

Welcome to the Deep Dive into Diversity and Mental Health! 🧠 We're about to tackle one of the most important topics in mental health care: *racism and how it affects individuals seeking support*. Your mission is to pick a fascinating focus area, explore an interesting resource, and share your discoveries with the class. Ready? Let's make it happen.

Step 1: Pick Your Focus Area! 🎯

Choose one aspect of racism in mental health that you're curious about. This is your time to dig into something that speaks to you. Here are a few ideas to spark your imagination:

1. **Access Denied:** What keeps specific racial or ethnic groups from getting the care they may need?
 2. **Culture Shock:** How do (or don't) mental health providers understand the diverse cultures of their clients?
 3. **Trust Issues:** What is the history of BIPOC folks with the scientific community and healthcare? Why do so many BIPOC folks distrust the mental health system, and where did it start?
 4. **Unequal Outcomes:** Why are mental health results so different for BIPOC populations compared to others?
 5. **How You Can Help:** What are some ways you can be ally? How can you help increase diversity in mental health?
-

Step 2: Find Your Treasure Map 🗺️

Your next task is to track down a resource that helps explain the issue you picked from step 1. Please try and search for resources that are easy to read, not too long, and interesting. Try and stay away from resources that are overly technical with dense paragraphs. This could be:

- A thought-provoking internet article.
 - A recent news article.
 - A must-watch video or podcast. YouTube clip. (for an example of what I am looking for [CLICK HERE](#) and/or [CLICK HERE](#)).
 - A blog post.
 - Interesting data charts with explanation.
 - A research study.
 - A community program making real change.
-

Step 3: Discussion Board Show and Tell 🗨️

Hop into the discussion forum and let your peers in on your findings. Here's what you'll share in your response posting:

1. **Your Focus Area:** Which of the four topics did you dive into?
2. **Resource Title:** What's it called?
3. **Link:** Where can we check it out? (Drop that link!)
4. **Summary:** In just 2–3 sentences, give us the gist. What's the resource about, and why does it matter?
5. **Your Take:** In 1 - 2 sentences make note of what grabbed you most about the resource? Could you relate to anything? Did something surprise you or make you go, "Whoa, I never thought of that"? What would you tell a friend if you called them right now about the resource?

Step 4: Explore a Classmate's Posts 🗨️💬

Pick TWO - THREE of your classmates' posts from a **different focus area** than yours. Read/watch/explore their resource, let it sink in, and then complete the [Reflect Like a Pro Assignment Submission \(CLICK HERE to Submit\)](#) 💬💎 It's time to think about what you've learned. Write a short reflection answering 2 - 3 of the questions of your choice:

- **What's New to You:** What did you learn that you didn't know before?
- **Connect the Dots:** How does their resource link to your understanding of diversity issues—or even to your own focus area?
- **Question Time:** Got questions or thoughts to add? Share them!
- **Mind-Blown Moments:** How did this activity change or expand your understanding of diversity in mental health?
- **What's Next:** What's one action that could help address the disparities you learned about?