

# HEALING WHILE HARMED

RACISM IN MENTAL HEALTH  
& HEALTHCARE SYSTEMS

MARCH 13, 2026



## RESISTING RACISM: MATERNAL, PEDIATRIC, AND SYSTEMS PERSPECTIVES

Structural racism shapes health trajectories from the earliest moments of life—and its impacts compound across the lifespan. Black mothers face disproportionate rates of maternal mortality and morbidity; children of color encounter racialized pathways in developmental assessment and educational systems; and communities continue to navigate healthcare structures that too often perpetuate harm rather than healing.

This panel brings together experts in maternal mental health, developmental-behavioral pediatrics, and health psychology to examine how racism operates across the lifespan—and how psychologists and healthcare providers can intervene at critical junctures. Panelists will explore: perinatal and maternal mental health inequities and their structural drivers; pediatric health equity through a developmental-behavioral lens, including how race shapes clinical pathways; and community and systems-level strategies for dignity-centered care across the lifespan.

Grounded in the conference theme of "Healing While Harmed," this panel offers a lifespan-developmental and systems framework for understanding how individuals, families, and communities experience racism in healthcare—and how we can bend systems toward justice, one life stage at a time.

*This session may address sensitive topics, including maternal mortality, medical trauma, and racialized clinical experiences. Content is intended to support clinicians and advocates in providing culturally responsive, equity-centered care.*



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### ➔ Learning Objectives:

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

- **Identify** at least three structural and systemic factors contributing to maternal health inequities and perinatal mental health disparities among Black women and other communities of color.
- **Describe** how racism manifests in pediatric and developmental-behavioral healthcare, including racialized clinical pathways, diagnostic bias, and differential access to services.
- **Apply** a lifespan-developmental framework to clinical practice, recognizing how early experiences of racism in healthcare shape long-term health trajectories and intergenerational impacts.
- **Evaluate** community-centered and systems-level interventions that promote dignity, equity, and healing across the lifespan, including culturally grounded practices and policy advocacy strategies.

**Featuring Dr. Adiaha Spinks-Franklin, PhD, Dr. Grace Chen, PhD, & Dr. Briana Spivey, PhD**

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](https://psychforracialjustice.org)

**Friday, March 13th, 1:30pm–3:00 pm EST**