A statement on Anti-racism from the SfHP Student Council

The history of black people being murdered by police in the United States is a long one. The recent deaths of George Floyd, Breonna Taylor, and Ahmaud Arbery, represent a few in a heinously long list. The country has seen widespread protesting as we collectively ask ourselves why the murder of black people has gone on, and without recourse or justice, for so long. Many individuals are choosing to compare this situation to the COVID-19 crisis, arguing that racism is a pandemic of its own. While the devastation of pandemics is widespread, historically these public health crises represent isolated periods in time. Suggesting that racism is a sudden onslaught that has blindsided our country fails to acknowledge the fact that police violence against black people is the consequence of a centuries-long history of institutional and systemic racism.

If history is any lesson, inequity has rarely been addressed proactively by those with the power but only when those being impacted demand change. We are seeing people of color, and especially black individuals, demand that our country make changes in order to deliver on the promise of life in America. For too long these calls for change have gone unanswered. Within the Society for Health Psychology SAC, we recognize that many individuals, especially those who are white or identify with a background of relative privilege, may be wondering how to contribute. As individuals who are pursuing advanced degrees, it is likely that we all agree education is key to solving many problems. To that end, we want to support white health psychology trainees, as well as trainees who identify with backgrounds of relative privilege, who are interested in taking on the essential work to look inward and address our own individual relationships with racism. We believe that it is essential to not only understand and better support our fellow students of color, but we must take responsibility as white people in this country and as white health psychology trainees to educate ourselves and dismantle our own relationships with white privilege and white supremacy, in order to create true and lasting change. We must be comprehensive in our effort to support people of color, to elevate the voices of people of color, to address systemic inequity when we encounter it, and to specifically call on our white trainees to be actively anti-racist. Therefore, we are including an extensive list of resources for white individuals and any individual identifying with a background of relative privilege, with the goal of promoting a culture among health psychology trainees that aspires for true equity. The following list was not developed by members of the SAC but includes permission to circulate widely.

It is an absolute necessity that we do not allow this moment to pass without holding ourselves accountable to change. We charge all of our trainees to begin or continue their work to become true allies of black people and people of color, who need us to show up for them continuously and persistently in their call for change.

KayLoni Olson, Postdoctoral Representative
Aviva Ariel-Donges, Past Student chair
Jessica Naftaly, Student Chair
Madeline Johnson, Student Chair Elect
Darryl Sweeper, Jr., Diversity Committee
Dominic Ysidron, Diversity Committee

Ke Ding, Communications Committee
Olivia Zech, Communications Committee
Jennifer Gittleman, Membership Committee
Nicole Butler, Membership Committee
Resources to Deepen Our Understanding and Actions in Anti-Racism

Thank you *Sarah Sophie Flicker and Alyssa Klein* for compiling this list of resources.

**Resources for white parents to raise anti-racist children:**

- **Books:**
  - Coretta Scott King Book Award Winners: books for children and young adults
  - 31 Children's books to support conversations on race, racism and resistance
- **Podcasts:**
  - Parenting Forward podcast episode ‘Five Pandemic Parenting Lessons with Cindy Wang Brandt’
  - Fare of the Free Child podcast
  - Integrated Schools podcast episode “Raising White Kids with Jennifer Harvey”
- **Articles:**
  - PBS’s Teaching Your Child About Black History Month
  - Your Kids Aren’t Too Young to Talk About Race: Resource Roundup from Pretty Good
  - The Conscious Kid: follow them on Instagram and consider signing up for their Patreon

**Articles to read:**

- “America’s Racial Contract Is Killing Us” by Adam Serwer | Atlantic (May 8, 2020)
- Ella Baker and the Black Freedom Movement (Mentoring a New Generation of Activists)
- My Life as an Undocumented Immigrant” by Jose Antonio Vargas | NYT Mag (June 22, 2011)
- The 1619 Project (all the articles) | The New York Times Magazine
- The Combahee River Collective Statement
- “The Intersectionality Wars” by Jane Coaston | Vox (May 28, 2019)
- Tips for Creating Effective White Caucus Groups developed by Craig Elliott PhD
- Where do I donate? Why is the uprising violent? Should I go protest?” by Courtney Martin (June 1, 2020)
- “White Privilege: Unpacking the Invisible Knapsack” by Knapsack Peggy McIntosh
- “Who Gets to Be Afraid in America?” by Dr. Ibram X. Kendi | Atlantic (May 12, 2020)

**Videos to watch:**

- Black Feminism & the Movement for Black Lives: Barbara Smith, Reina Gossett, Charlene Carruthers (50:48)
- "How Studying Privilege Systems Can Strengthen Compassion" | Peggy McIntosh at TEDxTimberlaneSchools (18:26)

**Podcasts to subscribe to:**

- 1619 (New York Times)
- About Race
- Code Switch (NPR)
- Intersectionality Matters! hosted by Kimberlé Crenshaw
- Momentum: A Race Forward Podcast
- Pod For The Cause (from The Leadership Conference on Civil & Human Rights)
- Pod Save the People (Crooked Media)
- Seeing White
Resources to Deepen Our Understanding and Actions in Anti-Racism

Books to read:
- Black Feminist Thought by Patricia Hill Collins
- Eloquent Rage: A Black Feminist Discovers Her Superpower by Dr. Brittney Cooper
- Heavy: An American Memoir by Kiese Laymon
- How To Be An Antiracist by Dr. Ibram X. Kendi
- I Know Why the Caged Bird Sings by Maya Angelou
- Just Mercy by Bryan Stevenson
- Me and White Supremacy by Layla F. Saad
- Raising Our Hands by Jenna Arnold
- Redefining Realness by Janet Mock
- Sister Outsider by Audre Lorde
- So You Want to Talk About Race by Ijeoma Oluo
- The Bluest Eye by Toni Morrison
- The New Jim Crow: Mass Incarceration in the Age of Colorblindness by Michelle Alexander
- The Next American Revolution: Sustainable Activism for the Twenty-First Century by Grace Lee Boggs
- The Warmth of Other Suns by Isabel Wilkerson
- Their Eyes Were Watching God by Zora Neale Hurston
- This Bridge Called My Back: Writings by Radical Women of Color by Cherrie Moraga
- When Affirmative Action Was White: An Untold History of Racial Inequality in Twentieth-Century America by Ira Katznelson
- White Fragility: Why It’s So Hard for White People to Talk About Racism by Robin DiAngelo, PhD

Films and TV series to watch:
- 13th (Ava DuVernay) — Netflix
- American Son (Kenny Leon) — Netflix
- Black Power Mixtape: 1967-1975 — Available to rent
- Blindspotting (Carlos López Estrada) — Hulu with Cinemax or available to rent
- Clemency (Chinonye Chukwu) — Available to rent
- Dear White People (Justin Simien) — Netflix
- Fruitvale Station (Ryan Coogler) — Available to rent
- I Am Not Your Negro (James Baldwin doc) — Available to rent or on Kanopy
- If Beale Street Could Talk (Barry Jenkins) — Hulu
- Just Mercy (Destin Daniel Cretton) — Available to rent for free in June in the U.S.
- King In The Wilderness — HBO
- See You Yesterday (Stefon Bristol) — Netflix
- Selma (Ava DuVernay) — Available to rent
- The Black Panthers: Vanguard of the Revolution — Available to rent
- The Hate U Give (George Tillman Jr.) — Hulu with Cinemax
- When They See Us (Ava DuVernay) — Netflix
Resources to Deepen Our Understanding and Actions in Anti-Racism

Organizations to follow on social media:

- Antiracism Center: Twitter
- Audre Lorde Project: Twitter | Instagram | Facebook
- Black Women’s Blueprint: Twitter | Instagram | Facebook
- Color Of Change: Twitter | Instagram | Facebook
- Colorlines: Twitter | Instagram | Facebook
- The Conscious Kid: Twitter | Instagram | Facebook
- Equal Justice Initiative (EJI): Twitter | Instagram | Facebook
- Families Belong Together: Twitter | Instagram | Facebook
- Justice League NYC: Twitter | Instagram + Gathering For Justice: Twitter | Instagram
- The Leadership Conference on Civil & Human Rights: Twitter | Instagram | Facebook
- MPowerChange: Twitter | Instagram | Facebook
- Muslim Girl: Twitter | Instagram | Facebook
- NAACP: Twitter | Instagram | Facebook
- National Domestic Workers Alliance: Twitter | Instagram | Facebook
- RAICES: Twitter | Instagram | Facebook
- Showing Up for Racial Justice (SURJ): Twitter | Instagram | Facebook
- SisterSong: Twitter | Instagram | Facebook
- United We Dream: Twitter | Instagram | Facebook

More anti-racism resources to check out:

- 75 Things White People Can Do for Racial Justice
- Anti-Racism Project
- Jenna Arnold’s resources (books and people to follow)
- Rachel Ricketts’ anti-racism resources
- Resources for White People to Learn and Talk About Race and Racism
- Save the Tears: White Woman’s Guide by Tatiana Mac
- Showing Up For Racial Justice’s educational toolkits
- The [White] Shift on Instagram
- “Why is this happening?” — an introduction to police brutality from 100 Year Hoodie
- Zinn Education Project’s teaching materials
Congratulations, we are honored to announce Irina Mindlis as the winner of the SfHP Emerging Leader Award this year!

Irina is an international, third-year doctoral student in the Health Psychology and Clinical Science program at the Graduate Center, City University of New York.

During her graduate training, Irina not only has dedicated her time as a researcher and clinician, but she also has contributed as a teacher and an advocate for undergraduate trainees. Further, in 2018, Irina founded the Big Apple Health Psychology Colloquium (BAHPC; https://healthpsychcolloqu.wixsite.com/colloquium ). She spearheaded a virtual network and semi-annual conferences to bring together health psychology students from the states of New York, New Jersey, and Connecticut.

“My goal is to become a health psychologist who conducts research that will improve people’s health, taking a social justice approach to patient care.” Irina shared her passion about, “how culture shapes our view of social relationships, communication, and health, particularly during medical encounters and in the conduct of research...” and her commitment to “leverage existing resources in the social environment to buffer the negative effects of inequity on health outcomes, and hopefully, reduce health disparities.”

During APA 2020, Irina and her co-authors will virtually present her research on how shared racial/ethnic minority identity between participants and researchers predict study engagement. She and her team were also invited to present their pilot randomized controlled trial in how the presence of companions enhance the effect of existing sleep interventions.

Congratulations, Irina!
Student Contributors— Telehealth during the Current Health Crisis

Madeline Johnson
Rosalind Franklin University of Medicine and Science

Telehealth: A Poem
While I relish the outdoors and seeing people face to face, I know that my computer is now healthcare’s home base.

My bedroom has turned into my office, and I wonder what people think, But I’m just trying to care for individuals, who are struggling and on the brink.

I now lack a 2.5-hour commute, which makes me very happy, But I also feel for my patients, who are understandably feeling crappy.

I login to each session, making sure I adjust my lights. And I always position my camera, to ensure my face is bright.

When Doxy.me kicks me off the session, I apologize minutes later, knowing this is all part of the lesson.

We’re all learning how to adjust to this new life, and I don’t always take it in stride. But despite the technological difficulties, I know my supervisors are on my side.

While I may not do telehealth forever, it has taught me more lessons than one. I can still care for patients, and have a little fun.

(Continued on the next page)
Telemedicine during and after the COVID-19 pandemic

Prior to the onset of the COVID-19 pandemic, the use of telemedicine in the United States was minimal. However, during the COVID-19 pandemic, there has been an extreme shift toward telehealth for the safety of patients, healthcare workers, and society in general.\textsuperscript{1, 2} Many health systems quickly adapted to the implementation of new telehealth programs. Medicaid programs, for example, have loosed restrictions on telehealth. This shift in telemedicine will likely endure after the pandemic as well.

Prior to, and throughout the pandemic, many practices are finding that telemedicine can effectively reduce no-show. Additionally, it reduces transportation barriers, and can reduce the amount of time a patient needs to take off from work (including travel time to the office, time spent in the waiting room. Further, telemedicine relies less on patient memory because, while the patient may forget they have an appointment, when a provider reaches out to them at their appointment time, the patient could still feasibly meet for their appointment.

COVID-19 highlights health disparities across various components of healthcare, including knowledge of where/how to find appropriate care, the ability to navigate patient health portals, and language barriers. Additionally, it highlights additionally barriers such as access to the requisite technology for telehealth. For example, access to laptops, webcams, tablets, and internet varies significantly across socioeconomic strata. For example, one study showed that non-elderly adults with Medicaid reported they had never used a computer, did not use the internet, and did not use email.\textsuperscript{3} Additionally, many rural Americans report access to high-speed internet is a limited for them and/or their family.

Thus, while telemedicine extends the ability to offer clinical services to more patients, the barriers it creates to reaching different populations can hinder its impact. A number of gaps remain to ensure appropriate access to telemedicine. These barriers must be taken into account to ensure all patients have equally access to telemedicine services.

References


Free Mental Health Resources

It is particularly important to continue our awareness and promotion of mental health for ourselves and others in the community in the process of actions and movements. Whether you are considering these resources for your own self check-in or to incorporate them into your personal and professional life, we hope that this list is an evolving toolbox for everyone.

We welcome any additional recommendations and suggestions.

https://docs.google.com/document/d/1Fcpfx30pHyr2k90kH_jM3c9VeogXxmWqFr-wNmNirU/edit

Student Advisory Council Members:

Chairs ([studentchairdiv38@gmail.com](mailto:studentchairdiv38@gmail.com))
- Council Chair: Jessica Naftaly, Rosalind Franklin University
- Post-doc Chair: KayLoni Olson, PhD., Albert Medical School of Brown University
- Past chair: Aviva Ariel-Donges, PhD., Rush University Medical Center
- Chair-elect: Madeline Johnson, Rosalind Franklin University

Membership Committee ([studentmembershipdiv38@gmail.com](mailto:studentmembershipdiv38@gmail.com))
- Nicole Butler, Yeshiva University
- Jennifer Gittleman, Yeshiva University

Communication Committee ([studentcommunicationsdiv38@gmail.com](mailto:studentcommunicationsdiv38@gmail.com))
- Ke Ding, University of Florida
- Olivia Zech, University of Denver

Diversity Committee ([studentdiversitydiv38@gmail.com](mailto:studentdiversitydiv38@gmail.com))
- Darryl Sweeper Jr., William James College
- Dominic Ysidron, Ohio University