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?

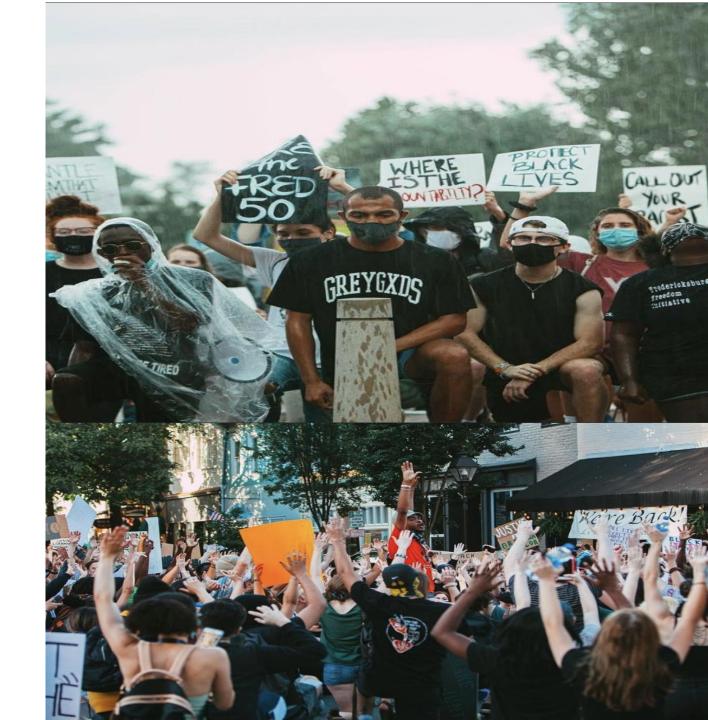
What treatments and solutions do we have to deal with racial trauma?



### 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

Expanding our understanding of trauma

Increase cultural competency

Community-based programs and racial theories in treatments



