

# Implicit Bias in Mental Health

## **Program Description**

Implicit bias refers to the attitudes or stereotypes that affect our understanding, actions, and decisions in an unconscious manner. These biases, that we may not be aware of, can influence our interactions with our clients; how we diagnose, screen, respond to crisis, and treat them. Mental health professionals work with diverse populations and understanding how implicit bias impacts our decision making is key to providing ethical services and quality client-centered care.

This workshop will explore different types of unconscious biases. Discussions and activities will assist participants in examining their own personal biases and how these biases impact everyday interactions in various settings (school, work, health care, justice system, etc.). Case studies will be utilized to increase participants awareness of the effects of implicit bias on our clients; and strategies to reduce unconscious bias will be discussed.

## **Learning Objectives**

Upon completion of this workshop, participants should be able to:

1. Explain various types of unconscious biases.
2. Describe the effects of unconscious bias in everyday interactions with clients.
3. Identify personal biases and how they impact clients and services provided.
4. Develop and practice strategies for disrupting and reducing unconscious biases.

## **Target Audience**

This workshop will be beneficial to social workers, counselors, mental health and health care providers, case managers, human service workers, and anyone who is interested in the topic.

## **Contact Hours**

3.0 credit hours

## **Program Agenda**

9:00 - 10:30 AM	Unconscious Bias, Stereotypes, and Microaggressions in Interactions with Clients/Patients; Mental Health Disparities and Barriers to Treatment
10:30 - 10:45 AM	<b>Break</b>
10:45- 12:00 Noon	Strategies for Disrupting and Reducing Unconscious Biases
12:00 - 12:15 PM	Discussion Q/As

## **Faculty**

**Evi Taylor, Ph.D., LCSW**, is a Clinical Assistant Professor at the UNC-Chapel Hill School of Social Work, where she teaches courses in child and adolescent mental health; adult mental health; human development; and direct practice with individuals, families, and groups. Dr. Taylor received her Ph.D. in Psychology from Northcentral University, Master of Social Work from the University of Texas in Arlington, and Bachelor of Social Work from Baylor University. She is a licensed clinical social worker with over 25 years of clinical experience working with diverse populations in various settings such as alternative schools, juvenile justice programs, hospital settings, residential treatment centers, substance abuse programs, and private practice. Dr. Taylor's research interests include the impact of stereotypes and implicit bias on African Americans, systemic racism in education, and athletes' mental health.