



Racial Trauma as a Diagnosis: Recognizing The Impact of Racial Violence and Discrimination on Mental Health

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Background

- **Experiences of Racial Trauma**
 - Racial violence
 - Racial discrimination
- **Racial Bias in Diagnosis**
 - Ineffective treatments



Research Questions

How does racial trauma affect mental health?

How is racial trauma recognized?

What treatments and solutions do we have to deal with racial trauma?

Methods

- **Qualitative Formal Interviews**
 - Black Community Activists and Allies
- **Non-profit Organizations**
 - Fredericksburg Free
 - DC Protest
 - RVA Protest



Results

Impact of Racial Trauma

- Physical, emotional and mental toll

Perception of Mental Health

- Positive but many barriers

Perception of Racial Trauma

- Not recognized

Solution & Implications

- **Racial trauma as a diagnosis**



