Here is a convention used by Jean Claude St-Pierre and Yolande Daoust.

Opener: 1 heart

Overcaller: 1 spade, 2 Clubs, 2 diamonds

Responder: double = 2 hearts (support double) 6 pts +) (fit minus 1)

or

Opener: 1 spade

Overcaller: 2 clubs, 2 diamonds, 2 hearts

Responder: (double) 2 spades (support double) 6 pts +) (fit minus 1)

Defenders can use many known conventions for defense.