



## Institute of Living Grand Rounds

# Building Resilience in the Time of Rona and Anti-Black Racism

*presented by*

**Ayana Jordan, MD, PhD**

Associate Director and Assistant Professor  
Yale School of Medicine

**August 27, 2020**

**12:00 p.m. – 1:15 p.m.**

The lecture is streamed live through the VMR app at:  
[meet.iolhartford](https://meet.iolhartford.com)

*This session fulfills the State of Connecticut physician relicensure  
requirement for Cultural Competency education*

**Learning Objectives:** *As a result of participating in this live activity, participants  
should be able to:*

1. Identify how anti-Black racism amplified during the current COVID-19 pandemic can lead to stress
2. Define resilience and identify four strategies to mitigate stress during the syndemic (racism and COVID-19)
3. Identify practical interventions and tools that mental health organizations can engage in to create an anti-racist environment

**Financial Disclosure:** The Speaker, Planners or Directors of this event do not have any financial conflicts of interest in regards to the content of this program.

**Commercial Support:** There was no commercial support for this program.

**Continuing Medical Education Accreditation and Designation:** Hartford HealthCare is accredited by the CSMS to provide continuing medical education for physicians. Hartford HealthCare designates this live activity for a maximum of 1.25 AMA PRA Category 1 credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.