Disrupting the Mental Health Disparities for Students of Color: Cultivating Resilience on Predominantly White Institutions

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Imbalance

Specific challenges for People of Color
- Racism: Everyday microaggressions, historical trauma, structural barriers
- Lack of representation and mentorship: Lack of community and connection
- Personal stressors
- Feelings of other

Challenges of College
- Academic stressors
- Personal stressors

Impact

Academic stress
- Lack of belonging
- Rejection and feeling "other"
- Little to no representation, mentorship, or support

Inter/intra-personal development stress
- Hostile environments
- Political discourse

Documentation status
- Poor mental, physical, and emotional health

In their own words:

Someone wrote the [N-word] on the blackboard in one of the study rooms... it wasn’t just a prank... but the residence director saw otherwise.

There’s two Asian guys and they’re international students and they’re actually called them “mislabeled Asians.” It’s written on their door...

And then she named me “Tacos.”

Resilience

Resistance & Resilience
- Take up space
- Participate in meaningful causes
- Let your voice be heard
- Your voice matters! Your existence matters! Find ways to express self
- We do not have to accept the world as it is, change is possible

Repair & Restore
Healing comes in many forms:
- Indigenous practices and Ancestral knowledge
- Culturally sensitive Therapy
- Everyday activities that nourish our souls, our bodies, our minds, and our hearts.

Reconnect & Recharge
Community and Identity are important:
- Find a group of people who you trust and with whom you can be yourself
- Social groups, clubs, organizations are great places to feel a sense of belonging
- Explore self expression—celebrate what makes you YOU

Rest & Rejoice
Self-care is not just self pampering
- Drink water
- Eat nourishing foods
- Engage in movement
- Get sleep and rest
- PLAY
- Create Art
- Go out