

# Psychiatry Grand Rounds

WCM Department of Psychiatry  
Psychology CE Announcement



**Weill Cornell  
Medicine**  
Psychiatry

## *Responding to the Mental Health Needs of Youth of Color by Any Means Necessary*

**Riana Elyse Anderson, PhD, LCP**  
Associate Professor at Columbia University (NY)

**Live Online, Live In-person**

Wednesday, December 11th, 2024

11:00am – 12:00pm

<https://weillcornell.zoom.us/j/92812036154>

Meeting ID: 928 1203 6154

Password: 12345



1 CE credit available to WCM Department of Psychiatry full time and voluntary faculty Psychologists, Social Workers and LMHCs, who sign in with their full name, attend the majority of the lecture and complete a survey which will be emailed following the completion of the lecture. Note the survey must be completed within 30 days of the lecture. Please contact [wcmpsychiatryce@med.cornell.edu](mailto:wcmpsychiatryce@med.cornell.edu) for additional CE information

### *Speaker*

Dr. Riana Elyse Anderson is an Associate Professor at Columbia University's School of Social Work. She earned her PhD in Clinical and Community Psychology at the University of Virginia and completed a Clinical and Community Psychology Residency at Yale University's School of Medicine and a Fellowship in Applied Psychology at the University of Pennsylvania. On the whole, Dr. Anderson aims to facilitate healing in Black families with practical applications of her research and clinical services, as well as through public engagement, teaching, mentorship, and policy recommendations. Dr. Anderson uses mixed methods to study discrimination and racial socialization in Black families and apply her findings to help families reduce their racial stress. She is particularly interested in how family-based interventions help to improve Black youth's psychosocial well-being and health-related behaviors. Dr. Anderson is the developer and director of the EMBRace (Engaging, Managing, and Bonding through Race) intervention and CEO and Founder of RACE Space Inc., and loves to translate her work for a variety of audiences, particularly those whom she serves in the community, via blogs, video, and literary articles. Additionally, for her early career accomplishments, Dr. Anderson has been the recipient of over twenty awards, including national awards from SRA, SRCD, APS, and FABBS. Finally, Dr. Anderson was born in, raised for, and returned to Detroit and is becoming increasingly addicted to cake pops.

*Financial Disclosure: Dr. Anderson has no relevant financial relationship(s) with ineligible companies to disclose and DOES NOT INTEND to discuss off-label or investigational use of products or services.*

### *Abstract*

For youth of color, prolonged exposure to racial discrimination has resulted in debilitating psychological, behavioral, and health outcomes. To help youth prepare for and prevent the deleterious consequences of discrimination, many parents utilize racial socialization, or communication about racialized experiences. And, while racial socialization strategies correspond with several general therapeutic strategies widely used by clinicians, there is a critical gap between what families do to mitigate discriminatory distress and what clinicians and providers offer youth. As such, providing multiple strategies to effectively utilize racial socialization processes and develop such skills to help youth heal from the effects of past, current, and future racial trauma is important. This presentation will explore theories, practices, and burgeoning technological interventions important in the healing processes of racial trauma for families, clinicians, and researchers alike, especially in light of what is known about the proportion of time youth spend on mobile devices. Finally, this presentation will beg the question of how much evidence is enough before we deploy our skills to rapidly advancing technologies which may benefit youth of color facing increasingly more frequent discrimination in their everyday lives.

### *Learning Objectives*

1. Understand the Role of Racial Socialization in Mitigating Racial Discrimination.
2. Identify Gaps Between Family Practices and Clinical Interventions for Youth of Color.
3. Evaluate the Potential of Emerging Technological Interventions for Addressing Racial Trauma.

### *References*

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3. Anderson, R. E. (n.d.). Vaccinating children against the virus of racism [Video]. TED Talks. [https://www.ted.com/talks/riana\\_elyse\\_anderson\\_vaccinating\\_children\\_against\\_the\\_virus\\_of\\_racism?subtitle=en](https://www.ted.com/talks/riana_elyse_anderson_vaccinating_children_against_the_virus_of_racism?subtitle=en)
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