

How does a weekly community based movement group impact Veterans' overall wellness and community involvement?

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We Know That:



Routine Exercise



Mental Health Symptom Severity

Community Engagement



Mental Health Symptom Severity

We Want to Learn How:

TOGETHER
Regular Exercise



Community Engagement

Impact

Mental Health Symptom Severity

Methods We Used:

- n=8 Male Veteran Participants with Psychosis as a Primary Presenting Concern
- Ages 22-57
- Representing 5 different ethnicities



Group Structure:

- Check-in (10 min)
- Psychoeducational component (25 min)
- Movement activity (45 min)
- Time to plan/schedule weekly activities with other Veterans (10 min)

- 10 weekly, 1.5 hour sessions held at a local park
- Program is a modification of the VA's WholeHealth initiative and Get Moving and Get Well group "Movement"
- Short-Form Health Survey (SF-36) questionnaires at pre and post-test to assess overall wellness.

What We Learned:

Veteran Responses:

"if you've been thinking about getting out more, try this group first to get over the hump"

"it was great to learn so many different types of activities. That was fun, I think there was something helpful for everyone"

- Helped with stress management and relationship problems
- Stretching as a way to decrease back pain, preventing a visit to the ER
- 100% of the group members would recommend this to other Veterans

*Due to the COVID-19 pandemic, the investigators were unable to obtain post-test survey results from the Veterans.