

Heart2Heart Online: Discrimination-Based Stress Reduction for Black, Indigenous, and People of Color

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Introduction

What is Heart2Heart?

- H2H is a theoretically-grounded intervention developed by BIPOC for BIPOC, and is specifically used to reduce discrimination-based stress in BIPOC

Why is Heart2Heart important?

- A racial trauma healing intervention in the time of remote learning and treatment
- For BIPOC students in higher-education
- Using the Healing Ethno-Racial Trauma (Heart) Model (Dueñas et al., 2019)
- A response to the trauma left by civil unrest and pandemic
- Provides validation and support to BIPOC who have experienced discrimination

What does Heart2Heart Contain?

- H2H gives us important definitions such as what racial trauma is and how it affects our minds and bodies, allows for building of a Wellness Toolbox: Racism Recovery Plan to address how you are currently dealing with discrimination and how you can improve, learn about microaggressions, practice micro-interventions and finalizes with the Loving-Kindness Meditation for Oppressive Experiences. We also provide a full list of mental health resources in and around Logan Utah.

Data Collection Schedule

| | Week | | | | | | |
|---------------|------|-----|------|------|------|------|------|
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Participant 1 | BL | INT | POST | - | - | - | - |
| Participant 2 | BL | BL | INT | POST | - | - | - |
| Participant 3 | BL | BL | BL | INT | POST | - | - |
| Participant 4 | BL | BL | BL | BL | INT | POST | - |
| Participant 5 | BL | BL | BL | BL | BL | INT | POST |

^a BL = Baseline measurement (only survey, 3 times during the week), ^b INT = Intervention (Intervention includes an in-person meeting and the option to listen to a mindfulness recording after the in-person meeting; survey 3 times during the week), ^c POST = post measurement (only survey, 3 times during the week)

Table 1- Multiple Baseline Schedule for Participants

Methods

- Intervention starts with a single 1.5 hour individual session, guided by a team member. Data is gathered through a multiple baseline assessment, gathering 3 measures in 1 week (see Table 1)
- We have recently moved to presenting in groups as a workshop

Results from 2019-2020 (Pre-Pandemic) (Graph 1)

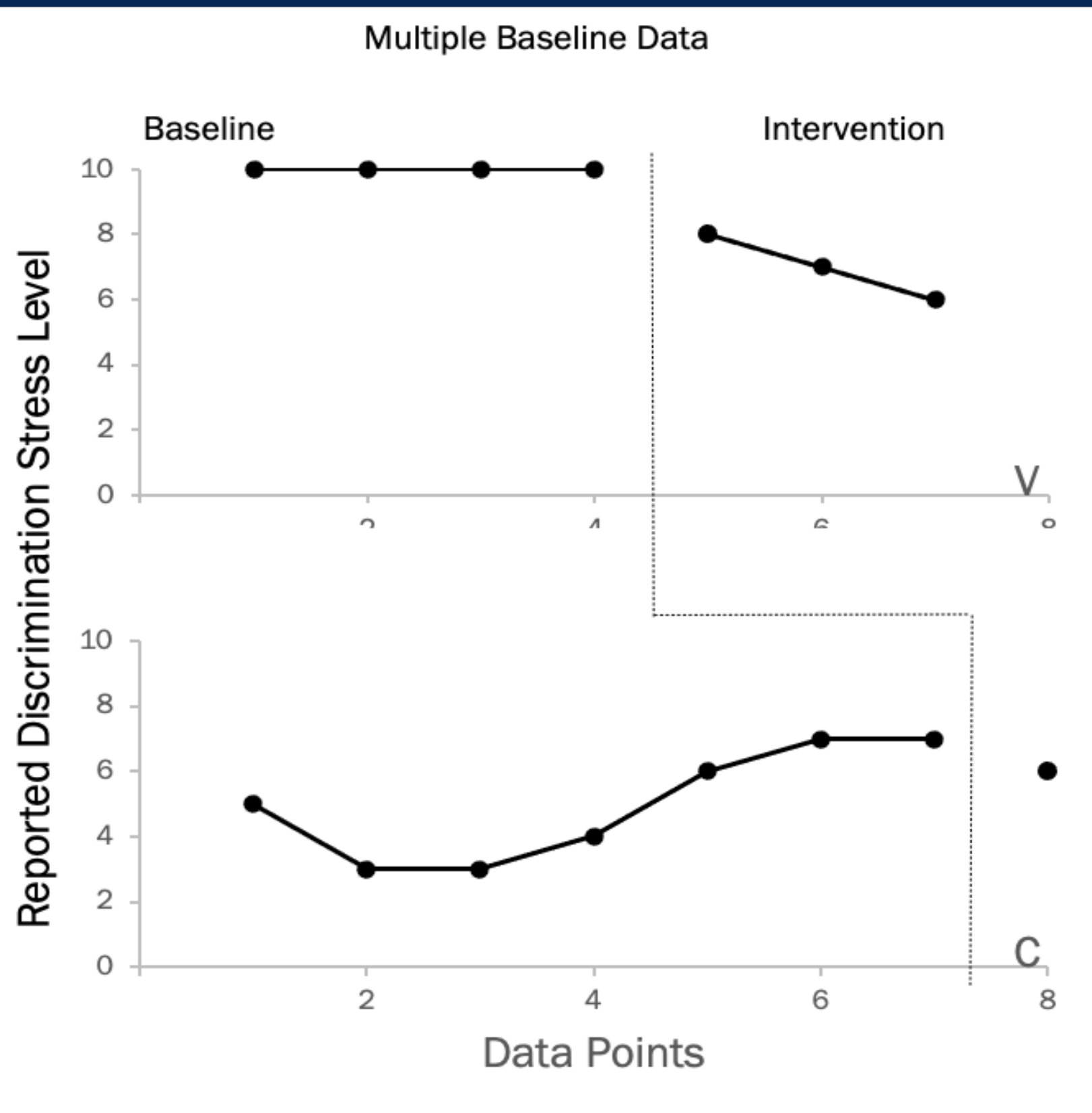
- V showed a stable baseline with decreasing scores following the intervention
- C showed a more variable baseline with increasing stress
- High acceptability, appropriateness & satisfaction (Table 2)

| | V | C |
|--|------------|-----------|
| Age | 20 | 21 |
| Gender Identity | Cis Female | Gender NC |
| Year in College | 1 | 4 |
| Skin Tone (1-10) | 3 | 5 |
| Baseline Information | | |
| Discrimination-based stress | 10 | 5 |
| Discrimination experiences (of 11; "a few times per year" or more) | 6 | 4 |
| Post-Intervention | | |
| Acceptability (Range 1 – 5; 5 is most acceptable) | 5.00 | 4.75 |
| Appropriateness (Range 1 – 5; 5 is most acceptable) | 5.00 | 5.00 |
| Satisfaction (Range 1 – 4; 4 is most acceptable) | 4.00 | 4.00 |

Table 2 – Descriptive information for pre-pandemic participants

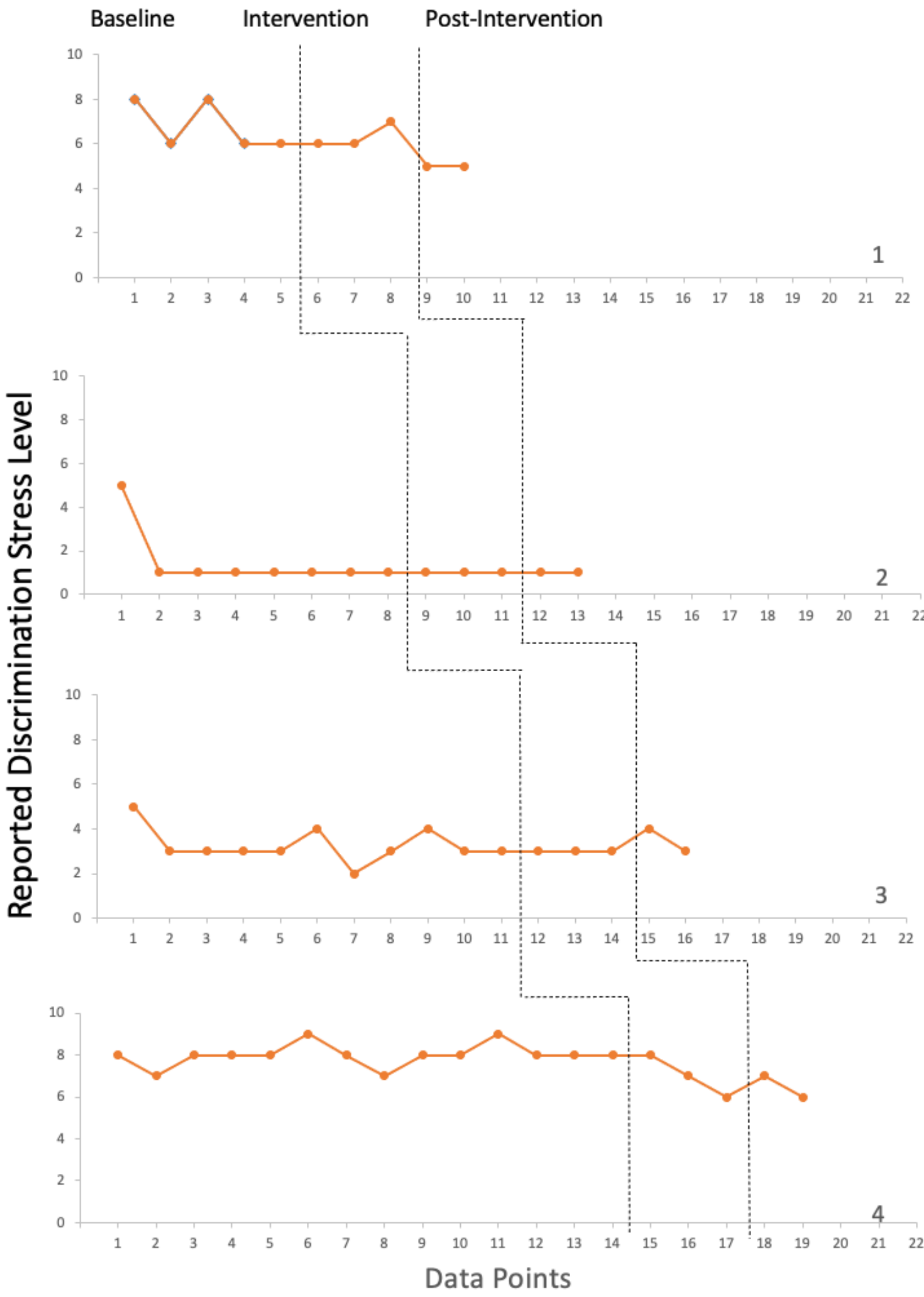
Conducting the Intervention Remotely (During Pandemic)

- In the movement from in-person to over zoom during the pandemic, scores slowly dropped or stayed relatively stable (Graph 2)
- Due to quarantine closures and stay-at-home mandates, participants may not have been experiencing as much stress from racism and discrimination
- As a result, we implemented better formatting and means of engagement for online H2H intervention
- The intervention is now more accessible to a larger BIPOC audience since moving to remote administration



Graph 1 – Race-based discrimination-stress levels in pre-pandemic participants

Multiple Baseline Data: Reducing Discrimination-Based Stress Levels



Graph 2- Race-based discrimination-stress levels in post-(during) pandemic participants (2020-2021)



SCAN ME

Scan or visit <https://osf.io/7vjxp> for full accessible materials used in the intervention!

Future Work

Testing a self-paced online delivery system (coming semesters)

- For individuals and groups
- Group workshops shown effective results

Adding diversity to the intervention delivery team

- Skin tone, phenotype, international and domestic

RCT methodology rather than MBL

Change in content

- Pan-ethnic
- Measuring knowledge gains

Adding mindfulness activities and meditations to H2H

Applications

Heart2Heart can be administered by a guidance counselor, teacher, social-worker, and professors in a variety of settings

- After school programs
- High schools
- Community colleges
- Four-year universities
- Mental health workshops

Heart2Heart can be part of a n institution's crisis-intervention plan to address racial injustices happening on the local, country, or international level

Heart2Heart can be adjusted according to the needs of the participant

- GLMA presentation May 9th (LGBTQ+)

