



Central East (HHS Region 3)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

## 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.**

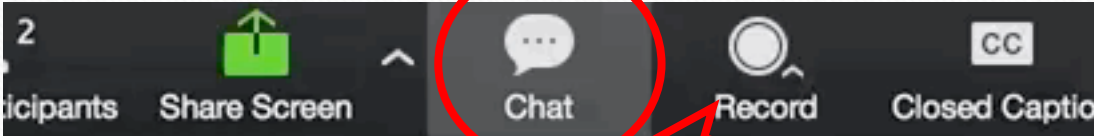
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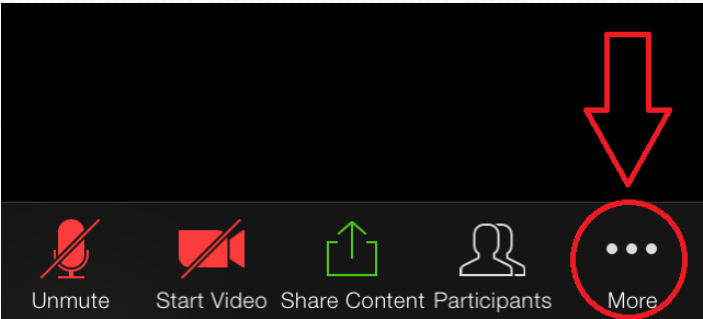
# Technology Support

- 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





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# 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





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**Tiffany Beason**  
NCSMH Faculty



**Lorraine Bernstein**  
Coordinator



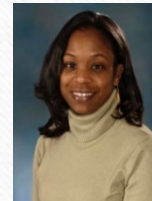
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Senior RA



**Oscar Morgan**  
MHTTC Project Director



**Michael Thompson**  
MHTTC Sr. TA Specialist



**Dana Cunningham**  
PGSMHI Director



**Sharon Hoover**  
NCSMH Co-Director



**Nancy Lever**  
NCSMH Co-Director



**Perrin Robinson**  
Communications Director



**Britt Patterson**  
NCSMH Faculty



**Kris Scardamalia**  
NCSMH Faculty

# Acknowledgements

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- Panelists
- National Center for School Mental Health [schoolmentalhealth.org](https://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](mailto:CREtrack@som.umaryland.edu)





**BLACK  
LIVES  
MATTER**

## Commitment

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- 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?**

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Please type your responses in the chat box.



# Meet the Panel

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# LaTonya M. Summers, PhD

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she/her/hers





# DeAnna Watson, MEd

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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?

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Let's hear from participants

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What are some protective factors that can serve as buffers against the effects of racial stress and trauma?

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Let's hear from participants

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What contributes to school-based racial stress and trauma?

What contributes to racial stress and trauma in mental health treatment settings?

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Let's hear from participants

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What symptoms of racial stress and trauma can be observed in youth?

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Let's hear from participants

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When and how should we address racial stress and trauma with youth?

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Let's hear from participants

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What do you want everyone to do to support people impacted by racial stress and trauma?

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Let's hear from participants

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# Racial Stress and Trauma Resources

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](#)
4. [Understanding Race and Privilege: Suggestions for Facilitating Challenging Conversations](#)
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.
7. [Talking About Race](#): The National Museum of African American History & Culture for educators, caregivers, and involved community members sorted by topics of bias, whiteness, and self-care.
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!

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- 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](#) or [Facebook](#) for more information and registration links as they are available.





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# Upcoming Webinars

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Register at [SchoolMentalHealth.org](http://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

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Please complete the evaluation for this webinar.

<https://ttc-gpra.org/P?s=792703>



# Thank You

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- Panelists
- NCSMH [schoolmentalhealth.org](https://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](mailto:CREtrack@som.umaryland.edu)