BLACK MENTAL HEALTH & HEALING JUSTICE
PEER SUPPORT TRAINING | Evaluation Snapshot

BEAM BLACK EMOTIONAL AND MENTAL HEALTH COLLECTIVE

SOCIAL INSIGHTS

ABOUT THE TRAINING

Date: August of 2021

Location: Virtual via Zoom

Number of Participants: approx. 43

BEAM offered the Healing Justice training in five 2-hour virtual sessions facilitated by Yolo Akili and Dr. Dionne Bates. 40 participants completed pre- and post- training surveys. This report is a summary of their responses.

SURVEY PARTICIPANT DEMOGRAPHICS

Participants were from 15 U.S. states (97%) and Canada (3%).
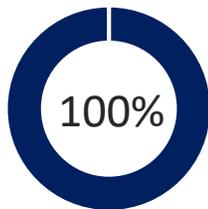Most participants identified as Black (63%) and as Cisgender women (58%).
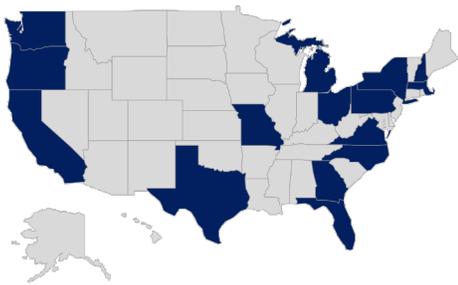
Ethnic Identity	%
Black	63%
Native/Indigenous	15%
White	12%
Latinx	5%
Mixed Race	5%

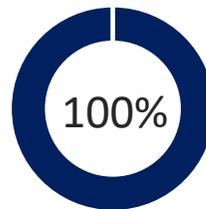| Gender Identity	%
Cisgender woman	58%
Non-binary	23%
Cisgender man	12%
Trans woman	5%
Genderqueer/fluid	3%

TRAINING EXPERIENCE
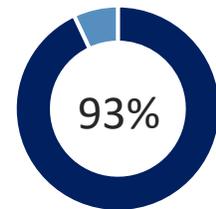
Percent of participants who 'agreed' or 'strongly agreed'
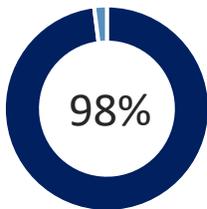
98% The facilitators were engaging

100% The training materials will be useful in my life

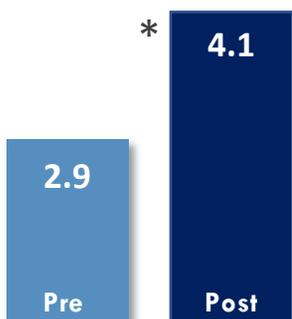**100%** The objectives of the training were clear

93% There was a good balance of lecture & activities

KNOWLEDGE

100% of participants reported that the training increased their knowledge of mental health and healing justice. They also rated their knowledge about specific topics on a scale of 1 to 5.

Overall Knowledge Increase

Pre: **2.9**
Post: **4.1** *

Topic	Pre	Post
Definition of mental health (MH)	3.7	4.2*
History & principles of healing justice	2.3	4.0*
Symptoms of common MH conditions	2.9	3.9*
Effective peer support techniques	2.9	4.3*

Topic	Pre	Post
Stigma associated with MH in Black communities	3.3	4.2*
Impact of MH stigma in Black communities	3.4	4.3*
Benefits and limitations of traditional MH tools	2.8	4.2*
Benefits and limitations of MH care approaches	2.8	4.1*

* Indicates statistically significant increases

SKILLS

95% of participants reported that the training increased their confidence in their ability to offer healing-centered peer support. They also rated their confidence in using skills gained during the training on a scale of 1 to 5.
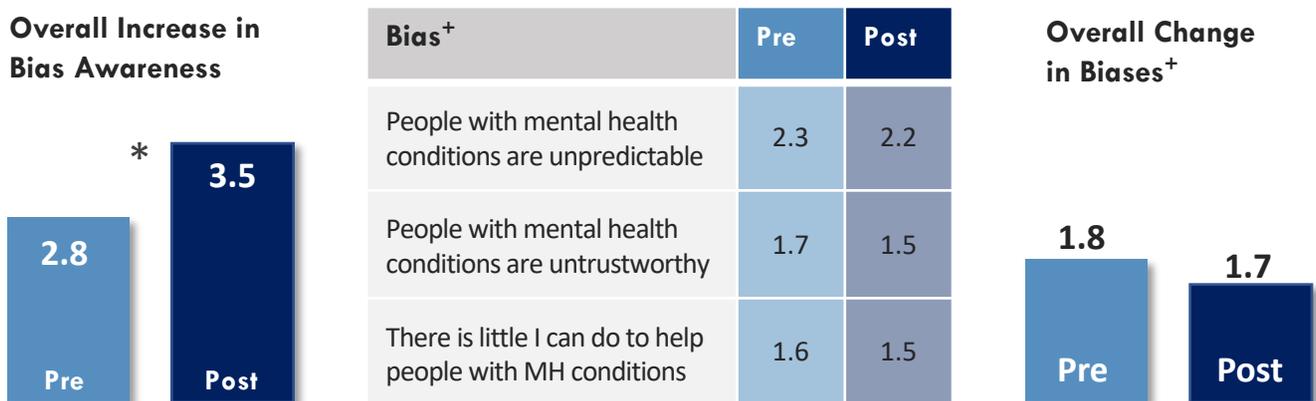
Overall Confidence Increase

*

Pre	Post
3.3	4.3

Skill	Pre	Post
I can offer peer emotional support using a healing justice framework	2.5	4.2*
I can offer healing-centered peer support	3.0	4.3*
I have practical tools to use when supporting someone in distress	3.5	4.4*

Skill	Pre	Post
I can identify mental health resources in my community	3.5	4.3*
I can use de-stigmatizing language	3.5	4.4*
I can advocate for myself in interactions with MH care providers	3.9	4.5*

* Indicates statistically significant increases

ATTITUDE AND BIASES

As a result of the training, participants reported a significant increase in awareness of their unconscious biases. They also rated their biases toward people with mental health conditions on a scale of 1 to 5.

Overall Increase in Bias Awareness

*

Pre	Post
2.8	3.5

Bias[+]	Pre	Post
People with mental health conditions are unpredictable	2.3	2.2
People with mental health conditions are untrustworthy	1.7	1.5
There is little I can do to help people with MH conditions	1.6	1.5

Overall Change in Biases[+]

Pre	Post
1.8	1.7

* Indicates statistically significant changes
+ These items are reverse coded. Lower scores indicate less stigmatized attitudes

PARTICIPANT FEEDBACK

"There was so much eye-opening information and knowledge shared, that each section could be a deep dive of its own. I could see this as a multi-level training. 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."

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

"I truly appreciate BEAM for making this space financially accessible. 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."

"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."

"I loved the tools that were shared for community care! They were very practical, and I can see the benefits of incorporating these pieces in my own life/work."

"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."

"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."