

Exploring the Impact of Racial Trauma in Young Adults through Photovoice

What is Racial Trauma?

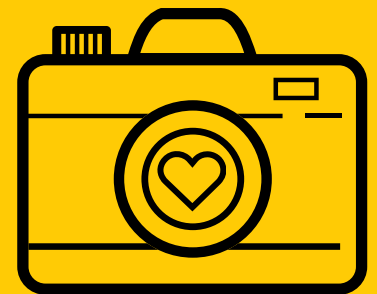
Racial trauma (Race-Based Traumatic Stress, RBTS) is the emotional or mental injury caused from exposure to racism, racial bias, ethnic discrimination, and hate crimes. It disproportionately affects Black, Indigenous, and People of Color (BIPOC), leading to PTSD-like symptoms such as depression, anger, and insomnia. Racial trauma also impacts healthcare, fostering mistrust and poorer health outcomes for affected individuals.

The Purpose of this Photovoice Project is to...

- ✦ **Document** lived experiences of racial trauma in young adults of color, aged 21-30.
- ✦ **Educate** trauma-informed care providers & juvenile justice professionals on the impacts of racial trauma.

Why Photovoice?

Photovoice is a community-based research method that uses **photography and discussions** to explore local issues, document community strengths, and drive policy change. It empowers **youth and community members** to share their experiences, influence decision-makers, and **advocate for solutions** that address their needs.



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Project Partner:

UConn
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CENTER FOR TREATMENT
OF DEVELOPMENTAL
TRAUMA DISORDERS

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