

Mental Health Resilience in Times of Racialized Violence

The Annual Oregon Diversity and Inclusion Conference

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Social Justice Thinkers

Have a moral & ethical attitude towards equality & equity

Have a belief in the capacity of human beings to be change agents for the creation of a “just” society

Areas of Focus

Explore the impacts racialized violence on mental health and wellness

•Identify areas of resilience

•Develop strategies for voicing and listening to diverse experiences

•Develop strategies to engage in difficult dialogue

•Describe concrete steps toward greater mental health and wellness

•Develop strategies use our individual, familial, and communal strengths and resilience to improve mental health, relationships, and advocate for sustainable change

Poll Question

Over the last year, my mental health has:



Increased





Decreased



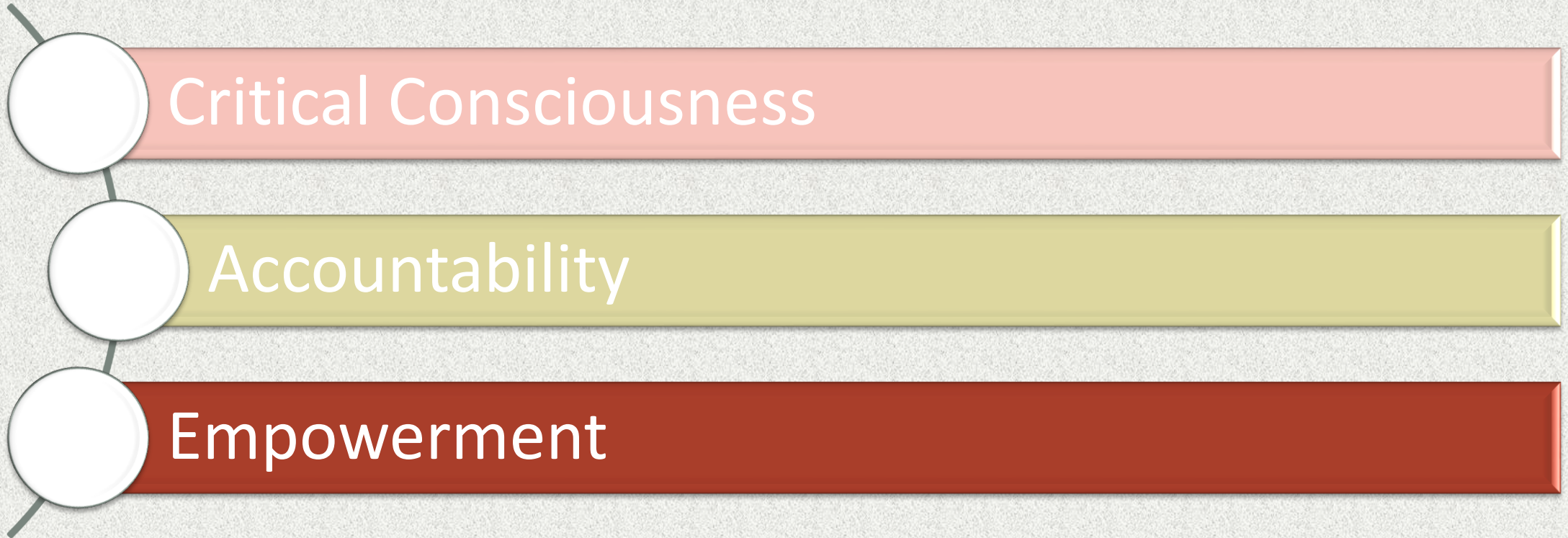
Same

Essential...

 *Concept:* White supremacy, Oppression, Racism, Bigotry, & all "Isms" and "Bias" are symptoms of extreme mental illness and lack of wellness.

 *Question:* How do I maintain my mental health & wellness, sanity, dignity, & soul during this contemporary manifestation & onslaught of racialized violence & white supremacy?

Guiding Principles

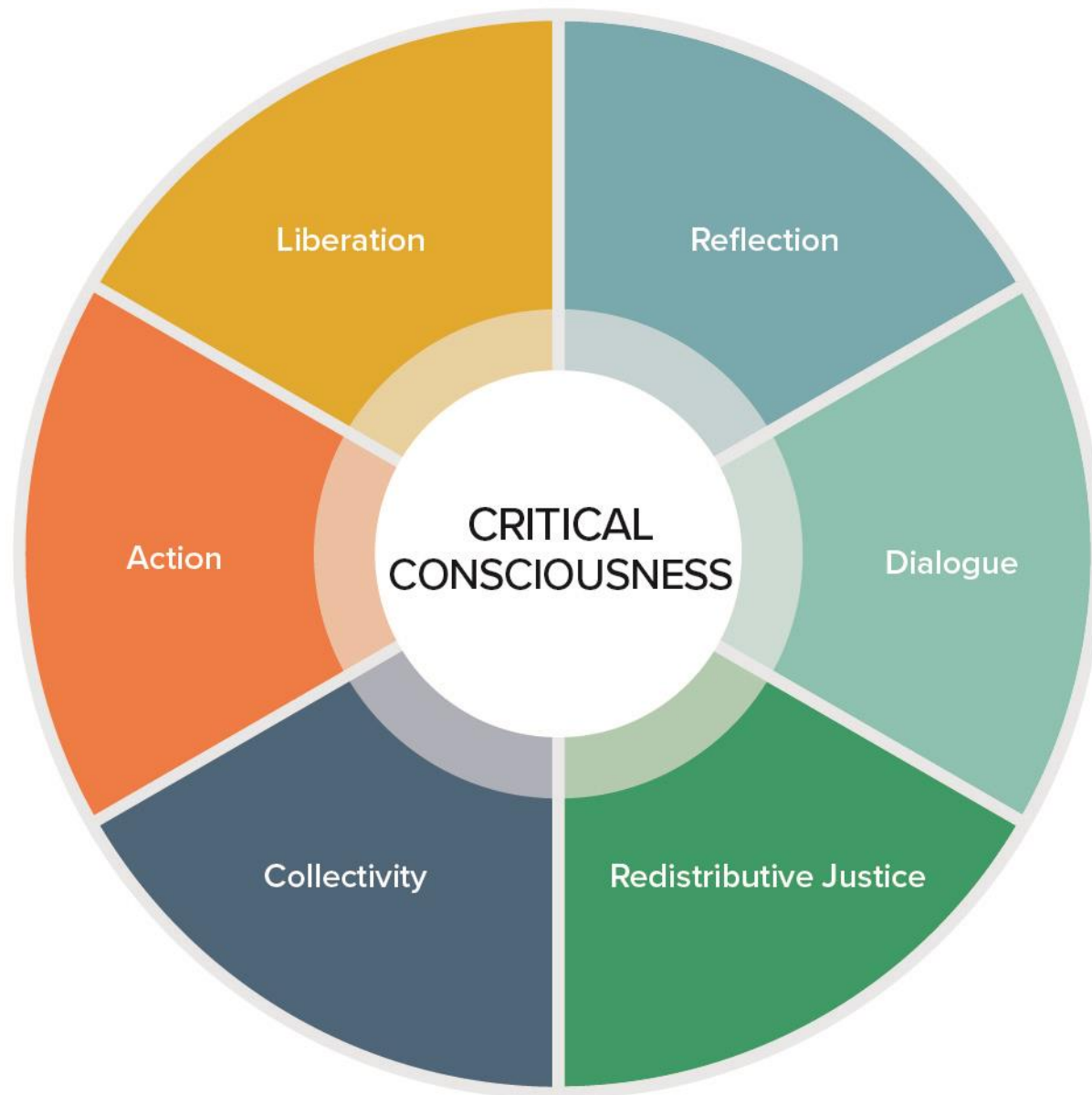


Dialogue & Inquiry

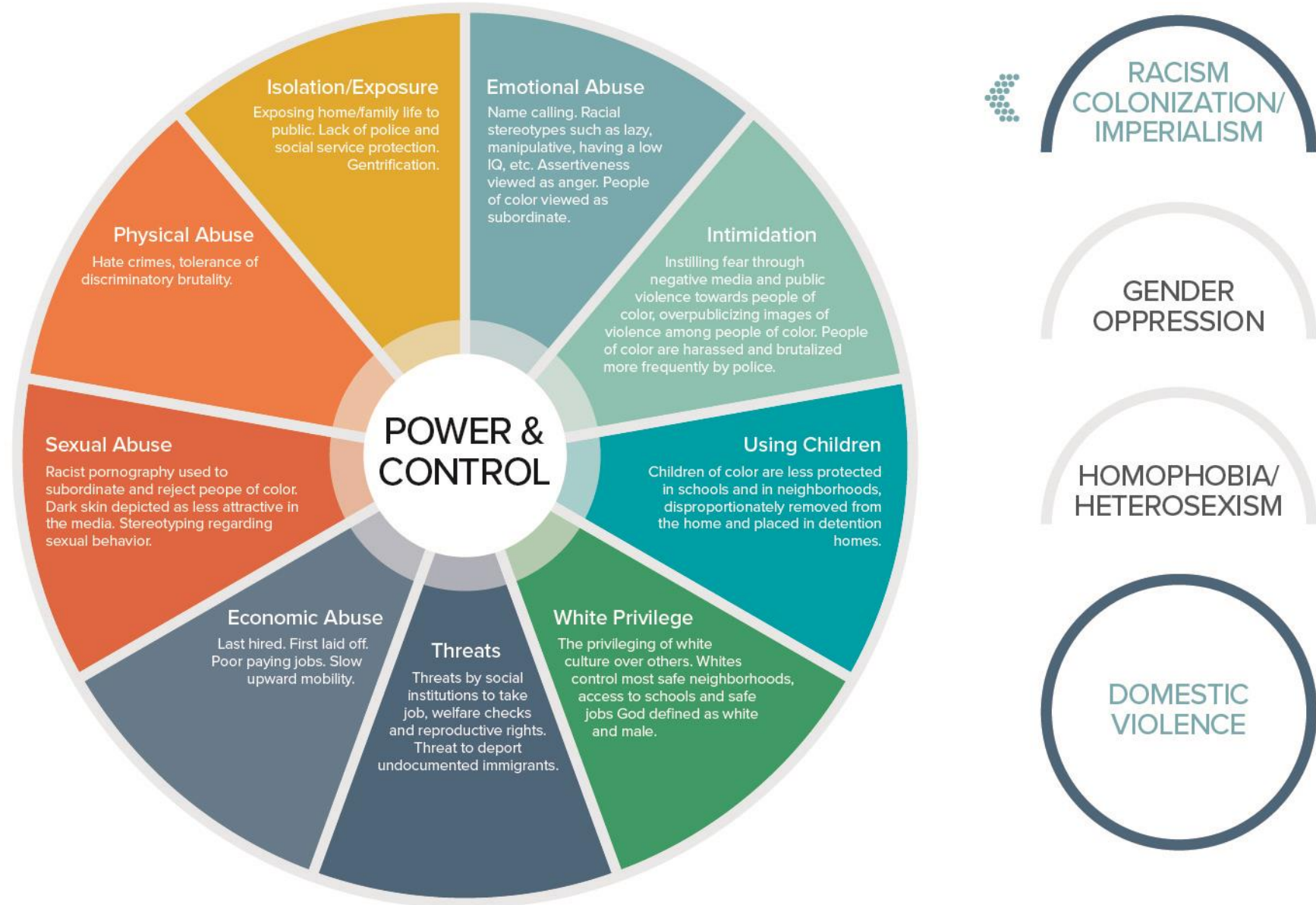
What events have shed light on the need for an increase in mental health resilience?

How do these life events & the heightened need for social justice inform/impact your work?

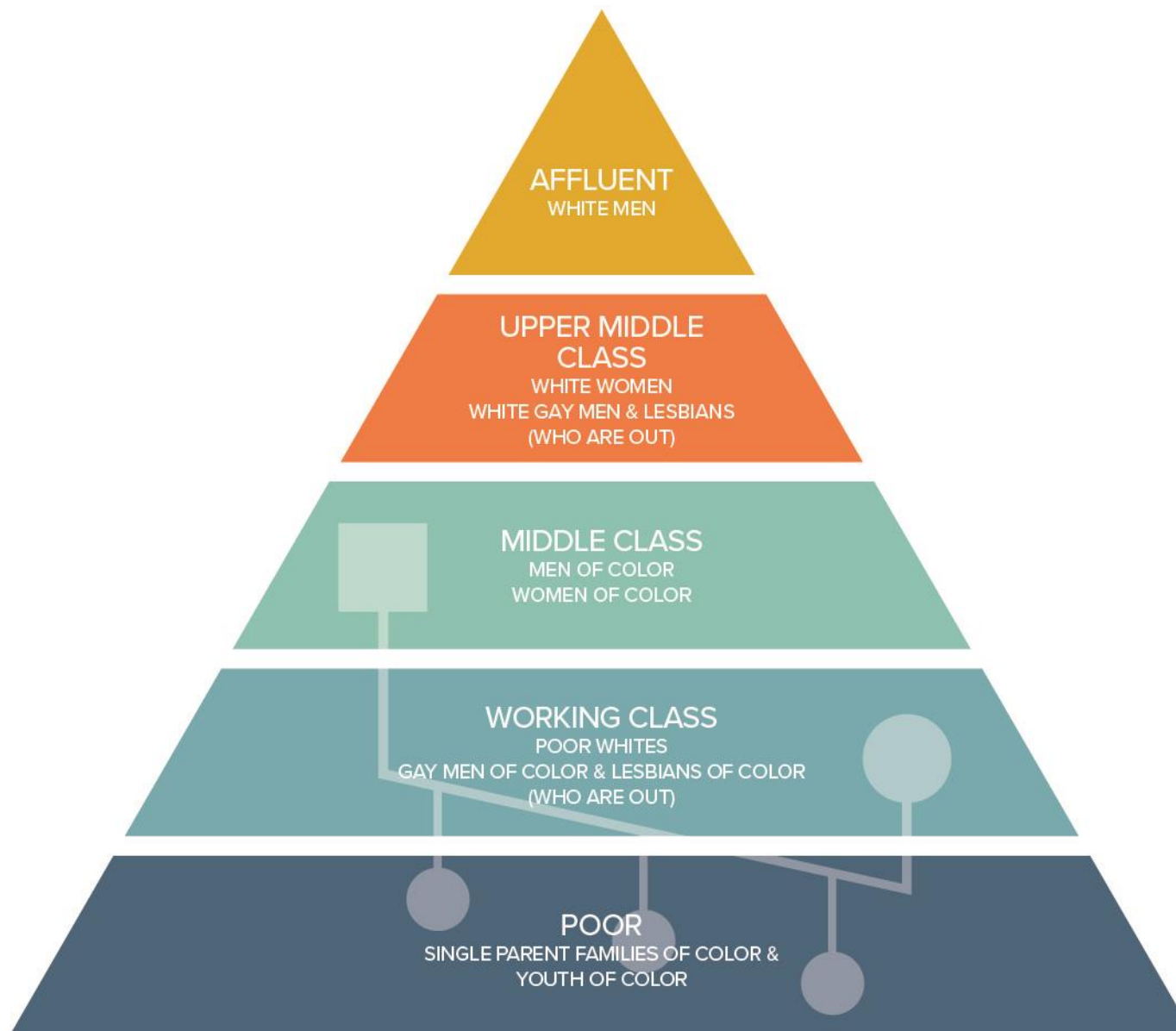
DEVELOPING A CRITICAL CONSCIOUSNESS



PUBLIC CONTEXT: THE MISUSE AND ABUSE OF POWER TOWARD PEOPLE OF COLOR



HIERARCHY OF POWER, PRIVILEGE, AND OPPRESSION



Anti-Racism

- Anti-racism is defined as the work of actively opposing racism by advocating for changes in political, economic, and social life.
- Anti-racism tends to be an individualized approach and set up in opposition to individual racist behaviors and impacts.
- An anti-racist is someone who is supporting an antiracist policy through their actions or expressing antiracist ideas.
- This includes the expression of ideas that racial groups are equals as well as do not need developing and supporting policies that reduce racial inequity.


Chat Discussion

Resistance \neq Resilience

What is the difference between Resilience & Resistance?

How are the two concepts connected?


Resilience

 *“When you shoot right and truth and justice down, the more right and truth and justice will rise up.”*

Dick Gregory, Nigger, 1964

 *“I can’t be played. A person trying to play me, plays themselves.”*

Prince, Tavis Smiley Show, 1998

 *“Who he think he talking to? He must think I’m crazy. My Black mama ain’t raise no Mf fool!”*

Andraé L. Brown, PhD, In my mind... all the time

Critical Strategies You must be:



Resilient

Resistant

Resolute

Essential...

- *Resolution:* I will _____ to demonstrate, fortify & bolster my resilience!

Ask yourself:

👁️ How far am I willing to go?

👁️ What am I willing to do?

👁️ What is necessary to protect myself & my family?

👁️ What do I owe my people?

👁️ What does my soul, my ancestors, & my God require of me?

Dialogue & Inquiry



“Nothing pains some people more than
having to think.” Martin Luther King Jr.

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