SUMMARY REPORT

MenHealing
Retrospective Survey Data

Conducted March 2019

MenHealing Program Evaluation Project

Uma Dorn, PhD – Program Evaluation & Research Director
Halleh Hashtpari, M.S. - Clinical Research Assistant
Nic Siniscalchi, ACMHC – Clinical Research Assistant
Jim Struve, LCSW – MenHealing Executive Director
MenHealing’s mission is to conduct healing retreats in the forms of Weekends of Recovery (WOR) or Days of Recovery (DOR) for males 18 and older who have experienced sexual victimization as adults or children. The following information was gathered from WOR participants retrospectively about their experiences before and after completing a WOR. Participants were sent an anonymous google survey via email after completion of the WOR.

Participants:

- 1516 total alum thru 12/31/18
- 422 – total unique/active alumni we have in data bank
- 75 of 422 alumni recipients enrollees in Survey as of 3/28/19
  - 18% of total data bank have enrolled

Demographics:

**Age:**

- 0 aged 18-24
- 4 (8%) aged 25-34
- 5 (10%) aged 35-44
- 14 (28%) aged 45-54
- 18 (38%) aged 55-64
- 9 (18%) aged 65+

**Race:**

- 48 identified as Caucasian/Euro-American/White
- 1 person self-identified as Asian
- 1 person self-identified as Mexican-Latino

Survey Data:

Most impactful program areas:

1) Interaction with facilitators – 41 (~80%) endorsed “extremely helpful”
2) Small group activities - 35 (~67%) endorsed “extremely helpful”
3) Preparing/Telling my story – 34 (~66%) endorsed “extremely helpful”
4) Establishing safety guidelines - 32 (~63%) endorsed “extremely helpful”
5) Music - 28 (~58%) endorsed “extremely helpful”
6) Shame busting - 28 (~58%) endorsed “extremely helpful”
7) Mind-body Awareness – 23 (~45%) endorsed “extremely helpful”

- As noted by the top three program areas identified above, the most impactful parts of WORs are the interaction and healing that occurs with others
The following graphs are average self-report ratings across all participants for each identified category according to the below rating scale:

<table>
<thead>
<tr>
<th>Rating Scale</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 – 7 Likert Scale</td>
</tr>
<tr>
<td>1 = Not a problem</td>
</tr>
<tr>
<td>4 = A problem</td>
</tr>
<tr>
<td>7 = An Extreme problem</td>
</tr>
</tbody>
</table>

When asked about EMOTIONS experienced prior to, immediately after, and several months after the WOR, participants endorsed significantly decreased levels of depression, anxiety, mood swings, shame and traumatic flashbacks.

Prior to WOR 24 participants rated depression as a 6 or 7 (extreme problem), whereas at the time of the survey only 5 rated depression as a 6 or 7, and 24 rated depression as “no longer a problem”.

29 participants rated anxiety as a 6 or 7 (extreme problem), whereas at the time of the survey zero rated depression as a 6 or 7, and 23 rated anxiety as “no longer a problem”.

19 participants rated mood swings as a 6 or 7 (extreme problem), whereas at the time of the survey zero rated mood swings as a 6 or 7, and 24 rated mood swings as “no longer a problem”.

Prior to WOR 24 participants rated depression as a 6 or 7 (extreme problem), whereas at the time of the survey only 5 rated depression as a 6 or 7, and 24 rated depression as “no longer a problem”.

29 participants rated anxiety as a 6 or 7 (extreme problem), whereas at the time of the survey zero rated depression as a 6 or 7, and 23 rated anxiety as “no longer a problem”.

19 participants rated mood swings as a 6 or 7 (extreme problem), whereas at the time of the survey zero rated mood swings as a 6 or 7, and 24 rated mood swings as “no longer a problem”.
Prior to WOR 32 participants rated shame as a 6 or 7 (extreme problem), whereas at the time of the survey 3 rated shame as a 6 (zero rated a 7), and 35 rated shame as “no longer a problem”.

Prior to WOR 21 participants rated traumatic flashbacks as a 6 or 7 (extreme problem), whereas at the time of the survey 3 rated traumatic flashbacks as a 6 or 7, and 29 rated traumatic flashbacks as “no longer a problem”.

When asked about BEHAVIORS experienced prior to, immediately after, and several months after the WOR, participants endorsed significantly decreased levels of avoidance, hypervigilance, dissociation, isolation, sexual problems (including addiction and performance issues), and sleep problems (including nightmares).
Prior to WOR 25 participants rated avoidance as a 6 or 7 (extreme problem), whereas at the time of the survey 7 rated avoidance as a 6 or 7, and 21 rated avoidance as “no longer a problem”.

Prior to WOR 25 participants rated hypervigilance as a 6 or 7 (extreme problem), whereas at the time of the survey 6 rated hypervigilance as a 6 or 7, and 26 rated hypervigilance as “no longer a problem”.

Prior to WOR 19 participants rated dissociation as a 6 or 7 (extreme problem), whereas at the time of the survey 5 rated dissociation as a 6 or 7, and 30 rated dissociation as “no longer a problem”.

Prior to WOR 23 participants rated isolation as a 6 or 7 (extreme problem), whereas at the time of the survey 2 rated isolation as a 6 or 7, and 27 rated isolation as “no longer a problem”.

Prior to WOR 20 participants rated sexual problems as a 6 or 7 (extreme problem), whereas at the time of the survey 6 rated sexual problems as a 6 or 7, and 21 rated sexual problems as “no longer a problem”.

Prior to WOR 22 participants rated sexual problems as a 6 or 7 (extreme problem), whereas at the time of the survey 7 rated sexual problems as a 6 or 7, and 20 rated sexual problems as “no longer a problem”.

Prior to WOR 23 participants rated isolation as a 6 or 7 (extreme problem), whereas at the time of the survey 2 rated isolation as a 6 or 7, and 27 rated isolation as “no longer a problem”.

Prior to WOR 20 participants rated sexual problems as a 6 or 7 (extreme problem), whereas at the time of the survey 6 rated sexual problems as a 6 or 7, and 21 rated sexual problems as “no longer a problem”.

Prior to WOR 22 participants rated sexual problems as a 6 or 7 (extreme problem), whereas at the time of the survey 7 rated sexual problems as a 6 or 7, and 20 rated sexual problems as “no longer a problem”.

---

**Isolation, Sexual Problems and Sleep Problems**

![Graph showing self-reported ratings over time for isolation, sexual problems, and sleep problems.](image)

Prior to WOR 23 participants rated isolation as a 6 or 7 (extreme problem), whereas at the time of the survey 2 rated isolation as a 6 or 7, and 27 rated isolation as “no longer a problem”.

Prior to WOR 20 participants rated sexual problems as a 6 or 7 (extreme problem), whereas at the time of the survey 6 rated sexual problems as a 6 or 7, and 21 rated sexual problems as “no longer a problem”.

Prior to WOR 22 participants rated sexual problems as a 6 or 7 (extreme problem), whereas at the time of the survey 7 rated sexual problems as a 6 or 7, and 20 rated sexual problems as “no longer a problem”.

---

5
Survey Participant Feedback Comments

Many of the participants had tried other programs for healing. When asked how WOR was different from other programs these were some of the responses:

“The education was much more welcoming and safe. It wasn't just a classroom setting where I was lectured and then given a workbook, but rather a hands-on environment where I was able to experience and feel safety rather than just read about it. I was strengthened as I watch others feel the same safety that I was experiencing as we learned.”

“They were explicitly for male survivors. I have been a part of many groups and organizations, but sexual abuse was always something I hesitated to share. My most vivid memory of the level one weekend I went to was sitting in a room of 50 or more men and knowing that they all understood something of what I had been through.”

It was great to have counselors who cared so much. It was great to meet other people dealing with the same trauma as I have experienced.

The WOR was phenomenal! The staff was AMAZING. That weekend helped me realize that I truly am not alone. There are others that have suffered through a similar trauma and they are experiencing the same effects of that trauma. I wish there were words that could express my gratitude to each of you. I mean that very sincerely.

WOR gave me the choice to live my life how I had always dreamed of. It takes courage to take that first step to finally face the demon of sexual abuse.... I don't have to be silent any more and I can use my new found voice. I know that healing will be a lifelong journey but is one I can face with a smile on my face. I found the freedom with therapy and WOR!!!!

The WOR and DOR were instrumental in helping me see what the issues, such as triggering, shame, and intimacy difficulties, were part of my life and how they impacted me. Being able to witness and participate with other men about these issues and the deep emotional impact they have, while feeling safe through the trusting environment created by the staff at the DOR and WOR enabled me to overcome many if not all the obstacles keeping me from having a fruitful and loving life!

Healing in community helped me to feel much less alone. After my experience, I believe that group processes are HUGE shame-busters. My shame decreased so much by bearing witness to the stories of others. Our stories are different, sure, but so much unites us and I felt connected to just about every participant on both weekends I attended.

It made me less self-conscious. I did not feel so very different and out of place with a group of men. I felt more consciously in charge of my feelings.

The WOR was the single most important event in my healing.
I felt understood for maybe the first time in my life.

The WOR was a big step on my healing journey. When I shared the wretched details of the sexual assault that I experienced, it relieved me of a burden and it empowered me to share my story with many others and now publically.

You changed me permanently. I am deeply grateful in ways I could never express.

Unbelievable. The weekends saved my life. I am a better husband, a better father, a better employee and a better neighbor to others in my life.