



## Anatomy of a Crisis: Impact of Racism on Public Health in America

### Episode 5: Understanding Historical Systems on Mental Health

Join Denesha Snell and Dr. Eric Shult, psychologist for University Health, as they discuss racist historical systems and their impact on mental health treatment, trauma, and toxic stress and how to move forward.

Produced by the Kansas City Public Library in partnership with the Kansas City, Missouri Health Department

**Host:** [Denesha Snell](#), Member, Library Board of Trustees and Program Director, American Public Square

Denesha Snell, a Kansas City native, is program director for American Public Square. Denesha has devoted her career to address community issues including parent advocacy, cultural diversity, causes of health disparities, violence prevention and improving relationships with community and civic partners. She holds a BS from Tennessee State University and a Master of Education from Rockhurst University.

**Guest:** Eric Shult, PhD , University Health Psychologist

Eric Shult earned his doctorate in counseling psychology at the University of Memphis and he has been a licensed psychologist in Missouri since 2014. Multiculturalism has been at the forefront of Dr. Shult's academic and professional career. His academic research focused on which variables, such as empathy or cognitive complexity, would predict subtle racism among White Americans. Since 2015, Dr. Shult has taught courses on multiculturalism and diversity for masters-level counseling students at Avila University. Dr. Shult has been a member of the Leaders Equity, Diversity, and Inclusion (EDI) Counsel at University Health since 2017. He has provided a variety of trainings with topics including social determinants of health, racial colorblindness, and historical and contemporary institutional racism within healthcare to staff at University Health.

#### References:

[Racism and Mental Health](#)

[Kansas City Public Library Reading and Resource List](#)

#### Production/Credits

**Editing:** Denesha Snell, David LaCrone

**Podcast Artwork:** Jennifer Su



**Original Artwork:** [Lizbeth Alvarez](#) is an art studio major at UMKC. She chose this career because it's important for her to do what she loves and show others about art. She's an aspiring teacher because and loves to see the creativity of others and how we can use art to communicate and express ourselves. She is working on completing her portfolio and looks forward to new experiences and opportunities.

**Development Committee:** Kamera Meaney (co-chair), Jeni Starr (co-chair), Russell Anderson, Quint Hall, Cheryl Hampton, Amelia McDaniel, Monica Miller, Rita Strickland