

# African American Youth Experiences with Racism and Race-based Interventions

## What brought you to this work?

Dr. Pickett: As an African American adolescent, I encountered a myriad of race-based experiences that I was ill-equipped to mitigate. From being called the n-word as I walked to school to being followed around in clothing stores, managing the trauma of racism was central to most of my everyday experiences. Thankfully, I was able to find a bit of solace by participating in various programs designed to support African American youth. Many of my African American students have shared similar experiences. I want to examine and highlight why they believed these programs were impactful. Then, use that insight to inform other educational influencers who work with African American youth.

Dr. Moreland: I've been fortunate to work alongside many impactful community leaders and educators that have formally and informally mentored me. I believe it is my responsibility to reach back to mentor those who, too, are attempting to change narratives that marginalize and oppress BIPOC.

## Research questions

What are African American youth's experiences with racism? How does racism impact African American youth's emotional, social, and academic wellbeing? How do African American youth believe they can be best supported to counter the ways in which race based trauma affect their academic, social, and emotional wellbeing? What specific interventions have helped African American youth counter the negative effects of racism?

## Research plan

Our plan is to apply our research, educational expertise, and experiences related to race-based trauma, mental health, African American youth, and race-based interventions to develop a marketable professional development series that will provide insight on how to best support those who work with African American youth.

## Working together

Working together has been such an amazing experience because we have been able to marry our passion for African American youth, education, and Black mental health to develop practical ways to support those who work with African American youth.



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