

A Conversation on the Impact of Racial Injustices, Health Inequities, and Paths for Moving Forward

Books and Resources From Our Panelists

Robert Boyd's Letter: <https://www.sbh4all.org/2020/06/these-are-perilous-times>

Dan Bryant's recommended books & resources:

Book: *Ghettoside* by Jill Leovy

Book: *A Colony in a Nation* by Chris Hayes

Book: *How to Be an Antiracist* by Ibram X. Kendi

Resource: Ring Theory by Susan Silk

Dr. Tichianaa Armah's recommended books & resources:

Book: Steele, Claude. *Whistling Vivaldi: And Other Clues to How Stereotypes Affect Us*. New York: W.W. Norton & Company, 2010.

A social science must read to learn more about what can be done differently in schools and work environments so more have the opportunity to succeed. This book teaches about concepts like stereotype threat and more.

Book: Ruiz, Pedro, and Anelle Primm. *Disparities in Psychiatric Care: Clinical and Cross-Cultural Perspectives*. Lippincott Williams & Wilkins, 2010.

Psychiatry specific data which goes beyond race as well

Book: Alexander, Michelle, *The New Jim Crow: Mass Incarceration in the Age of Colorblindness*. New York: New Press, 2012.

A clear history of why black people are disproportionately imprisoned in the US. A must read for all.

Book: Smedley, B. D., Stith, A. Y., & Nelson, A. R. (2003). *Unequal Treatment: Confronting Racial and Ethnic Disparities in Health Care*. Washington, D.C. The National Academies Press.

Paperback book, but also a free online searchable book for any study on the health and healthcare disparities. Though written in 2002, little has changed for black Americans specifically. This book gives the evidence for those disparities still present in America.

Resource: Armah, Tichianaa. "The Next Black America: Obstacles Amidst Opportunities for Black Families." American Journal of Orthopsychiatry, vol. 85, no. 5, 2015, doi:<http://dx.doi.org/10.1037/ort0000116>.

The article Dr. Armah spoke on which was sparked 5 years ago by the shootings of unarmed black men. It details some facts about the current state of Black America, highlights areas in need of improvement, and why including the harms of promoting colorblindness.

Resource: Owned Film www.ownedfilm.com

Owned is a fever dream vision into the dark history behind the US housing economy. Tracking its overtly racist beginnings and its unbridled commoditization, the film exposes a foundational story that few Americans understand as their own. We suggest viewing with your community or agency and discuss the action steps to help address the result of systemic racism and how to dismantle it.

Other recommended resources:

Thanks to CHC Behavioral Health team's Dianna Rodriguez, LCSW, who developed the list of resources below for parents seeking support.

Resource: Animated reading of Something Happened in Our Town
<https://www.youtube.com/watch?v=DzVkf2UpyqM>

Resource: National Museum of African American History and Culture (Smithsonian) Talking About Race Portal
<https://nmaahc.si.edu/learn/talking-about-race>

Resource: Read along A Kid's Book About Racism
<https://www.youtube.com/watch?v=LnaltG5N8nE>

Resource: CNN and Sesame Street to Host a Town Hall Addressing Racism
<https://www.cnn.com/2020/06/02/us/cnn-sesame-street-standing-up-to-racism/index.html>

Resource: Beyond the Golden Rule: A Parent's Guide to Preventing and Responding to Prejudice
<https://www.tolerance.org/magazine/publications/beyond-the-golden-rule>

Resource: BuzzFeed A Teacher Tweeted Her Favorite Children's Books on Racism and Race and it Went Viral
<https://www.buzzfeed.com/mikespohr/childrens-books-about-race-and-racism?origin=flipboard>

Resource: CNN How to Talk to Your Children About Protests and Racism
<https://www.cnn.com/2020/06/01/health/protests-racism-talk-to-children-wellness/index.html>

Resource: Young reader's book bundle from an independent black owned bookstore
<https://www.mahoganybooks.com/yabundle-1>