Race-Based Stress and Trauma Empowerment Program

Maurice Endsley, Jr., PhD
Psychologist
Edward Hines, Jr. VA Hospital
What Is It?

• 8 module group outline
• Evidence-based elements include:
  • Psychoeducation
  • Mindfulness practices
  • Cognitive Behavioral techniques
  • Empowerment approaches
• Goals
  • Provide safe environment
  • Reduce internalization of negative messages
  • Improve coping mechanisms
  • Empower positive action

Why We Started

• Many Veterans of Color are exposed to racial discrimination and race-based trauma in the military and in everyday life
• Health disparities are a national problem
• More likely to develop PTSD
• Higher morbidity and mortality from a multitude of chronic and acute conditions
• Avoidance/mistrust of medical care
How We Grew

• Codevelop pilot group in 2015 and 2016 (overlapping ideas combine)

• Applying for funding
  • Innovation support in 2018 for support for staff to consult
  • Office of Health Equity support in maintaining in 2020

• Finding your people along the way (talking a lot about the group)
  • Developing and keeping relationships with those motivated and excited
  • Spread the wealth of activities (structuring the consult process)
  • Innovators Network and AVAPL POC SIG

• Word of Mouth
Results

Spread

• 40+ active VA mental health providers participating on six monthly consultation calls
• 25 VAs have started with 4 new VAs on the way
• Total of 30 groups
• 115 Requests since June of 2020
• SharePoint for resources

Veteran Impact

• 100s Veterans served
• “First time I have felt comfortable in my black skin.”
• “This group should be at all VAs”
• “I should have had this group 20 years ago.”

For support in bringing to this group to your site contact us at Maurice.Endsley@va.gov Keisha.Ross@va.gov