



Central East (HHS Region 3)

**MHTTC**

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration



UNIVERSITY of MARYLAND  
SCHOOL OF MEDICINE



## **School Mental Health Virtual Learning Series**

**July 2020-June 2021**

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# **Supporting Students Impacted by Racial Stress and Trauma**

June 2, 2021

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

# Facilitators

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**Dana Cunningham, PhD**

She/her/hers



**Perrin Robinson, MS**

He/him/his

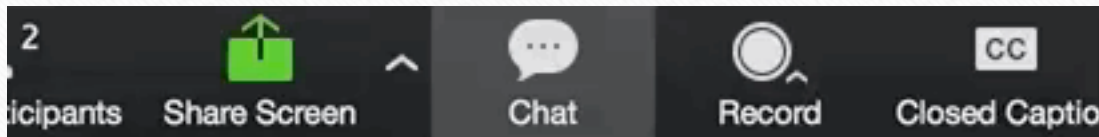
# After this Webinar

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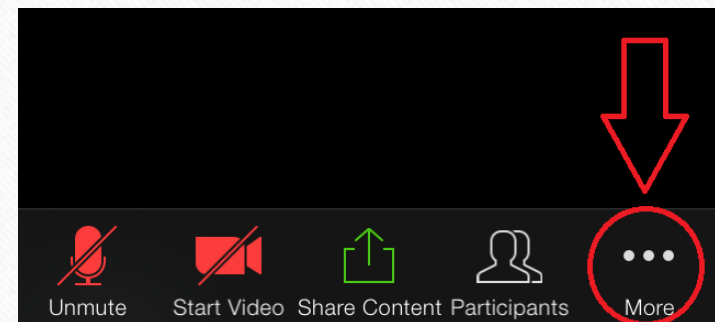
- Slides and recording will be posted on [SchoolMentalHealth.org](https://www.schoolmentalhealth.org) - Cultural Responsiveness & Equity
- Register for upcoming webinars at [SchoolMentalHealth.org](https://www.schoolmentalhealth.org) – Connect > Webinars
  - 7/7 Supporting Native and Indigenous Youth in Schools
  - 8/3 Supporting Newcomer (Immigrant and Refugee) Youth in Schools

## Chat Box, Q&A

- Use chat box for sharing resources, comments, and responding to speaker
- Ask questions with the Q&A
- Introduce yourself in chat!



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



**Tiffany Beason**  
NCSMH Faculty



**Lorraine Bernstein**  
Coordinator



**Jill Bohnenkamp**  
NCSMH Faculty



**Taneisha Carter**  
Senior RA



**Oscar Morgan**  
MHTTC Project Director



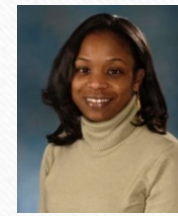
**Michael Thompson**  
MHTTC Sr. TA Specialist



**Dave Brown**  
Senior Associate  
School-based Training  
Behavioral Health  
Equities



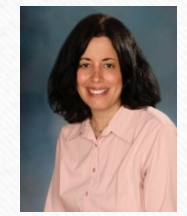
**Elizabeth Connors**  
NCSMH Faculty



**Dana Cunningham**  
PGSMHI Director



**Sharon Hoover**  
NCSMH Co-Director



**Nancy Lever** NCSMH  
Co-Director



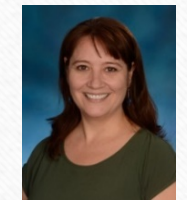
**Sylvia McCree-Huntley**  
Director of PD and  
Continuing Ed



**Britt Patterson**  
NCSMH Faculty



**Perrin Robinson**  
Communications Director



**Kris Scardamalia**  
NCSMH Faculty



**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

# Introduce Yourself

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**Please type your responses in the chat box:**

- Name, role, location
- Why is this topic important for the population you work with?



# Meet the Panel

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# Brittany Patterson

## PhD

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My Lens

- African American
- She/her/hers
- Cisgender
- Heterosexual
- Christian
- Middle class
- Non-disabled



# Kris Scardamalia

## PhD

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### My Lens

- White American
- She/her/hers
- Cisgender
- Heterosexual
- Nonreligious
- Middle class
- Non-disabled



**Sensitive  
Content**

- **Institutional Racism:** Refers to the discriminatory policies and practices within organizations and institutions; leads to advantages for those in the majority group and often leads to discrimination, oppression, and disadvantage for groups that are not in power
- **Systemic Racism:** Ongoing racial inequalities that are maintained by societal standards and policies that reinforce inequities between groups. Systemic racism is maintained by the current social, economic, and political systems in our society.
- **Anti-racism:** Actively supporting antiracist policies and ideas; Actively working to identify and oppose racism and change the policies and behaviors that perpetuate racism; Requires self-awareness and constant self-examination

## 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.

### Impacts on Health & Mental Health

- Anxiety
- Low self-esteem
- Guilt/shame
- Depression
- Post traumatic stress
- Diminished access and quality of care
- Heart disease
- Diabetes

What is your perspective on the state of the field as it relates to addressing racial stress and trauma in therapeutic spaces, schools, and classrooms?

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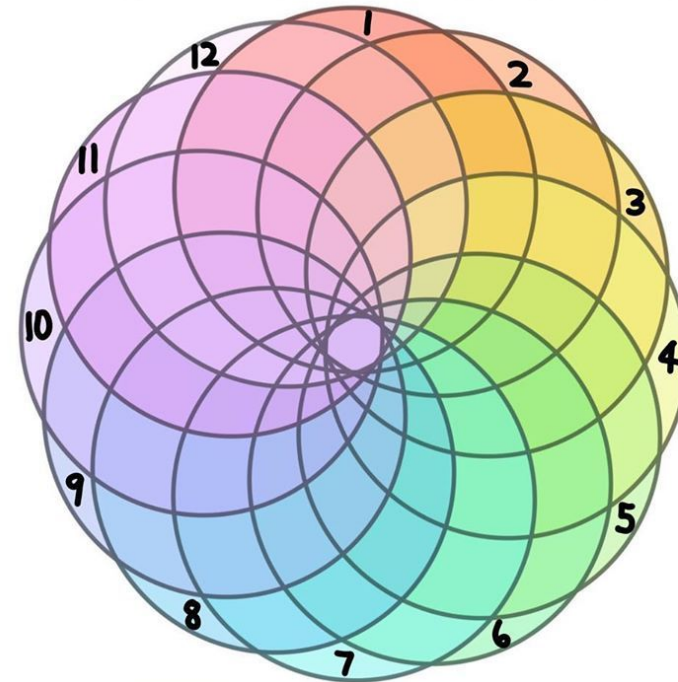
**Intersectionality** is “a theoretical framework for understanding how aspects of a person’s social and political identities (e.g. gender, sex, race, class, sexuality, religion, disability, physical appearance, height, etc.) combine to create unique modes of discrimination and privilege” ([Wikipedia](#))

Coined by Kimberlé Crenshaw, Esq.

Systems of power and oppression overlap and compound, creating further burdens and issues for students.

**Think:** How do your identities give you more or less power and privilege?

# INTERSECTIONALITY



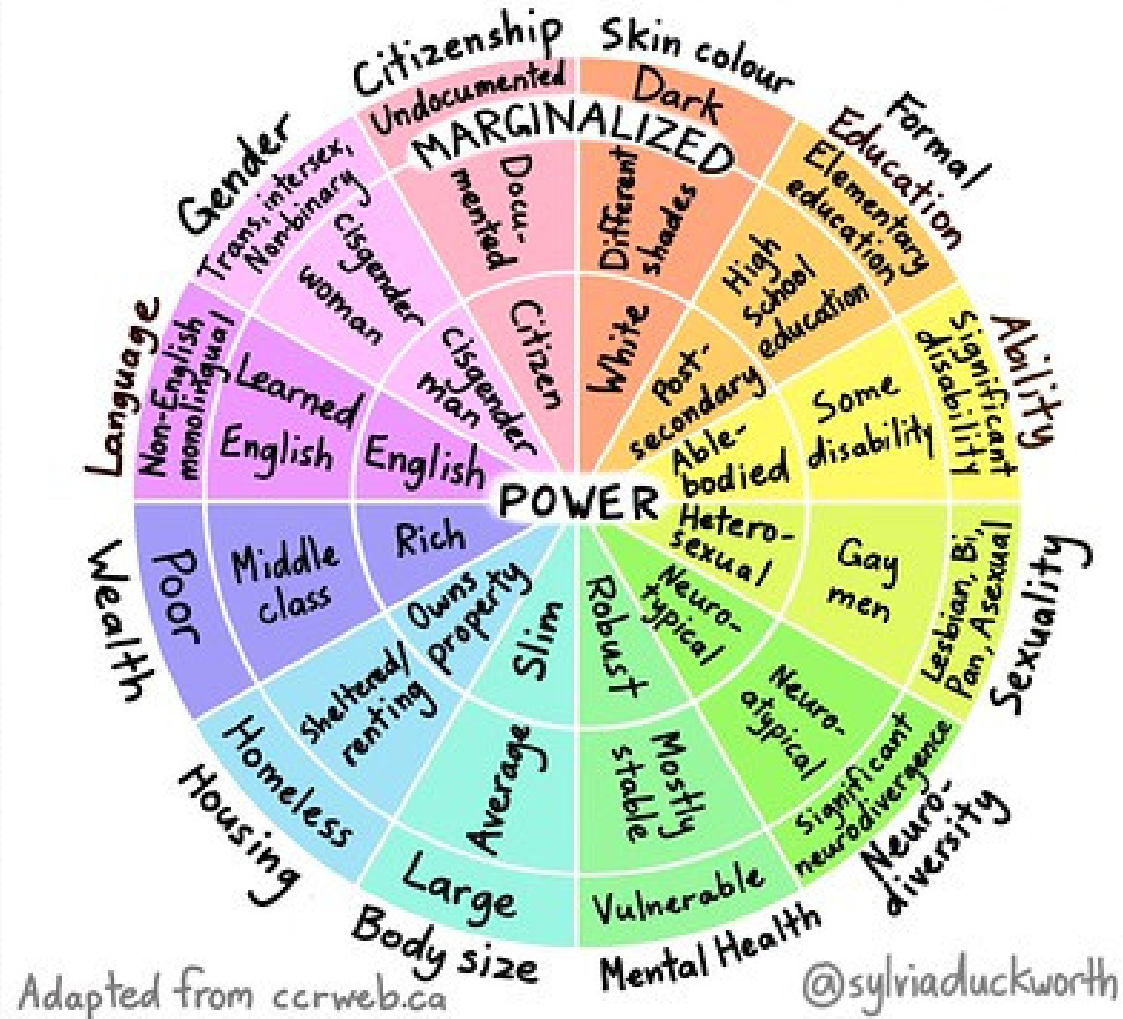
- 1 Race
  - 2 Ethnicity
  - 3 Gender identity
  - 4 Class
  - 5 Language
  - 6 Religion
  - 7 Ability
  - 8 Sexuality
  - 9 Mental health
  - 10 Age
  - 11 Education
  - 12 Attractiveness
- (...and many more...)

Intersectionality is a lens through which you can see where power comes and collides, where it locks and intersects. It is the acknowledgement that everyone has their own unique experiences of discrimination and privilege.

- Kimberlé Crenshaw -



# WHEEL OF POWER/PRIVILEGE



How does intersectionality of oppression impact youth?

What considerations are important when implementing strategies focused on racial stress and trauma?

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Let's hear from participants

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What are some strategies to address racial stress and trauma that school-based staff can implement?

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# **S.A.F.E.**

Safe space

Assess and validate feelings

Focus on protective factors and positive outlets

Encourage help-seeking

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Let's hear from participants

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**Participants:** What is one action step you can commit to today in support of youth impacted by racial stress and trauma?

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# Questions

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# Racial Stress and Trauma Resources

1. [Cultural Responsiveness & Equity > Racial Trauma](#), SchoolMentalHealth.org
2. **Classroom WISE** – CIE Module (Coming Soon!)
3. [National Center for Safe Supportive Schools \(NCS3\)](#) – Culturally Responsive and Equitable Schools (CARES)
4. [They're not too young to talk about race](#)
5. [Stop Hesitating: A Resource for Psychotherapists and Counselors](#)
6. [Understanding Race and Privilege: Suggestions for Facilitating Challenging Conversations](#)
7. [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.
8. [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.
9. [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.
10. [Racial Stress and Self-Care: Parent Tip Tool](#)
11. [My Grandmother's Hands](#) by Resmaa Menakem
12. [Pushout](#) by Monique Morris
13. [Revolutionary Schools Network](#)

# Evaluation

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Please complete the evaluation for this webinar.

- <https://ttc-gpra.org/P?s=728480>

# After this Webinar

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# 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 Specialty Track  
[CREtrack@som.umaryland.edu](mailto:CREtrack@som.umaryland.edu)