

**THE CYCLE OF RACIALIZED VIOLENCE AND TRAUMA ON BLACK COMMUNITY  
ACTIVISTS | *THE PATH TO ANTI-RACIST MEDICAL INSTITUTIONS***

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# What do we know already according to other works?

- Critical Race Theory – Race is systemically embedded (Crenshaw, Delgado, Dubois)
- Activists Theory- whistleblowers, agents of change
- Institutional design – Mental model of marginalized communities
- Big Data- Numbers are not lived experience.



# Theoretical Framework & Research Question

Research Boundaries & Outline:

## 4 dimensions

### 1. Group case

I. Who are we talking to?

A. Black community activists

### 2. What?

I. Action/Function

A. The impact of racial trauma to the overall physical, mental, and emotional health of Black community activists.

B. The impact of racial trauma to the perception of mental health and accessing mental health services.

C. The impact of activist scholarship on black community activists.

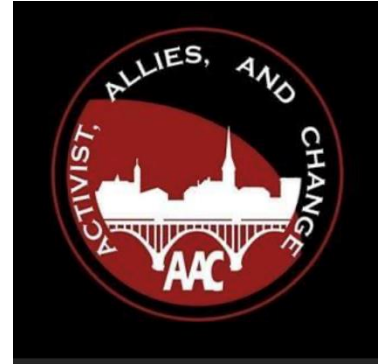
D. The impact of the rejection of black liberation on black youth.

### V. Time

- This study would be looking into different aspects of historical and cultural racial trauma and connecting it to current movements and attitudes of mental health.

### IV. Theoretical approach

1. This study should be looked at using several theories including the **critical race theory**, **activist theory** and the **institutional design framework theory**.



“What are the impacts of racialized trauma on black community activists in the United States and how does this impact their perception of mental health services?”

# Black mental health is Global health

- In the United States, nearly 3000 black and brown children die by suicide (15-24 NIMH).
- Misalignment in policy due to lack thereof cultural competence in mental health contributes to this issue.
- Big Data studies for marginalized groups have been shown to produce ineffective numbers without accounting for the mental models behind statistics.

## **Black Community Activist Mental Health**

\* Estimated 26 million grassroots activists transnationally

- Cycle of Trauma – only reaping negatives
- Misaligned professional help
- Identifies as barrier | the mental model of racial trauma and warfare in structural and informal settings.
- Western model of mental health

# A Cycle of Trauma | non-recognition is a double-edged sword

Mass mobilize fighting for culturally relevant themes.



Race is dispersed as a systemic tool

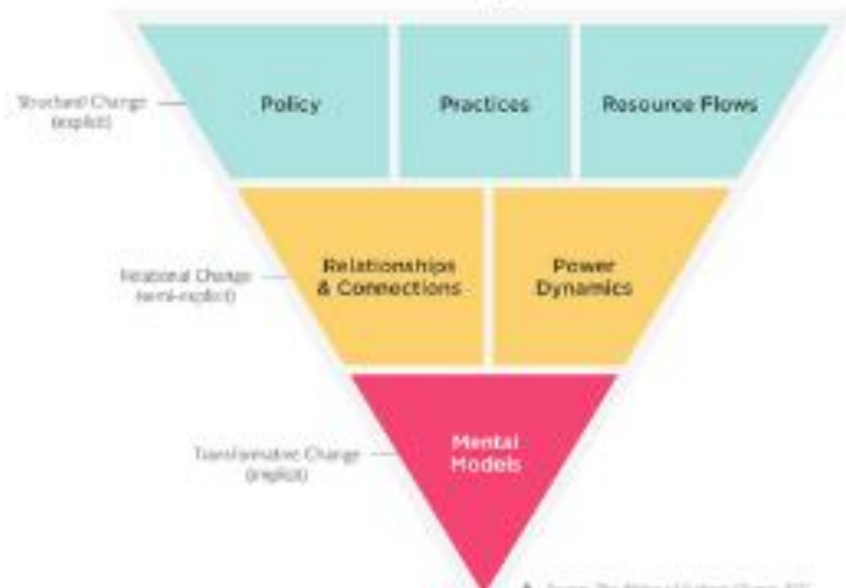


Public response is constructed through the ruling racial class..



We cycle racial trauma onto activists without addressing it. we move further away from addressing the real issue.

## Six Conditions That Hold Systemic Problems in P



Tell us that our lives are important enough to protect. And that our deaths alike are as equally important to prevent.

# Solutions - Recommendation

- 1. Creating and sustaining the formation of black community aid organizations. This provides a cushion of benefits so that activists can sustain positive benefits offsetting those inevitable by the process of social justice.
- 2. Increase and nurture the relationship recurring between professional psychology, educational psychology and the black community through (critical) engagement in Community Based Research Projects (CBRP's)
- 3. 5 steps | Listen, Recognize, Relinquish, Empower, Integrate.

The effects of racial trauma on black community activists  
Eastern cities in southern U.S.

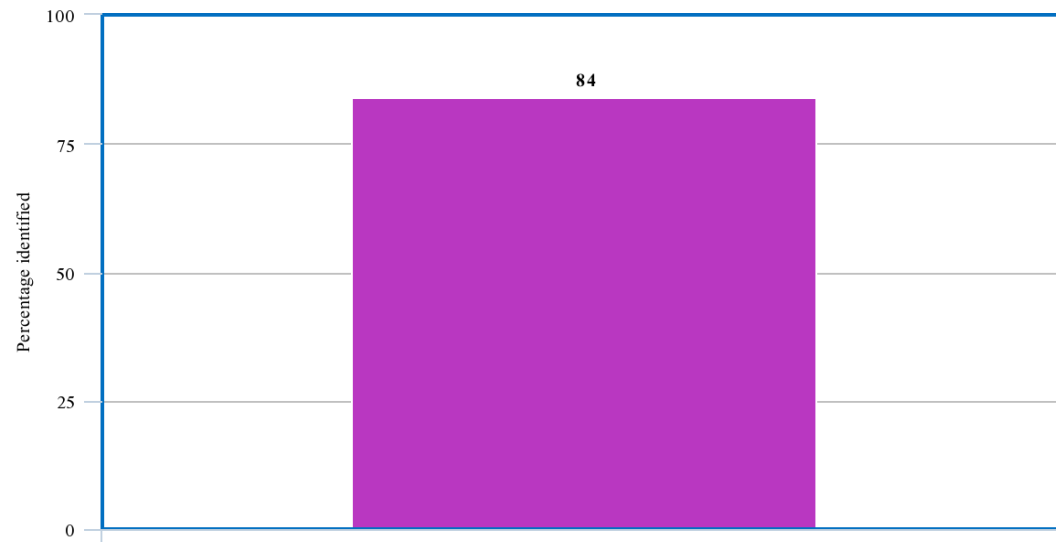
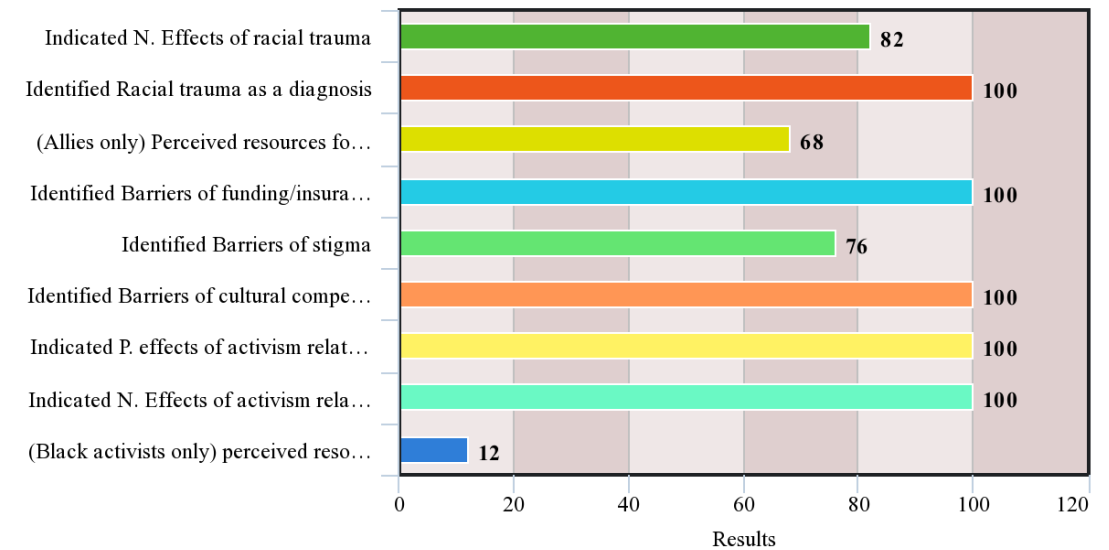


Figure A | feelings of depression, anxiety, paranoia etc,

■ The effects of trauma on black community activists

meta-chart.com

Effects of racial trauma on black community activists  
Eastern cities in southern U.S. ; Fredericksburg, Virginia ; Richmond, Virginia ; District of Columbia



■ Community activists

meta-chart.com