

### **C. Mental Health in Stressful Times**

This panel addresses the impact of extreme economic and social conditions on individuals and society. The effect of these conditions is more extreme and emotionally debilitating in individuals who are already living in precarious economical, social, and psychological conditions—“on the margins”. The panelists will discuss the mental health challenges created by poverty and racism and will present the causes as well as the practical ways to preserve and promote optimal mental health.

#### **Panel:**

*Social Action v. Poverty*

**Joan S. Tropnas, Ph.D.**, Assistant Professor, Director, Human Services Program  
College of Professional Studies, St. John’s University

*Stressing During the Recession*

**Robert Eschenauer, Ph.D.**, N.C.C., L.M.H.C., Assistant Professor & Director of  
Counselor Education Programs, Department of Human Services and Counseling  
The School of Education, St. John’s University

*Racism and Health: Understanding the Pathways through which Ethnic Discrimination  
Increases Health Risks*

**Elizabeth N. Brondolo, Ph.D.**, Professor, Psychology, St. John’s College of Liberal  
Arts and Sciences, St. John’s University

Moderator:

**Rafael A. Javier, Ph.D.**, Professor, Psychology, Director of Interagencies Training and  
Research Initiatives, St. John’s College of Liberal Arts and Sciences, St. John’s  
University