SYSTEMIC RACISM

Understanding it's roots in mental health and impact on our society.
MODULE OUTLINE

SYSTEMIC RACISM

What is Systemic Oppression?
What is Systemic Racism?
Anti-racism, racial justice, racial equity
The Construction of Racism
Overt and Covert Racism
The Roots of Racism In the Mental Health System
Racism In the Mental Health System Today
Imprisonment Rates In the United States
Anti-Oppression Components
We Are All Impacted By White Supremecy
“IN A RACIST SOCIETY IT IS NOT ENOUGH TO BE NON-RACIST, WE MUST BE ANTI-RACIST.”
— ANGELA DAVIS
WHAT IS SYSTEMIC OPPRESSION?

Systemic Oppression is the systematic mistreatment of people within a social identity group, supported and enforced by the society and its institutions, solely based on the person’s membership in the social identity group.
WHAT IS SYSTEMIC RACISM?

"THE TRUTH IS ON THE SIDE OF THE OPPRESSED" - MALCOM X

an ideology of racial group superiority that justifies or prescribes a system of racial domination or exploitation, racism is perpetuated by the beliefs and behaviors of individuals and by the institutions in which they are embedded.
**Anti-Racism**

Anti-racism is the process of interrupting racism as it exists. Anti-racism is an ideology of fighting racism wherever we find it.

**Racial Justice**

Racial justice is a proactive reinforcement of policies, practices, attitudes and actions that produce equitable power, access, opportunities, treatment, impacts and outcomes for all.

**Racial Equity**

Racial equity is a measure of fair treatment, opportunities and outcomes across races. Racial Equity is an intention to apply during racial justice work.
The Construction of Racism

RELIGION AS A JUSTIFICATION FOR RACISM

During the reformation (16th Century [1500s] & 17th Century [1600s]), Christians were questioning whether or not Black and Indigenous people had souls and/or if they were human.

PSEUDO-SCIENCE AS A JUSTIFICATION FOR RACISM

Eugenics an effort to breed better human beings by encouraging the reproduction of people with “good” genes and discouraging those with “bad” genes.
OVERT RACISM
Generally socially unacceptable

Hate crimes • Lynchings • Anti-immigrant violence • Blackface/Brownface • Painting swastikas • Burning crosses • Racial slurs • The Ku Klux Klan • Public harassment of POCs speaking other than English

COVERT RACISM
Socially acceptable/practiced

White silence • Racial profiling • Denying institutional racism • Police brutality against People of Color (POC)/‘Law and order’ • Tone policing • ‘There’s only one human race’ • Invalidating or disbelieving POC experiences with racism • Touting respectability politics • Fear of People of Color • Denying white privilege • ‘Bootstrap theory’ • Microaggressions • Rewriting history • Eurocentric school curricula • ‘All Lives Matter’ • Using POC culture as Halloween costumes • ‘You don’t have an accent!’ • ‘But they have Black colleges!’ • Prioritizing white people as experts on everything • Denial of racism • Tokenism • Cultural appropriation • Treating children of color as adults • ‘You’re so articulate’ • White self-segregating neighborhoods, churches, schools • ‘Where are you REALLY from?’ • Weaponizing whiteness • Coded racist language and actions • ‘My intention was not racist!’ • Racist sports mascots • Mass incarceration • Colorism • School-to-prison pipeline • English-only • Fetishizing POC • Meritocracy myths • ‘We need qualified people’ • Eurocentric beauty standards • ‘White savior’ complex • Claiming ‘reverse racism’ • Colorblindness • ‘Playing the race card’ • Excusing/‘white-splaining’ racism • Mission trips

Source: https://www.gcorr.org/overt-and-covert-racism/
Plaintiff, a black female, brought a case to Court for the Central District for involuntary dismissal, and the Circuit Judge, held on basis of

Demarginalizing
Indigenous Nations are not given the same healthcare access or funding. Indigenous people are disproportionately dying at a higher rate due to the current presidential administration. There is an epidemic of missing and murdered indigenous women. Indigenous way of life and representation is fading and the United States government is reinforcing it.
ICE DETENTION

DURING FISCAL YEAR 2018, 396,448 PEOPLE WERE BOOKED INTO ICE CUSTODY

Mexican nationals by themselves made up about 43 percent of the detainee population, and individuals from the Northern Triangle region of El Salvador, Guatemala, and Honduras made up about 46 percent of the detainee population.

1 IN 3

1 in 3 (32%) of persons held in federal prisons is Hispanic
Benjamin Rush, often referred to as the “father of American psychiatry” and a signer of the Declaration of Independence, described “Negroes as suffering from an affliction called Negritude.” This “disorder” was thought to be a mild form of leprosy in which the only cure was to become white. Ironically, Rush was a leading mental health reformer and co-founder of the first anti-slavery society in America.

Source: National Institute of Mental Health
In 1851, prominent American physician Samuel Cartwright defined “dраМетомания” as a treatable mental illness that caused black slaves to flee captivity. He stated that the disorder was a consequence of slave masters who “made themselves too familiar with the slaves, treating them as equals.” Cartwright used the Bible as support for his position, stating that slaves needed to be kept in a submissive state and treated like children to both prevent and cure them from running away.

Source: National Institute of Mental Health
African American & Black People in the United States are 5x more likely to be diagnosed with Schizophrenia than White Americans.

SOURCE: HTTPS://WWW.NCBI.NLM.NIH.GOV/PMC/ARTICLES/PMC4274585/#__SEC3TITLE
34% Of the individuals incarcerated in the US Prison System are Black people

21% Of the individuals incarcerated in the US Prison System are Hispanic people

Source: US Department of Justice
US SYSTEMIC RACISM DATA

Fatal police shootings per million, by race

Deaths per million from January 1, 2015 – May 28, 2020

- Black: 30
- Hispanic: 22
- White: 12
- Other: 4

Source: US Census Bureau

Professional and managerial employment

Share of workers in racial group in management/professional occupations

- Asian: 54%
- White: 41%
- Black: 31%
- Hispanic/Latino: 22%

It will take all of us to fight systemic racism and dismantle white supremacy.