

Racism & Mental Health

A Community Conversation

In recognition of Bebe Moore Campbell Minority Mental Health Month

An honest, thoughtful, and solutions-oriented conversation about how racism impacts mental health outcomes, access to care, quality of treatment, and the systems that shape those experiences.

TOPICS OF DISCUSSION

- The impact of racism and discrimination on mental health and well-being
- Racial bias and disparities in mental health diagnosis, including underdiagnosis and overdiagnosis
- Historical and intergenerational trauma
- Barriers to accessing culturally responsive mental health care
- Structural inequities in mental health systems, treatment, and funding
- Strategies for reducing disparities and improving equity in mental health care

PANELISTS

- **Monique Bryant**, Executive Director, Challenging Racism
- **Brian Marroquin**, Director of Grants and Initiatives, Arlington Community Foundation
- **Dr. Deidra D. Parrish**, Public Health Director, Arlington County DHS
- **Camille S.A. Watkin**, Community Readiness & Re-Entry Services Manager

Wednesday, July 22, 2026 | 6:30 pm

Free and open to the community

VHC Health Center Auditorium

John T. Hazel, MD Conference Center

1701 N. George Mason Drive, Arlington, VA

PARKING: Green Parking Garage attached to the 1715 building. \$7 fee.

ENTRANCE: 1701 Women's & Infants Building. MUST HAVE PHOTO ID