

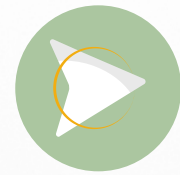
Therapeutic Play
Foundation & Honest Data
Consulting LLC



Minding Our Village Elders

— 2022 Final Report

PROGRAM DESCRIPTION AND PURPOSE

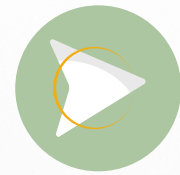


The Minding Our Village Elders (MOVE) Mental Health Project was born out of the Black & African Heritage Underserved Cultural Communities Subcommittee under the Mental Health Services Act. Their goal involves reducing disparities and increasing mental health access for the disabled community in Los Angeles County through their work with community partners to increase capacity of the public mental health system and to develop culturally relevant recovery oriented services.

PURPOSE

The purpose of this project is to develop community service leaders that have the capacity and knowledge to recognize and respond to signs of social isolation and disconnection from the community amongst Black and African-American elders and their caregivers. Additionally, it was to have those community service leaders present seminars on a variety of mental health topics including: social isolation, mental health, nutrition, etc.

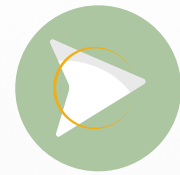
RECRUITMENT



The Therapeutic Play Foundation (TPF) recruited Community Service Leaders (CSLs) and helped in the recruitment of community stakeholder for CSL seminars in a variety of ways. For the first part, TPF recruited CSLs through word of mouth and community referrals.

For the second part, TPF helped CSLs recruit participants for their workshops by creating flyer templates for CSLs to use to advertise their workshop, post flyers on social media, and created and advertised the events on Eventbrite.

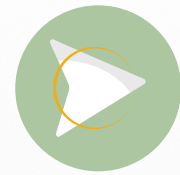
WORKSHOPS



Community Service Leaders conducted 15 workshops that spanned from May and April 2022. Each of these were held virtually only or hybrid (a combination of virtual and in-person). These 15 workshops met the recommended target of at least 3 participants in attendance as per the Minding Our Village Scope of Work. CSLs reached their intended audience of elderly community members and provided a variety of impactful topics that would provide tools and resources to participants in Los Angeles County.

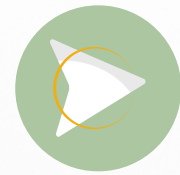
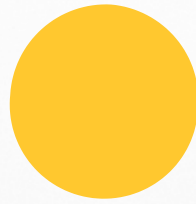
In the workshops participants actively engaged with CSLs. Participants were provided resources to access support, resources, and on local events and activities in their communities. They were equipped with tools to continue to reduce stress and practice self-care once they were done with the workshops.

WORKSHOPS



During the workshops, participants learned about topics pre-determined by CSLs that could positively impact health outcomes. Each CSL conducted workshops on their expertise where they could provide participants with a vast amount of information and insights. Virtual participants remained on camera for the most part and engaged throughout (e.g. they shared their experiences, stories, and resources).

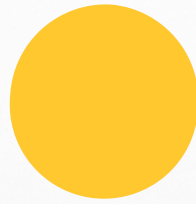
CSL PRE/POST FINDINGS



Pre and post surveys were conducted with our Community Service Leaders before and after the training workshops with Therapeutic Play Foundation. Each of the 15 CSLs completed the surveys. Given the sample size a paired sample t-test is not a useable test because there is not enough data to detect differences pre to post test. Instead, a Wilcoxon Signed Rank Test was performed to determine if there was a statistically significant difference between each of the questions from the pre and post test.

On average the community service leaders who attended our trainings showed a statistically significant difference in average of: understanding the importance of psychological well-being in elderly individuals, odds of dementia, how to help older adults, preparedness to address optimism, self-esteem, and conscientiousness. Additionally, the test indicated that community service leaders also felt strongly they foster psychological well-being, ready to contribute to elderly psychological well-being, plan to help older adults in their communities, and believe their community does a good job caring for those elderly. For each of these questions, there was a detectable significant difference from pre to post test response.

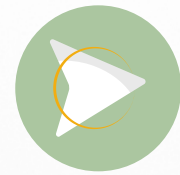
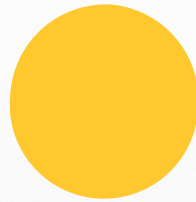
CSL PRE/POST FINDINGS



While most of the sign rank tests conducted showed a statistically significant result (i.e., a p-value less than or equal to .05), in other words, we are at least 95% sure that the differences detected were not solely due to chance, there were three sign rank tests conducted that did not show a statistically significant result. First, that CSLs were not significantly more likely to agree with the statement from pre to post test that they understand that those who have greater psychological well-being have slower rates of cognitive decline, this could be due to the level of depth of the training or due to small sample size.

Next, the item addressing CSLs having an added responsibility, also was not significant, this is likely because CSLs already felt that they had an added responsibility. Finally, CSLs were not statistically more likely to feel responsibility to making their community aware of events or activities for elderly adults. This is likely because they already felt that responsibility before being trained with Therapeutic Play Foundation and that is why they were inclined to be trained CSLs.

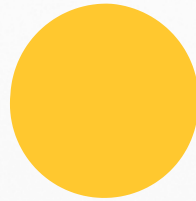
PARTICIPANT PRE/POST FINDINGS



Across all workshops there were more than 100 participants who attended. Of those, 87 of them took both the pre and post survey questions. A majority of the participants were Black/African American (52%) followed by Latinx (~30%), then White (13%). This was the intended target audience for Therapeutic Play Foundation. Those who participated in the workshops ranged from elderly individuals to those who are caretakers of elderly individuals. The majority of participants had at least an Associate's degree (64%).

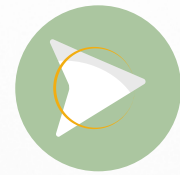
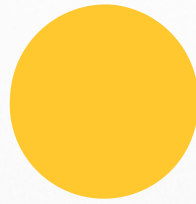
Therapeutic Play Foundation sought to understand how feelings of worry changed from before and after the workshops, how awareness of resources changed, how participants feel their community does at contributing to their psychological well-being, and their perceptions of the importance of their cognitive health. Participants were asked to rate on a 4-point Likert type Scale from strongly disagree to strongly agree

PARTICIPANT PRE/POST FINDINGS



Given the sample size was relatively small, a Wilcoxon Signed Rank Test was utilized to assess these outcomes. To determine the significance a p-value of .05 was the determining factor. This means that anything at or below that level of confidence, we can say with at least 95% confidence that the results are due to something other than chance (i.e., there is at least a 95% probability that the workshops had something to do with the detected changes). The test revealed that for each of the above outcomes there was a statistically significant difference in mean between the two assessment points for participants. For participant awareness of resources ($z = -3.73$, $p = 0.0002$), identifying feelings of worry ($z = -3.06$, $p = 0.002$), perceptions of their community contributing to their psychological well-being ($z = -2.32$, $p = 0.02$), importance of their cognitive health ($z = -5.99$, $p = 0.00$).

BARRIERS



Throughout the project, there were a number of challenges that were faced by all stakeholders of the MOVE program. First, given COVID-19, CSLs faced the challenge of creating interactive content that could be done both in-person and virtually. Each CSL also had to recruit and reach a population that may not be able to use technology as easily as younger generations. This was overcome through a variety of methods, including social media, flyers, Eventbrite, and newsletters.

Participants who wanted to attend events may not have been able to do so because of using a video meeting interface (i.e., zoom) or the need for transportation to in-person events. Additionally, some who wanted to attend did not even have a computer to attend the workshops.

Finally, Therapeutic Play Foundation took on additional costs to advertise the workshops and have staff attend each of the workshops to help the CSLs conduct the workshop. From a data standpoint, the pre-post surveys were a challenge because the participant population was elderly, which created questions and the utilization of an accessible interface was a decision that made it difficult. Pre-post surveys were offered both through google forms and also through a paper version, if needed, for the in-person events. Surveys were also made shorter to try and increase participation. Response rates were high despite the population being surveyed.