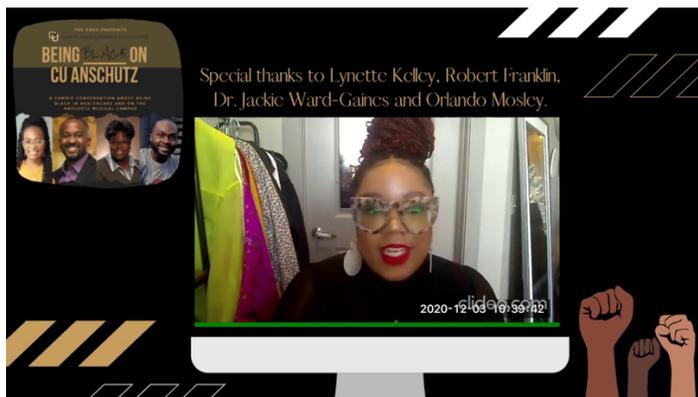


30-Day Anti-Racism Challenge Blog



Starting Sunday April 4th, on the 53rd anniversary of the death of Dr. Martin Luther King, Jr., Geoff and the other program leadership will be posting here every day as they embark on a 30-Day Anti-Racism Challenge. Some posts will be longer, some shorter, but we welcome you to join us in this experience either through thought and reflection or by taking the challenge yourselves.

https://medschool.cuanschutz.edu/docs/librariesprovider60/im-heartbeat/images-pdf/30-day-anti-racism-challenge.pdf?sfvrsn=71ee6bba_0



Day 15: Watch “Being BLACK on the CU Anschutz Medical Campus” Reflection by Dr. Ben Trefilek

This evening, my wife and I had the pleasure of listening to the [CAPE Community Series 'being BLACK on CU AMC'](#). This event brought together 4 leaders of AMC to candidly discuss their experiences. The panel discussion included Lynette Kelley, FNP from the VA hospital, Robert Franklin from Children's Hospital, Dr. Jackie Ward-Gaines, MD from University of Colorado Hospital and Orlando Mosley, PT Student on CU Anschutz.

If there is one thing you can take from this blog post it would be: **go and listen to it**. Their candor, knowledge, and experiences are too incredible to capture in my writing. So please, take a break from your podcasts, and spend 90 minutes listening to these inspiring educators.

Timestamped questions:

10 min, what does it mean to be black on AMC?

17 min, did any of you do research on the black population before accepting your roles (at AMC)?

23 min, what has been your biggest struggle as a black person on this campus?

25:50, How are you taking care of yourself?

36:30, How do you identify and why (Black or African American)?

43:00, Share a time you've encountered racism on campus.

57:30, How have you learned to balance the liberation and the exhaustion of being the only Black person in predominantly white spaces?

1:07:55, What are some ways that you think we can right the wrongs that lead to health disparities in the Black Community.

1:16:40, How does your unique lens (PT, Doctor, etc) play into your work with the CAPE?

1:24:50 What advice do you have for the Black students, faculty or staff who are struggling to find their voice AND What type of support are you looking for from the community on the AMC?

Things I learned and words that stuck with me:

["Diversity Tax"](#) - Robert discusses the difficulty of balancing his professional work with "being the [diversity] guy". I had never heard of "diversity tax" and as I read more, I couldn't help but remember times when I have assumed a resident who identifies as BIPOC or LGBTQ would want to be involved in a lecture, panel, or discussion about diversity, simply because they are "that guy/girl".

"Im woke and tired"

"Thought I was the interpreter" "coworker didn't speak with me for the first 7 years"

"Don't want to be labelled the angry black woman"

"Education, Education, Education" - Dr. Ward-Gaines. When asked about how to "right the wrongs that lead to health disparities in the Black Community", almost all the panelists discussed education. As an educator, I paused and reflected on how many times I've missed an opportunity to do this.

"Tell the truth about how healthcare hasn't always been kind to the black community"

How to be an ally? - Don't just ask me "what book should I read", ask about which policy should I be calling about and speaking out against. "Reach outside your circle".

"Empathy is helpful when it's active"