

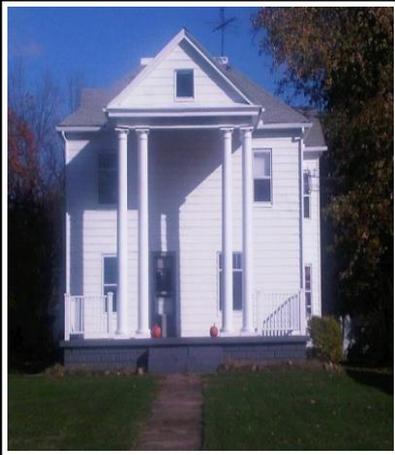


## History of Family & Community Services, Inc.

- Started in Portage County, Ohio in 1942 to help the families of the military
- Has grown to serve families and individuals in 20 counties in Ohio and in the state of Michigan
- 20 million dollar non-profit
- Grown in several ways
  - Child adoption
  - Congregate meal sites
  - Behavioral Health
  - Veterans
  - National Service Programs



# Family & Community Services, Inc.'s Veteran's Programming



- Grant & Per Diem Beds
  - 94 beds
- Emergency Housing
  - 6 beds
- Permanent Supportive Housing
  - 5 units
  - 7 units in development
- Supportive Services for Veterans Families
  - \$850,000 covering 8 counties
  - 250 veteran households served a year

# Services Provided

- SSVF
  - Temporary Financial Assistance
  - Legal Assistance
  - Case Management
- Grant & Per Diem-3 pillars
  - Case Management
  - Therapeutic Creative Arts
  - Red Bird Center



# Red Bird Center



- The Red Bird Center has been in operation since 1997 and is a Native non-profit organization.
- The Red Bird Center is a Trauma Recovery Center, located in the forest in southeastern Ohio.
- Our mission is to provide opportunities for healing, education, and community celebration for individuals and families who have suffered trauma and loss.



- Our foundation is centered in the "Indigenous Healing Model" that restores the spirit and brings unity and connection within communities.
- We are a Multicultural Healing Center that celebrates and welcomes all cultures and faiths.



# The basic philosophy of the Center is as follows:

- Anyone who seeks to heal...can
- Healing is a creative process
- The answers to our healing are as unique as we are
- Personal responsibility is absolutely essential
- Healing that invites Spirit into the experience, honoring the truth of the soul, is the most successful (We honor that each Faith and Culture has a beautiful expression of the Spirit.)
- Healing occurs most powerfully with the support of one's community



# Red Bird Center



- Red Bird Center Practices Earth Medicine
  - If you want to heal you can heal
  - Honors the truth of the soul
  - We are all interconnected
  - Love, Respect, Generosity, Honesty is at the center of the Earth Way of Life
  - Caring for one's self, family, community, and environment are critical for our good health and happiness



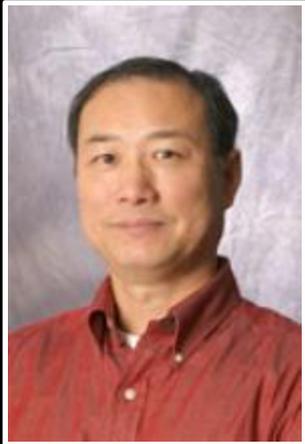
# Red Bird Center Services



- Opening/Closing Circles
- Healing Circles
- Medicine Story-Wounded Bear
- Healing Lodge
- Welcome Home Ceremony
- Medicine Walk
- Recreation
- Individual Sessions with Shianne



# Measuring The Outcomes



WHO?



HOW?



# Why?

- Spirituality is increasingly recognized as a significant client strength that is often instrumental to wellbeing (Hodge, 2011)
- Higher levels of spirituality are typically related to better health and mental health (Ano & Vasconcelles, 2005; Hackney & Sanders, 2003; B.R. Johnson, 2002; Musick, Traphagan, Koenig & Larson, 2000; Pargament, 1997; Shreve-Niger & Edelstein, 2004).
- Spiritual interventions can be defined as “therapeutic strategies that incorporate a spiritual or religious dimension as a central component of the intervention.” (Hodge, 2006a p. 157)

# Why?

- Self-Determination Theory-Human Beings need three basic things in order to be content: they need to feel competent at what they do; they need to feel authentic in their lives; they need to feel connected to others. (Tribe, Junger)
- “The entire community participated in these rituals because every person in the tribe was assumed to have been affected by war” (Tribe, Junger)
- “In all cultures, ceremonies are designed to communicate the experience of one group of people to the wider community” (Tribe, Junger))



# Client's Feedback

Perhaps the most important guideline to consider regarding the use of spiritual interventions is client preference" (Hodge, 2011)

We asked participants to leave their verbal comments. Here are some typical reflections about what was enjoyed the most:

"Everything!"

"The healing tent. It reached me and I let go of somethings."

"I enjoyed the circles the most. That is where I let go a lot of my pain."

What will be the three words that best describe your experience or have learned:

Peaceful, Stress free, brotherhood, harmony, inspiration, blessed, a better man,  
Let it go, healing, unplugged, mindfulness, chill, connectedness, sweet, universe,  
Self-awareness, pride, love, spiritual...



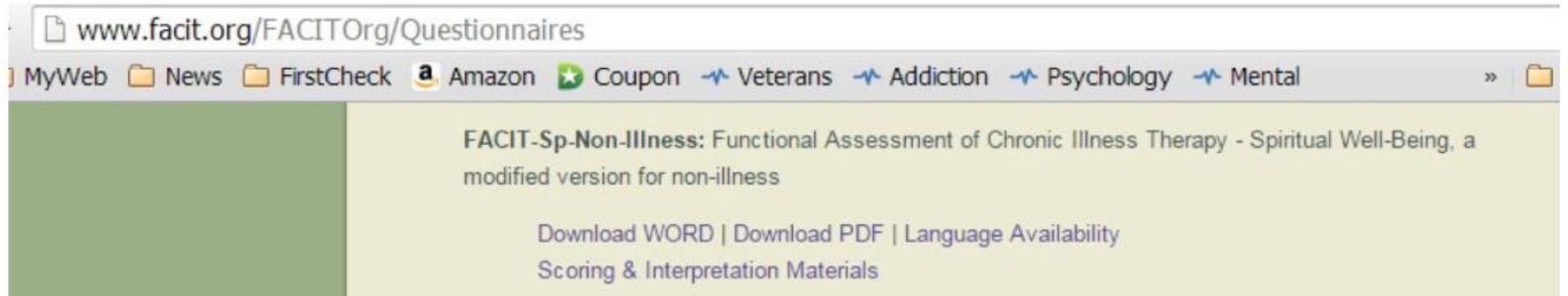
# Rate the Retreat

	Veterans (n=36)	Professionals (n=37)
Overall satisfaction	4.58	4.69
See the value of retreat	4.53	4.74
Have learned something new and useful	4.61	4.74
The retreat should be part of the program	4.53	4.71

We asked to give a score from 1 to 5 to the above items where 1=the lowest valuation and 5=the highest. The average scores shown indicate a high level of rate and satisfaction/approval about the event.

# Spirituality Measurement

We choose the following instrument to assess the spirituality level of our clients because of its credibility and original purpose of for chronic ill patients. We used a version that is not disease specified.



For more information about this instrument you can start with this article:

Peterman, A. H., Fitchett, G., Brady, M. J., Hernandez, L., & Cella, D. (2002). Measuring spiritual well-being in people with cancer: the functional assessment of chronic illness therapy--Spiritual Well-being Scale (FACIT-Sp). *Annals of Behavioral Medicine: A Publication of the Society of Behavioral Medicine*, 24(1), 49–58.

# The FACIT-Sp

		Not at all	A little bit	Some- what	Quite a bit	Very much
Sp1	I feel peaceful.....	0	1	2	3	4
Sp2	I have a reason for living.....	0	1	2	3	4
Sp3	My life has been productive.....	0	1	2	3	4
Sp4	I have trouble feeling peace of mind.....	0	1	2	3	4
Sp5	I feel a sense of purpose in my life .....	0	1	2	3	4
Sp6	I am able to reach down deep into myself for comfort .....	0	1	2	3	4
Sp7	I feel a sense of harmony within myself .....	0	1	2	3	4
Sp8	My life lacks meaning and purpose .....	0	1	2	3	4
Sp9	I find comfort in my faith or spiritual beliefs.....	0	1	2	3	4
Sp10	I find strength in my faith or spiritual beliefs .....	0	1	2	3	4
Sp11 NI	Difficult times have strengthened my faith or spiritual beliefs.....	0	1	2	3	4
Sp12 NI	Even during difficult times, I know that things will be okay.....	0	1	2	3	4

The 12 questions measure Faith and Peace/Meaning of Life two construct of spirituality

# Data Collection

- Before leaving for Redbird Center (pre-test)
- After conclusion of all activities but before everyone is leaving the Center (post test).



# Statistics

		Pretest			Post test		
		n	Mean	SD	n	Mean	SD
Faith score	Veterans	37	15.34	4.09	36	16.83	3.99
	Professionals	35	16.10	4.38	37	17.09	3.74
Peace score	Veterans	37	29.87	7.01	36	33.38	5.97
	Professionals	35	29.19	6.91	37	33.72	5.51
Total score	Veterans	37	45.21	10.37	36	50.21	9.56
	Professionals	35	45.28	10.68	37	50.81	8.74

What we are looking at here is the changes in mean scores before and after the retreat. As we can see that the scores are higher after the retreat for Faith, Peace and Total score all three measures. We did Repeated Measures of ANOVA with mixed model, adjusted for the difference between veterans and professionals. All three tests are statistically significant between the mean scores taken before and after our retreat.

# Conclusion & Next Steps

- Continually integrate the Redbird Center retreat into our GPD program
- Integrate veterans from the SSVF program and from the community into the Red Bird Center retreat
- Measure how long the beneficial effects last for veterans attending the retreats

