History of C-STAHR

In 2010, Dr. Tillman Farley gave a lecture about racial disparities in healthcare to a group of medical students—little did he know that he would inspire seven of those students to create a coalition of community members, physicians, students, and 2040 Partners for Health known as C-STAHR (Community-Students Together Against Healthcare Racism).

Our Mission

For students and the community to work together to better understand perceived discrimination and design a feasible intervention to better equip future healthcare providers and community members to reduce its effects.

Our Methods

To accomplish its mission, C-STAHR employs Community Based Participatory Research (CBPR) techniques to ensure that research and health interventions are driven by the needs of the community. Decision-making is split between members and our projects range from education/outreach to creating clinic based tools to improve patient-provider relationships to empowering minority youth.

What have we been doing lately?

C-STAHR spent many years conducting focus groups and facilitating conversations with community members and health providers to characterize the problem of discrimination in Aurora/Denver. From these conversations, five recurrent themes emerged as drivers of discrimination: provider assumptions based on patient race, lower quality health care delivery, added barriers to the health care visit, poor patient-provider communication/relationship, and dehumanization of the patient. Based on this data, C-STAHR decided to develop and implement a clinic-based tool to help decrease miscommunication and promote patient-provider relationships. This tool is currently being implemented in Salud Clinics.

C-STAHR also noted a dearth of minority providers and identified a need to expose minority youth to careers and mentors in healthcare. Community members and medical students created the HEROES (Health Esteem futuRe pOwer Encouragement Speak up) Youth Program. This program includes curriculum on healthcare career exploration, food and nutrition, advocacy, hands-on skills (CPR, suturing, etc) and social determinants of health. C-STAHR recently completed its second year of the program during Summer 2015 in collaboration with the Vickers Boys & Girls Club.

Lastly, and most importantly, we have monthly meetings to continue the conversation about discrimination in healthcare. By hearing the stories of providers, students, and community members, we can better understand why racism is happening, what it looks like, and what we can do about it.