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

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We Know That:

- Routine Exercise
- Community Engagement
- Mental Health Symptom Severity

We Want to Learn How:

- TOGETHER Regular Exercise & Community Engagement
- 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
- 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:
  - “it was great to learn so many different types of activities. That was fun, I think there was something helpful for everyone”
  - “if you’ve been thinking about getting out more, try this group first to get over the hump”
  - 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.