

# The Healing Initiative

Helping Women and Girls Thrive through  
Arts, Nature and Recreation



Presented by

**WikiCharities**  
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**FOR GOOD**





# Helping Women & Girls Thrive

"An initiative dedicated to healing and empowering women and girls through the transformative power of nature, art, and movement."

## Mission

To empower women and girls across Utah through **trauma-informed programs** that blend nature, creative arts, and mindful movement.

1. We teach **needed skills for resilience** in healing,
2. We create **spaces for authentic connection**,
3. We **educate on topics** relevant to women and girls, and
4. We **provide** information about vital **resources**.

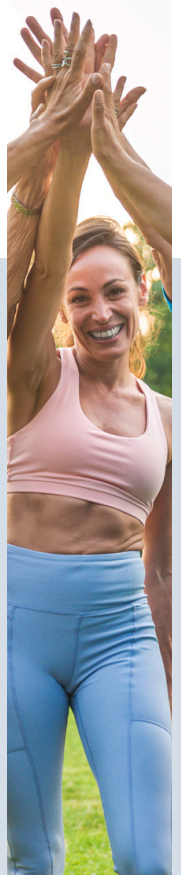
Our initiative also trains community members and educators to sustain healing practices for years to come.

## Vision

A healthier Utah where all women and girls have **access to holistic healing tools** and supportive communities that uplift mental health, cultivate self-awareness, **foster meaningful connection**, and inspire lifelong wellness through arts, nature, and recreation—ultimately contributing to **stronger mental health outcomes across the state**.

Connection

Resilience







# Community Needs & Mental Health Concerns

Utah faces a growing mental health crisis, with some of the highest rates of depression, anxiety, and suicide in the country—particularly among women and girls. Communities across the state, **including Davis County**, report deeply concerning statistics:

- **1 in 5** girls report experiencing **child sexual abuse** (1 in 12 boys)
- **1 in 3** women report **domestic abuse**, including emotional, physical, and sexual abuse
- **1 in 3** women have been **sexually assaulted**
- **1 in 6** women have experienced **rape**
- Utah ranks **7th in the nation for suicide deaths**, with suicide being the leading cause of death for teens ages 10–17
- Among women, the suicide rate in Utah is nearly double the national average
- Some of the highest levels of depression and anxiety in the nation
- Highest levels of prescription drugs use in the nation

(see <https://www.usu.edu/uwlp/a-bolder-way-forward/overview>)

These figures reflect more than just statistics—they represent the lives of community members, family members, and neighbors. Many women and girls in Utah carry the weight of trauma, and too often, they lack safe, supportive spaces to heal.

## Why This Matters

This initiative isn't just about providing services—it's about **creating healing environments** that help people feel seen, safe, and empowered. Research shows that nature, art, and yoga are three of the most effective and accessible methods for healing trauma. These evidence-based tools reduce stress, regulate the nervous system, and build long-term emotional resilience.

## A Collaborative Solution

The Healing Initiative is built on a **holistic, trauma-informed approach** that combines therapeutic outdoor experiences, expressive arts, mindful movement, and mental health education. **We're partnering with local therapists, artists, educators, and community centers to make this initiative sustainable and scalable.**

# PREVENTION & INTERVENTION





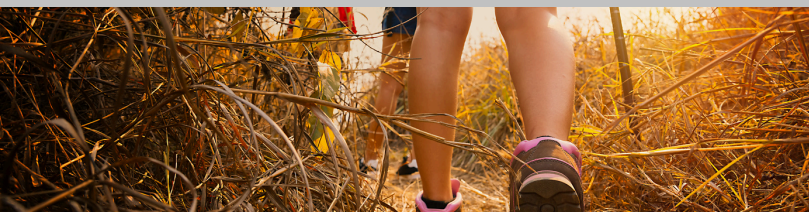
# Program Overview

Each element of The Healing Initiative—**Nature Therapy, Art Therapy, Mindful Movement through Yoga, and Community Training**—is designed to work together, creating a holistic and interconnected path to healing. These workshops complement and reinforce one another, allowing participants to explore different avenues of emotional support and personal growth. In many cases, elements are intentionally integrated—such as incorporating yoga breath exercises during nature hikes or including creative art activities during outdoor therapy sessions—to deepen the healing experience.

Rather than operating from a central location, this initiative is **community-powered** and place-based, bringing **trauma-informed healing experiences** directly into local neighborhoods, schools, parks, studios, and gathering spaces. Grounded in accessibility and inclusion, our approach meets people where they are—fostering safe, supportive, and empowering environments led by trained professionals and community members alike.

## 4 Core Program Elements

### Nature Hike Therapy



Mindfulness-based hiking experiences that promote healing through movement, nature, and reflection.

### Art Therapy



Guided creative sessions using artistic expression as a tool for emotional healing and self-discovery.

### Yoga for Mental Health



Recreational experiences involving Mindfulness & Movement that combine breathwork & movement to support mental health & emotional regulation.

### Training Workshops



Educational sessions for community members and educators to expand trauma-informed practices and support local healing efforts.







## 4 Core Elements: Overview

1

### 1– Nature Therapy: Healing Through Movement in Nature

A series of guided hiking experiences will be offered that combine mindfulness, breathwork, and reflection to promote emotional balance and support resilience through nervous system regulation. Participants will reconnect with themselves and the natural world while learning practical healing practices such as grounding techniques, sensory awareness, and meditation in peaceful, restorative outdoor settings.



2

### 2– Recreational Healing: Yoga for Mental Health

A series of yoga classes and workshops will be offered that support emotional regulation, resilience, and healing through a trauma-informed approach. These sessions integrate mindful movement with mental health education, providing accessible tools to help participants manage stress, anxiety, and trauma by strengthening the connection between body and mind.

### 3– Art Therapy: Healing Through Creative Expression

3

Art workshops will be offered that guide participants in using color, texture, brush strokes, and creative mediums like drawing and painting to explore and process emotions. Breathwork techniques will be integrated into the creative process to support emotional regulation and deeper self-awareness. These workshops show that, regardless of skill level, artistic expression can be a powerful path to healing and personal growth.

### 4– Community Training and Certification Pathways

4

Our training workshops equip educators, caregivers, and community members with the skills to assist or lead healing programs—such as nature hikes, art therapy, and mindfulness-based yoga. Participants will also learn about local mental health resources to become informed advocates. Certification options are available for each training area, allowing individuals to gain credentials in Nature Therapy Facilitation, Art Therapy Support, or Yoga for Mental Health. These workshops help expand and sustain our initiative over the long term.



## 1

# Nature Hike Therapy

## *Healing Through Movement in Nature*



This program offers guided hiking therapy experiences designed to promote emotional well-being through mindful movement in nature. These hikes, offered between May and October, will last approximately three hours and take place in peaceful, restorative outdoor settings. Depending on community interest and weather conditions, they may be held weekly or monthly. Participants will leave with practical tools and materials to continue their healing journey beyond the guided sessions.

Hiking Therapy Topics Include:

- **Mindfulness in Nature** – Learn and practice mindfulness techniques to deepen the connection between mind and body.
- **The Mind-Body Connection in the Outdoors** – Explore how being present in nature fosters self-awareness and emotional regulation.
- **Healing Through Senses** – Enhance your experience by tuning into the natural sounds and scents that promote relaxation.
- **Grounding & Earthing Practices** – Learn how direct contact with nature can realign and restore balance in the body.
- **Emotional Balance While Walking** – Develop skills to process emotions and find stability through movement.
- **Meditation in Nature** – Experience guided mindfulness meditation in outdoor settings to enhance inner calm.
- **Healing Breathwork** – Understand how breath control can regulate emotions and heart rate.
- **Circle Time & Sharing** – Engage in reflective discussions to process experiences and emotions.
- **The Power of Silence** – Explore the role of silence in healing, self-empowerment, and emotional growth.
- **Journaling for Mental Health** – Integrate reflective writing into the hiking experience to enhance self-discovery.
- **Letting Go in Nature** – Learn techniques to identify, process, and release unhealthy thoughts and emotions through mindful practice in the outdoors.

By integrating mindfulness, movement, and nature, this program provides a unique opportunity to experience healing while fostering a deeper connection to oneself and the environment.



## 2

# Art Therapy Workshops

## *Healing Through Creativity*



This program offers community art therapy workshops designed to help participants explore emotions, develop self-awareness, and find healing through creative expression. Each 90-minute session will be held in an accessible community space, with materials provided. These workshops focus on using art, breathwork, and mindfulness as tools for emotional regulation and personal growth.

Art Therapy Workshop Topics Include:

- **Healing Strokes & Breathwork** – Discover how mindful breathing enhances creative flow.
- **Expressing Emotions Through Art** – Learn how to translate emotions onto paper through drawing, painting, and sketching.
- **Identifying & Processing Emotions** – Develop emotional intelligence by recognizing and understanding feelings through artistic expression.
- **3 Steps to Healing** – Apply Thomas Hüble’s healing framework within the creative process.
- **The Psychology of Colors** – Explore how different colors influence mood and emotions, and identify which ones bring a sense of calm and healing.
- **Creating Safe & Healing Spaces** – Learn how to design an environment that fosters emotional well-being and creativity.
- **The Power of Silence in Creativity** – Understand when silence promotes healing and when self-expression is essential.
- **Meditation & Art** – Practice mindfulness meditation as a tool for emotional processing while creating art.
- **Breathwork for Emotional Balance** – Use controlled breathing to regulate emotions and enhance artistic focus.
- **Emotional Processing Through Art** – Develop techniques to recognize, understand, and work through emotions as you create.
- **The Art of Letting Go** – Learn how to release unhealthy emotions and thoughts through the creative process.

These workshops provide a structured yet personal approach to healing, helping individuals use creativity as a means of self-discovery and emotional resilience.

## 3

# Yoga for Mental Health Workshops

## Recreational Experiences with Mindfulness & Movement



This program offers community workshops focused on using yoga as a tool for emotional regulation and mental well-being. Each session will take place in a local yoga studio or mindfulness space, providing a safe and supportive environment for healing. These workshops will explore the connection between breath, movement, and mental health, equipping participants with practical techniques to manage stress, anxiety, and emotions.

Workshop Topics Include:

- **Breathing Techniques for Mental Health** – Learn which breathwork practices help alleviate depression and anxiety.
- **Movement for Emotional Regulation** – Discover how specific yoga movements support emotional balance.
- **Breathwork for Calmness** – Techniques to soothe the nervous system and reduce stress.
- **Breathwork to Elevate Mood** – Energizing practices that uplift the mind and body.
- **Mindfulness for Mental Health** – Guided exercises to increase self-awareness and presence.
- **Meditation for Healing** – Practical meditation techniques to support emotional resilience.
- **Healing Through Movement** – Explore yoga-based approaches to process and release emotions.
- **3 Steps to Healing** – Learn Thomas Hüble's method for identifying, processing, and letting go of past experiences.
- **Trauma-Informed Techniques** – Understand what supports trauma recovery and what does not.
- **Journaling for Healing** – Integrating reflective writing into the yoga experience to enhance self-discovery.
- **The Art of Letting Go** – Learn to observe thoughts, recognize unhealthy patterns, and release them through mindful practice.
- **Balancing Emotions Through Breath & Movement** – Identify emotions and develop skills to process them effectively.

These workshops provide a structured yet flexible approach to mental health, giving participants the tools to create lasting emotional balance through mindfulness, breathwork, and movement.



*Yoga treats your relationships to the body. Trauma distorts your relationship to the body. Yoga makes it possible to reconnect with your body and activates the brain to help you heal. - Bessel van der Kolk*





## 4

## Community Training and Certification Pathways



This initiative includes a series of trauma-informed training workshops designed to empower teens, adults, educators, and community members with the knowledge and skills to support mental health and healing within their spheres of influence. These workshops not only provide practical tools for immediate use, but also offer pathways to certification, enabling participants to continue teaching and expanding the program in future years.

### Training Topics Include:

- **Foundations of Trauma-Informed Healing**
- **Exploring Healing Through Arts, Nature, Music, Movement, Theater, Dance, and Yoga**
- **Know Your Triggers: Self-Awareness for Teaching**
- **Mindful Breathing: 10 Techniques to Calm the Mind and Body**
- **Nervous System Basics for Regulation and Recovery**
- **Emotional Intelligence (EI) Fundamentals**
- **Adapting Healing Approaches for Children, Teens, and Adults**
- **Meditation, Mindfulness, and Movement Practices**

This initiative is a crucial step in creating a more resilient and mindful community, ensuring that these healing practices reach and benefit as many people as possible.

### Goal: Train the Trainers

By investing in local leaders, this program creates a self-sustaining model—where trained individuals can lead future healing experiences across schools, neighborhoods, and families.

### Certification Tracks:

Participants will have the opportunity to become certified in the following areas:

- **Nature-Based Healing Guide:** Lead trauma-informed, reflective hiking experiences rooted in mindfulness and emotional connection to nature.
- **Art Therapy Advocate:** Support and guide community-based art healing sessions focused on self-expression, reflection, and recovery.
- **Yoga for Mental Health Facilitator:** Use evidence-based yoga and movement techniques to support mental health, emotional regulation, and resilience.

These certifications will prepare individuals to facilitate future workshops, expand outreach, and continue healing efforts within the community.

# Class / Workshop Outline

*Educate. Give Experiences. Safe Spaces to Heal.*

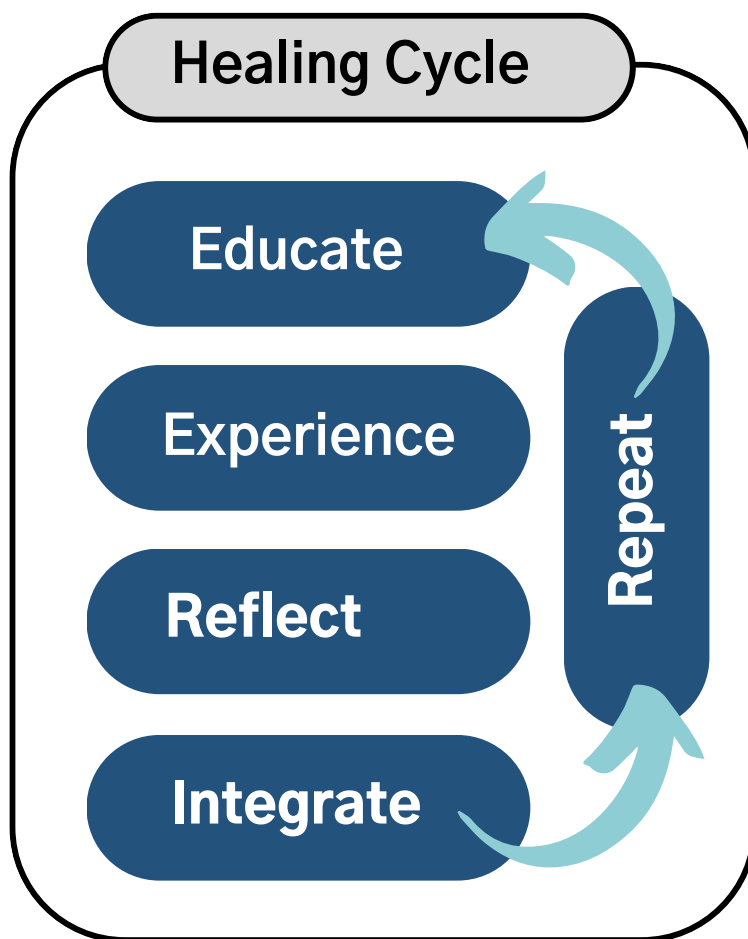
## Trauma-Informed Approach

Reflect, Digest & Integrate  
– Dr. Thomas Huble

### Class Structure

- **Introduction**
  - (5 minutes)
  - Discuss Topic & Resources
- **Main Experience**
  - (50 minutes)
- **Closing (5 minutes)**
  - **Reflection** Time
  - Journaling

### Healing Cycle

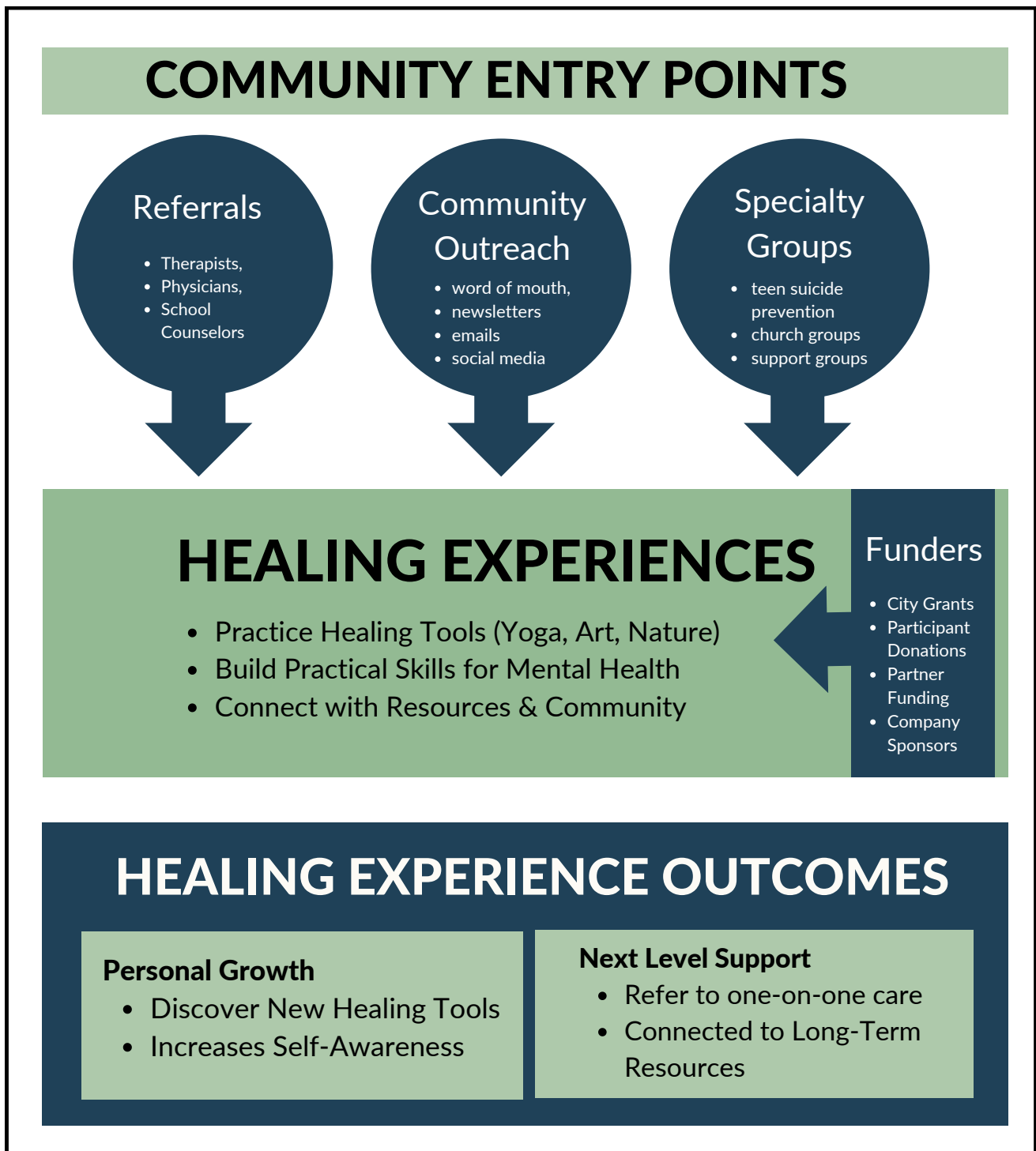


**Start: Monthly FREE Community  
Classes or Workshops**



# Informational & Partnership Flow

*Creating a Sustainable Flow to Help Community Heal*



# Informational & Partnership Flow

*Creating a Sustainable Flow to Help Community Heal*

## COMMUNITY ENTRY POINTS

### Referrals

- Therapists,
- Physicians,
- School Counselors

### Community Outreach

- word of mouth,
- newsletters
- emails
- social media

### Specialty Groups

- teen suicide prevention
- church groups
- support groups

## HEALING EXPERIENCES

- Practice Healing Tools (Yoga, Art, Nature)
- Build Practical Skills for Mental Health
- Connect with Resources & Community

## HEALING EXPERIENCE OUTCOMES

### Personal Growth

- Discover New Healing Tools
- Increases Self-Awareness

### Next Level Support

- Refer to one-on-one care
- Connected to Long-Term Resources

## WORKING TOGETHER

**WikiCharities**  
CONNECT. VALIDATE. COLLABORATE.

**BOUNTIFUL DAVIS ART CENTER**

**Grandview for Good**

Dr. Angie Holzer

Sarina Ehrgott

Amanda Grow, MSW

Other Healing Programs that have yoga, art & nature therapy

Libraries  
Healing Spaces

Therapists  
Davis Health  
Physicians, etc

## COMMUNITY ENTRY POINTS

- Help Outreach & Advertise
- Create monthly social media posts
- Create partnerships for referrals
- Create specialty group opportunities
- Validate nonprofits participating in initiative

- Help Advertise
- Help make connection with community partners
- Help fundraise where appropriate

- Create a referral funnel from clients to our FREE Community Classes
- Help make other community connections
- Help advertise

## HEALING EXPERIENCES

- Help find & train qualified teachers
- Provide training for teachers to maintain high-quality experiences
- Find safe spaces to teach
- Provide free monthly classes in each area
- Work with local groups already in the space and support their efforts

- Provide healing space for FREE Community Classes (Yoga, Arts)
- Connect us with other community partners

- Help provide training where needed
- Help with safe spaces
- Provide teachers and/or therapists where applicable
- Help us refine our healing experiences through curriculum and/or how teachers administer information

## HEALING EXPERIENCE OUTCOMES

- Help participants learn skills and tools to improve connection & resilience
- Educate participants on other resources in the community
- Provide specialty courses as needed
- Help show impact through surveys

- Share impact metrics from survey (where appropriate)
- Help with funding for future program (all partners should be involved with this)

- Be a resource for "Next Level Support"
- Help with awareness campaign for other resources in our community
- Help show impact through surveys and interviews (where appropriate)





# Philosophy & Evidence-Based

The Healing Initiative is a **trauma-informed wellness program** supporting the mental, emotional, and physical well-being of women and girls across Utah. Through nature-based therapy, expressive arts, mindful movement, and community training, it creates safe, inclusive spaces for healing and growth.

Led by trained professionals and grounded in **evidence-based practices**, the program equips participants with tools to process trauma, regulate emotions, and build lasting resilience. Activities like hiking, yoga, and art workshops foster connection—to self, others, and the natural world—while teaching self-soothing and stress management skills. Learn more through our evidence-based research and literature review.

- **Healing Through Arts and Nature: Literature Review.** <https://www.prebysfdn.org/making-a-difference/research/literature-review-promoting-community-health-and-wellness-through-arts-and-nature-based-interventions>
- **Art Pharmacy: Delivering evidence-based solutions for the dual mental health and loneliness epidemics.** <https://www.artpharmacy.co/>
- **Nature RX:** <https://www.nature-rx.org/>

## Preventative & Exploratory Approach:

- **Preventative:** Offering **early interventions** that reduce the risk of future mental health challenges by building resilience and healthy coping mechanisms.
- **Exploratory:** Encouraging participants to **discover new tools** and practices for healing through open-ended, reflective, and creative experiences—fostering self-awareness and personal growth.

## Curative Approach:

- Focus on creating **measurable change in health outcomes**, particularly in mental and emotional well-being. This includes tracking improvements in symptoms, coping skills, and overall life satisfaction.



# Davis County, Utah

Davis4Health, led by the Davis County Health Department, recognizes **mental health as a critical concern in our community**. They emphasize that strengthening connections is a key component in improving overall mental well-being.

## Motto

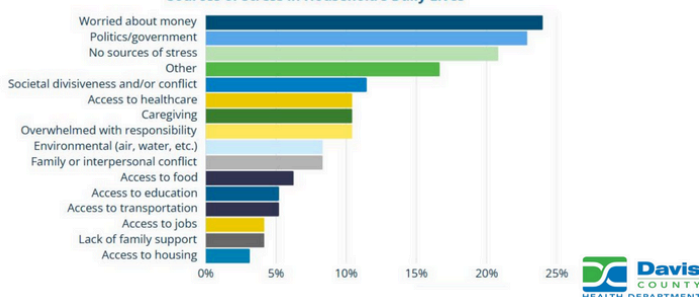
Connection is the key.  
Resilience is the outcome.



DAVIS4  
HEALTH

The Healing Initiative strengthens community resilience by fostering connection and teaching tools for emotional well-being through nature, art, and mindful movement.

Sources of Stress in Household's Daily Lives



DAVIS  
COUNTY  
HEALTH DEPARTMENT

A recent survey revealed that many Davis County households face stressors that contribute to mental health challenges. These burdens can be eased through access to supportive tools, skills, and healing spaces. The Healing Initiative offers a proactive approach to help families manage stress in healthier, more constructive ways.



**44.6%**

of households had **difficulty** or were **unable** to access at least one needed service in the past year.

Services unable to be accessed	% of households unable to access out of those who needed a service
Healthcare (including primary, specialty, dental, vision, etc.)	29.3%
Mental health care	17.1%
Food assistance (government, financial, food pantries, etc.)	14.6%
Transportation	14.6%
Childcare	7.3%
Disability services	4.9%
Education or training	4.9%
Financial services (tax help, government assistance, etc.)	4.9%

**Other options included but were not chosen:** housing assistance, legal services, substance misuse/addiction treatment, and another service.



More than 1 in 2 had a cost or insurance as a barrier



Almost 2 in 5 had a travel or transportation barrier



Almost 3 in 10 couldn't find the service or didn't know where to go

**Other barriers included:** long wait list or wait time, unable to get connected from one provider to another effectively, language barrier, disability barrier, personal concerns (burdening others, judgment/unfair treatment, lack of trust, etc.), inconvenient provider office hours, another reason.

DAVIS  
COUNTY  
HEALTH DEPARTMENT

Our community faces a shortage of mental health providers. Survey data shows that over 17% of households struggled to access mental health care in the past year. The Healing Initiative helps bridge this gap by expanding access to services that offer tools to cope and foster connections that support healing.

This information comes from the **2025 Davis4Health Steering Committee**, which identified mental health as one of the community's top concerns, as presented by Priscilla Martinez, Community Health Program Manager at **Intermountain Health**.



## 4 Building Blocks of HOPE



## Healing Initiative

### Relationships

- Builds trust through mentorship, certified leaders, and supportive peer programs
- Strengthens adult-youth connections in structured healing activities

### Environment

- Promotes use of safe, trauma-informed community spaces
- Leads nature-based programs like therapy hikes in secure outdoor settings

### Engagement

- Offers youth leadership certifications and volunteer roles
- Fosters purpose and self-worth through active community involvement

### Emotional Growth

- Teaches mindfulness, breathwork, and emotional regulation
- Supports healing through creative and movement-based therapies

**Positive experiences**—whether in childhood or adulthood—**can help offset the effects of past trauma.** Research shows that nurturing relationships, safe environments, and meaningful engagement can build resilience at any age, often outweighing the impact of negative experiences like ACEs.

Three connected approaches to address childhood trauma and build resilience:

- **ACE framework (Adverse Childhood Experiences)**
- **HOPE approach (Health Outcomes from Positive Experiences)**
- **PCE model (Positive Childhood Experiences)**

**ACEs** identify early-life challenges that can influence long-term health, but they don't define a person's future. The **HOPE approach** focuses on introducing positive, healing experiences, while the **PCE model** highlights how supportive early experiences can offset the effects of trauma and improve well-being.



# Alignment with National Standards of Quality for Family Strengthening & Support

## How the Healing Initiative aligns with each standard

### ◆ FAMILY CENTEREDNESS

- Our Healing Initiative is *trauma-informed and client-led*, ensuring that each participant's voice shapes their healing journey.
- Programs are co-designed with community feedback, centering on the real-life needs of women and girls.
- We create welcoming, culturally affirming spaces that honor lived experience and foster trust.

### ◆ FAMILY STRENGTHENING

- Activities such as **nature-based therapy, yoga, and art** foster resilience, emotional regulation, and intergenerational healing.
- We support whole-family wellness by integrating **positive childhood experiences (PCEs)** and relational health into our framework.
- Families are empowered with tools for *coping, communication, and connection*, supporting long-term wellbeing.

### ◆ COMMUNITY STRENGTHENING

- The Healing Initiative builds community bonds through **group sessions, outdoor retreats, and local leader engagement**.
- We actively collaborate with schools, nonprofits, faith-based organizations, and local government to create healing-centered ecosystems.
- Participants are encouraged to become advocates and peer mentors, expanding civic engagement and leadership.

### ◆ EVALUATION

- We are developing a **simple, trauma-informed assessment tool** to measure key outcomes:
  - mental health and stress reduction
  - social connection
  - coping skills and emotional awareness
- Feedback loops from participants, facilitators, and partners inform continuous improvement.
- Pilot data is informing a scalable impact model to guide growth across Utah and beyond.





# Prevention of Child Abuse

## Five Protective Factors for Family and Community Wellness

### How the Healing Initiative Supports the 5 Protective Factors

Aligned with the Utah State Board of Education Prevention Framework and PCAU's Protective Factors Model



#### 1. Parental Resilience: Helping women bounce back from stress and trauma

- Teaches breathwork and self-regulation (yoga, mindfulness)
- Builds emotional strength through nature and movement
- Uses art for healthy emotional processing

#### 2. Social Connections: Creating safe, supportive spaces for connection

- Group-based healing (yoga, hikes, art)
- Healing circles and shared reflection
- Reduces isolation and builds community trust

#### 3. Knowledge of Parenting & Child Development:

Helping women heal so they can parent with awareness

- Monthly education on trauma, parenting, and mental health
- Teaches emotional modeling for children
- Supports intergenerational healing

#### 4. Concrete Support in Times of Need:

Connecting women to help when they need it most

- Resource sharing at every session
- Partnerships with local support agencies
- Instructors trained to guide participants to help

#### 5. Social & Emotional Skills (for Children and Adults): Building emotional tools that benefit families

- Teaches self-awareness and coping skills
- Models emotional expression and regulation
- Equips caregivers to raise emotionally healthy children

# Initial Funding Needs per Community: \$50,000



The first year of the Healing Initiative will cost approximately \$50,000 to support program development, expert facilitators, and outreach efforts. In future years, as we train local community members to lead and sustain the work, annual costs are expected to *decrease to about \$30,000*.

## Funding Overview by Program Element

### 1. Nature Hike Therapy – \$10,000

- Trained Therapist (\$5,000)
- Support Staff (\$2,000)
- Journals & Healing Materials (\$1,000)
- Pre/Post Assessments (\$2,000)

### 2. Art Therapy Workshops – \$10,500

- Certified Art Therapist (\$5,000)
- Assistant (\$1,000)
- Art Supplies & Materials (\$2,500)
- Rental Space (TBD)
- Pre/Post Assessments (\$2,000)

### 3. Mindfulness & Movement (Yoga Therapy) – \$10,500

- Certified Yoga for Mental Health Instructors (\$5,000)
- Studio Space, Props & Materials (\$3,500)
- Pre/Post Assessments (\$2,000)

### 4. Community Training Workshops – \$14,000

- Professional Trainer in Mindfulness & Mental Health (\$7,000)
- Curriculum & Materials (\$2,000)
- Ongoing Support & Follow-Up (\$5,000)

### 5. Program Coordination – \$5,000

- Scheduling, Therapist Coordination, Materials Management
- Space Reservations, Assessment Collection & Reporting
- Purpose: To ensure smooth program implementation and data-driven evaluation across all four elements.



## Funding Opportunities

- City RAP Tax Grants (Recreation, Arts, Parks funding)
- County and State Wellness Grants
- Community Foundations (e.g., local or regional giving foundations)
- School District Partnerships (mental health and wellness initiatives)
- Corporate Sponsorships (local businesses invested in community health)
- Private Donors and Philanthropists
- In-Kind Support (donated space, materials, services)
- Other Community Support: Yoga Studios, Art Committees, Wellness Centers, etc.

# Assessment Tool

## *Reflect, Heal, Grow: Measuring the Impact of Wellness*

As part of The Healing Initiative, participants will complete brief pre- and post-surveys to measure emotional growth, skill development, and impact. These trauma-informed assessments are simple, supportive, and confidential, offering participants a chance to reflect on their progress. The results will guide program improvements and highlight the value of holistic healing in strengthening mental health across Utah communities.

## Assessment Tool Overview – Key Point to Include:

### Purpose of Assessment

- To measure the impact of programs on participants' emotional well-being, coping skills, and resilience.
- To track individual growth and community-level outcomes over time.

### Assessment Structure

- Pre-assessment and post-assessment surveys for each participant.
- Short, trauma-informed questionnaires that are easy, respectful, and accessible.
- Designed for different age groups (youth, teens, adults).

### What We Measure

- Emotional regulation skills (self-soothing, calming strategies)
- Stress and anxiety levels
- Sense of connection (to self, others, community, nature)
- Awareness and use of coping tools (breathwork, mindfulness, creative expression)
- Overall perceived mental wellness



### How Data Will Be Used

- To refine and improve program offerings year after year.
- To report impact to community partners, funders, and participants.
- To demonstrate the value of arts, nature, and recreation-based healing.

### Privacy and Confidentiality

- Responses will be anonymous and confidential.
- Data will be aggregated for reporting; no individual results will be publicly shared.

### Optional Feedback

- Participants can offer anonymous comments about their experience.
- Suggestions will help inform future workshop design and community needs.

## Goal

The Healing Initiative is designed to be introduced into individual communities across Utah, working closely with local partners to meet unique community needs. As we demonstrate positive impact through assessments and participant outcomes, our goal is to expand the initiative statewide—creating a network of healing opportunities that support women and girls throughout Utah.

## Learn More

Dr. Angie Holzer: [angie@wikicharities.org](mailto:angie@wikicharities.org)  
Bountiful, Utah 84010

## Get Involved

Join our Healing Initiative in Bountiful, Utah or contact us to start one in your community.





# Healing Initiative Participant Survey

Here's a draft of a basic pre/post assessment survey that includes an introductory statement, core questions aligned with your goals, and references to validated tools or frameworks where applicable. This can be adapted for nature-hike therapy, art therapy, or yoga for mental health sessions:

**Introduction:** Thank you for participating in the Healing Initiative. This survey is designed to help us understand how our programs support mental wellness, connection to self and others, and the development of stress-reduction tools. Your responses will remain confidential and are used only for program improvement and impact measurement.

## Pre-Assessment / Post-Assessment

### Section 1: Background & Goals

(for tailoring + identifying goals of participation)

- Age: \_\_\_\_\_
- Gender: \_\_\_\_\_
- Zip Code: \_\_\_\_\_
- How long have you lived in this zip code? \_\_\_\_\_ years
- Have you participated in a similar wellness program before? (Yes / No)

#### Participation Goals:

**Pre (E): What are you hoping to gain or explore during this program? (Select all)**

- ☐ Stress Relief
- ☐ Coping Skills
- ☐ New Techniques (breathwork, grounding, etc.)
- ☐ Emotional Regulation
- ☐ Increased Connection
- ☐ Creativity & Self-expression
- ☐ Self-Awareness
- ☐ Symptom Reduction (e.g., anxiety/depression)
- ☐ Other: \_\_\_\_\_

**Post (C/E): What outcomes did you experience as a result of participating? (Same options + open text)**

### Section 2: Connection & Mental Health Indicators

#### 1. Connection to Self

- a. "I feel in tune with my emotions and physical needs."
- b. (1 = Strongly Disagree to 5 = Strongly Agree) (P)

#### 2. Connection to Others

- a. "I feel a sense of belonging and connection with others."
- b. (1-5 scale) (P)

#### 3. Emotional Distress

- a. "In the past week, how often have you felt anxious, sad, or overwhelmed?"
- b. (Scale: Never to Daily) (C)

#### 4. Mindfulness Presence

- a. "I am able to stay present in the moment without judgment."
- b. (1-5 scale) (P)

#### 5. Mindfulness Practice Frequency

- a. "Do you currently practice mindfulness or grounding techniques outside this program?" (Yes / No / Occasionally)
- b. (If yes: How often per week?) (P/E)

# Healing Initiative Participant Survey

## Pre-Assessment / Post-Assessment, continued...

### Section 3: Skills & Application

#### 6. Breathwork Understanding

"I understand how to use breathwork to regulate stress."

(1–5 scale) (P)

#### 7. Breathwork Use Outside Class

"Since attending, have you used any breathwork techniques outside the program?"

(Yes / No) (E/C)

If yes: ☐ Ujjayi ☐ Bhramari ☐ Slow breathing ☐ Other: \_\_\_\_\_

#### 8. Stress Resilience

"When faced with stress, I feel confident in managing my emotions and actions."

(1–5 scale) (C)

#### 9. Self-Talk

"I notice and shift my internal dialogue when I feel overwhelmed."

(1–5 scale) (C/P)

## Post-Assessment Questions only

#### 10. Tool Adoption (Post Only)

Which tools from the program do you now use or plan to keep using? (Check all)

- ☐ Breathwork
- ☐ Nature Walks
- ☐ Journaling
- ☐ Yoga/Movement
- ☐ Grounding Exercises
- ☐ Talking to a trusted friend or therapist
- ☐ Art / Music
- ☐ Positive self-talk
- ☐ Other: \_\_\_\_\_ (E/C)

### Section 4: Curative Impact Assessment (Post Only)

11. "I feel that my mental health symptoms (anxiety, stress, sadness) have improved since participating."  
(1–5 scale) (C)
12. "I feel more hopeful and empowered about my ability to handle life challenges."  
(1–5 scale) (C/P)
13. "I've noticed an improvement in my relationships or how I relate to others."  
(1–5 scale) (C/P)

### Section 5: Reflection & Growth

14. "This program helped me explore new ways to support my well-being."  
(1–5 scale) (E)
15. "I discovered tools I hadn't tried before that I now feel confident using."  
(1–5 scale) (E/P)
16. "This experience helped me feel more connected to myself and/or others."  
(1–5 scale) (P/E)

# Healing Initiative Participant Survey

## Post-Assessment Questions only

### Section 6: Safety, Support & Feedback

17. "I felt emotionally safe and supported in this program."  
(1–5 scale) (P)
18. "I had the freedom to engage in a way that felt right for me."  
(Yes / No / Somewhat) (P)
19. "The facilitators created a respectful and inclusive space."  
(1–5 scale) (P)
20. What did you enjoy most about this experience? (open text)
21. What would you change or improve? (open text)
22. Would you be interested in becoming trained to lead or assist in future sessions? (Yes / No / Maybe)

- **10–12 Pre-Assessment Questions**
- **12 Post-Assessment Questions**

### What We're Learning from This Survey:

This survey helps us understand the full impact of our healing programs by measuring both

1. curative outcomes—such as reductions in anxiety, stress, or depressive symptoms—and
2. preventative or exploratory outcomes, like increased self-awareness, emotional resilience, and connection to others.

By tracking changes in emotional regulation, mindfulness, and the adoption of coping tools like breathwork, movement, and positive self-talk, we can assess how participants are healing and building skills for long-term well-being. This data also highlights how participants are discovering new practices, strengthening personal growth, and feeling more empowered to navigate life's challenges with confidence and clarity.