



HASSENFELD
**CHILDREN'S
HOSPITAL**
AT NYU LANGONE



HOT TOPIC: WHAT IS THE IMPACT OF RACISM ON THE PHYSICAL & MENTAL HEALTH OF MY PATIENTS?

**ACES Health Champions Gathering
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Disclosures

The New York Foundling Hospital

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Aakoma Project

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Community Healthcare Network

Mental Wealth Alliance

Northwell Health

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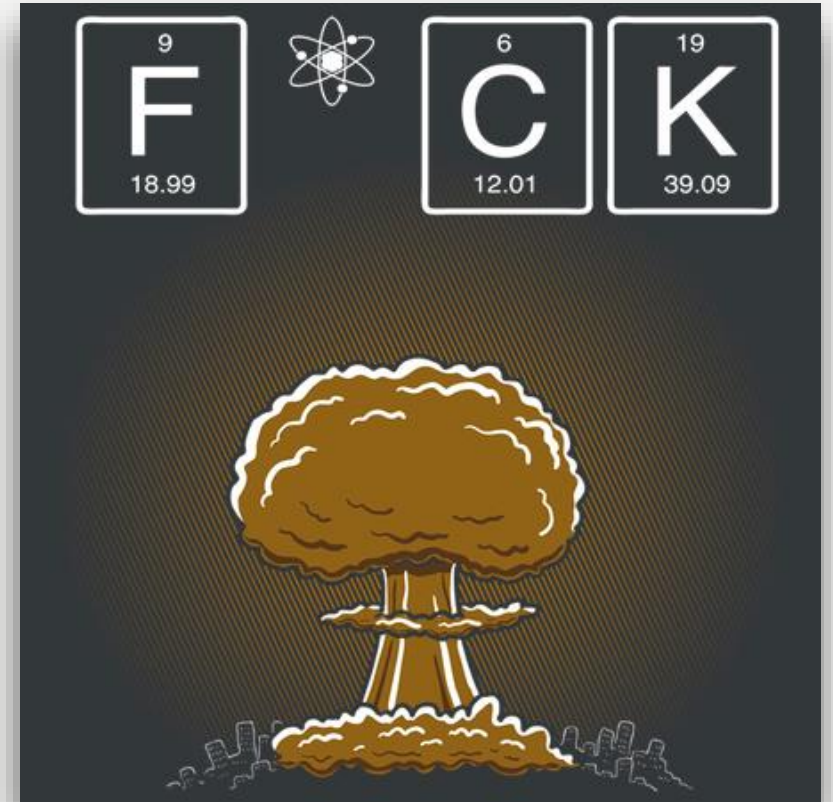
Royalties

Honorarium for participation

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<https://youtu.be/inS9gAgSENE?si=mChoAAdamZT0Vm2T>

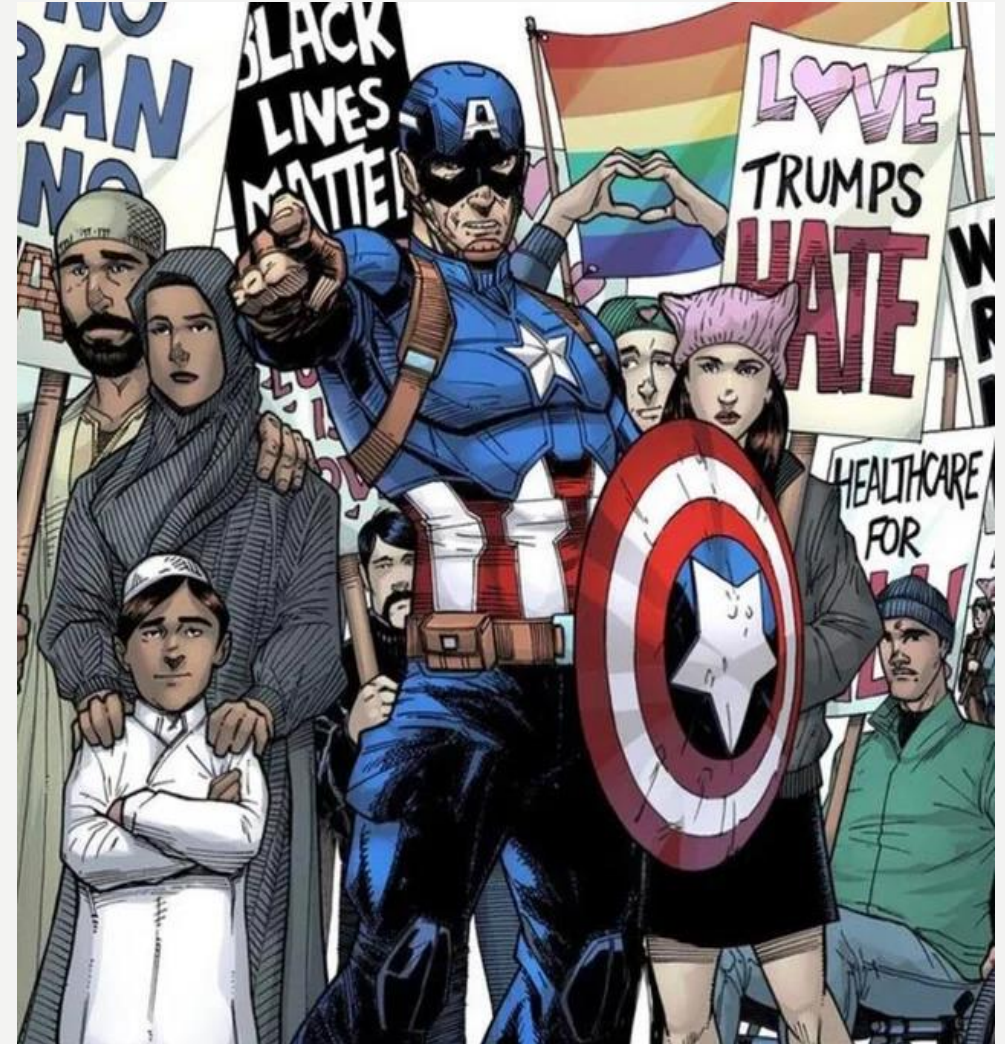
“Of all the forms of inequality, injustice in health care is the most shocking and inhumane.”

Dr. Martin Luther King, Jr.



ON TODAY'S AGENDA

- Vignette
- Trauma/Stressor Related Disorders
- Racism & Related Trauma
- Discussion



POLL QUESTION 1



America's Hidden Racial Divide: A Mysterious Gap in Psychosis Rates

Black Americans experience schizophrenia and related disorders at twice the rate of white Americans. It's a disparity that has parallels in other cultures.

<https://www.nytimes.com/2024/12/03/magazine/psychosis-schizophrenia-risk-race.html>



TRAUMA & PTSD

HOW COMMON IS TRAUMA?

Adverse Childhood Experiences:

- 58% of children (<18) at least one ACE
- 19% low income >4+ ACEs v. 4% high income
- 40% Youth in care prevalence of >4+ ACEs

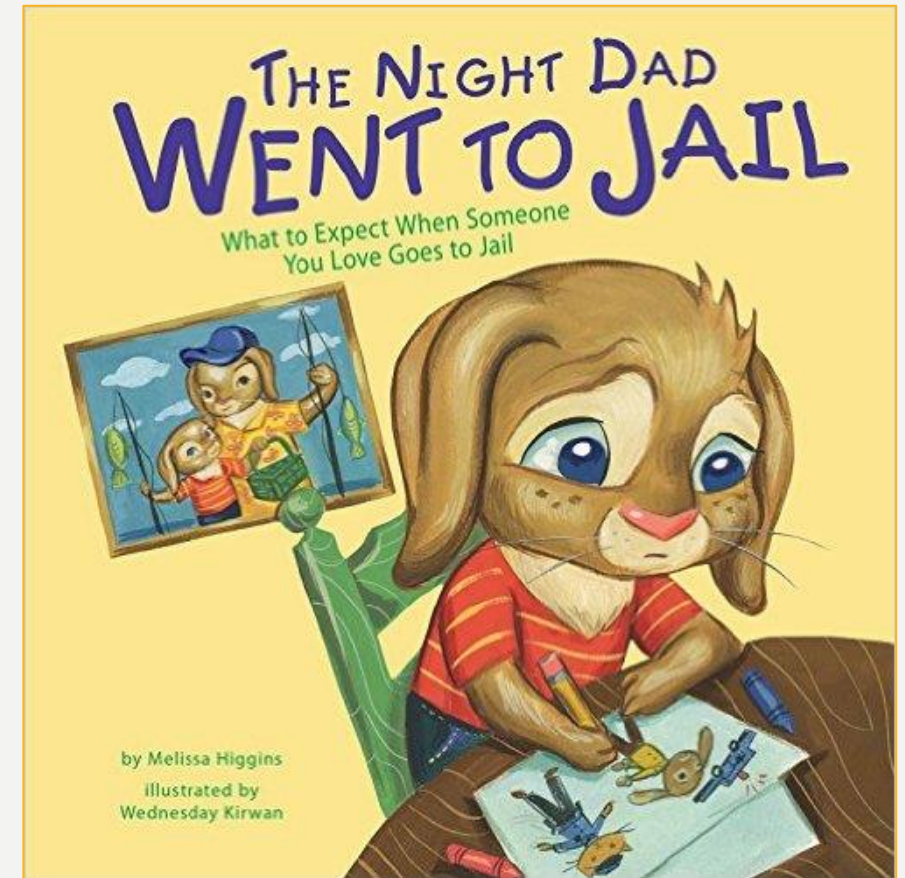
Some Caveats

- >4+ ACEs file review (39%) vs. questionnaires (7%)
- 0 ACEs was higher when questionnaire was completed by parents vs children



WHAT THINGS AFFECT KIDS?

- emotional, physical, or sexual abuse
- witnessing domestic violence
- household substance abuse
- household mental illness
- parental separation or divorce
- incarcerated household member
- emotional or physical neglect



The Pair of ACEs

Adverse Childhood Experiences

Maternal
Depression

Physical &
Emotional Neglect

Emotional &
Sexual Abuse

Divorce

Substance
Abuse

Mental Illness

Incarceration

Domestic Violence

Homelessness

Adverse Community Environments

Poverty

Violence

Discrimination

Poor Housing
Quality &
Affordability

Community
Disruption

Lack of Opportunity, Economic
Mobility & Social Capital

IS THAT ALL?



- experiencing racism & discrimination
- being bullied
- placement in foster care
- Poverty
- housing instability (youth or family)
- exposure to family member arrest
- gang involvement
- parental trauma history

AND DOES IT GET RECOGNIZED?

RATES OF PTSD BY DIAGNOSTIC METHOD

CLINICAL SETTING	STRUCTURED ASSESSMENT	CLINICAL EVALUATION
outpatient mental health clinic (Chemtob et. al, 2016)	19.1%	1.9%
inpatient psychiatry unit (Havens et. al, 2012)	28.2%	2.2%
correctional inpatient psychiatry unit (adults; Gosein et. al, 2016)	46.2%	2.1%
Outpatient foster care mental health clinic (Forkey et. al, 2016)	78%	46%



@chakaxxxx

If y'all think these black boys don't have PTSD from seeing their friends getting killed on these streets just like men see their friends get killed in war. It's the same shit. But only one gets labeled PTSD.

11:15 PM · 03 Apr 18

11.9K Retweets 25K Likes

IS COMPLEX TRAUMA DIFFERENT?

- chronic trauma & adversity interfere with normal development
 - brain & nervous system
 - psychological
- affects many different domains
 - emotional reactivity & regulation
 - behavior
 - attention & cognition
 - self-concept
 - attachment & relationships
- functional impact across all aspects of a kid's life
- reciprocal interactions between kid & environment



POLL QUESTION 2

RACISM

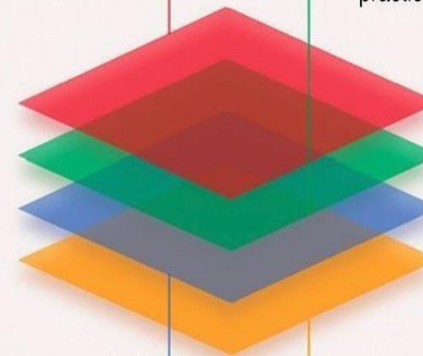
(& IT'S RELATED TRAUMA)

INSTITUTIONAL

Policies and practices that reinforce racist standards within a workspace or organization.

STRUCTURAL

Multiple institutions collectively upholding racist policies and practices, i.e. society.



INTERPERSONAL

Racist acts and micro-aggressions carried out from one person to another.

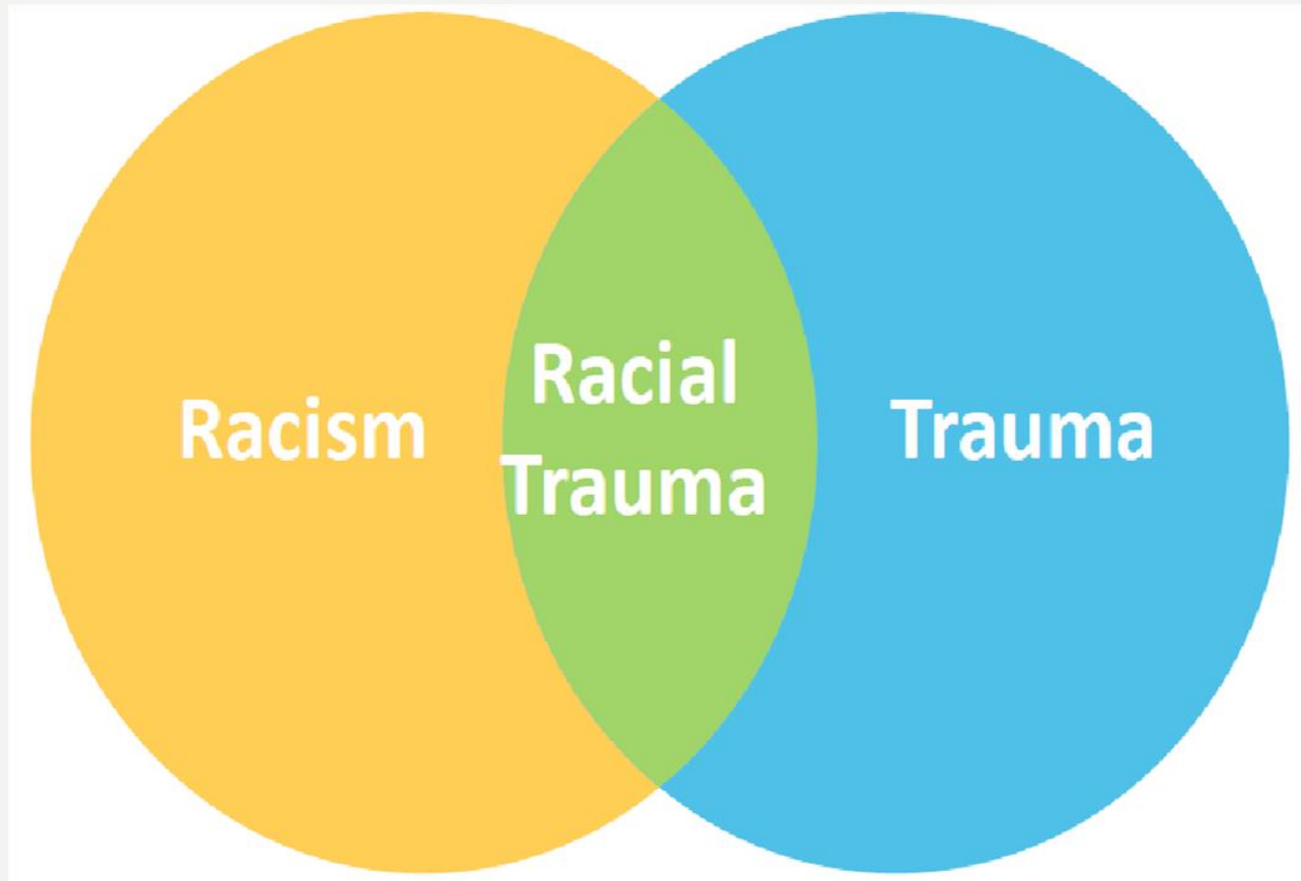
INTERNALIZED


The subtle and overt messages that reinforce negative beliefs and self-hatred in individuals.

*Inspired by
Race Forward Trainings*

**Slow Factory
Foundation**

Racism, Trauma, & Racial Trauma



- ▶ Also called racial trauma, race based traumatic stress, and racial stress and trauma.
- ▶ racial trauma: impact of one's experience with racism & discrimination
 - ▶ result of witnessing or experiencing racism, discrimination, & structural prejudice
- ▶  included in DSM-5 nor ICD-10

STATE OF MH OF YOUTH OF COLOR 2022



~3,000 youth of color surveyed
½ mod – sev anxiety/depression

- 22% NSSI / 26% SI

42% reported at least 1
experience with racial trauma in
past year

- 18% very often during lifetime
- 22% experienced >2 sources
- Types – peers, news/social media. Teachers/employers, parents, police

Minoritized* Stress Theory

- process through which stigma/bias/racism influences health & mental health outcomes
- increased stress & negative life events related to minoritized status lead to or exacerbate health & mental health problems
 - compounded by intersectionality

$$t + t + t \dots = T$$



Racial Trauma & Health



- in 2020, Black life expectancy 6 years lower than white
- if racial opportunity gap is higher, so is the difference in white and Black mortality rates
- segregation is associated with adverse birth outcomes
- Black people living in states with high structural racism have increased likelihood of heart attack
- experiencing racism associated with higher risk of hypertension, cardiovascular disease, elevated hemoglobin A₁C
 - chronic inflammation, oxidative stress, & exposure to stress hormones

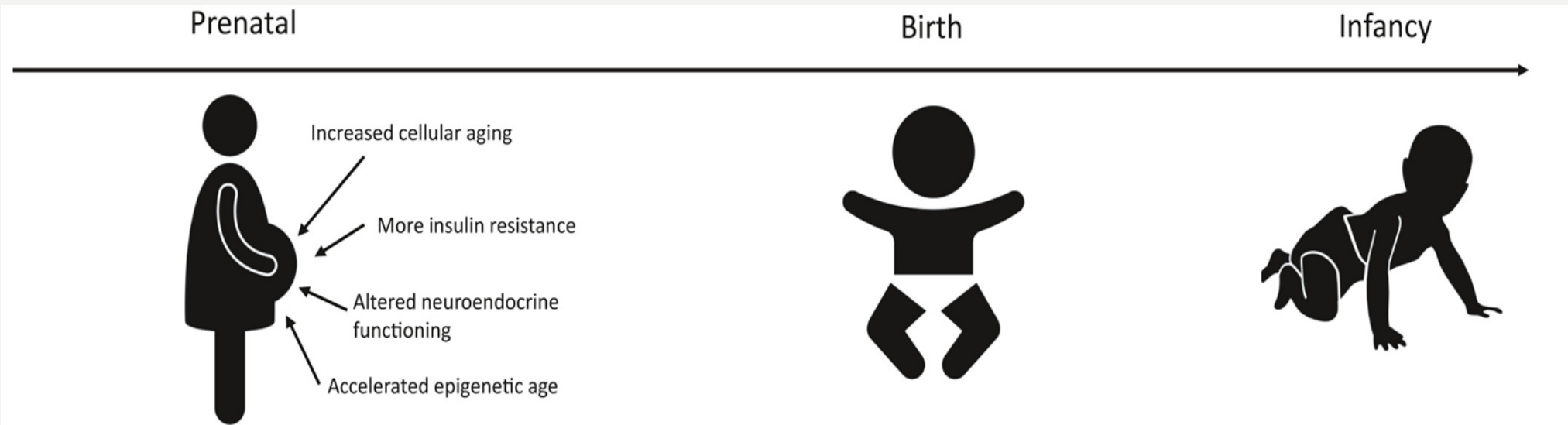
Racial Trauma & Mental Health

- re-traumatized in relation to past trauma
- increased risk of subthreshold psychotic symptoms
- increased internalizing & externalizing symptoms
 - depression, PTSD, anxiety
 - “acting out” behaviors
- lower self-concept & hopelessness
- frequent misdiagnosis & subsequent inappropriate treatment → mistrust of system & decreased likelihood of seeking care in the future
- discrimination increases parenting stress & risk for poor outcomes



POLL QUESTION 3

Biological Embedding of Chronic Stress Across Two Generations Within Marginalized Communities



Individual Level Factors

- Racial discrimination, prejudice, and stigma experienced by the mother
- Inflexible work schedules
- Acculturative stress and discrimination
- Racial trauma
- Racial profiling

Community Level Factors

- Exposure to hate crimes
- Exposure to racially-motivated violence

Structural Level Factors

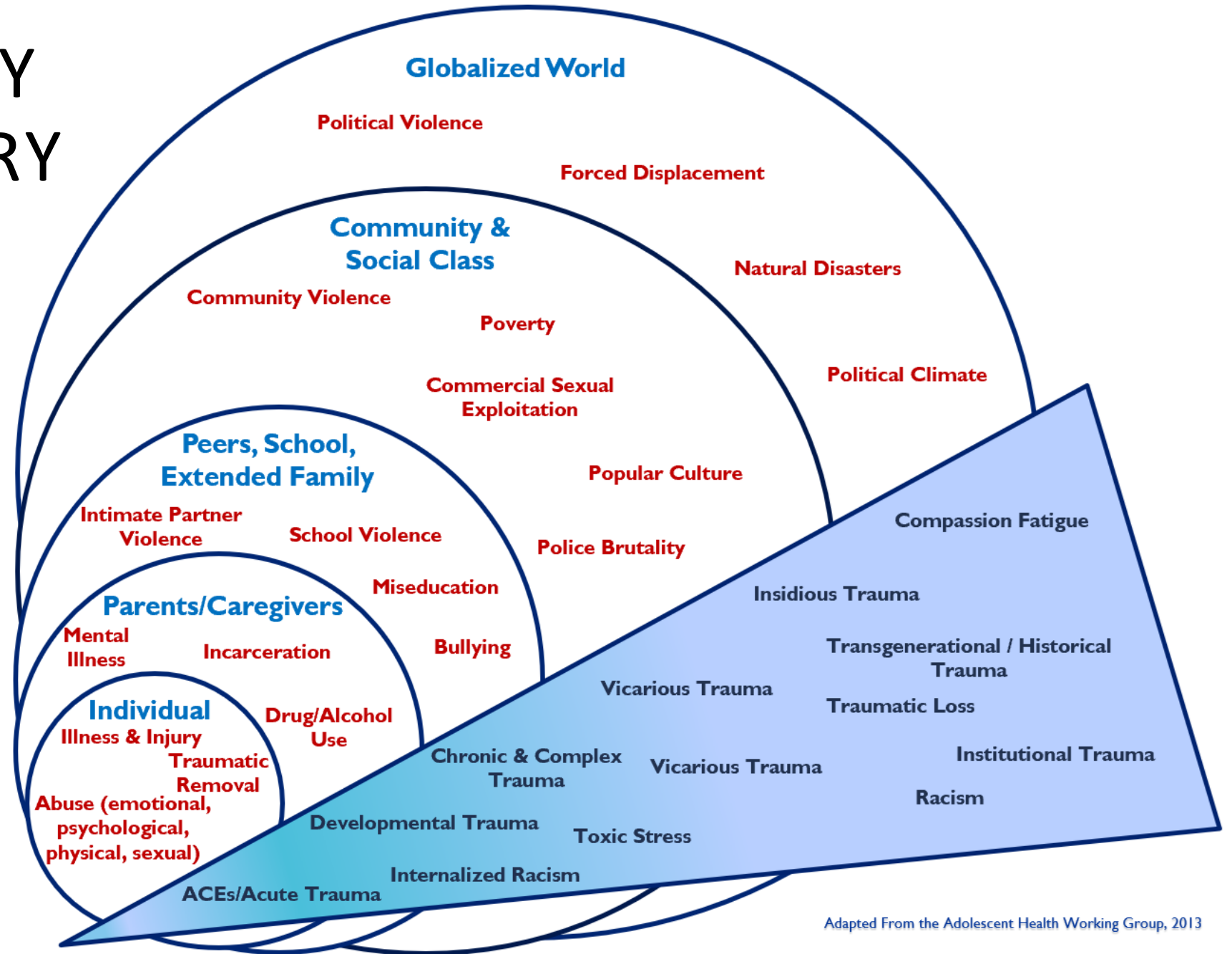
- Structural racism
- Historical trauma
- Segregation
- Greater likelihood of living in food deserts; food insecurity
- Neighborhood deprivation and housing instability
- Exposure to pollutants
- Poor quality education
- Poverty
- Access to health care

- Discriminatory hospital practices
- Access to health care
- Increased risk for maternal mortality
- Increased risk for poor birth outcomes such as preterm birth and low birth rate

- Altered physiological responses to stress in infants
 - Lower heart rate variability
 - Greater cortisol reactivity

POLL QUESTION 4

TAKE AWAY - SUMMARY



QUESTIONS?

Thank you



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