

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

