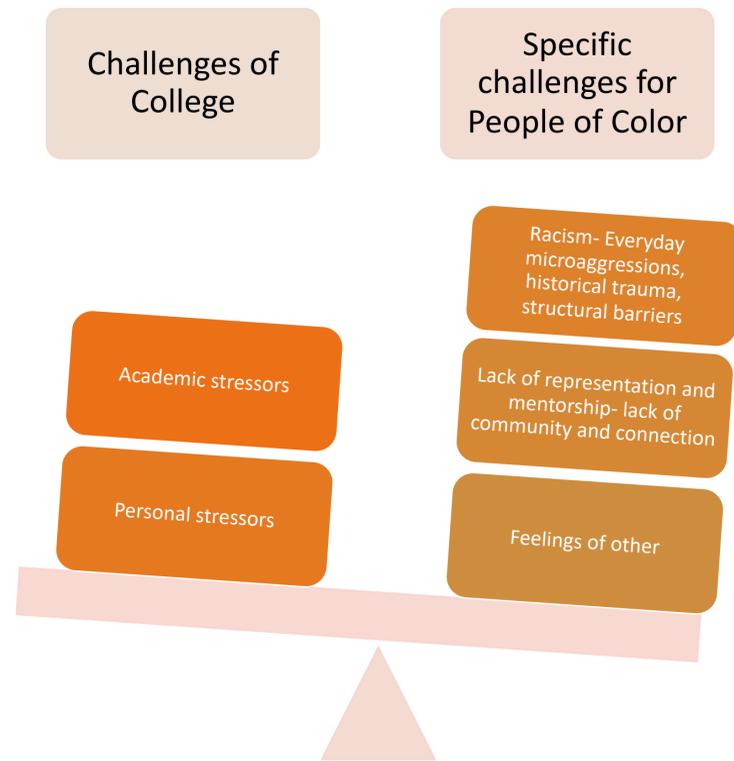


Disrupting the Mental Health Disparities for Students of Color: Cultivating Resilience on Predominantly White Institutions

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Imbalance



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.

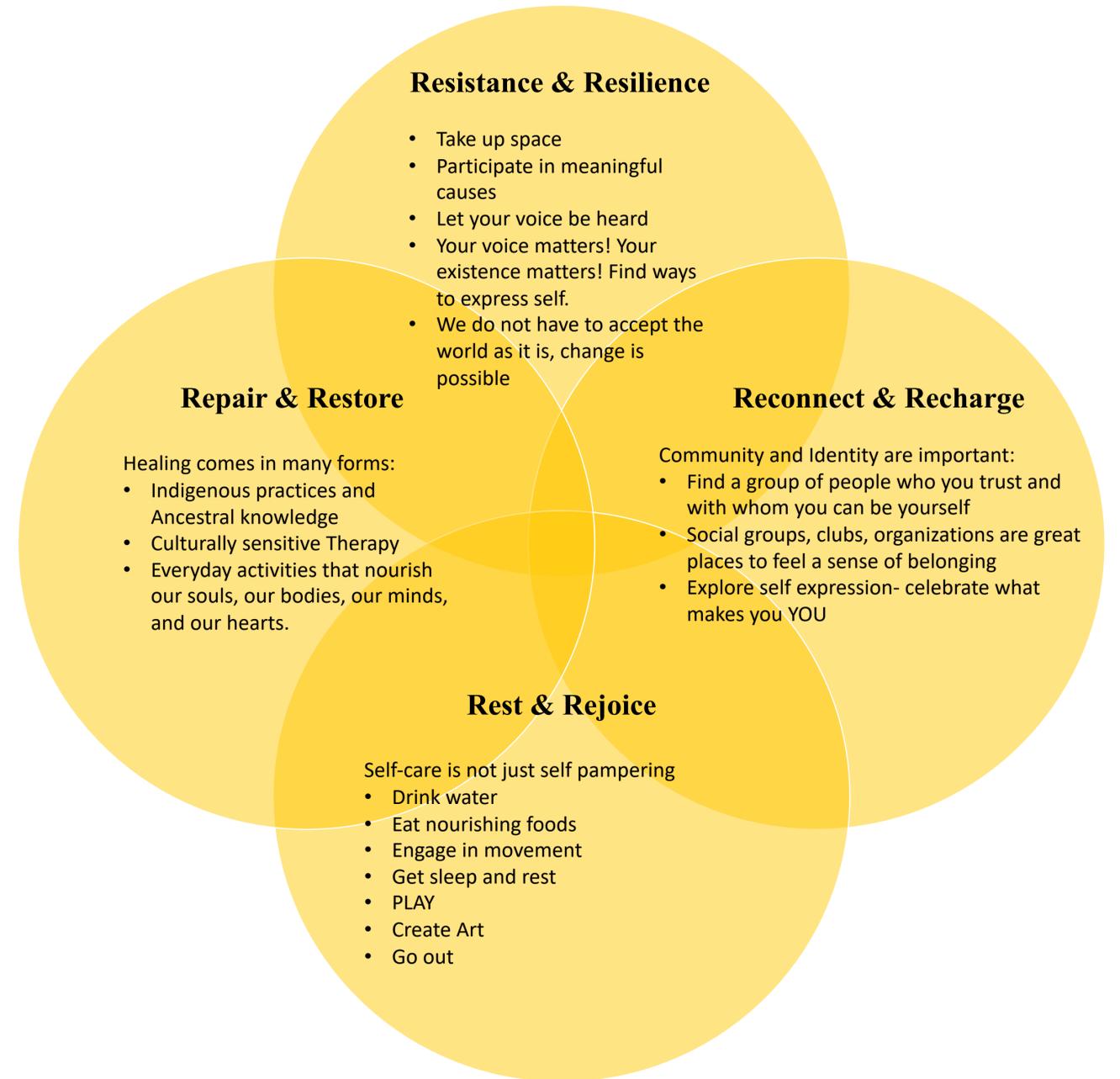
“
There's two Asian guys and they're international students and they're actually called them "misplaced Asians." It's written on their door...

“
And then she named me "Tacos."

Impact



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



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