



Empowering Black Families

Community-Led Mindfulness and Racial Socialization for
Parental Healing and Empowerment

Community Engaged Scholarship Forum

Plenary Session

March 5, 2024

Parenting While Black
Awaken Pittsburgh
Homewood Children's Village



Meet *the* Team



James P. Huguley
Principal Investigator
Parenting While Black, RaYDR



Stephanie Romero
CEO
Awaken Pittsburgh



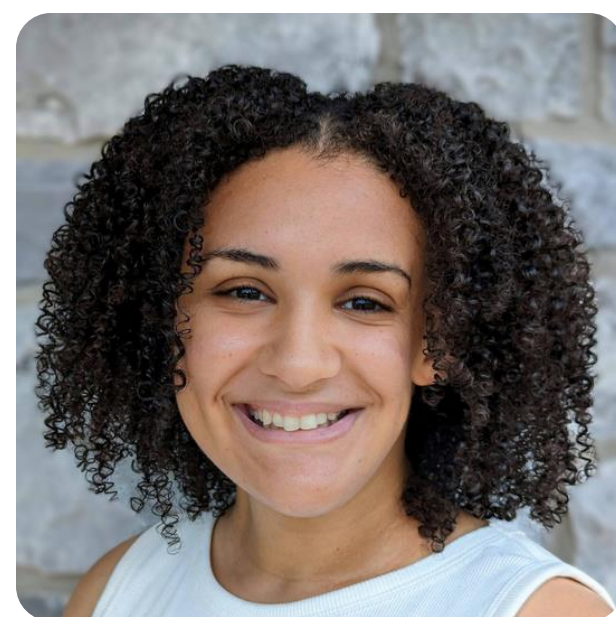
Walter Lewis
President & CEO
Homewood Children's Village



Raymond Robinson
Director of Partnerships and
Community Engagement
Homewood Children's Village

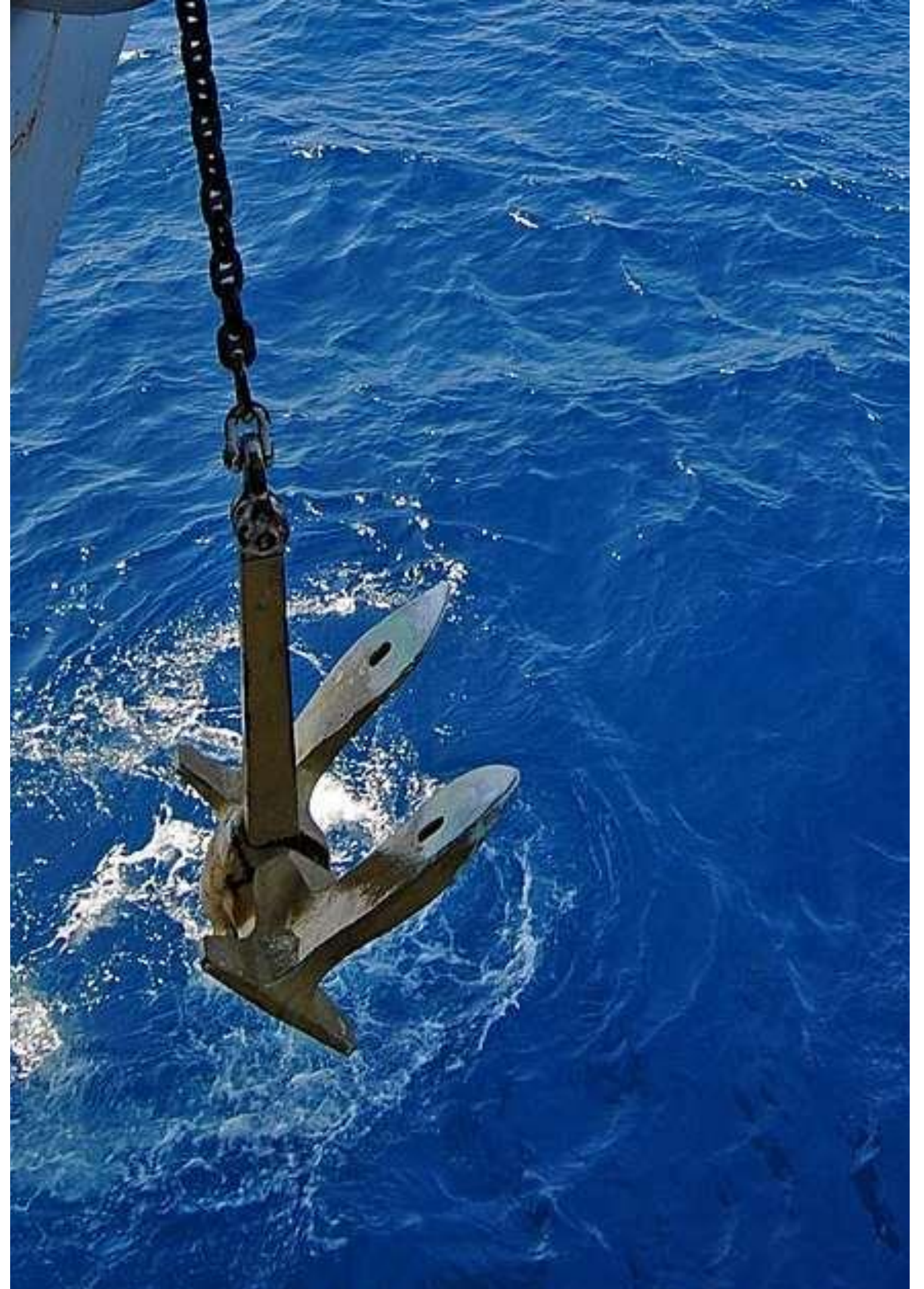


Brandon Phillips
Parenting While Black Facilitator
Pittsburgh Public Schools



Monica Henderson
Research & Program Coordinator
Parenting While Black, RaYDR

ANCHORING PRACTICE



Parenting is Hard: Black Parenting is Harder

Array of distinct parenting challenges

- ▶ Police violence
- ▶ Educational injustice
- ▶ Health disparities
- ▶ Negative stereotypes
- ▶ Overt anti-Black racism

“I’m overwhelmed with life. I’m overwhelmed with life at this time.”

video still
Troy mother says son is being isolated in school because of his haircut
—
A Troy mother said her son has been given in-school suspension and does his work in a cubicle because of his braided hairstyle.



Black Youth And Racism in Greater Pittsburgh

*500+ Black 5th-10th graders surveyed
in Greater Pittsburgh (Huguley & Wang, 2018)*

74%

have experienced
racism in some form

41%

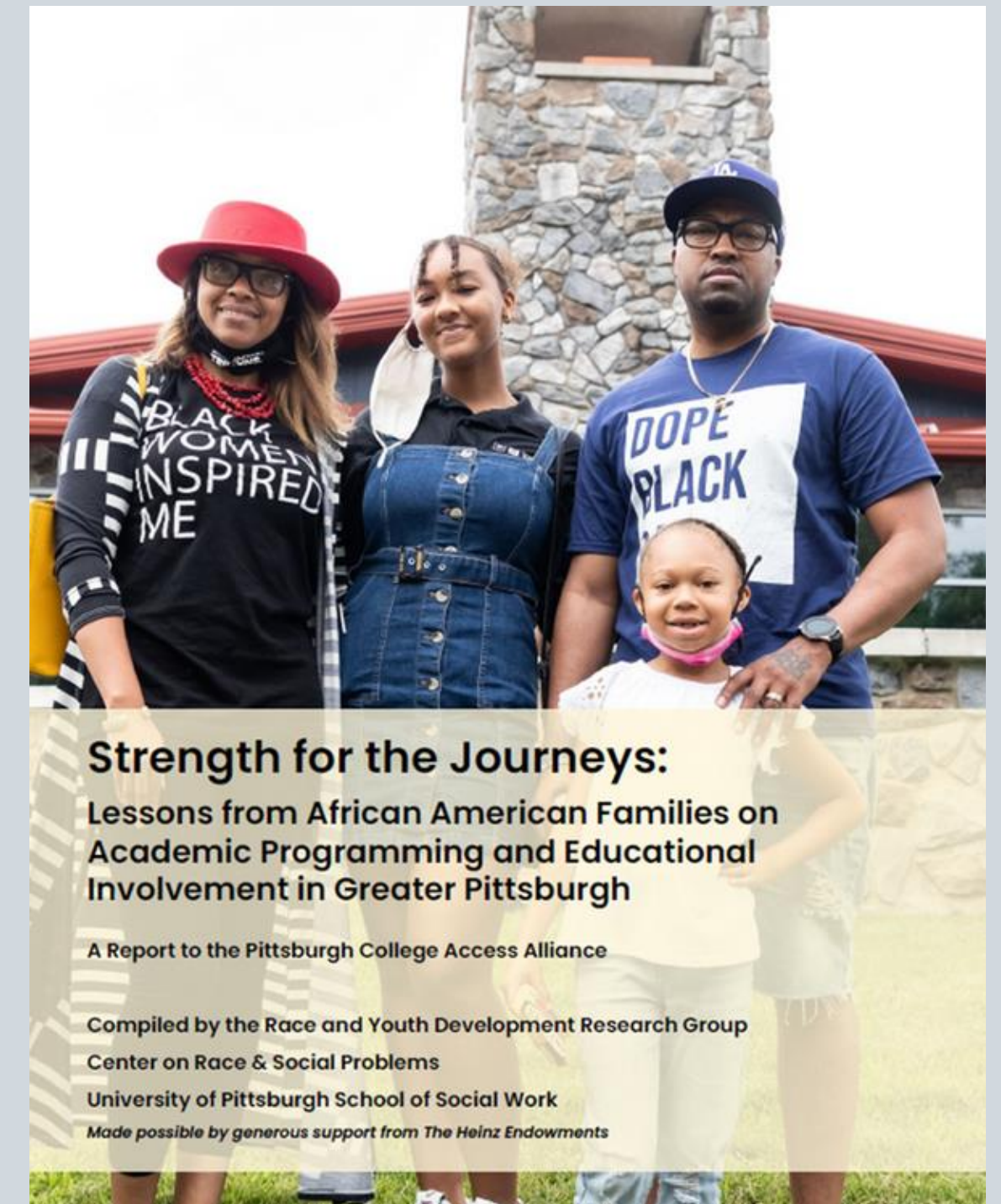
have been disciplined
unfairly in school
because of their race

38%

of high school
students have been
treated unfairly by
police or security
because of their race

51%

do not believe this
country values Black
lives



**Black parents describe racial
challenges in both public and
private school systems**

Racism is Physically and Psychologically Harmful

▶ Black families have to protect their children from current threats AND teach their children to negotiate future interpersonal and structural threats

▶ Structural racism creates stress, material inequalities, and more interpersonal racism

▶ Interpersonal Racial Stress Effects
(Anderson, Saleem, & Huguley, 2019)



Adults

- Anxiety disorders
- Hypertension
- Sleep disturbances
- Cardiovascular reactivity
- Anger

Youth

- Traumatic symptoms
- Diminished self-esteem
- Depression
- Diminished school performance

Mindful Connections for Black Families (MCBF)

• *Join Us For*
Mindful Connections for Black Parenting
Strengths, Strategies, and Wellness for Families.
Parallel Programming Available for Children
TUESDAYS
April 25 - July 18
5:30-7:30



Learn How To

- + Support each other in the unique challenges facing Black families and youth
- + Receive a basic introduction to mindfulness and healthy ways to deal with difficult emotions
- + Receive up to \$300 for participation
- + Learn best practices from educators and experts
- + Connect with other parents
- + Dinner will be provided



James Huguley, EdD



Brandon Phillips, MSCP



Yvette Shipman, MA



Britt Dorazio

Parenting While Black (PWB)

*Youth Development
& Racial Socialization*



Awaken Pittsburgh

Mindfulness & Self Care



Homewood Children's Village (HCV)

*Place-Based Community Anchor
for Racial Justice*

Funded by the RK Mellon Foundation

Community Engaged Research (CER)

... And the Words that Signify It

Self-Reliance	Indigenous Wisdom	Challenging “Expertise”
Self-Determination	Co-Generative Knowledge	Avoid Reproducing Harm
Collective Mobilization	Mutually Beneficial Outcomes	Create New Understanding
Capacity-Building	Knowledge Translation Plan	Long-term Commitment
Healing-Centered	Shared Ownership	Sustainability
Active & Equal Engagement	Co-Investigators	Solution-Driven
Critical Reflexivity		

CER ... A Liberation Tool of the Global Majority

Anti-colonial, anti-imperialist, and pro-abolition movements

- ▶ Socialist & psychological approach
- ▶ Disrupt cultural hegemony
- ▶ Desire to write their own histories and futures
- ▶ Emancipatory research and pro-people
(1940s to 1980s)



South America, Latin America, Caribbean, Polynesia, South Asia, Africa, North American Indigenous and Black populations

CE is Black History & Future



- ▶ Collective resilience & intergenerational resistance
- ▶ Mobilization in response to enduring trauma
- ▶ Strategically challenge elements of one's oppression

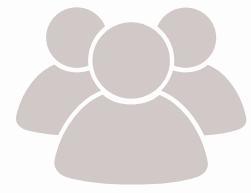
Organizations

Surviving Enslavement
Underground Railroad
Reconstruction & Black Success
Black Power Movement
Civil Rights Movement
Student Nonviolent Coordinating Committee
Black Panther Party
NAACP
Freedom Riders
Combahee River Collective
Black Lives Matter

Movements

- * **Black Pride**
Unionization and Economic Justice
Voting Rights
- * Boycotts and Demonstrations
- * **Public Education**
- * Desegregation Campaigns
- * **Racial Justice**
- * **Youth Empowerment**
Social Safety Programs
Criminal Justice Reform
- * **Emotional Wellness**
- * **Health Equity**
- * **Racial Socialization**
- * **Gender Equity**

MCBF's Three Partners



Parenting While Black: Growing and Healing Together

Funded by RK Mellon, Pitt CTSI

- ▶ Designed for and by Black parents
- ▶ Build parenting tools for raising healthy Black children in an oppressive society
- ▶ Build a network of support for Black caregivers
- ▶ Address key areas of Black youth development: identity, racial coping, academic achievement, mental health



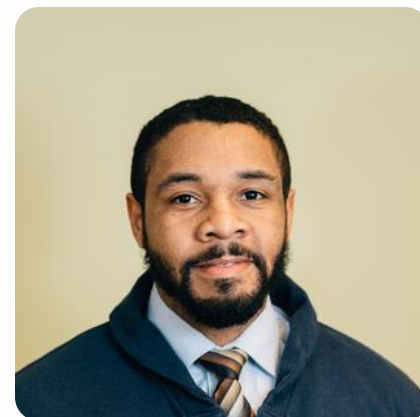
Program Team:



James P. Huguley, Ed.D.



Cecily Davis, MSW



Brandon Phillips, MSCP



Monica Henderson, MPH

Scientific Team:

Ming-Te Wang

Paula Powe

Liz Miller

MCBF's Three Partners



Awaken Pittsburgh

Our vision is an **equitable** and **just** society where **diverse** peoples live in **harmony** with each other and their environments.



MCBF's Three Partners



Homewood Children's Village



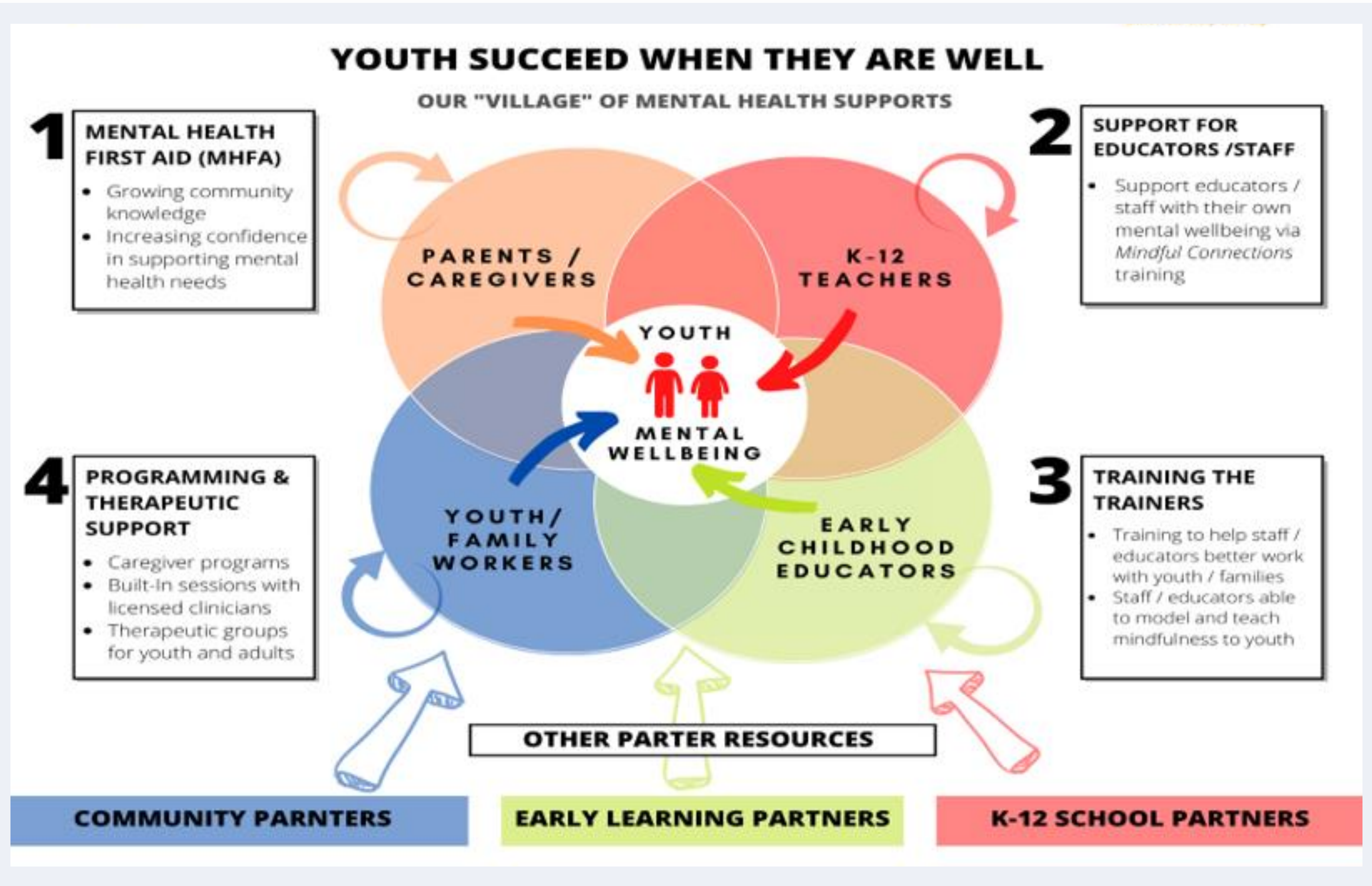
**Improve the lives of
Homewood's children...**



**Reweave the fabric of the
community**



Conceptual Model



Mindful Connections™ *for Educators & Helping Professionals*

- ▶ Two iterations of 18 weeks completed
- ▶ 38 educators/helping professionals registered
- ▶ Third iteration just started



Mindful Connections™ *for Black Families*

- ▶ Two iterations of 12 weeks each complete
- ▶ 25 alumni, 20 currently enrolled
- ▶ Programs for youth ages 5-18
- ▶ Third iteration just started



HCV Program Design & MCBF Integration

- ▶ 2-Generation approach to improving the lives of children
- ▶ Aim for families to make improvements in two of the 8-dimensions of wellness
- ▶ This partnership offered the opportunity to increase wellness in the community by sharing mindfulness practices

➡ Directly with families

➡ Indirectly by training staff of partner organizations

8 Dimensions of Wellness



Intellectual

Recognizing creative abilities and finding ways to expand knowledge and skills

Occupational

Personal satisfaction and enrichment derived from one's work

Physical

Recognizing the need for physical activity, diet, sleep, and nutrition

Emotional

Coping effectively with life and creating satisfying relationships

Spiritual

Expanding our sense of purpose and meaning

Financial

Satisfaction with current and further financial situations

Social

Developing a sense of connection, belonging, and well-developed support system

Environmental

Good health by occupying pleasant, stimulating environments that support well-being, and maintaining a way of life that maximizes harmony with the earth and minimizes harm to the environment

HCV Program Design & MCBF Integration

Program Delivery - HCV Family Night

- ▶ HCV has hosted Family Nights for residents and HCV families
- ▶ Opportunity for families to come together, share a meal, and participate in programming
- ▶ Staff are able to engage with parents of students we work with



The poster features a purple background with a photograph of a family (a man, a woman, and a child) smiling and clapping. In the top left corner is the Homewood Children's Village logo, which includes a stylized house icon with two figures inside. The text 'HOMWOOD CHILDREN'S VILLAGE' is to the right of the icon. The words 'FAMILY NIGHT' are written in large, bold, white capital letters across the center. Below this, the date and time 'Tuesday, Jan. 30, 5:30-7:30 PM' and the location 'Homewood CEC' are listed in yellow. A section titled 'Join Us for Live Food Demos and Fall Activities!' in yellow text is followed by a paragraph in white: 'Every week HCV brings fun-filled, educational, and supportive gatherings for families in the Homewood community.' Below this, another paragraph in white says: 'To start off the New Year, we have some delicious recipes for your leftovers.' A yellow circle on the right contains the text 'Let's Learn recipes for your family!' and an image of three bowls of food. The 'Featuring:' section in yellow text lists 'Dinner, Kids' Activities & Family Raffles in association with University of Pittsburgh's School of Health & Rehabilitation Sciences.' The 'Location:' section in yellow text lists 'Homewood CEC' and '622 N. Homewood Ave.' A QR code is in the bottom right corner. The phrase 'It takes a village.' is written in a white script font at the bottom left.

HOMWOOD CHILDREN'S VILLAGE

FAMILY NIGHT

Tuesday, Jan. 30, 5:30-7:30 PM
Homewood CEC

Join Us for Live Food Demos and Fall Activities!

Every week HCV brings fun-filled, educational, and supportive gatherings for families in the Homewood community.

To start off the New Year, we have some delicious recipes for your leftovers.

Featuring:
Dinner, Kids' Activities & Family Raffles in association with University of Pittsburgh's School of Health & Rehabilitation Sciences.

Location:
Homewood CEC
622 N. Homewood Ave.

Let's Learn recipes for your family!

Sign up today!
Click the link or scan the QR code to fill out a short registration form.

It takes a village.



HCV Program Design & MCBF Integration

Program Delivery - HCV Family Night

► Past Activities

- Game Night
- Remake Learning Days: STEM activities DIY Lava Lamps
- Line Dancing
- Cooking demonstrations for leftover recipes with Pitt School of Health and Rehabilitation Services
- Holiday events



MCBF: Program Experience



- Group Dinner
- Parents/adults for MC4BF go with their facilitators
- Middle and High school students go with their facilitators
- Elementary students go with their facilitators
- Children under 5 stay with HCV staff
- Reconvene



MCBF: Program Experience Example

Black Movie Pop Quiz!



1. **The Temptations**
2. **Malcolm X**
3. **Creed III**
4. **Wakanda Forever**
5. **Brown Sugar**
6. **School Daze**
7. **Love and Basketball**
8. **Dead Presidents**
9. **American Fiction**
10. **The Inkwell**
11. **When They See Us**
12. **Moonlight**
13. **Love Jones**
14. **Paid in Full**
15. **Nope**



What do you think the average score for White people is on this quiz?
Why is this important?

MCBF: Program Experience

Mindful Discharge Practices

Parenting is Hard: Black Parenting is Harder

Array of distinct parenting challenges

- ▶ Police violence
- ▶ Educational injustice
- ▶ Health disparities
- ▶ Negative stereotypes
- ▶ Overt anti-Black racism

“I’m overwhelmed with life. I’m overwhelmed with life at this time.”

LOCAL NEWS
Troy mother says son is being isolated in school because of his haircut
A Troy mother said her son has been given in-school suspension and does his work in a cubicle because of his braided hairstyle.



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MCBF Outcomes: Survey

- ✔ EHP and TSP increased mindfulness skills and reduced stress
- ✔ EHP reported to improve personal practice and applicable to their professional work
- ✔ Improved understanding of mindfulness techniques
- ✔ Parents increased skills and confidence to take care of their own mental health
- ✔ Parents increased skills and confidence in utilizing racial socialization practices
- ✔ 100% of parent participants would recommend the program



MCBF Outcomes: Focus Group

Speaker 1

And to calm me down. And my daughter did remind me mindfulness. Mindfulness. And i say, oh, okay. And we talk about it together and we discuss and together towards fun and to practice together.

Speaker 7

I think for me, as a parent, I got a better sense of empowerment. I mean, I've researched a lot of stuff, so I read and I'll do stuff. But this helped me to be with women who are just like me. [Amen] And I like that because sometimes we think that we're alone and we're really not.



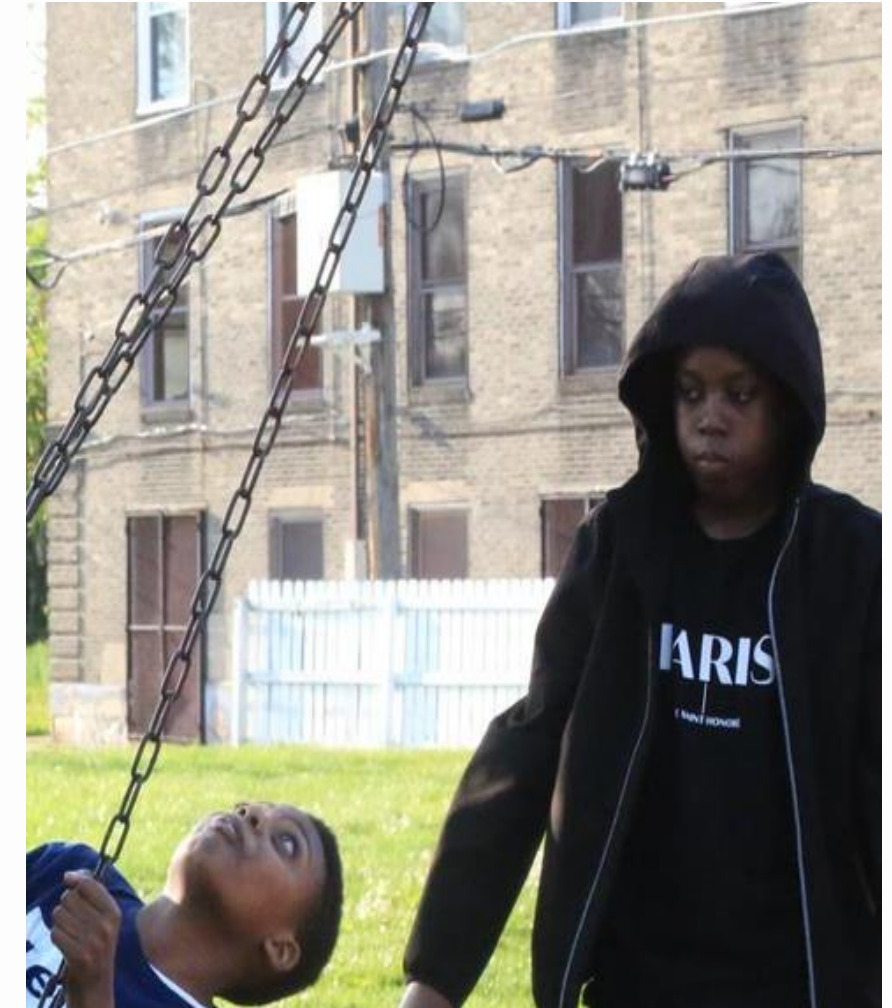
Next Steps



**Support more Practitioners
and Parents (new and alumni)**



**Train-the-trainer
(Facilitators & “coaches”)**



**Efficacy trials for
programming**

QUESTION & ANSWER

Please, take a moment to reflect.

What is your response to what was just presented?

How is your body feeling?

What questions do you still have?

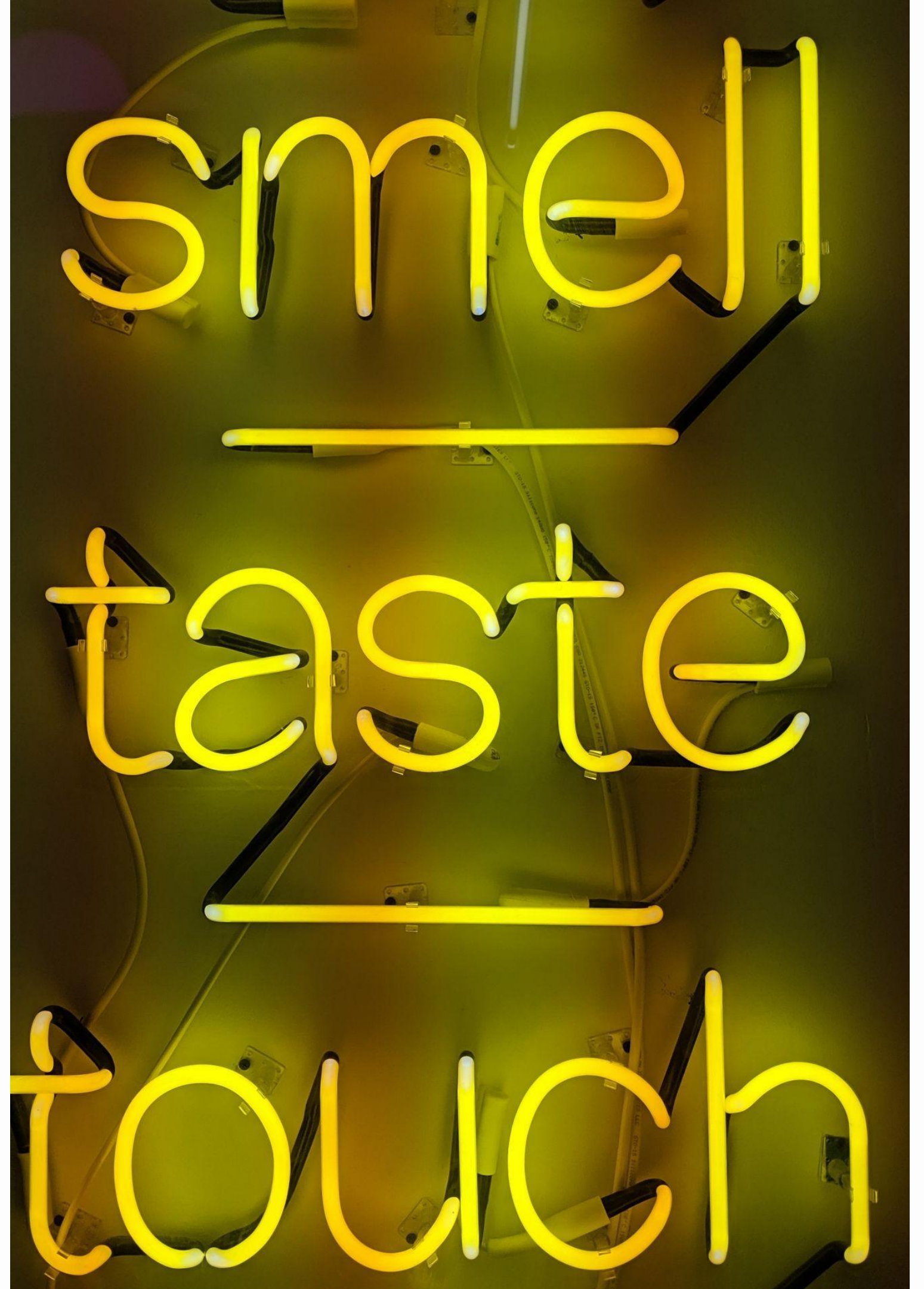
**You can type comment into “anonymous poll”
or you can share verbally with this space.**



Join at menti.com |
use code **2892 5016**

CHECKING IN TO CHECK OUT

5 Senses Practice



THANK YOU!



Presenters

James P. Huguley, PI, Race and Youth Development Research Group @ the Center on Race and Social Problems, School of Social Work, Huguley@pitt.edu

Stephanie Romero, CEO, Awaken Pittsburgh, sromero@awakenpittsburgh.org

Raymond Robinson, Director of Partnerships and Community Engagement, Homewood Children's Village, rrobinson@hcvpgh.org

Brandon Phillips, Parenting While Black Community Co-Facilitator, Pittsburgh Public Schools

Monica Henderson, Research Coordinator, Race and Youth Development Research Group @ the Center on Race and Social Problems, School of Social Work, mah386@pitt.edu