

EAVS YEAR END REPORT 2014

'I started trusting the horses. Now I trust myself.'

OEF/OIF veteran



'A great service for our veterans, especially those who struggle with verbal expression. '

Dr. Vandenakker, TC CBOC

'A female veteran with MST was able to experience a deeper letting go of shame and guilt while using EAP as adjunct to her treatment plan. And a female veteran with complex medical and mental health diagnosis was able to soothe emotions and support newly gained sobriety at Peace Ranch, and she is now approaching 1 year remission.'

Mary Tegeler, MSW TC CBOC

2014 Program Highlights

- 79% of participants showed improvement
- Veterans experienced healing at the point of injury - calming response
- Addition of Evening Recovery Group
- Addition of Anger Workshops
- Addition of Life Support Workshop
- September 11 Event - Peace at the Ranch
- Congressman Benischeck meets with veterans
- 12.26.15 Event - Post Holiday Check-In

Recommendations for 2015

- Consult Process - needs refinement. Consult follow through was inconsistent. Recommendation: Jan follow each consult until scheduled, ensure veteran receives notification of appointment and equine packet. Meeting with office staff to ensure smooth transition.
- Increase Referral Sources - referrals primarily from Traverse City and Cadillac CBOC, a few from the community and the TC vet center. The goal for 2015 to increase referrals from the vet center and other CBOC's.

- Equine Packet – mailed to veterans prior to EAP appointment. Packet will include: appointment date/time; what to expect (how EAP is different); informed consent; basics-contact info, directions, what to wear (safety).
- EAP grid – flexibility that would allow shift from group to individual and vice versa or shift in groups. Grid made scheduling difficult at times.
- Measurement Tool – automatic check in/out process, addition of ‘future orientation’ measure.

PEACE Ranch goals:

- 2015 projections include serving more veterans, more hours and the development of additional trained teams to provide the services. The Roll Down Shades, listed as a capital improvement for this program have been purchased (\$13,000) and delivery is in process. The decision to install the shades was the result of the Veterans request three years in a row to continue services year round.
- A main focus will be to find reasonable answers to questions about sustainability and to find funding sources which will insure the ongoing provision of these valuable services to those who need them. On behalf of PEACE Ranch, thank you for your investment in the Veterans, their families, in our community and in the ranch.

2014 Results/New Measurement Tool:



Contacts:

• TC MHC EAGALA IND	51
• TC MHC GRP EAGALA THERAPY	115
• TC MHC GRP SUD EAGALA	<u>76</u>
• Total Contacts	242* *excludes Life Support Event

New Measurement Tool: the PTSD Checklist is long, time consuming and Veterans expressed an aversion to using it. Our desire was to create something that would:

1. Increase veteran’s self-awareness
2. Enable veteran to gage and express their feelings
3. Empower veteran to recognize change
4. Record information targeting 3 primary PTSD related areas:
 1. **Physical Tension:** My body is tense/calm.
 2. **Mental Focus:** My mind is scattered/focused
 3. **Anxiety Level:** I am anxious/relaxed

Results:

The measurement tool, (see Attachment A) was administered pre and post EAP activity, with a 10 point Likert scale in each of the aforementioned three areas. The data is based on 116 usable assessments.

- **92/116 or 79% showed improvement in their total score**
- **Of that 92, 71 or 77% showed improvement in every area or a perfect score of 30**
- **50 of the 92 or 54% showed a 9-20 point overall improvement**
- **The following results are for each individual area:**
 - **78% reported reduction in physical tension**
 - **72% reported improvement in mental focus**
 - **74% reported reduction in anxiety level**

Assessment Strengths

- Quick & Easy
- Broad enough to give a good read but targeted enough to provide clear info
- Allowed more data to be collected
- Less resistance from Veterans

Assessment Weakness

- Numeric Scale is 'backwards'
- Scale needs to be interpreted by scorer do to lack of numbers
- Initial assessment did not have a clear side 1 and side 2 so may have been completed out of sequence
- Still difficult to administer before/after every session

Overall, the new assessment is an improvement because it is therapeutic for the Veteran/provides immediate feedback and is conducive to increased data collection. Changes will include:

- Add numbers 1 through 10 versus 0-5-10.
- Reversing the scale, e.g. 0=calm, 10=tense.
- Keep assessments on one page, making it clear which is pre and which is post-test.
- Addition of Future Outlook measurement
- Automatic check in/check out process

2014 Programming

April

EAVS programming begins, delayed due to extreme cold (-25 F)

Meeting with Jason Allen to discuss EAVS sustainability

Weekly programming through December - 8 hours/week of individual/group therapy including PTSD, MST, *Recovery, *Homelessness, *Depression.

May

VA staff visit PEACE Ranch to experience EAP

Yagle Brothers, Marine Corps League visit/support EAVS

Reining Liberty meeting re collaboration

June

***Graduation of first Mentors group.** This group of six Veterans:

- Developed building project** PEACE Ranch 'L Z'a cabin designed, built & used by Veterans.
- Met with media, politicians, national author, and VA interns** to share the benefits of EAVS
- Hosted the Life Support** program

-**Offered transportation** to new Veterans in their groups

***Life Support workshop** (New) 50 Veterans and their support person attended an educational/social experience at the ranch. Support people received information about PTSD, focused discussion re PTSD and marital, family relationships. Dinner provided potluck style, served by PEACE Ranch board members.

***Patriot Place** homeless shelter group visit.

July

PTSD, MST & Recovery groups/individual continue.

***Patriot Place** homeless shelter group follow up visit.

August

PTSD Town Hall Meeting, Jackie Kaschel joins panel of experts on Military PTSD

September

***9/11 PEACE At The Ranch** Veterans Memorial

October

VHA mental health staff from six CBOC's visit the ranch for experiential learning.
Congressman Dan Benisheck visits PEACE Ranch – joins veterans in equine activities – pledged support for the program.



November

Couples Workshop

Battle Plan for the Holidays

December

***Anger Workshop**

Roll Down Shades purchased to extend services through the winter

Battle Plan For the Holidays

***12.26.14 Hug n Groom** open to veterans – post-holiday check in.

*Denotes new programming

Attachment A Assessment Tool

Date_____ **Initials**_____ **#1**

Place an X on the spot that represents where you are right now.

My Body is: Tense _____ Calm
0 5 10

My Mind is: Scattered _____ Focused
0 5 10

I am: Anxious _____ Relaxed
0 5 10

Date_____ **Initials**_____ **#2**

Place an X on the spot that represents where you are right now.

My Body is: Tense _____ Calm
0 5 10

My Mind is: Scattered _____ Focused
0 5 10

I am: Anxious _____ Relaxed
0 5 10

Attachment B

2014 Raw Data:

1. 10-5-10	25	10-6-10	<u>26</u>
2. 3-5-0	8	9-1-3	<u>13</u>
3. 5-3-0	8	9-6-7	<u>22 +10</u>
4. 5-5-5	15	10-10-10	<u>30 +15</u>
5. 5-2-6	13	9-5-9	<u>23 +10</u>
6. 0-2-0	2	4-4-4	<u>16 +12</u>
7. 5-2-5	12	9-9-9	<u>27 +15</u>
8. 5-5-0	10	10-5-5	<u>20 +10</u>
9. 6-5-5	16	10-10-10	<u>30 +14</u>
10. 5-5-5	15	9-7-10	<u>26 +11</u>
11. 10-5-5	20	10-5-5	20
12. 6-4-5	15	8-8-8	<u>24 +9</u>
13. 4-6-5	15	3-4-5	<u>12</u>
14. 7-7-5	17	6-4-5	<u>15</u>
15. 6-6-6	18	10-10-10	<u>30 +12</u>
16. 5-3-3	11	9-7-7	<u>23 +12</u>
17. 1-1-1	3	7-7-7	<u>21 +18</u>
18. 7-9-9	25	6-8-8	<u>22</u>
19. 5-10-5	20	6-10-4	20
20. 5-5-3	13	5-5-3	13
21. 6-6-6	18	7-4-8	<u>19</u>
22. 5-9-5	19	10-10-10	<u>30 +11</u>
23. 5-10-5	20	0-0-0	0
24. 10-10-10	30	10-10-10	30
25. 0-1-1	2	5-5-5	<u>15 +13</u>
26. 4-5-2	11	8-8-8	<u>24 +12</u>
27. 5-0-10	15	8-6-9	<u>23</u>
28. 2-3-3	8	5-7-8	<u>20 +12</u>
29. 5-7-5	17	0-5-5	<u>10</u>
30. 5-5-5	15	9-9-7	<u>26 +11</u>
31. 7-9-7	23	10-8-10	<u>28</u>
32. 8-5-3	16	9-7-7	<u>23</u>
33. 10-7-5	22	10-5-10	<u>25</u>
34. 5-3-5	13	9-5-9	<u>23 +10</u>
35. 6-8-6	20	5-7-6	<u>18</u>
36. 5-5-5	15	10-10-10	<u>30 +15</u>
37. 10-5-5	20	10-10-10	<u>30 +10</u>
38. 9-8-10	27	10-10-10	<u>30</u>
39. 2-2-2	6	5-5-5	<u>15 +9</u>
40. 8-10-10	28	10-10-10	<u>30</u>
41. 6-5-6	17	7-7-6	<u>20</u>
42. 4-5-6	15	6-5-6	<u>17</u>
43. 6-7-7	20	8-8-8	<u>24</u>
44. 10-6-8	24	10-10-10	<u>30</u>
45. 5-0-5	10	5-3-3	<u>11</u>
46. 5-5-5	15	8-8-10	<u>26 +11</u>
47. 3-3-0	6	7-5-5	<u>17 +11</u>

48. 5-5-5	15	5-5-5	15
49. 5-5-5	15	8-9-9	<u>27 +12</u>
50. 5-5-5	15	6-6-6	<u>18</u>
51. 0-0-0	0	3-2-4	<u>9 +9</u>
52. 2		5-5-5	15
53. 5-5-5	15	8-9-7	<u>24 +9</u>
54. 5-5-3	13	8-5-7	20
55. 5-5-5	15	6-6-6	<u>18</u>
56. 6-5-5	16	555	<u>15</u>
57. 5-5-5	15	7-6-9	<u>22</u>
58. 8-5-5	18	8-7-8	23
59. 5-2-2	9	9-5-8	<u>22 +13</u>
60. 5-5-5	15	2-1-2	5
61. 8-8-8	24	5-4-5	<u>14</u>
62. 9-7-7	23	10-5-10	25
63. 3-4-4	11	6-7-7	<u>20 +9</u>
64. 6-6-5	17	8-8-8	<u>24</u>
65. 8-9-9	26	10-5-5	20
66. 5-5-5	15	7-7-6	<u>20</u>
67. 6-6-5	17	10-10-10	<u>30 +13</u>
68. 6-7-7	20	7-7-7	21
69. 4-8-4	16	9-9-9	<u>18</u>
70. 8-6-10	24	10-10-10	30
71. 8-6-6	20	10-10-10	<u>30 +10</u>
72. 7-6-5	18	5-4-4	<u>13</u>
73. 9-8-6	23	8-8-8	24
74. 3-3-7-	13	8-7-8	<u>23 +10</u>
75. 5-8-4	17	8-9-7	<u>24</u>
76. 5-1-1	7	9-9-9	<u>27 +20</u>
77. 7-7-7	21	10-10-10	<u>30 +9</u>
78. 6-4-5	15	10-10-10	<u>30 +15</u>
79. 6-7-7	20	7-8-9	<u>24</u>
80. 5-7-5	17	8-9-9	<u>26 +9</u>
81. 3-4-4	11	4-4-4	12
82. 3-4-3	10	7-8-9	<u>24 +14</u>
83. 5-5-5	15	2-2-2	<u>6</u>
84. 6-5-6	17	4-6-4	<u>14</u>
85. 5-3-5	13	3-3-3	<u>9</u>
86. 6-4-7	17	4-5-5	<u>14</u>
87. 4-4-4	12	7-6-8	<u>21 +9</u>
88. 6-6-4	16	3-3-2	<u>8</u>
89. 5-3-4	12	8-6-7	<u>21 +9</u>
90. 4-1-4	5	7-5-6	<u>18 +13</u>
91. 5-5-5	15	7-7-7	<u>21</u>
92. 7-7-4	18	9-10-10	<u>29 +11</u>
93. 3-3-0	6	7-5-6	<u>18 +12</u>
94. 7-3-5	15	9-9-9	<u>27 +12</u>
95. 5-3-5	13	8-4-5	17
96. 3-5-5	13	7-8-7	<u>22 +9</u>
97. 8-6-6	20	8-8-8	24
98. 5-5-5	15	2-2-2	<u>6</u>
99. 8-8-6	22	9-9-9	<u>27</u>
100. 6-7-7	20	7-8-9	<u>24</u>

101. 7-6-7	20	9-4-7	20
102. 4-5-4	13	6-7-10	<u>23 +10</u>
103. 7-7-6	20	4-6-6	<u>16</u>
104. 8-8-6	22	8-9-10	<u>27</u>
105. 4-4-4	12	9-9-9	<u>27</u>
106. 5-5-5	15	10-10-10	<u>30 +15</u>
107. 5-5-5	15	10-5-5	<u>20</u>
108. 2-2-2	6	4-4-4	<u>12</u>
109. 3-1-1	5	3-1-8 (f)	<u>12</u>
110. 4-2-1	7	6-5-4	<u>14</u>
111. 5-5-5	15	9-8-9	<u>26 +11</u>
112. 4-4-4	12	8-8-8	<u>24 +12</u>
113. 7-7-7	21	9-8-9	<u>26</u>
114. 6-5-3	14	9-8-7	<u>24 +10</u>
115. 3-5-3	11	9-9-9	<u>27 +16</u>
116. 5-5-5	15	10-5-10	<u>25 +10</u>