

Westchester Chapter Program

The Impact of Racial Discrimination on Mental Health

Presenter: Kimberly Grocher MA, LCSW, ACC, RYT

Program Description: This interactive presentation will explore the impact of racial discrimination on mental health for BIPOC (Black, Indigenous, People of Color) clients while providing guidance to social workers on how to best work with BIPOC clients who have been impacted by racial discrimination. The presentation will occur in three parts.

Part I will provide a brief historical overview of race and discrimination in the United States and in the Social Work profession while identifying the impacts of racial discrimination at the ideological, institutional, interpersonal, and intrapersonal levels. The various ways these impacts can manifest in individuals, families and communities will be discussed as well as the barriers to BIPOC engaging in mental health treatment. Part II will cover the steps social workers can take in their practice to reduce these barriers, increase engagement, and begin to address the impact of racial discrimination on the mental health of their BIPOC clients. In Part III, attendees will be presented with case vignettes to continue exploring and begin implementing the principles and clinical practices presented in Part I & II with fellow attendees in small groups.

Biography:

Kimberly Grocher earned a BS in Psychology from Towson University, an MSW from Howard University, and an MA in Media Studies & Media Management from The New School. She completed post-graduate training in Psychodynamic Couples Therapy at the Training Institute for Mental Health in NYC and received coach training through the Institute for Professional Excellence in Coaching (iPEC). She was a fellow in Harvard Medical School's inaugural Media & Medicine program. Kimberly is a Ph.D. candidate at Fordham University's Graduate School of Social Service where her research focuses on using media & technology to enhance mental health practice, organizational, and policy development as well as mind-body interventions to improve health outcomes for Black women. Kimberly is an adjunct professor at Columbia University School of Social Work where she teaches Foundations: Decolonizing Social Work and Lecturer of Social Work in Psychiatry at Weill Cornell Medical College where she has provided

supervision to Psychiatry residents and presented on topics on health disparities in Black women. Kimberly maintains a full-time private practice in New York & Florida.

No charge for members OR non-members.

To register and receive the Zoom link go to:

<https://nysscsw.memberclicks.net/wesnoncecourse>