

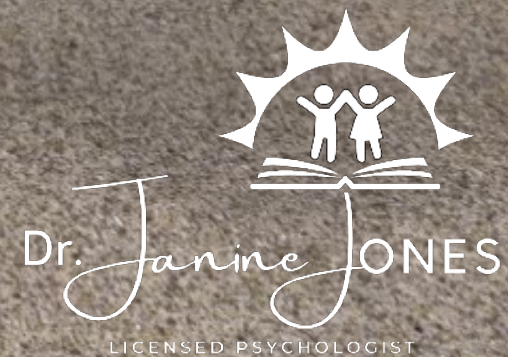
Culturally Responsive School Mental Health Interventions: Fostering Resilience Among Students of Color

Dr. Janine Jones

Culturally Responsive School Mental Health Interventions: Fostering Resilience Among Students of Color

Janine Jones, PhD, LP, NCSP, HSPP

2021 California School-Based Health Alliance Conference:
Building Bridges to Healthy and Resilient Students



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Evidence-Based Practice

Best scientific evidence

Clinician expertise

Client characteristics, values, and
context

Adverse Childhood Experiences (ACEs)

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical

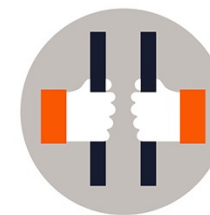


Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently

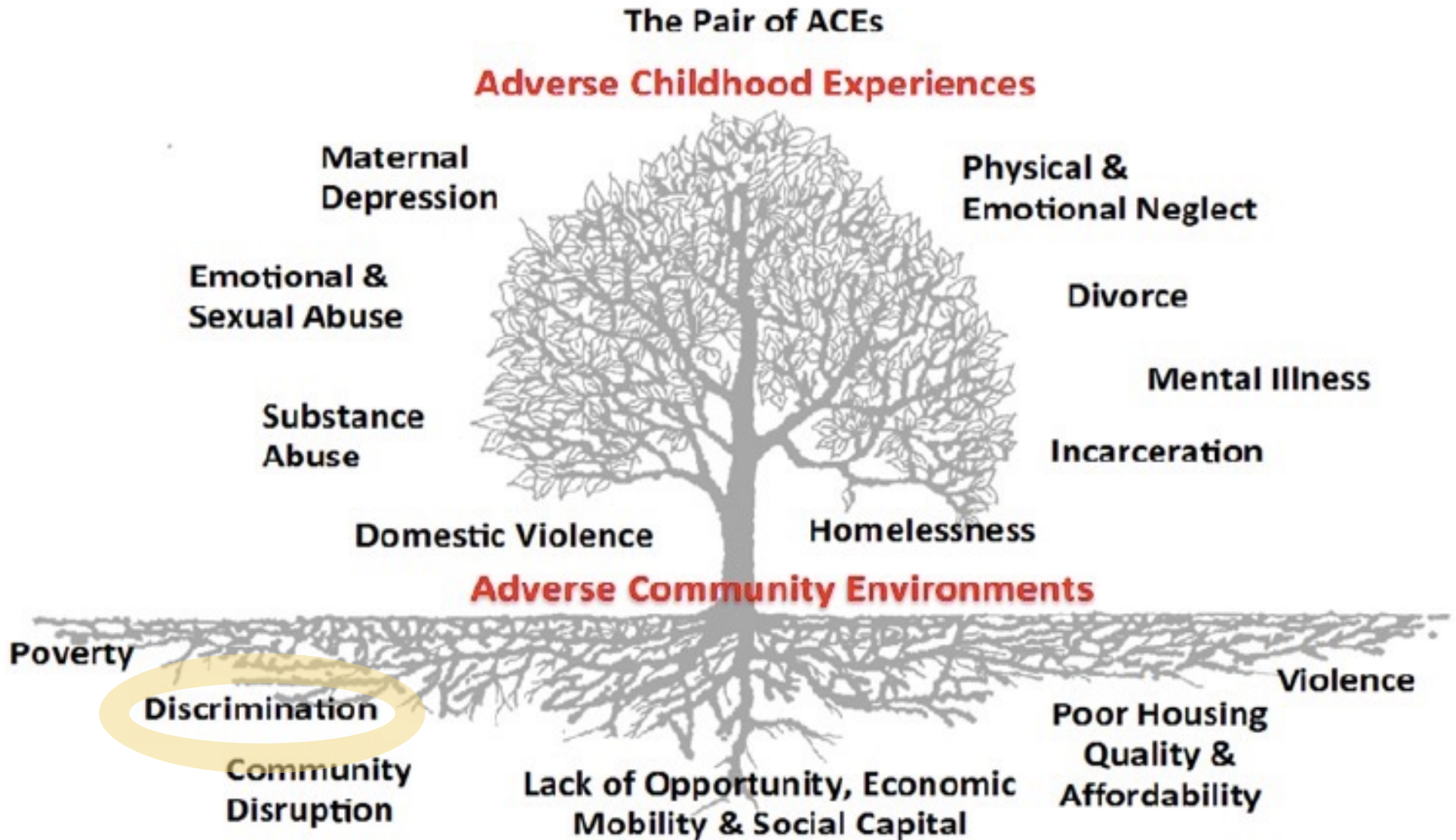


Substance Abuse



Divorce

The Pair of ACEs



(Ellis & Dietz, 2017)

Philadelphia Urban ACE Study, 2013

National Survey
of Children's
Health
(NSCH) 2016

I12 The next questions are about events that may have happened during this child's life. These things can happen in any family, but some people may feel uncomfortable with these questions. You may skip any questions you do not want to answer.

To the best of your knowledge, has this child EVER experienced any of the following?

Table 10. Urban ACE Indicators by Race

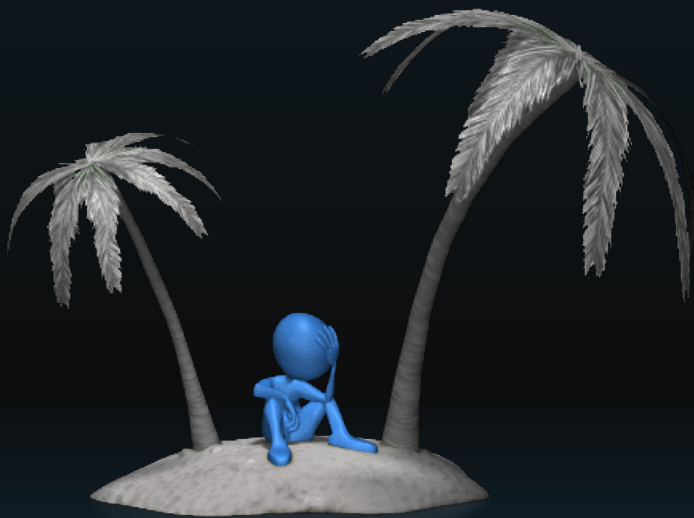
	White	Black
Witnessed violence	25.9% (n=203)	52.0%*** (n=390)
Felt discrimination	15.8% (n=124)	49.5%*** (n=372)
Adverse neighborhood experience	19.3% (n=152)	29.2%*** (n=221)
Bullied	9.0% (n=70)	6.4% (n=48)
Lived in foster care	1.0% (n=8)	4.1%*** (n=31)

Notes: *p<.05 **p<.01 ***p<.001, Chi-square

Data Source: Philadelphia Urban ACE Survey, 2013

Data Prepared by: The Research and Evaluation Group at PHMC

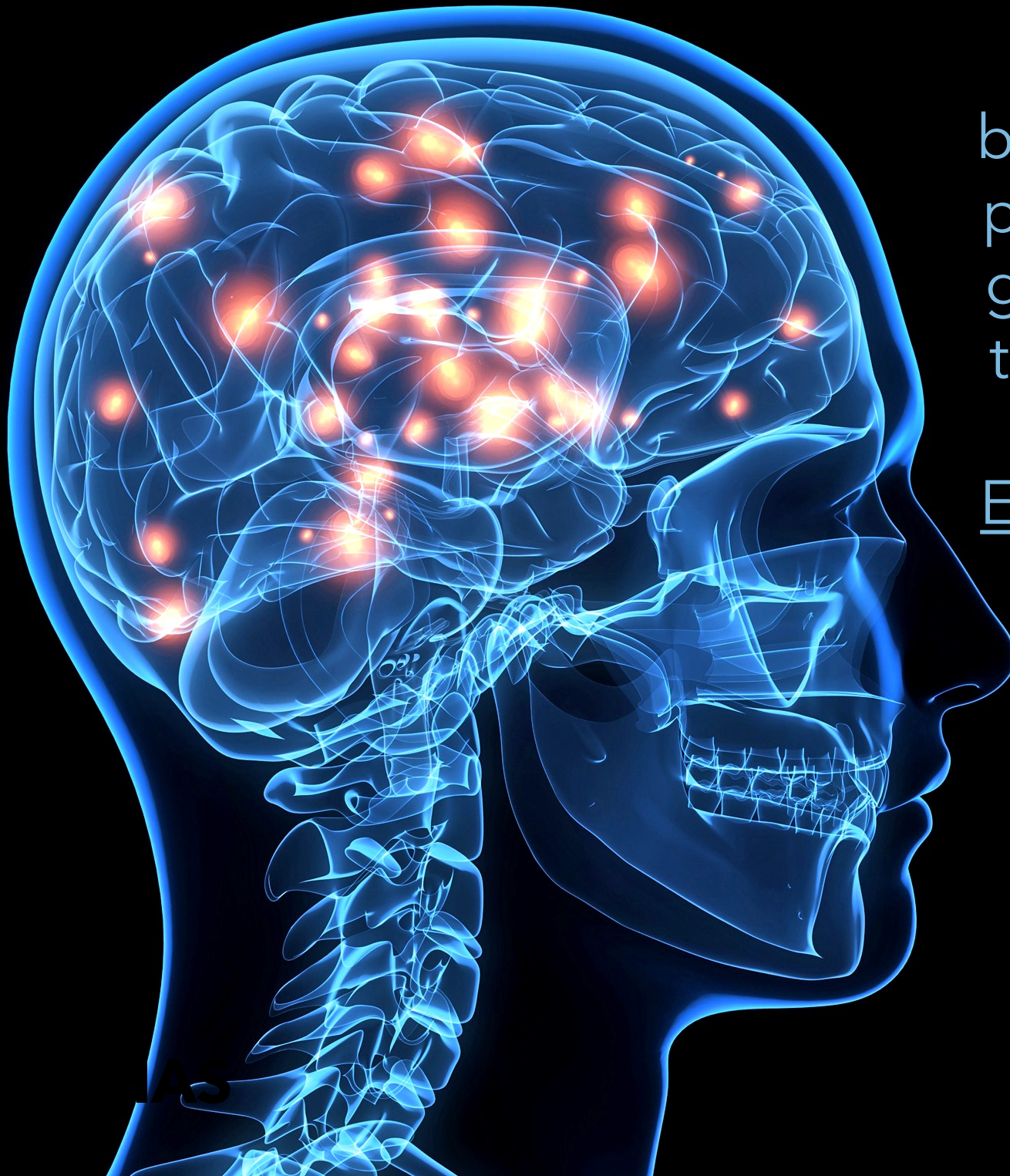
Adverse Community Experiences for Children and Adolescents of Color



Threats to
Resilience

What is happening here?





Our
behavior is
powerfully
guided by
the things
that we
EXPECT to
be true.

Disrupting Patterns of Cultural Blind Spots

- Individuation (Fiske and Neuberg, 1990)
- Perspective taking (Galinsky and Moskowitz, 2000)
- Increasing opportunity for contact (Pettigrew and Tropp, 2006)
- Stereotype replacement (Monteith, 1993)
- Counter-stereotypic imaging (Blair et al., 2001)
- Tracking personal information (Cook et al., 2018)
- Banking time (especially listening and validating) (Cook et al., 2018)



Recognize the Silent Struggles
that Affect BIPOC Youth

Video runtime 2 min, 30 sec

Video by HatchKids. From <https://www.youtube.com/watch?v=8RfwnibEd3A>



Stereotype Threat

Stereotype Threat and Microaggressions in the Classroom

I'd better pretend like I get it and be the smart Asian he expects

Ugh now I bet he thinks all black people are always late

Why pay attention? He put me back here for a reason

You should be on time, Tenisha. You need all the time we have to learn the material

Meili, will you explain the concept to the class? I am sure you understand

Sending Out an SOS

Children and adolescents have different methods of sending out signals of distress.

These methods vary by gender, personality, cultural values, and life experiences.



Adult Responses that Cause Internalization in BIPOC Youth

MINIMIZATION

"I think you might be taking that out of context."

OR

"Are you sure you aren't being too sensitive?"

DISMISSIVE

"Oh, I'm sure that's not what they meant."

DEFENSIVENESS

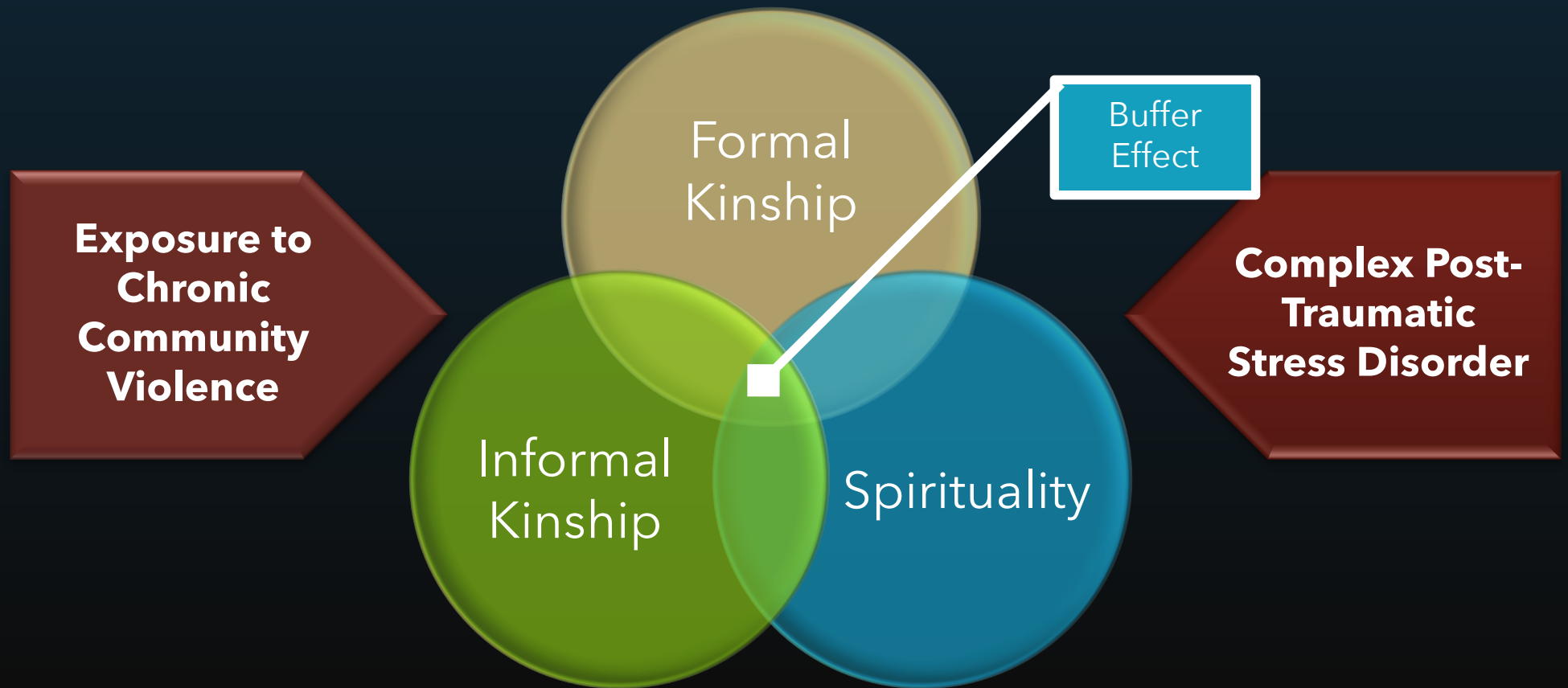
"Well, I am certain that your teacher has the best of intentions."

Through Stormy Waters

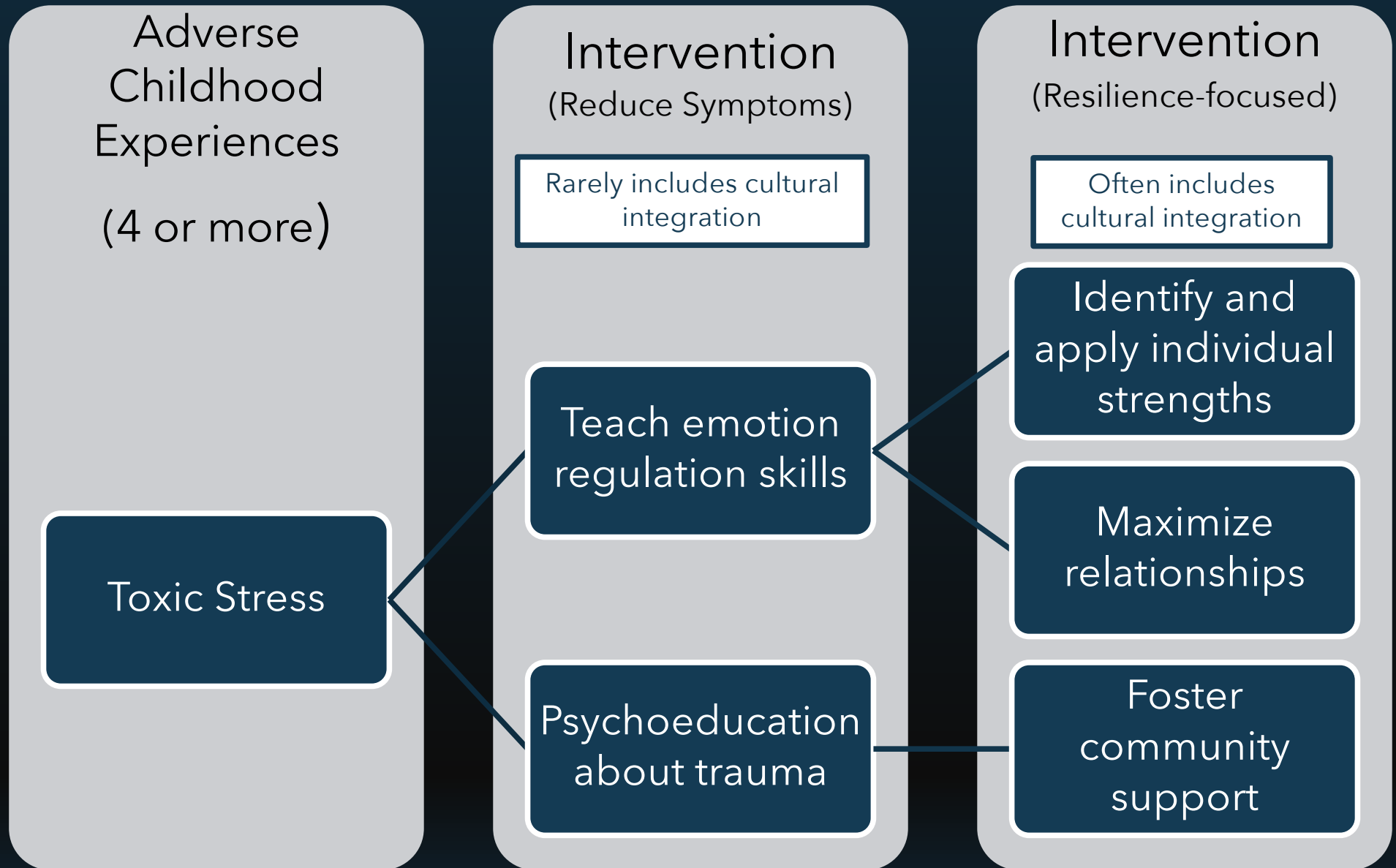
Resilience from ACEs can be activated by the existence of safe, nurturing relationships with adults and peers.



Cultural Practices as Protective Factors



Responding to the SOS



Risk, Protective Factors, and RESILIENCE

Acculturation

Spirituality

Collectivism

RESILIENCE

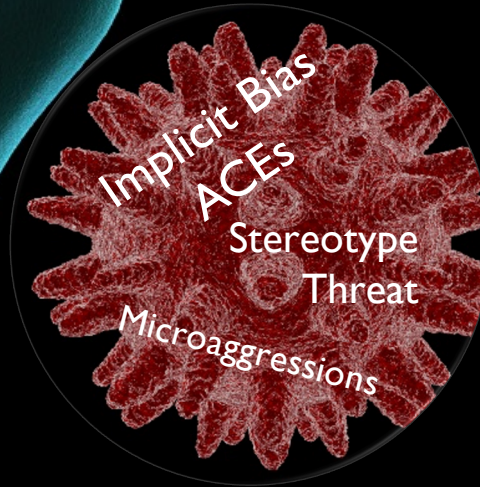
Kinship

Cultural
Norms

Racial and
Ethnic Identity

Racial
Socialization

Janine Jones, PhD



SUCCESS

If we intentionally foster resilience and keep in awareness the full identities of our youth, kids will not have to endure— they can **thrive** in resilience.



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