

Yoga for Healing

(Pilot of Trauma-Informed Yoga)

Presenters:

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- Services for the UnderServed (SUS) envisions a city where everyone has a roof over their head, is healthy and productive, and can enjoy the social connections that create a life of purpose.
- Founded in 1978, SUS provides \$200 million of services and supports to transform the lives of 35,000 of New York City's most vulnerable individuals, including people with disabilities, people in poverty, and people facing homelessness.
- SUS is one of New York City's largest social service and housing organizations.
- SUS's dedicated workforce totals 2,400.

ABOUT S:US

- Residential substance use disorder (SUD) treatment program in the Bronx.
- Starhill serves 500 individuals per year who are low-income, currently or formerly homeless and have behavioral health diagnoses and/or chronic health conditions.
- About half of individuals at Starhill are justice-involved, having recently been incarcerated or in treatment as an alternative to incarceration
- Individuals coming into treatment often have histories of unaddressed trauma and the majority have never engaged in nor have access to yoga

ABOUT STARHILL

Trauma-Informed Yoga—Why S:US wanted to try it?

- Proven positive effects of yoga
- Unaddressed histories of trauma
- Create a more holistic approach to recovery and wellness
- Need for more activities on-site
- Test viability of modality in setting
- Make a case for Residential Redesign

Role of Partners

COLLABORATION

Partners

- Bronx Partners for Healthy Communities (BPHC)
 - Our Innovation Project Funder
 - Champions
 - Support all aspects of implementation
- Exhale to Inhale
 - Instructors
 - Mentors in trauma-informed practice
 - Rethinking sustained practice in community settings



BRONX PARTNERS FOR HEALTHY COMMUNITIES

Bronx Partners for Healthy Communities is a partnership of over 240 Bronx-based organizations working to keep Bronx residents healthy. BPHC is a New York State Delivery System Reform Incentive Payment (DSRIP) program committed to forming a better and more efficient health care system that makes high-quality care available to all New Yorkers

ABOUT BPHC

About Bronx Partners for Healthy Communities

Bronx Partners for Healthy Communities PPS	
	<p>SBH Health System (lead)</p> <ul style="list-style-type: none"> • 150 years of serving the Bronx • Over 70% Medicaid patients
	<p>Member organizations 240 organizations, 1200 sites ~70,000 employees</p> <ul style="list-style-type: none"> ▪ Hospitals ▪ FQHCs ▪ D&TCs ▪ Health Homes ▪ Home Care ▪ Behavioral Health ▪ TCs ▪ IPAs ▪ CBOs ▪ Hospices
	<p>Patient Population</p> <ul style="list-style-type: none"> • 357,424 attributed patients

Our largest 7 partners



**MORRIS HEIGHTS
HEALTH CENTER**

Montefiore

BPHC Innovation Fund

- In June 2017, BPHC issued an invitation to member organizations to participate in the **Innovation Fund** program in order to encourage and promote BPHC member organizations to take on **innovative** and **new** interventions and programs that **address gaps in care**
- The Innovation Fund supports programs and interventions that will make a **transformative** difference in patient care and outcomes that do not currently have a funding stream
- Pilots can be scaled up and spread if the results are successful and the pilot proves to be sustainable
- Each twelve month pilot was awarded \$136k-\$250k

Why BPHC Chose This Project

- Trauma-Informed Yoga is a program that has not been funded or paid for in any healthcare settings yet, that BPHC considers critical in **connecting physical and mental health**. We wanted to test its viability.
- If successful in healing (thus lowering clinical cost), this pilot may create opportunity for yoga to be prescribed/reimbursed by MCOs.
- S:US's Innovation Fund proposal contained:
 - Evidence that trauma-informed yoga works
 - Outcomes that will drive performance improvement
 - Evaluation methods to determine success and financial sustainability
 - Collaboration with Exhale to Inhale, a trauma-informed yoga expert

Questions to YOU

- Have you ever practiced yoga?
- What was your experience?

- New York City based non-profit organization founded in 2013.
- Exhale to Inhale runs weekly classes throughout all 5 boroughs of New York City & on the east side of Los Angeles, bringing trauma informed yoga to individuals who have experienced trauma.
- Exhale to Inhale specializes in working with survivors of domestic & sexual violence and the staff members who work at these facilities.
- Exhale to Inhale also runs trauma informed trainings in the Exhale to Inhale methodology across the United States for yoga teachers & clinicians

ABOUT EXHALE TO INHALE

Exhale to Inhale: Methodology

- Our methodology has been developed over the last 5 years based on best practices and our experience doing this work
- A large part of our work is meeting our students where they are
- Our goal is to offer our students a resource for healing, for emotional regulation
- Our approach takes into account the experience and impact of trauma and is based on choice making, simplicity, safety
 - Limit interference: lights remain on, no music, no physical adjustments
 - Support choice making: invitation language, A/B choice making
 - Normalize: normalize lack of sensation & remind students that yoga might not always “feel good”

Exhale to Inhale: Chair Yoga Practice

- You are invited to participate in a 10 minute Exhale to Inhale trauma informed chair yoga practice

How do we address Trauma? Through a therapeutic intervention. We will go through steps of implementation, why each step is important to implementation? The policies , culture, safety and how developing an trauma informed environment.

IMPLEMENTATION OVERVIEW

Steps to Implement Yoga for Healing

- Kick-off meeting with partners
- Logistics: space, time, equipment
- Evaluation and Survey design
- Introduction/demonstration to program staff and potential participants
- Standard Language used for Trauma Informed Approaches
- Recruitment
- Incentives
- Ongoing communication and feedback between partners

DATA COLLECTION AND EVALUATION

Importance of Data Collection and Evaluation

- Evaluate effectiveness, sustainability and return on investment
 - Scalability and spread-ability depends on this
- Quantitative data can persuade future funders (e.g. foundations and/or MCOs) to invest in the project
- BPHC provided reporting templates to assist with evaluation:
 - Budget report
 - Work plan
 - Pilot assessment



Data and Evaluation Plan

Targeted Outcome	Measurement	Data Source
Engage 80 individuals	Attendance	Attendance sheets
Increase engagement and retention in SUD treatment	Progress in treatment plan, connection to aftercare, and length of stay in treatment compared to non-participants (“control” group)	EHR, PSYCKES
Improve coping skills	Coping skills assessment	Pre- and post-intervention assessments
Improve behavioral health outcomes	<ul style="list-style-type: none"> Trauma symptomology (Post-traumatic Diagnostic scale) Mental health assessments (PHQ-9, PTSD, mental health symptoms), compared to control group. Drug use and cravings 	Pre- and post-intervention assessments
Improve physical health outcomes	<ul style="list-style-type: none"> Health assessments, compared to control group Vitals, including BP, BMI, and weight 	Pre- and post-intervention assessments, EHR
Improve quality of life	<ul style="list-style-type: none"> Quality of life indicators and happiness, compared to control group 	Pre- and post-intervention assessments
Successful intervention	<ul style="list-style-type: none"> Compare outcomes compared to control group Focus group/interviews with stakeholders 	EHR, PSYCKES, consumer satisfaction surveys and interviews

PRELIMINARY FINDINGS

Yoga Participants: 1st Cycle

- Total of 29 females participated in the first cycle
- 29 (61.7%) out of 47 eligible females during 5/15-8/15 at Starhill.
- 24 completed the pre-assessment.
- 10 completed post-assessments thus far (9/10)
- Conducting Satisfaction Surveys to collect the first cycle feedback from all eligible female residents. 24 surveys received as of 8/15/2018.
- The last yoga session was conducted on 8/15/2018 for the first cycle.
- The second cycle will start on 9/12 (this morning!)

Preliminary Pre-assessment Analysis

- Mean age: 41.8 (range 21-61)
- Length of Program Stay: mean=194.5 days (range 17-565 days)
- 17 (71%) indicated that they had done yoga before.
- 21 (87.5%) responded with a positive feeling about yoga , 3 responded that they had no prior participation in yoga

Preliminary Pre-assessment Analysis

PCL (PTSD Checklist) N= 24

- Mean = 39.2 (Std. Deviation= 18.9)
44: 33%

Range= 16-78; Above

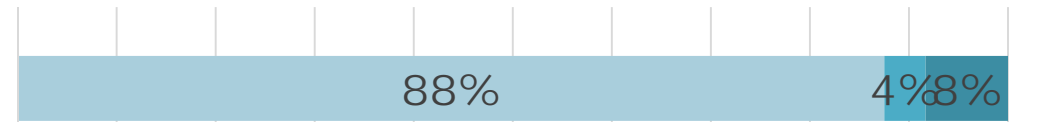
“Bothered by this in the past month...”

- 96% “Feel very upset when something reminds you of the stressful experience”
- 92% “Avoid external reminders of the stressful experience”
- 92% “Avoid memories, thoughts, or feelings...”
- 79% “Have strong physical reactions when something reminds you...”

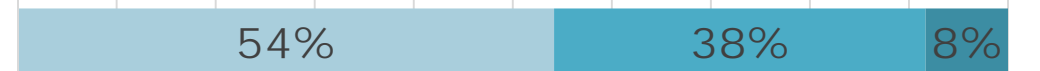
Preliminary Pre-assessment Analysis

Wellness Self-Management questions:

Not yet accomplished my long term goals but am working toward them.



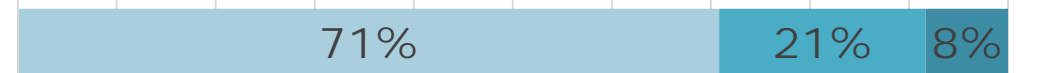
I am able to cope with daily stress.



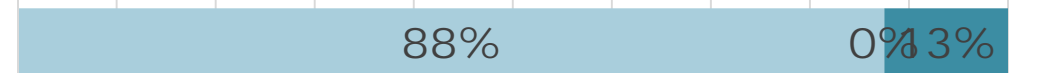
I am able to handle physical discomfort.



I feel confident that I can handle my recovery.



I feel hopeful about my future.



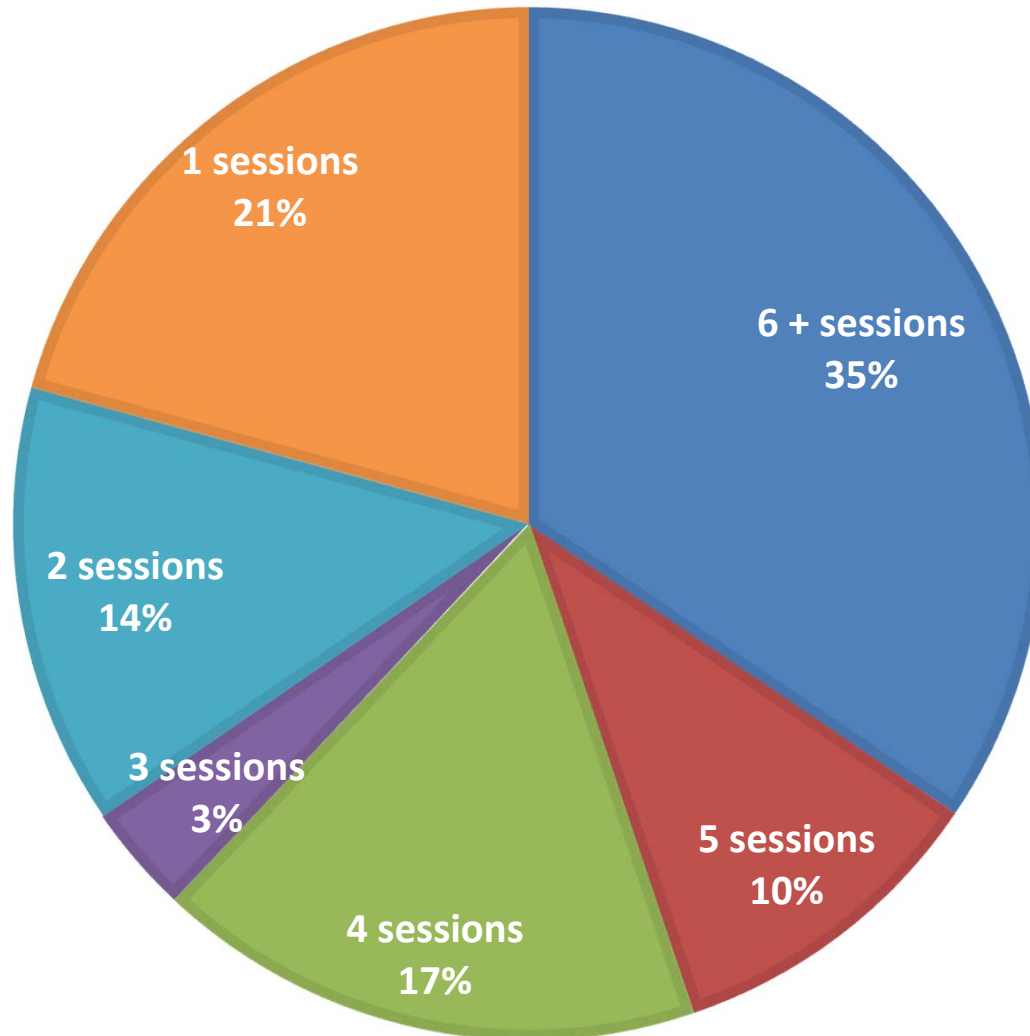
■ Agree ■ Neutral ■ Disagree

Yoga feedback Survey for the 1st Cycle

- 24 females completed the feedback Survey during 7/20/2018-8/15/2018.
- 6 (25%) stated that they did not participate in yoga.
Reasons : 3 (50%)-Not interested in yoga
1 (16.7%)-Don't meet my schedule
2 (33.3%)- Other
- 17 (75%) who participated enjoyed the group, plan on continuing, and provided positive feedback about group schedule.

1st Cycle Yoga Attendance Status: # of sessions attended in 8 sessions conducted

ATTENDEES N=29



Observations/Qualitative Results

After cycle 1:

- Client's are more open to treatment
- Less resistant
- Affect client's motivation
- Develop awareness in regards to coping skills

Lessons Learned and Next Steps

- Plan, Communicate, Revisit
- Important of engagement
- No cellphone use
- Staff participation
- Client's full participation
- Incentives, Post-assessment

Questions?

THANK YOU

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