work together to address student mental health needs
Acknowledgements

• Panelists

• National Center for School Mental Health schoolmentalhealth.org

• Central East Mental Health Technology Transfer Center (MHTTC), https://mhttcnetwork.org/centers/central-east-mhttc/home Central East MHTTC is managed by the Danya Institute

• Cultural Responsiveness and Equity Specialty Track CREtrack@som.umaryland.edu
Commitment

- Racial and social justice lens
- Cultural responsiveness and equity
- Developing and modeling equitable and anti-racist policies and practices
- Learn, heal, grow together
What do you hope to learn from this webinar?

Please type your responses in the chat box.
Meet the Panel
DeAnna Watson, MEd
she/her/hers
Sensitive Content
What is Trauma?

An *event(s)* or circumstance(s) that is *experienced* as physically and/or emotionally harmful or life threatening and that has lasting adverse effects.

- Family violence (child abuse, domestic violence)
- Parental mental health issues/substance abuse
- Economic distress (living in poverty, homelessness)
- Serious accident
- Community violence
- Racism and discrimination
What Are the Effects of Trauma?

- Research on Adverse Childhood Experiences (ACEs) demonstrate the deleterious consequences of traumatic exposures:
  - Academic problems and school failure
  - Mental health problems and comorbidities
  - Smoking and substance abuse risks
  - Physical health conditions
  - Shorter life-span
Racial Trauma

The cumulative effects of *racism* on an individual’s physical and mental health. Exposure to racism and discrimination has been linked to increased feelings of anxiety, depression, and suicidal ideation.
Groups Most Exposed to Racial Trauma

- Black Americans are more exposed to racial discrimination than are other ethno-racial groups
  - In 2019, Black people were 24% of those killed by police, despite being only 13% of the population
  - Black women are 3 to 4 times more likely to experience a pregnancy-related death than white women, even at similar levels of income and education

- Indigenous people, Latinx, and Asian Americans significantly suffer from race-based stress.
  - In a US survey, 15.8% of students reported experiencing race-based bullying and harassment. There are significant associations between racial bullying and negative mental and physical health in students

- In the wake of COVID-19, racist and discriminatory acts targeting individuals of Asian descent have increased dramatically
Describe your reactions to current events. How have they impacted you and what are you doing to care for yourself?
Let’s hear from participants
What are some protective factors that can serve as buffers against the effects of racial stress and trauma?
Let’s hear from participants
What contributes to school-based racial stress and trauma?

What contributes to racial stress and trauma in mental health treatment settings?
Let’s hear from participants
What symptoms of racial stress and trauma can be observed in youth?
Let’s hear from participants
When and how should we address racial stress and trauma with youth?
Let’s hear from participants
What do you want everyone to do to support people impacted by racial stress and trauma?
Let’s hear from participants
1. Cultural Responsiveness & Equity > Racial Trauma, SchoolMentalHealth.org
2. They’re not too young to talk about race
3. Stop Hesitating: A Resource for Psychotherapists and Counselors
5. Racial Trauma Toolkit: The Boston College Institute for the Study and Promotion of Race and Culture provides a manuscript and infographic on the trauma symptoms communities of Color may experience.
6. Systemic Racism Explained: Systemic racism affects every area of life in the US. Here's a closer look at what systemic racism is, and how we can solve it. This video is created by act.tv, a progressive media company specializing in next generation live streaming and digital strategy.
8. Racial Stress and Self-Care: Parent Tip Tool
9. My Grandmother’s Hands by Resmaa Menakem
10. Pushout by Monique Morris
11. Revolutionary Schools Network
Join Us!

- This webinar series is part of a larger School Mental Health Virtual Learning Series, created in collaboration with the National Center for School Mental Health and the Central East Mental Health Technology Transfer Center.

- Follow the NCSMH on [Twitter](https://twitter.com) or [Facebook](https://facebook.com) for more information and registration links as they are available.
Upcoming Webinars

Register at SchoolMentalHealth.org > Connect > Webinars

• January 6, 3-4p ET Trauma Responsive Care for Younger Students
• February 3, 3-4p ET Creating Safe and Equitable Schools
• More webinars announced soon for March-June
Evaluation

Please complete the evaluation for this webinar.

https://ttc-gpra.org/P?s=792703
Thank You

• Panelists
• NCSMH schoolmentalhealth.org
• Central East MHTTC (managed by the Danya Institute)
  https://mhttcnetwork.org/centers/central-east-mhttc/home
• Cultural Responsiveness and Equity Practice Group
  CREtrack@som.umaryland.edu