

HEALING WHILE HARMED

RACISM IN MENTAL HEALTH
& HEALTHCARE SYSTEMS

MARCH 13, 2026



Psychologists for
RACIAL JUSTICE

KEYNOTE – THE 3 R'S OF REALIZING THE DREAMS OF BLACK MEN'S HEALTH

This keynote address examines Black men's health through a structural and intersectional lens, organized around a framework Dr. Griffith terms "The 3Rs." Drawing on over two decades of research on men's health equity, Dr. Griffith will guide attendees through three interconnected domains essential to realizing the vision of optimal health for Black men and boys: Reimagining the structural, cultural, and psychosocial determinants that produce and sustain health disparities; Reframing how researchers, clinicians, and policymakers conceptualize Black men's health by shifting from deficit-based narratives to equity-centered, strengths-based approaches; and Re-centering the lived experiences and well-being of Black men within systems of care, research paradigms, and community-level interventions.

The presentation is grounded in peer-reviewed scholarship on the social determinants of health, intersectionality theory, and the emerging field of men's health equity. Dr. Griffith will synthesize research on how structural racism, gendered socialization, and cultural norms around masculinity and manhood interact to shape Black men's health behaviors, mental health help-seeking patterns, and engagement with healthcare systems. Attendees will be presented with evidence-based strategies for translating this knowledge into culturally responsive clinical practice, community-based interventions, and health policy advocacy.

This program is directly relevant to the conference theme, Healing While Harmed: Dismantling Racism in Healthcare and Mental Health Systems, and addresses the ethical imperative for psychologists to understand how racism operates within the systems in which they practice. The content builds upon a doctoral-level understanding of psychological science and extends attendees' competencies in culturally informed assessment, intervention, and systems-level advocacy, ultimately improving services to Black men and boys and the broader public.



1.5
CEs

➔ Learning Objectives:

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

- **Describe** at least three structural, cultural, and psychosocial determinants of health that disproportionately affect Black men's physical and mental health outcomes across the lifespan.
- **Differentiate** between deficit-based and equity-centered frameworks for conceptualizing Black men's health, and identify how each approach shapes clinical assessment, intervention design, and research methodology.
- **Analyze** how anti-Black, gendered structural racism influences Black men's mental health, help-seeking behaviors, and engagement with healthcare systems.
- **Apply** at least two evidence-based, culturally responsive strategies to improve service delivery, community-based intervention, or health policy advocacy efforts aimed at advancing Black men's health equity.

Featuring Dr. Derek M. Griffith

Psychologists for Racial Justice is approved by the American Psychological Association to sponsor continuing education for psychologists. Psychologists for Racial Justice maintains responsibility for this program and its content.

For more information visit: psychforracialjustice.org

Friday, March 13th, 10:30 – 11:55am EST