

RACE, RACISM and MENTAL HEALTH

PROPOSED PROGRAM AGENDA
November 16 - 17, 2018

Subject to changes

Day 1 (Friday, Nov. 16 – full day program)

8:30 - 8:55 Registration and Networking

9:00 - 9:05 Introduction

9:05 - 10:00 **Keynote Speaker: “What is Racism?”**
David R. Williams, Ph. D., MPH, Harvard School of Public Health

How is implicit bias related to more virulent strains of racial bigotry? How does endemic systemic discrimination in the distribution of benefits and opportunities to individuals flow from belief systems of individuals infected with racism?

10:00 - 10:25 Q/A

10:30 - 11:30 **Panel Discussion: “The Experience of Irrational White Fear: #LivingWhileBlack”**

Everything black people do is weighted by irrational white fear.

- Renée Graham, Boston Globe

Waiting at Starbucks, napping at Yale, BBQ-ing, renting an Airbnb, being at a swimming pool, carrying a duffle bag to work. In myriad settings “white” people view “black people” with suspicion, profile them, and threaten them with police for their mere presence. How is the psychology of racism related to this kind of irrational fear? How do we hold people accountable for racist behavior? Can we respond to such behavior by individuals while addressing the systemic forces that create and sustain it? What systemic solutions are necessary and possible?

Panelists:

- Renée Graham, *The Boston Globe*
- Paul Marcus, Communities for Change
- *Additional panelists to be announced*

11:30 - 12:00 Q/A

12:00 - 1:00 **Lunch Break**

1:00 - 2:30 The Impact of Everyday Racism

Why African-Americans are 20% more likely to report having serious psychological distress than non-Hispanic whites. What coping mechanisms serve to deflect incessant daily micro-aggressions? What is the psychological cost of “coping”?

Panelists:

- Phillippe Copeland, Ph.D., Boston University School of Social Work
- Lolita Parker, Jr.
- *Additional panelists to be announced*

**2:45 - 4:30 Racial and Ethnic Disparities in Mental Health Treatment;
Learning (and Teaching) Cultural Humility**

How does race affect the diagnosis and treatment of individuals with mental health issues? What barriers exist for people of color in accessing services? How can clinicians learn not to contribute to the disparities in mental health treatment and engage in cultural humility? Hear how communities and researchers are working together to improve access and outcomes for people of color with lived experience.

Panelists:

- Benjamin Lê Cook, Ph.D., Center for Multicultural Mental Health Research and Health Equity Research Lab-Cambridge Health Alliance, Harvard Medical School Department of Psychiatry , Massachusetts General Hospital
- Valeria Chambers, Transformation Center, Blacks United for Recovery
- Oyenike Balogun-Mwangi, Ph.D., Salve Regina University
- Natalie Cort, Ph.D., William James College

4:30 - 5:00 Friday wrap-up | Break-out group reports/Announcements

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Day 2 (Saturday, Nov.17th - half day program)

8:30 - 8:55 Registration

8:55 - 9:00 Introduction

9:00 - 10:00 Race, Mental Illness and the Justice System

Race and mental illness intersect throughout the criminal justice system. Disparate and damaging treatment begins at From the point of arrest through incarceration and afterwards, the system hurts and damages persons of color with mental illness. What do lawyers do about it?

Panelists:

- Dehlia Umunna, Clinical Professor of Law and Faculty Deputy Director of the Harvard Law School's Criminal Justice Institute (CJI)
- Sana Fadel, Citizens for Juvenile Justice
- Lizz Matos, Prisoners Legal Services
- *Additional panelists to be announced*

10:15 - 12:15 Break-out groups: Reform Efforts

Discussion in small groups

In brief presentations, persons actively engaged in reform efforts will discuss their advocacy regarding the problems described in the prior session, followed by small group discussion with roaming facilitation by the morning's speakers.

Panelists:

- Marlies Spanjaard, YAD (Youth Advocacy Division of the Committee for Public Counsel Services) Education Law Project
- Lisa Thureau, Strategies for Youth

12:20 - 1:00 Plenary Discussion/closing

Panelists from both sessions discuss the ideas they heard in the small group discussions with conference participants