



Recovery Communities of North Carolina  
Promoting recovery from substance use disorder and  
maintaining health, in the community and statewide.

# Anti-Racist Organization



**Tuesday, January 19 2022**  
**12:00 PM - 5:00 PM EST**



FREE ZOOM WORKSHOP  
WITH REGISTRATION



EMAIL  
[TCONYERS@RCNC.ORG](mailto:TCONYERS@RCNC.ORG)

## Learning Objectives

- 01** To first define the impact of white supremacy on the medical field and in particular the field of addiction and recovery
- 02** To learn about the origins of caucusing and consider the impact racial-affinity caucusing as part of the organization
- 03** To examine how anti-racism and inclusion can improve the organization's recruitment process
- 04** To examine the components of an anti-racist stance in the organization
- 05** To reflect on ways the mission statement of the organization can be modified to align with an anti-racist stance

## What it means to be an anti-racist organization?

Why this training is important?

To foster a culture of anti-racism, an organization must be able to reflect deeply on the components of anti-racism the organization can take on themselves in their culture, mission and operations. This is especially important in an organization that operates in the realm of addiction and recovery which unfortunately suffered from the stigmata of racism for far too long.

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NC DEPARTMENT OF  
HEALTH AND  
HUMAN SERVICES  
Division of Mental Health,  
Developmental Disabilities  
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**Tanmeet Sethi, MD**

RCNC Integrative Family  
Physician Consultant



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Tanmeet Sethi, MD is an integrative family physician, writer, and TEDx speaker who has dedicated her career to care for the most marginalized patients, many with substance use disorders and teaching them as well as physicians how to harness their innate potential to heal through the food they eat, the way their minds think and how their bodies move, the most powerful forms of medicine. She has focused this work in the most vulnerable communities including Seattle's refugee, uninsured and homeless populations as well as communities traumatized by manmade and natural disasters like the students of Marjory Stoneman Douglas High School, the wildfire survivors of Northern California and hurricane victims in Puerto Rico.

She has taught in residency medical education for the last two decades general family medicine, integrative medicine and anti-racism in medicine.

She is fellowship trained in Integrative Medicine and has gone on to found and direct an Integrative Medicine fellowship at Swedish Hospital in Seattle, WA. She is presently starting certificate training in Psychedelic-Assisted Therapies and Research as well.

Her most powerful education has come through her own life in which she is a mother to three children, including one with a fatal, neurodegenerative disease. She has a powerful blog where she writes weekly on the wisdom of gratitude and is presently working on her first book.

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