



Massachusetts Psychiatric Society's

Antiracism Conference Series - Transforming Psychiatric Practice and Ourselves

Tuesday, March 2, 2021 ~ 6:00 – 8:00 p.m.

Tuesday, March 30, 2021 ~ 6:00 – 8:00 p.m.

Thursday, May 6, 2021 ~ 6:00 – 8:00 p.m.

Program Overview

This conference series aims to create a safe and liberated space to learn among majority and non-majority colleagues led by dynamic speakers and moderators in small group activities. The objective is to close the gap in psychiatrists' knowledge about racism as the cause of health inequities as elucidated by researchers, scholars, and authors who have been studying the topic for decades. Significant racial health disparities exist in medicine in general and psychiatry in particular whereby Black, Indigenous and Persons of Color (BIPOC) suffer from disproportionate rates of illness and death. Much data has linked these inequities to systemic or institutional racism, whereby inequities are built into the health,

educational, economic, political, and justice infrastructure of our country. The Covid 19 pandemic laid this bare, as BIPOC are suffering disproportionate rates of morbidity and mortality in the pandemic. Data also reveals that for BIPOC who do not suffer from economic or educational disadvantage, health disparities persist and are linked to chronic stress from exposure to discrimination and bigotry to various degrees. An overwhelmingly White mental health work force has been linked with poorer health outcomes for BIPOC. As a professional society, we need to ensure that our actions are not contributing to structural racism and racial inequities in mental health to the detriment of our patients and colleagues.

Learning Objectives

At the conclusion of this activity, participants will be able to:

- a) Identify core constructs such as health disparities, health inequities, structural/institutional/personally-mediated racism, and differences in experiences of racial majority and non-majority patients and citizens as described by scholars, authors, and researchers;
- b) Acknowledge the fundamental role of structural racism and associated lack of social, political and economic opportunity as causes of inequitable outcomes;
- c) Acknowledge psychiatry's place in the history of perpetuating institutional racisms in the history of US;
- d) Acknowledge one's own implicit biases which can contribute to health inequitable psychiatric care and learn techniques to minimize their impact;
- e) Identify actions that can have measurable impact in patient care and increase workforce diversity

Tuesday

March 2, 2021 - 6:00–8:00 p.m.

March 30, 2021 - 6:00–8:00 p.m.

Thursday, May 6 - 6:00–8:00 p.m.

Virtual conference via Zoom

Faculty

Orlando B. Lightfoot, MD

Emeritus Professor of Psychiatry, Boston University School of Medicine
Consultant, Greenfield Health Promotion Consortium, International

Benjamin Lê Cook, PhD, MPH

Associate Professor, Psychiatry, Harvard Medical School
Director, Health Equity Research Lab, Cambridge Health Alliance
Adjunct Clinical Associate Professor, Albert Einstein College of Medicine, PRIME Center for Health Equity, Montefiore/Einstein

Nicole Christian-Brathwaite, MD

Senior Vice President and Medical Director Insight + Regroup.
CEO Well Minds Consulting Company

Rupinder K. Legha, MD

Child, Adolescent, and Adult Psychiatrist, Assistant Clinical Professor (Voluntary), Department of Psychiatry and Biobehavioral Sciences
The University of California, Los Angeles School of Medicine

Accreditation Statement

The Massachusetts Psychiatric Society is accredited by the Massachusetts Medical Society to provide continuing medical education for physicians.

AMA Credit Designation Statement

The Massachusetts Psychiatric Society designates these live activities for a maximum of 2 AMA PRA Category 1 Credits™ each session. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This activity meets the criteria of the Massachusetts Board of Registration in Medicine for risk management study.



Program Schedule

Tuesday, March 2, 2021 ~ 6:00 – 8:00 p.m.

Key Note Speaker Orlando B. Lightfoot, MD

One Black Psychiatrist's Perspective, Now and Then, 1937- 2021

Speaker will be followed by breakout discussions.

[Click HERE to register for March 2, 2021](#)

Tuesday, March 30, 2021 ~ 6:00 – 8:00 p.m.

Strategies for Identifying and Remediating Health Disparities, Inequity, and Racial Trauma

Speaker: Benjamin Lê Cook, PhD MPH "Strategies for Improving Equity for Racial and Ethnic Minorities in the Midst of the Covid -19 Epidemic."

Speaker: Nicole Christian-Brathwaite, MD. "Racism is Trauma: The Devastating Impact of Racism on Mental Health."

Speakers will be followed by a case presentation with breakout discussion.

[Click HERE to register for March 30, 2021](#)

Thursday, May 6, 2021 ~ 6:00 – 8:00 p.m.

The Legacy of Slavery in American Medicine and Psychiatry

Speaker: Rupinder Legha, MD

Speaker will be followed by breakout discussions.

[Click HERE to register for May 6, 2021](#)

Breakout Discussion Sessions for each program

- o Introductory: For those new to concepts of systemic racism who would like to learn new terms and concepts used in discussions of systemic racism.
- o Continued learning: For those who have read on topics of systemic racism, have familiarity with terms and concepts, but wish to know more.
- o Further growth: For those who are very familiar with existing literature and have been actively working or are ready to work on dismantling systemic racism in their social and professional spheres.

REGISTRATION FEE – EACH SESSION

<input type="checkbox"/> MPS/APA Member	\$30
<input type="checkbox"/> Resident/Fellow/Student	\$10
<input type="checkbox"/> Non-member	\$45

TO REGISTER ONLINE please click the registration links listed under the above sessions. Please note the Zoom link for each session will be sent the day of the program. If you are unable to register online, please note that we are not in the office due to the pandemic and request that you register by phone.

Questions?

Call (781) 237-8100, 8 a.m.–4 p.m. Monday thru Friday