



Unchained Brain

What to Know About Racial Prejudice and Implicit Bias

CREATED BY UNCHAINED BRAIN, A LOCAL MENTAL HEALTH INITIATIVE FOCUSED ON BRINGING EDUCATION AND SUPPORT TO THE FISHERS COMMUNITY. TO LEARN MORE VISIT UNCHAINEDBRAIN.ORG AND SEE PAGE 3!

Important Definitions

Prejudice

Refers to irrational or unjustifiable negative emotions or evaluations toward persons from other social groups.

Racial Prejudice

Prejudice against or hostility toward people of another race or color.

Discrimination

Refers to inappropriate treatment of people because of their actual or perceived group membership and may include both overt and covert behaviors, including microaggressions, or indirect or subtle behaviors (e.g., comments) that reflect negative attitudes or beliefs about a minority group.

Racism

Refers to prejudice or discrimination against individuals or groups based on beliefs about one's own racial superiority or the belief that race reflects inherent differences in attributes and capabilities.

Implicit Bias

Described as when we have attitudes towards people or associate stereotypes with them without our conscious knowledge." Something implicit is an unconscious thought or feeling

Racial Prejudice and Discrimination

Impact on Mental Health

- Prejudice and discrimination can be detrimental to a student's development. They can be attributed to negative physical health, and mental health.
- “When treating Black/African American clients, clinicians tend to overemphasize the relevance of psychotic symptoms and overlook symptoms of major depression compared to when they are treating clients with other racial or ethnic backgrounds.” This leads to an increase of schizophrenia diagnoses. (MHA)
- There is little representation of BIPOC in the mental health professional fields. Many of these professionals are white. Studies show that people are more comfortable talking to someone who looks like them. Also studies indicate that white therapists have a harder time interpreting a black client's experience and can lead to misdiagnosis.
- Black people who have mental illnesses are more likely to be incarcerated.

How Can We Do Better?

In Healthcare

- **An awareness of racial issues**
 - Education on social, cultural, and racial determinants
 - Be aware of issues of discrimination, microaggressions, profiling and the impact on mental health.
- **An assessment adapted to the real needs of BIPOC.**
 - Conduct a culturally appropriate assessment
- **A humanistic approach to medication**
 - Explain to the client the benefits and reasoning for prescribing the medication
- **A treatment approach that addresses the real needs and issues of racism experienced by BIPOC.**

In Our Own Lives

1. **Acknowledge modern day racism**
2. **Recognize your prejudice**
3. **Take a test to identify your biases**
 - a. This can help you challenge your biases
4. **Learn about yourself**
 - a. Understanding your privileges and developing more self awareness can help you understand your biases and combat them.
5. **Learn about other people**
 - a. Educate yourself on other races. Learn about the history of racism and about what others are experiencing today
6. **Interact with people of different races**
7. **Enroll in a course**



Unchained Brain

We hope you found this resource helpful. If you would like to learn more about racial discrimination and prejudice here are sites we utilized, which have great information.

Sources Cited/Helpful Resources

- <https://www.mhanational.org/racism-and-mental-health>
- https://www.cjr.org/language_corner/intersectionality.php
- National Association of School Psychologists
- <https://perception.org/research/implicit-bias/>
- <https://www.thelancet.com/>
- <https://www.verywellmind.com/anti-racism-strategies/>

National Mental Health Helpline: 1-800-662-HELP (4357)

Unchained Brain is a mental health initiative focused on bringing accessible mental health education and awareness to the Fishers community. It was founded at Fishers High school with the hope of helping students and local residents alike.

If you'd like to learn more about our mission and see more of our educational content, visit our website and social media pages! We hope to see you there!



unchainedbrain.org



[@unchainedbrainfhs](https://www.instagram.com/unchainedbrainfhs)



[Unchained Brain](https://www.facebook.com/UnchainedBrain)



[@UnchainedBrain1](https://twitter.com/UnchainedBrain1)

