



BLACK MENTAL HEALTH

HEALING JUSTICE PEER SUPPORT TRAINING

AUGUST 2021 VIRTUAL IMMERSION EVALUATION REPORT

Introduction

AUGUST 2021 VIRTUAL IMMERSION

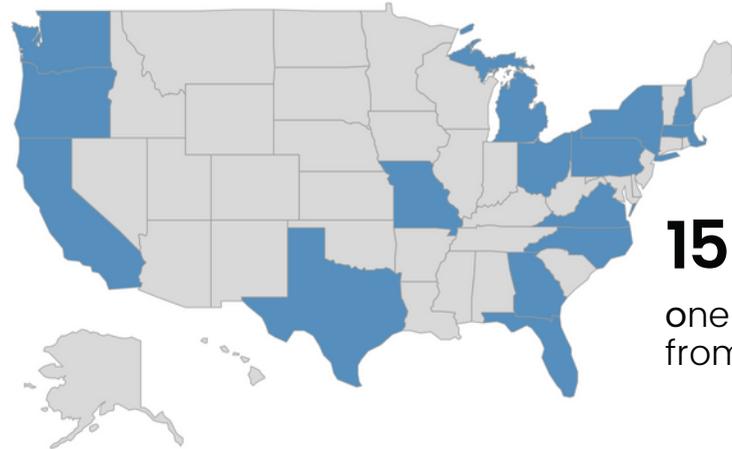
Starting in August 2021, BEAM offered the Healing Justice Peer Support training as a virtual immersion. Following recommendations from previous training evaluations, BEAM limited the number of participants to allow for deeper connections and more meaningful interaction.

Approximately 43 participants attended five 2-hour training sessions via Zoom. This report summarizes results from evaluation surveys completed before and after the training.

PARTICIPANT DEMOGRAPHICS

40

participants completed pre- and post-training surveys



15 STATES

one participant was from Canada

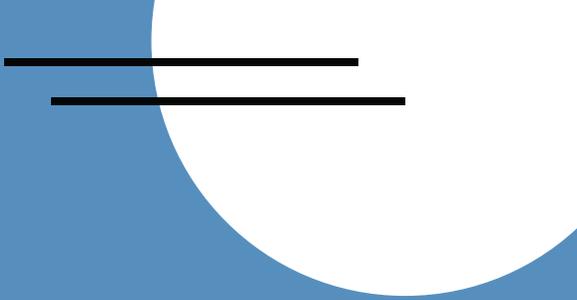
GENDER IDENTITY

CISGENDER WOMAN	58%
NON-BINARY	23%
CISGENDER MAN	12%
TRANSGENDER	5%
GENDERQUEER OR FLUID	3%

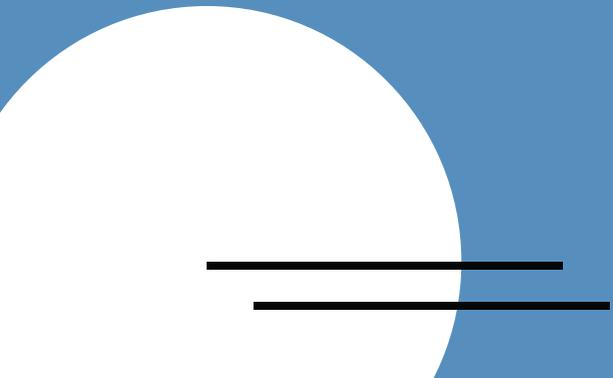
ETHNIC IDENTITY

BLACK*	63%
NATIVE AMERICAN	15%
WHITE	12%
LATINX	5%
MIXED RACE	5%

*The term "Black" is inclusive of those who identified as African American, African, Caribbean, Afro-Latinx, and/or Afro-Canadian.



"The safety of the space was tangible and intentional. The facilitators were insightful, engaging, and real. Blackness was truly centered and celebrated. Every session was immersed in love and healing."



TRAINING & FACILITATION

PERCENT OF PARTICIPANTS WHO AGREED OR STRONGLY AGREED



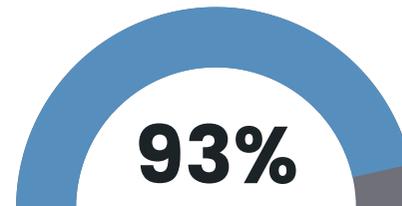
- Objectives of the training were clear
- Facilitators made me feel safe
- Training materials will be useful in life/work



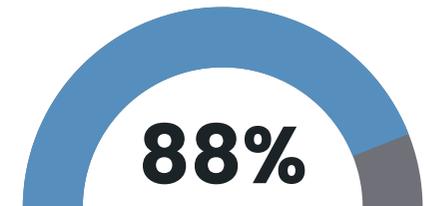
Facilitators were
engaging



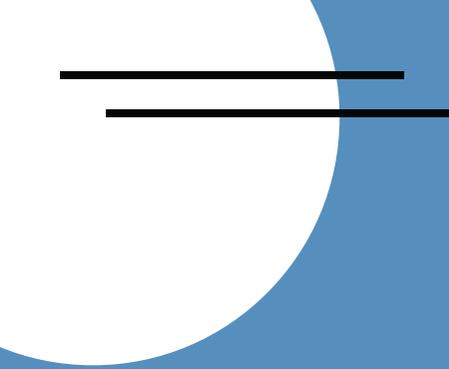
Would recommend
this training



Good balance of
lecture & activities



Time allotted
was sufficient

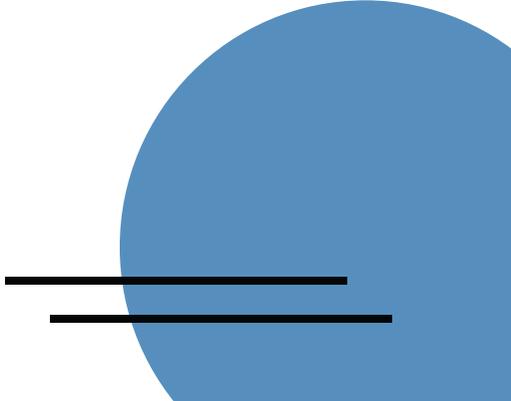


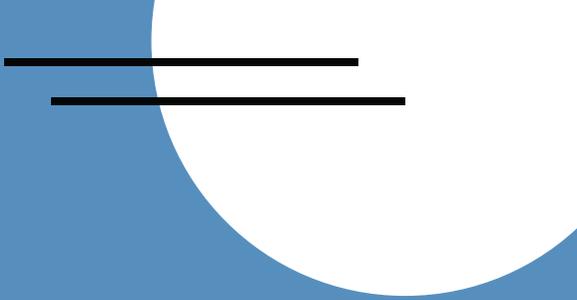
100%

REPORTED INCREASED
KNOWLEDGE ABOUT
MENTAL HEALTH &
HEALING JUSTICE

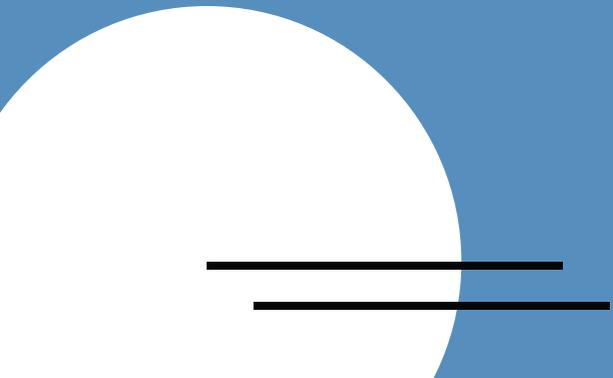
95%

REPORTED INCREASED
CONFIDENCE IN
OFFERING HEALING-
CENTERED PEER SUPPORT



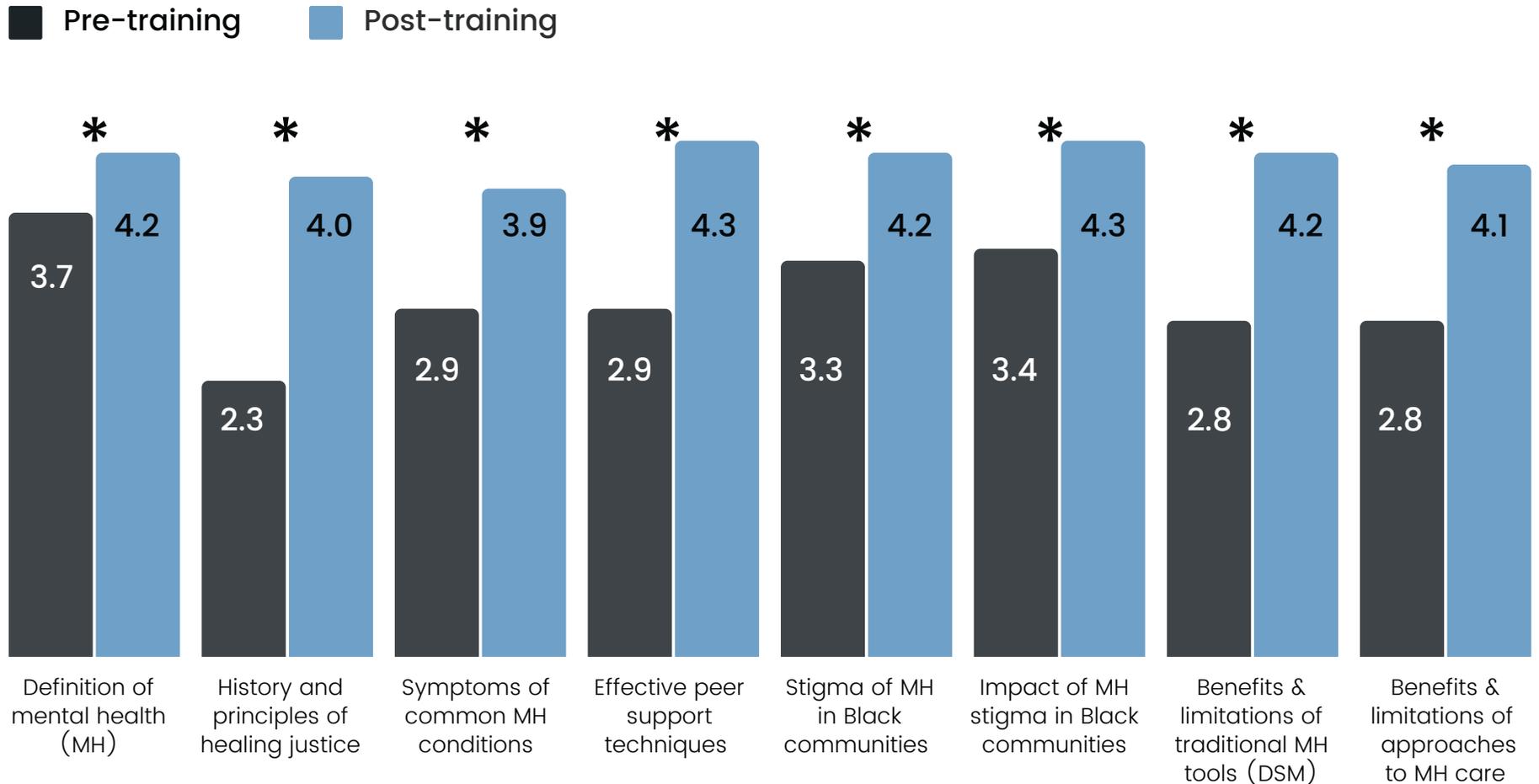


"This training opened up a multitude of tools, words, and resources to help me further explore mental health within Black Trans communities."



KNOWLEDGE

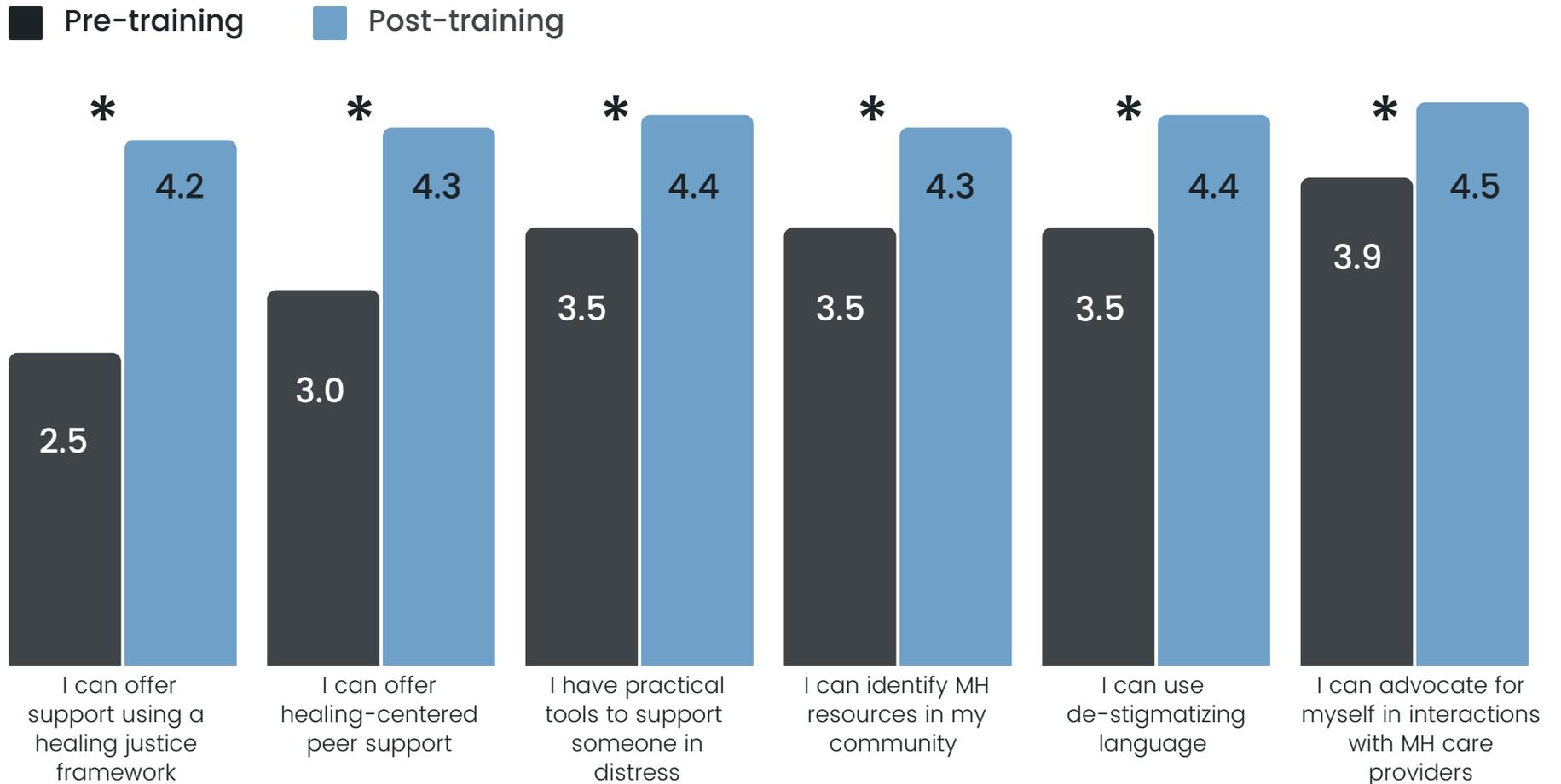
Participants rated their level of knowledge on a scale of 1 to 5. The chart shows average ratings.



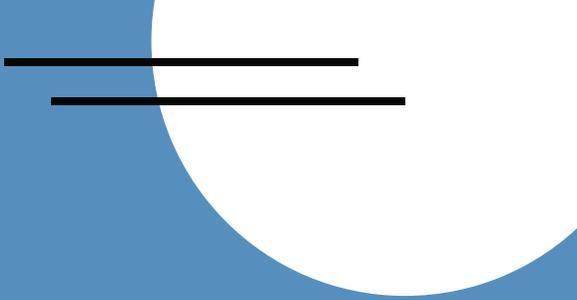
*indicates statistically significant increases

SKILLS

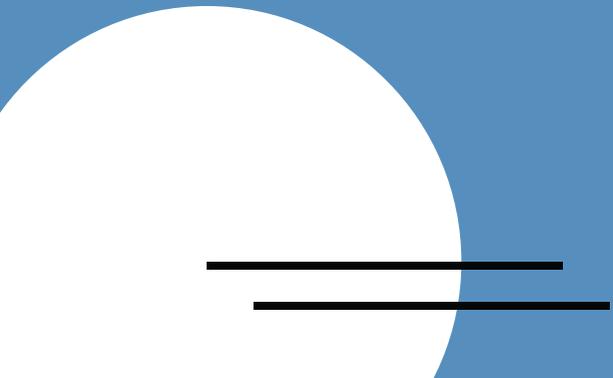
On a scale of 1 to 5, participants rated their level of confidence in using skills gained during the training. The chart shows average ratings.



*indicates statistically significant increases



"Black People have been navigating our mental wellness way before the DSM. We already have [the tools] within. This training highlighted them in a way that is empowering."

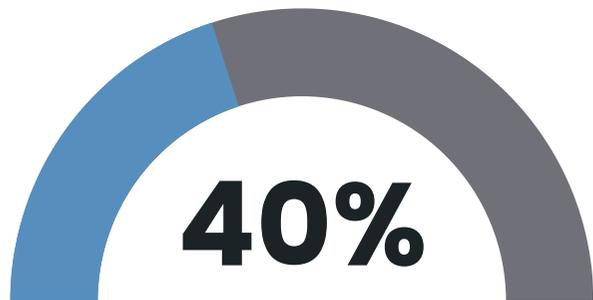


BIAS AWARENESS

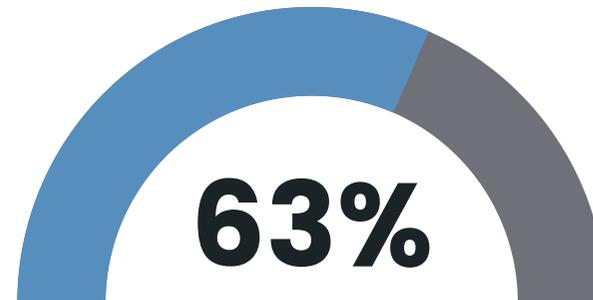
Participants reported a significant* increase in awareness of biases

PERCENT OF PARTICIPANTS WHO AGREED OR STRONGLY AGREED

My unconscious bias plays a role in my support of people living with mental health challenges



PRE-TRAINING



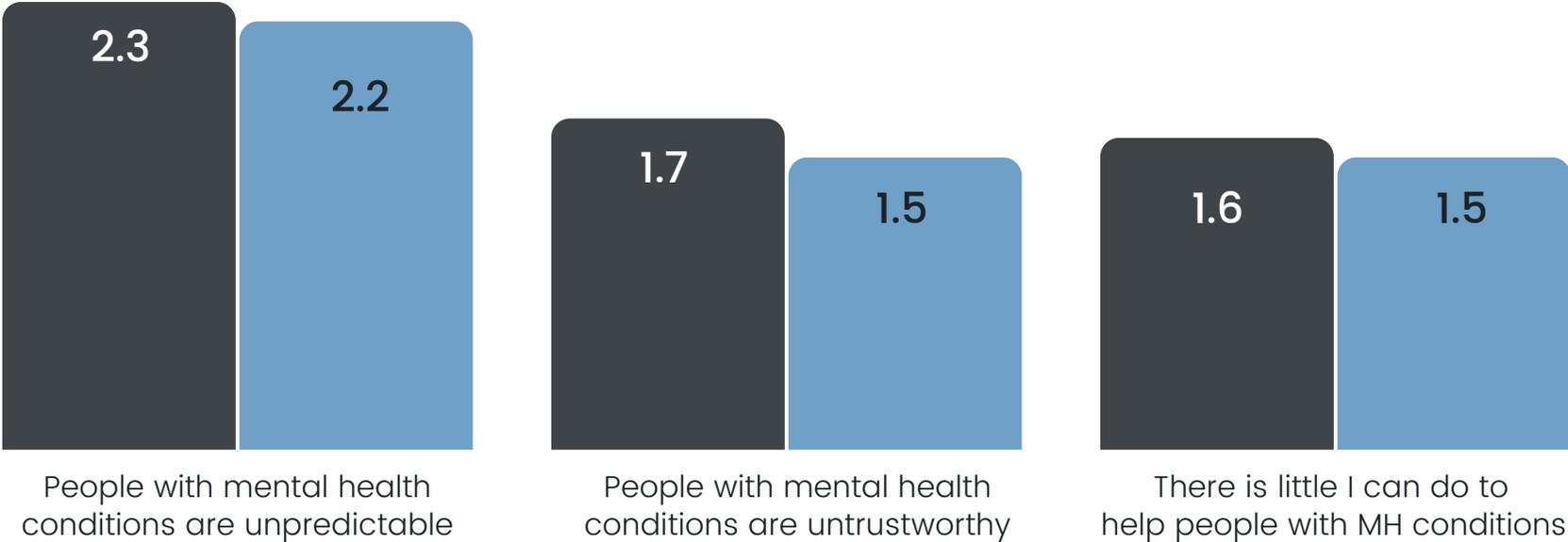
POST-TRAINING

*The average increase in bias awareness was statistically significant.

ATTITUDES & BIASES

Participants rated their biases toward people with mental health conditions. These items are reverse coded; lower scores indicate less stigmatized attitudes.

■ Pre-training ■ Post-training



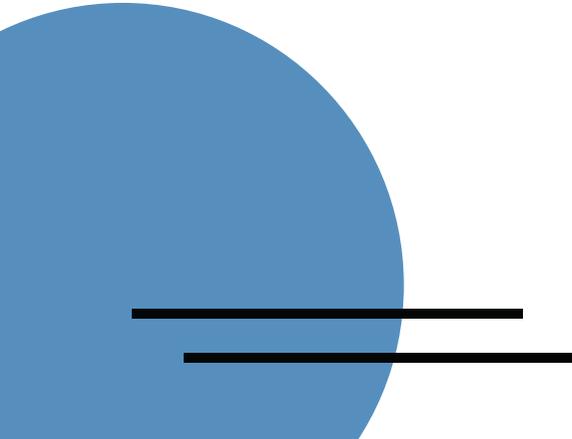
As a result of this training...

"I envision myself being more intentional in the ways that I provide support to my peers who are in distress."

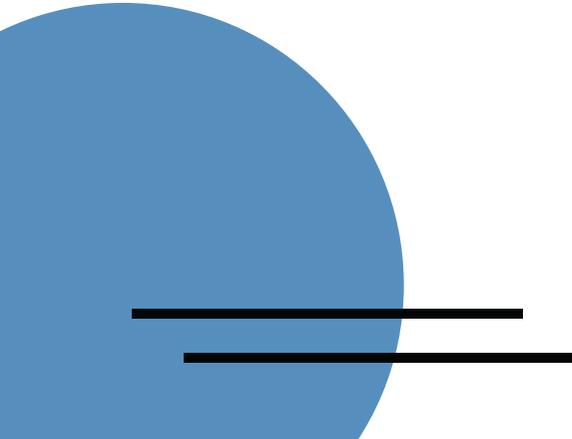
"I will increase my advocacy and activism. I feel empowered. I feel capable."

"My framework for supporting my community has improved. My toolbox for interventions has expanded."

"I will incorporate healing modalities such as herbalism and spiritual work and advocate for community care."



Biggest Takeaways

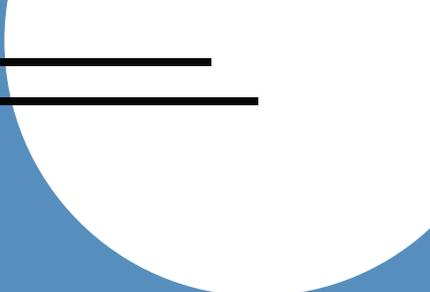


"There are ways to support Black folks who have mental health challenges that do not revolve around existing Eurocentric structures and institutions."

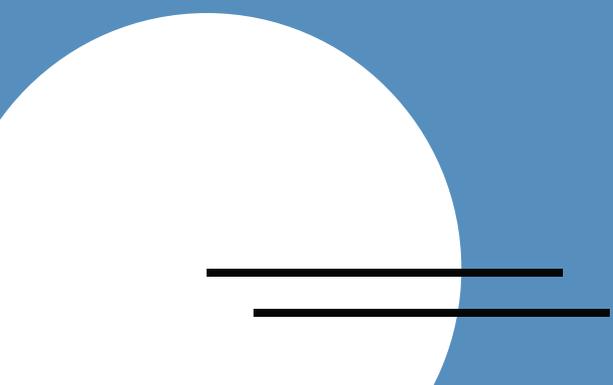
"I can support others through their own growth and healing, rather than taking on the role of a superhero rescuer."

"The community care tools. I can see the benefits of incorporating these pieces in my life and work."

"The importance of naming my feelings, honoring boundaries, and understanding that healing is a birthright."



"BEAM provided a better understanding of how to create a more just system, one that democratizes and increases access to necessary information and resources."



Participant Suggestions



PRACTICAL APPLICATION

e.g., sample scenarios, case studies, role play, practice using LAPIS



CONTENT WARNINGS

for material that may be sensitive or activating for some participants



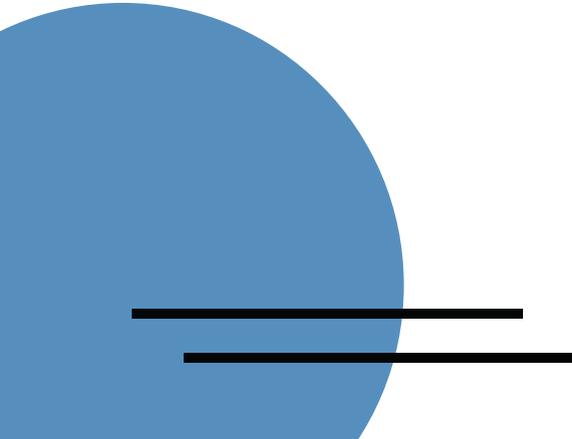
ACCOMODATION

for different learning styles



MORE TIME

extended time in breakout groups, increased number of sessions, or follow up training for deeper dive into content



MORE FEEDBACK

“Even more than the content delivered, what shone in this training was the way the material was presented. There were so many moments when a familiar concept was being described in a new way that really resonated with me or made me think about the information in a new way. Really phenomenal facilitation.”

“I truly do appreciate BEAM for making this space financially accessible. I came into this space on my own and it was much needed. The 5 weeks went by fast, I think most of us would have gladly done another 5. May y’all always be [blessed] with abundance for all that you do.”

“I think the training was great. I wish it was at a slower pace and included more types of learning and different activities. It was hard to retain all the information and hard to pay attention for such prolonged periods of time. It would be nice to incorporate practice, which would have helped me feel more confident about applying.”

“There was so much eye-opening information and knowledge shared. If possible, there could be a content warning to help us navigate our own emotional wellbeing to avoid being activated. Also, if we could collectively come together again and debrief our experiences with using the model in some type of post follow-up.”