

The Impact of Structural Racism and Discrimination among Residents Living in Vulnerable Neighborhoods

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DISCLOSURE

I have no relationship(s) with industry to disclose relative to the content of this CME activity.

BACKGROUND

Race related stressors impact the mental health of socially disadvantaged racial and ethnic populations (Williams, 2018).

BACKGROUND

Mental illness among blacks and Latinos are more severe, last for longer time frames, and are more detrimental than any other race or ethnic group.(Breslau et al. 2005).

BACKGROUND

Past research found that discrimination is positively associated with measures of depression, anxiety symptoms, psychological distress and psychiatric disorders.(Lewis et al. 2015).

OBJECTIVES

1. To discuss and identify effective strategies to decrease mental health among residents who live in a vulnerable neighborhood/community.
2. Increase the knowledge among health care providers concerning the detriments of mental health among residents who live in vulnerable neighborhood/community.

EXPECTED OUTCOMES

1. List some reasons how socioeconomic status (SES) can prevent positive health outcomes among residents who live in vulnerable neighborhoods.
2. List contributing factors that support how structural racism and discrimination could impact mental health treatment among residents who live in vulnerable neighborhoods.

DEFINITIONS

1. Socioeconomic status
2. Vulnerable neighborhood/community
3. Structural racism
4. Discrimination

Barriers to Care



REFERENCES

Lewis, T. T., Cogburn, C. D., Williams, D. R. (2015). Self-reported experiences of discrimination and health: scientific advances, ongoing controversies, and emerging issues. *Annual review of clinical psychology, 11*, 407-440.

Williams, D. R. (2018). Stress and the mental health of populations of color: Advancing our understanding of race-related stressors. *Journal of health and social behavior, 59*(4), 466-485.

THANK YOU

