

Race-Based Stress and Trauma Empowerment

Category

Other

Enrollment Closing Date

Jul 1, 2024

Description

The Race-Based Stress and Trauma Empowerment (RBSTE) group is a new health promotion intervention designed for people experiencing stress related to discrimination. Race-based discrimination is associated with increased psychological distress, depressive symptoms and days with poor mental health. The intervention aims to address the physical and mental fatigue from living with racism by providing a supportive community.

Requirements

Veterans of Color with availability to meet virtually once per week
Have experienced some kind of racial discrimination in the past
Deal with feelings of stress related to race and/or racism

Benefits

The program will focus on building an uplifting environment, where Veterans of Color can discuss their experiences involving racial discrimination. Total compensation up to \$100

**Contact
Information****Name** Dre**Phone** (858) 707-5789