

# Justice, Equity, Diversity, and Inclusion NEWSLETTER

FOR CHILD AND ADOLESCENT PSYCHIATRY & PSYCHOLOGY TRAINEES



## Welcome to the JEDI Newsletter

The purpose of this space is three fold:

- 1) To foster connection and camaraderie between trainees
- 2) To keep JEDI alive and central in our minds
- 3) To encourage dialogue regarding JEDI in psychiatry



Please contact Tashalee Brown ([tashaleebrown@mednet.ucla.edu](mailto:tashaleebrown@mednet.ucla.edu)) with questions, comments, ideas, and feedback.

## In this issue

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We bring to you the amazing stories of ethnoracially minoritized trainees.

### *Featured Trainee:*

Read Dr. Brittany Tarrant's Incredible Story.

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UCLA psychiatry alumni share reflective thoughts.

*"Letter to my former self"* by Misty Richards

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### Book Recommendations

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### JEDI Journal Club:

A discussion exploring the impact of and application of health disparities research in psychiatry.

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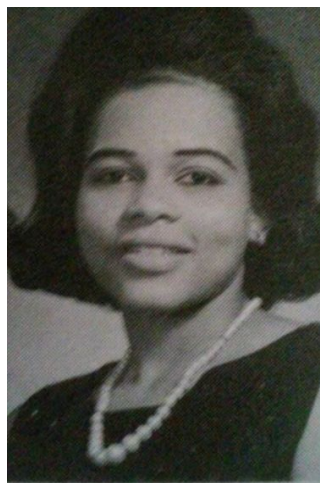
A Message from the CAP JEDI Chief

**Featured Trainee:**  
**Dr. Brittany Tarrant**

UCLA Child and Adolescent Psychiatry Fellow

She was seventeen, beautiful, and a first-time mother. Three more children, a cross-country move from Maryland to California – and back again – and an untimely death due to metastatic breast cancer color her story. A story not only shaped by her living with schizophrenia, but by stigma, individual and systemic racism, and profound disparities in accessing adequate mental health treatment as a Black woman. She was my grandmother.

My grandmother lost custody of her children and spent many years of her adult life on the fringes of society: sometimes homeless on the streets in LA and sometimes in and out of psychiatric facilities. I am thankful for the time I spent with her – in some of her most symptomatic moments and in some of her more lucid moments. The woman I knew was strong-willed and passionate. She had good taste in food and fashion. She loved to get her hair done. My desire to pursue child and adolescent psychiatry has also been shaped by my admiration of my grandmother’s daughter – my mother.



My ‘why’ - Doris Franks  
06.14.1948 - 12.05.2017

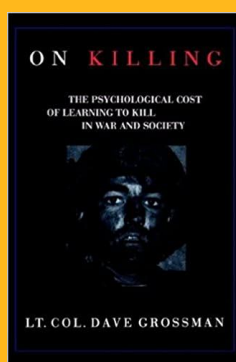
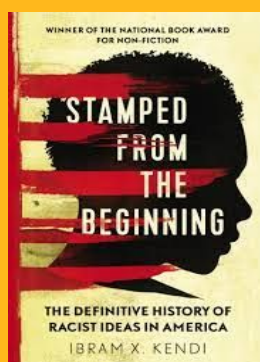
My mother spent her formative years between family members’ homes and foster care. She had a complicated, yet loving, relationship with my grandmother and towards the end of my grandmother’s life, she was her primary support.

I often look at my mother in awe of her strength. Despite her tumultuous and unstable childhood, my mother developed into the strongest and most giving, thoughtful, and intelligent woman – the matriarch of our family. I relate her and her two brothers to the dandelion and orchid child theory.

Orchids and dandelions - both are flowers, but with very different phenotypes, growing in different environments, one more delicate than the other. How did my mother grow to be so well-adjusted while others with similar childhood experiences face many difficulties that can be directly tied to their upbringings? I am inspired by Dr. Nadine Burke’s work on adverse childhood experiences at the Center for Youth Wellness in San Francisco, researching and combating trauma-related adverse health outcomes, particularly more pronounced in communities of color; I dream to craft my career in this space.

As I near the end of my training journey and look toward a future of serving some of our most vulnerable populations, I hope to improve outcomes as a psychiatrist who treats patients with empathy, compassion, and cultural humility. I aspire to be the psychiatrist my grandmother needed: dedicated to treating dandelions and orchids with a rewarding career of service, scholarship, and leadership.

**Reading Suggestions**



## “Letter to my former self”

A reflective piece written by UCLA psychiatry alumni.

Hanging front and center in the middle of my home is a framed sign that boldly reads “Create the things you wish existed.” I purchased this sign over 10 years ago, at a time when I was just beginning to form my identity as a psychiatrist. My former self didn’t know it then, but this saying would be the foundation of both my personal and professional life. As I reflect on the past, I am struck by the deeply meaningful things that were created by that curious and sometimes unsteady version of myself: the creation of a home, a vibrant family, and a greater purpose – both personally and professionally - with the ultimate goal to build a legacy. At the heart of all of these creations is Justice, Equity, Diversity, and Inclusion (JEDI).

As someone who identifies as Japanese, Chinese, Irish, and English, I grew up believing that diversity was a superpower. Perhaps this is what drew me to the beautiful city of Los Angeles, one of the most culturally diverse places in the world. At the tender age of 18, I set off for one great UCLA adventure and never looked back. Here is what I would tell my former self:

**The importance of humility** - When we set aside our need for recognition and free ourselves from omnipotence, we create a space where listening, learning, and understanding can grow. I would tell my former self to take a step back, look for lessons in every experience, and thank the people who point out my knowledge gaps and blind spots. It’s how we get better.

**Love is the secret sauce** - JEDI conversations can be deeply personal, painful, triggering, and emotional. Remember to pause, take a deep breath, and do your best to access love. Even if the results of this approach are not readily apparent, they plant a very important seed.



Misty working in a medical clinic in Uganda that she helped create with a close friend during medical school

### **All I really needed to know I learned in kindergarten**

Perhaps my favorite book: If we could all see and live life through the eyes of a 5-year-old....*“Play fair. Don’t hit people. Put things back where you found them. Clean up your own mess. Don’t take things that aren’t yours. Say you’re sorry when you hurt somebody. Live a balanced life. Learn some and think some and drawn and paint and sing and dance and play and work every day some. Be aware of wonder.”*

**Walk into the fire** - JEDI principles – whether you are learning, teaching, or experiencing them firsthand – often involve a level of discomfort. Embrace it. This is a reminder of how important this work is and how central it is to long-term growth and innovation.

**Build community** - There is something magical about camaraderie, friendship, vulnerability and truly feeling seen. I would tell my former self to study less and play more!

Finally, we all have the power to decide the kind of life we want to live and the kind of world we want to live in. May *your* life and legacy bring us one step closer towards embracing justice, equity, diversity, and inclusion for all.

*From Dr. Misty Richards,*

UCLA Child and Adolescent Psychiatry Program Director  
UCLA Child and Adolescent Psychiatry Alumni Class of 2017

## Online Racism and Mental Health Among Black American Adolescents in 2020

Drs. Del Torr and Wang from the University of Pittsburgh used a nationally representative sample of 602 black and White adolescents in the US during the 2020, to conduct a longitudinal study to examine online racial discrimination during COVID-19 pandemic and the civil unrest during the killings of George Floyd and other Black people in the US and found that 1 in 2 Black youths experienced at least one incident of online racism during the study period. These Black adolescents also reported increased same-day depressive symptoms, anxiety, and stress.

### Clinical Implications

Racial discrimination in online settings was associated with increases in same-day and next-day mental health in Black youth. Social media companies should work towards eliminating online racial discrimination. Furthermore, it is important that mental health professionals receive training in culturally sensitive assessments of racial trauma as clinicians can play an active role in helping Black youth cope with racial discrimination.

J Am Acad Child Adolesc Psychiatry 2023;62(1):25-36.

## A Message from the CAP JEDI Chief

Please join me for this educational event on **Medical Mistrust Virtual Forum** sponsored by **AACAP CAPture Belonging**.

This Virtual Forum will provide a historical perspective on the origins of medical mistrust in Black, Indigenous, and People of Color (BIPOC) communities and explore the scientific literature to illustrate how racism and medical mistrust continues to hamper efforts around health care access and utilization, particularly in the era of the COVID-19 pandemic. Through the Forum, we hope that evidence-based strategies and recommendations will be provided to demonstrate how psychiatrists can be further engaged in addressing medical mistrust in BIPOC communities and in their own clinical settings.

**Moderators:** Warren Ng, MD, AACAP President; Melvin Oatis, MD, Private Practice; Tashalee Brown, MD

### Speakers:

*A Historical Perspective on Medical Mistrust*

**Susan Reverby, PhD**

Marion Butler McLean Professor Emerita in the History of Ideas; Professor Emerita of Women's and Gender Studies  
Wellesley College

*Medical Mistrust and It's Current Pervasiveness*

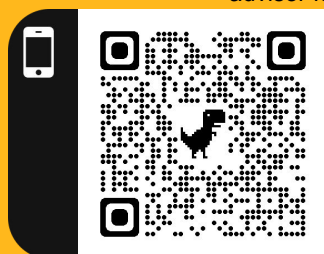
**Leon McDougle, MD**

Professor of Family Medicine and Chief Diversity Officer; The Ohio State University Wexner Medical Center

*Strategies & Supports to Address Medical Mistrust and Promote Cultural Understanding*

**Eraka Bath, MD**

Associate Professor and Vice Chair for Justice, Equity, Diversity and Inclusion in the Department of Psychiatry, and senior advisor for the UCLA DGSOM Antiracism Roadmap (ARR); David Geffen School of Medicine



## Medical Mistrust Virtual Forum

Wednesday, March 22, 2023 | 2:00 pm - 3:30pm ET

sponsored by **CAPTURE**  
BELONGING

AMERICAN ACADEMY OF  
CHILD & ADOLESCENT  
PSYCHIATRY  
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